

**Awtobayografi fɔ wan Yogi**

**Fɔ fala am**

**di spiritual esay dɛn we dɛn  
rayt bɔt**

**Paramhansa Yogananda, we  
de wok fɔ yu**

Fɔ kɔpi to soshal midia sayt dɛn

## ***Awtobayografi of wan Yogi we de du tin***



**N  
a  
Paramhans  
a rayt am  
Yogananda  
we de na di**



WITH WAN PREFACE BY

W. Y. Evans-Wentz, M. A., D.Litt., D.Sc. , en ɔda  
.pipul dɛn

Pas yu si"  
sayn dɛn ɛn  
wɔndaful tin  
dɛn, una nɔ  
go biliv."-Jon  
.4: 48

Kopirayt,  
1946, na  
Paramha  
nsa rayt  
am  
Yoganand  
a we de  
na di wol

*Bin gi To Di Memba Of*

**LUTHER BURBANK**

**Wan Amerikin Sent**

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Fos wɔd, Na WY EVANS- WENT Z

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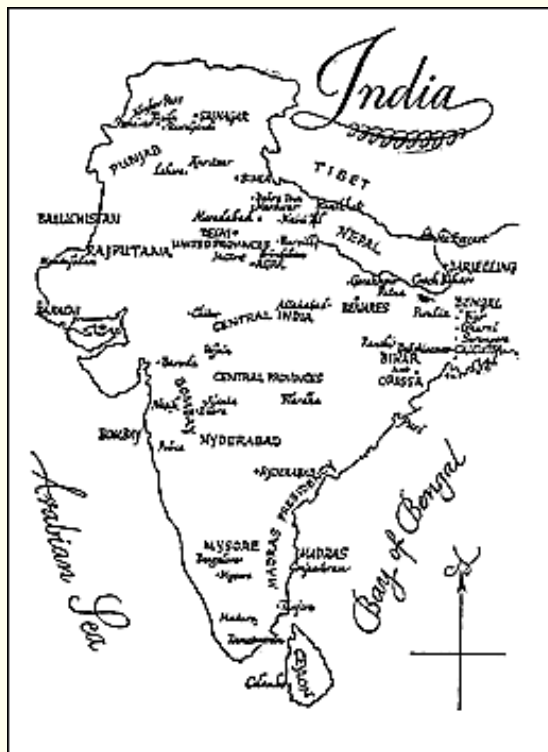


Mi Guru we de na  
di wɔl ɛn Misɛf  
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kɔl Encinitas

Mitin in San Fransisko  
Swami Premananda bin de  
tɔk bɔt am

Mi Papa

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Map of India

## WETIN Fɔ DU

.Na WY EVANS-WENTZ, M. A., D.Litt., D.Sc. , rayt am

Jizɔs Kɔlɛj, ɔkford; Pɔsin we de  
rayt buk of *Di Tibetan Buk fɔ di*  
*Wan dɛn we Dɔn Day, Tibet in*  
*,Gret Yogi Milarepa*

.*Tibetan Yoga ɛn Sikrit Doktrin dɛn*, ɛn ɔda tin dɛn

Di valyu fɔ Yogananda in *ɔtobayografi* dɔn rili important bikɔs na wan pan di smɔl buk dɛn we de insay English bɔt di sensman dɛn na India we nɔto jɔnalist ɔ fɔrina rayt, bɔt na wan pan dɛn yon trayb ɛn trenin--in shot, na buk *bɔt* yoga pipul dɛn *we* yoga rayt. As aiwitness rikaunt di ekstra ɔdinari tap ɛn pawa dɛn ɔf naw Indu pipul dɛn oli wan dɛn, . di buk dɔn important tin fɔ du ɔltu insay di rayt tɛm ɛn we nɔ de chenj. To di bigman we rayt am, we a dɔn gladi fɔ no na India ɛn Amerika, lɛ ɔlman we de rid am tɛl am tɛnki ɛn tɛl am tɛnki. In layf-dɔkyument we nɔ kɔmɔn fɔ tru na wan pan di wan dɛn we de sho di dip tin dɛn we di Indu dɛn maynd ɛn at de, .ɛn di spiritual jɛntri na India, we dɛn dɔn ɛva pabliɔh na di West

I dɔn bi mi ɔnɔ fɔ mit wan pan di sensman dɛn we dɛn tɔk bɔt dɛn layf- istri ya-Sri Yukteswar Giri. Wan pikɔɔ we tan lɛk di sent we dɛn kin respekt bin apia as pat pan di fɔs pat pan mi *Tibetan Yoga ɛn Sikrit Tichin dɛn* . **1-1** Na Puri, insay Orisa, we de na di Bay ɔf Bɛngal, na in a mit Sri Yukteswar. Da tɛm de, na in na bin di edman fɔ wan kwayɛt ashrama nia di si sho de, ɛn i bin de wok mɔ fɔ tren wan grup fɔ lan bɔt Gɔd ɔf yɔnɔ pipul dɛn disaypul dɛn. I we dɛn tɔk bɔt rili bisin in di tin dɛn we fɔ mek wi gladi ɔf di pipul dɛn ɔf di Yunaytɛd Stet dɛn ɛn fɔ ɔl di

Amerika den, en fo Inland, bak, en aks mi kwestyon bot di tin den we de fa fawe, mo di wan den we de na Kalifonia, fo in chif disaypul, Paramhansa Yogananda, we i bin rili lek, en we i bin .sen, insay 1920, as in mesenja to di West

Sri Yukteswar bin get saful mien en voys, i bin get gladi gladi prezens, en i bin fit fo get di respekt we in yon

pipul den we bin de fala am bin gri fɔ du am bay dɛnsɛf. ɛnibɔdi we sabi am, ileksef na in yon komyuniti ɔ nɔto in yon, bin de tek am di ay ay pozishɔn. A mɛmba klia wan in lɔng, stret, asketik figa, we wɛr di safrɔn kɔɔ klos we pɔsin we dɔn lɛf fɔ du tin dɛn na di wɔl kin wɛr, as i tinap na di ɛntre na di ɛmitaj fɔ wɛlkɔm mi. In ia bin lɔng ɛn i bin kɔl smɔl, ɛn in fes bin get biad. In bɔdi bin get mɔsul dɛn, . bɔt slɛnd ɛn we dɛn mek fayn fayn wan, . ɛn in fut mak we get trɛnk. I bin we dɛn dɔn pik as in ples ɔf na di wɔl ples fɔ de di oli siti na Puri, usay bɔku bɔku Indu dɛn we de wɔship Gɔd, we de ripresent ɛvri provins na India, kin kam ɛvride fɔ go wɔship di fambul Tɛmpl we nem Jagannath, we na “Lɔd fɔ di Wɔl.” Na Puri we Sri Yukteswar klos in mɔtalman yay, insay 1936, to di scenes fɔ dis transitory stet fɔ bi ɛn pas, i no se in inkarneshɔn dɔn kɛr to wan triumphant kɔmplitment. A gladi, fɔ tru, fɔ ebul fɔ rayt dis tɛstimoni to di ay karakta ɛn oli ɔf Sri Yukteswar na yu. Satisfay to fɔ kɔntinyu we de fa fawe frɔm di bɔku bɔku pipul dɛn, . i bin gi inɛf we nɔ get wan rɛspɛkt ɛn wit kol at to da fayn layf de we Paramhansa Yogananda, we na in disaypul, . dɔn tɔk naw fɔ di ej dɛn. WY EVANS-WENTZ, we de wok fɔ di kɔmni

1-1 : Okford Yunivasiti Pres, 1935.

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## Na di wan we rayt am Wi tɛl tɛnki

A rili get dɛt to Mis L. V. Prat fɔ in lɔng ɛditorial wok dɛn fɔ di manuskrip fɔ dis buk. Mi tɛnki de fɔ get bak to Mis Ruth Zahn bin de tɔk bɔt am fɔ fɔ pripia ɔf di indeks, . to Mista. C. C. Richad Rayt rayt fɔ rayt fɔ yuz sɔm pat dɛn frɔm in Indian travul dayari, ɛn to Dɔkto W. Y. Ivans-Wentz .fɔ gi advays ɛn ɛnkɔrej am

PARAMHANSA YOGANANDA, we de na di wɔl

*Oktoba 28, 1945  
Ensinitas, Kalifɔnia*

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## CHAPTER: 1 . 1. 1. 1.

***Mi Mama ɛn papa dɛn ɛn Ali Layf***

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Di kwaliti den we di Indian kolcho get fo long tem na fo fen oltimat verities en di konkomitant disaypul-guru **1-2** padi biznes. Mi yon rod bin mek a go to wan sensman we tan lek Krays we den bin don kot in fayn fayn layf fo long long tem. I bin bi wan pan di big big masta den we na India in wan

jentri we lēf. We dēn de kōmōt na ɔl di jēnērēshōn dēn, ēn dēn dōn prōtēkt dēn land fō mek dēn nō du wetin go apin to Babilōn ēn Ijīpt.

A kin si se mi fōs memori dēn de kōba di anachronistic features of wan previous incarnation. Klir mēm̄ba dēn kam to mi bot wan layf we bin de fa, wan yogi **1-3** midul di sno dēn we de na di Himalayans. Dis glimpses of di past, by som dimensionless link, afford mi tu a glimpse of di fiuja.

Di shem we dēn kin shem we a nō ebul fō du natin we a smōl, dēn nō kin drēb am na mi maynd. A bin de vēks bad bad wan fō nō se a nō go ebul fō waka ɔ tōk fri wan. Prea bin de kam insay mi as a bin nō se mi bōdi nō ebul fō du natin. Mi strōng imōshōnal layf bin tek saylent fōm as wōd dēn na bōku langwej dēn. Pan di kōnfyushōn we bin de insay di langwej dēn, mi yes bin de yus smōl smōl to di Bēngali silabōd dēn we de rawnd mi pipul dēn. Di skōp we de mek bebi in maynd ful! big pipul dēn kin tek am se na tōys ēn fut fīnga nōmō.

Saykolojik fēmēt ēn mi bōdi we nō de ansa bin mek a get bōku tranga kray-spel dēn. A mēm̄ba di jēnērāl famili kōnfyus we a bin de sōfa. Mēm̄ori dēn we gladi pasmak, bak kin krawd insay mi: mi mama in kōrej dēn, ēn di fōs tēm we a tray fō lis frayz ēn stēp we a de tod. Dēn tin ya we dēn kin win fōs, we dēn kin fōget kwik kwik wan, na tin we kin mek pōsin get kōnfidēns pan insēf.

Di mēm̄ori dēn we a kin mēm̄ba we de fa fawe nōto wan kayn tin. plēnti yogi dēm dēn nō se dēn bin kip dēn self-kōnsēns witout intarapshōn bay di dramatik tēnshōn to ēn frōm "layf" ēn "day." If man na bōdi nōmō, di lōs we i lōs kin rili put di las tēm to aydentiti. Bot if prōfēt dēn we bin de insay di tawzin ia dēn bin de tōk wit tru, mōtalman na pōsin we nō get bōdi. Di persistent kor of human egoity na onli temporary allied wit sense perception.

Pan ɔl we i nō izi fō mēm̄ba klia wan bōt we i bin smōl. We a bin de travul na bōku kōntri dēn, a dōn lisin to tin dēn we a bin de mēm̄ba fōs frōm di lip dēn we man ēn uman dēn we get sēns bin de tōk.

A bōn insay di las tēn ia na di nayntin ia, ēn a pas mi fōs et ia na Gorakhpur. Dis na di say we dēn bōn mi na di Yunaytēd Prōvins dēn na di nōt-ist pat na India. Wi na bin et pikin dēn: 4 bōy pikin dēn ēn 4 gyal pikin dēn. Mi, Mukunda Lal Ghosh **1-4**, na bin di sēkōn bōy pikin ēn di nōmba 4 pikin.

Papa ēn Mama na bin Bēngali dēn, we kōmōt na di *kshatriya* kasta. **1-5** Dēn ɔl tu bin get blēsīn fō bi oli we. Di lov we dēn bin get fō dēnsēf, we bin kwayēt ēn we get respekt, nō bin ēva sho se dēn nō impōtant. Wan pafēkt wanwōd we mama ēn papa dēn bin get na bin di kol kol sēnta fō di trōbul we bin de tōn to et yōŋ pipul dēn layf.

Papa, Bhagabati Charan Ghosh, bin gud, i bin get sirīōs at, ēn sōtēnde i bin rili strōng. Bikōs wi pikin dēn bin lēk am bad bad wan, wi stil de wach wan patikyula

distans we wi get rɛspɛkt. Bikɔs i bin sabi fɔ du matematiks ɛn i bin sabi fɔ tink gud wan, ɛn na in sɛns bin de gayd am mɔ. Bɔt Mama na bin kwɪn fɔ at, ɛn na tru lɔv nɔmɔ i bin de tɪch wi. Afta we i day, Papa bin sho mɔ se i get sɔri-at. A notis da tɛm de se bɔku tɛm in yay kin chɛnj to mi mama in yay.

We Mama bin de wi bin test di fɔs bita-swit we wi bin sabi di skripchɔ dɛn. Tales frɔm di *mahabharata* we *dɛn kɔl mahabharata* ɛn *ramayana* **1-6** bin wit risɔs dɛn kɔl am to mit di di tin dɛn we pɔsin fɔ du

of korekt. Instrøkshon en fə pənish pəsin bin go an in an.

Wan tin we den bin de sho fə rəspəkt Papa evride, na we Mama bin de dres wi fayn fayn wan aftanun fə welkəm am na os frəm di ofis. In pozishon bin fiba di wan we vayz präsident bin get, na di Bengal-Nagpur Relwe, we na wan pan di big big kəmni den na India. In wok na fə travul, en wi famili bin de na boku siti den we a bin smol.

Mama bin ol wan opin an to di wan den we nid ep. Papa bin du gud bak, bot in rəspəkt fə lə en oda tin den bin go te to di bajet. Wan tu wiks Mama bin spen, fə fid di po pipul den, pas di mōni we Papa bin de get evri mōnt.

"Na wetin a de aks, duya, na to kip una charities insaid rizin limit." Ivin we in man bin de kəs am saful wan, i bin de mek Mama fil bad. I bin oda wan hackney kario, i nɔ bin hint to di pikin den se den nɔ gri wit enitin.

"Gud-bay; a am de go go to mi mama in yon os." Ol di ɔltimatum!

Wi bin brok insay kray wata we bin de mek wi sɔprayz. Wi mama in ɔnkul bin kam di rayt tɛm; i wispa to Papa sɔm sens advays, we i gɛda no dawt frəm di tɛm den we i dɔn de. Afta we Papa bin dɔn tɔk sɔm tin den we go mek den get pis, Mama bin gladi fə pul di taksi. Na so di wangren prɔblɛm we a bin eva notis bitwin mi mama en papa bin dɔn. Bot a mɛmba wan tɔk we den bin tɔk bot we get kwaliti den.

"Duya gi mi ten rup fə wan hapless uman we jos kom fə haus." Mama in smayl bin get in yon tin fə mek pipul den biliv am.

"Wetin mek ten rup? Wan dɔn inof." Papa ad wan jɔstis se: "We mi papa en mi granpa en granma day wantɛm wantɛm, a bin get mi fɔs tɛst fə po. Di wangren brɛf we a bin it, bifo a waka mayl fə go na mi skul, na bin smol banana. Leta, na di yunivasiti, a bin nid so dat a bin aplay to joj we jɛntri fə ep mi fə wan rup evri mōnt. I nɔ gri, en i bin tɔk se ivin wan rup impotent."

"Aw bita yu mɛmba di dinay we den dinay da rup de!" Mama in at bin get wan lɔjik wantɛm wantɛm. "Yu want dis uman tu to mɛmba pen wit pen yu rifuz of ten rup we shi nid urgently?"

"Yu win!" Wit di we aw man den we dɔn win bin de mek i nɔ mɛmba, i opin in walet. "Na ten-rupe not. Gi am wit mai gud wil."

Papa bin de tɛnd fə fɔs se "No" to eni nyu prɔpɔzal. In abit to di strenj uman we so readily enlisted Mama in sɔri-at na bin egzampul fə in kɔstɔm fə tek tɛm. Aversion to instant acceptance- we tipik fə di French maynd na di West-na rili jɔs ɔna di prinsipul fə "due reflection." A bin de si se Papa de tink ɔltɛm en i bin de tink di sem we aw i de joj. If a kin mek a get boku boku tin den we a kin aks fə wit wan ɔ tu gud agyument den, i kin put di gol we a bin want ɔltɛm, ilɛksɛf na vaykashun trip ɔ nyu





Papa bin de korekt in pikin den strikt wan we den bin smol, bot i bin de tink bot am inseh na bin rili Spartan. Fo egzampul, i no bin eva go na di tiyata, bot i bin de tray fo enjoy inseh we i de du difren tin den we get fo du wit God biznes en we i de rid di *bhagavad gita* . 1-7 We i bin de ronawe pan ol di lojishon den, i bin de klin to wan ol bay tu of sus te den bin no get wan valyu. In boy pikin den don bay motoka den we den kin yuz afta den bin bigin fo yuz den, bot Papa bin de satisfay oltem wit di troli motoka fo in rayd evride fo go na di ofis. Di we aw pipul den bin de geda moni fo mek den get pawa, na tin we no bin de apin to am. Wan tem, afta we i oganayz di Kalkata Oban Bank, i no bin gri fo benifit inseh bay we i get eni wan pan di shea den we i get. I bin jos want fo du wan sivik wok we i get fri tem.

Afta som ia we Papa bin don ritaia wit penshon, wan English akauntant bin kam fo chek di buk den we di Bengal-Nagpur Railway Company bin rayt. Di investigato we bin soprayz bin kam fo no se Papa no eva aplay fo bonus den we don pas di tem we den fo pe am.

"I don du di wok of tri man dem!" di akauntant don tel di komni. "I don rup den 125,000 pipul den (bot \$41,250.) owing to him as back compensation." Di ofisa den bin gi Papa wan chek fo dis moni. I no bin tink bete bot am dat i no bin de tink bot enitin we den tok bot di famili. Boku tem afta dat, mi yong broda Bishnu bin aks am kwestyon, en i bin notis di big moni we den put pan wan bank stetment.

"Wetin mek yu fo gladi wit matirial profit?" Papa bin ansa am. "Di wan we de fala wan gol fo ivin maynd no de gladi wit benifit o i no de fil bad we i los. I no se motalman de kam we no get peni na dis wol, en i de komot witout wan rup."



PAPA

Na Bhagabati bin de du am Charan we de na di wɔl Ghosh we de na di wɔl  
*WAN Disaypul ɔf Lahiri we de na di wɔl Mahasaya we de na di wɔl*

We den bin bigin fo mared, mi mama en papa bin bi wan big masta in disaypul den, we nem Lahiri Mahasaya we komot na Benares. Dis kontakt bin mek Papa in nature ascetical temperament strong. Mama bin mek wan wondaful admeshon to mi big sista Roma se: "Mi en yu papa de liv togeda as man en wef wan tem nomo insay di ia, fo di rizin fo bon pikin den."

Papa bin mit Lahiri Mahasaya fos tru Abinash Babu, **1-8** wan wokman na di Gorakhpur ofis na di Bengal-Nagpur Relwe. Abinash bin tich mi yon yes den wit fayn fayn stori den bot boku Indian oli pipul den. I bin de don oltem wit wan tribute to di speshal glori den we in yon guru get.

"Yu eva yeri bot di ekstra odinari sikostems we yu papa bi Lahiri Mahasaya in disaypul?"

Na wan les som aftanun, we mi en Abinash bin sidom togeda na di kompawnd na mi os, na in i bin aks dis kwestyon we bin rili want fo no mo. A shek mi ed wit smayl fo wet.

"Ia bifo, bifo yu bon, a bin aks mi supia ofisa-yu papa-fo gi mi wan wik lef from mi Gorakhpur duty fo mek a go visit mi guru na Benares. Yu papa bin de provok mi plan."

"Yu go bi posin we lek rilijon?' i aks se: 'Posin pe atenshon pan yu ofis wok if yu want fo go bifo.'

"I sori fo waka go os along wan wudland rod da de de, a mit yu papa insay wan palankin. I dismis in savant den en konveyans, en fodom insay step nia mi. We i de tray fo korej mi, i poynt di benifit den we de fo tray fo get sakrifays na di wol. Bot a yeri am listles. Mi at bin de ripit: 'Lahiri Mahasaya! A no go ebul fo liv we a no si yu!'

"Wi rod tek wi go na di edj fo wan kwayet fil, usay di layt den we di let aftanun san bin de mek bin stil de krawn di long ripel we di wayl gras de mek. Wi stop fo admaya. Na de na di fil, we na jos som yad from wi, di fom fo mi big guru bin apia wantem wantem! **1-9**

"'Bhagabati, yu tu had pan yu wokman!' In voys bin de mek wi soprayz na wi yes den we bin de mek i no izi fo si lek aw i bin kam na mi ni a bin de ala se, 'Lahiri Mahasaya!' Yu papa no bin de muv wit stop fo som tem.

"'Abinash, noto jos a de gi yu lef, bot a de gi *misef* lef fo stat fo Benares tumara. A fo no dis big Lahiri Mahasaya, we ebul fo materializ insef we i want fo mek i go beg fo yu! A go tek mi wef en aks dis masta fo initiate wi na in spiritual rod. Yu go gayd wi to am?'

"Na tru.' Gladi at bin ful mi fo di mirekul ansa to mi prea, en di kwik, fayn we aw tin bin de chenj.

"Di neks ivintem mi en yu mama en papa entrain fo Benares. Wi tek os kat di neks de, en don bin to waka pas tayt len den to mi guru in yon pipul den we no de de os. We yu de go insay in smol

parlor, wi butu bifo di masta, enlok in in habitual lotus posture. I blink in yay den we de chuk en level den pan yu papa.

"'Bhagabati, yu tu had pan yu wokman!' In wɔd den na di sem wit di wan den we i bin dɔn yuz tu dez bifo na di Gorakhpur fil I tɔk bak se, 'A gladi se yu dɔn alaw Abinash fɔ kam fɛn mi, en yu en yu wɛf dɔn go wit am.'

"Fɔ mek den gladi, i begin yu mama en papa fɔ du di spiritual prɔsis fɔ *Kriya Yoga* . **1-10.** " Yu papa en mi, as brɔda disaypul den, na tayt padi den frɔm di de we wi go mɛmba di vishɔn. Lahiri Mahasaya bin tek wan difinit intres pan yu yon bɔn. Yu layf go mɔs get sɔntin fɔ du wit in yon: di masta in blesin nɔ de eva fɔdɔm."

Lahiri Mahasaya bin kɔmɔt na dis wɔl jɔs afta a dɔn go insay de. In pikchɔ, we den mek wit fayn fayn freym, bin de mek wi famili ɔlta fayn ɔltɛm na di difrɛn siti den usay in ɔfis bin de transfa Papa to. Bɔku mɔnin en ivintɛm den kin si mi en Mama de tink gud wan bifo wan oli ples we den mek fɔ dɛnsɛf, en wi kin gi flawa den we den dɔn dip insay sandal wud paste we get sɛnt. Wit frankinsens en mayra en bak wi wanwɔd divoshɔn den, wi bin ɔna di gɔd we bin dɔn fɛn ful ɛksprɛshɔn na Lahiri Mahasaya.

In pikchɔ bin wan we pas di pɔsin afɛkt oba mi layf. As a gro, . di tink ɔf di masta grow wit mi. Insay di tink dip a go bɔku tɛm si in we get foto den aydul kɔmɔt frɔm i na smɔl freym en, tek layf fɔm, sidɔm bifo mi. We a tray fɔ tɔch di fut den na in bɔdi we de shayn, . i go chenj en bi di pikchɔ bak. As pikin de slip insay bɔy pikin, a fɛn Lahiri Mahasaya transfɔm in mi maynd frɔm wan smɔl aydul, krib we den kɔl krib in wan frem, to wan liv, enlayt prɛzɛns. Bɔku tɛm, a bin de pre to am we a de tray ɔ we a kɔnfyus, en a bin de si insay mi usay i de kɔrɛj am. Fɔs, a bin de fil bad bikɔs i nɔ bin de liv in bɔdi igen. As a begin fɔ diskɔba in sikrit ɔlsay, a nɔ kray igen. Bɔku tɛm i bin dɔn rayt to di wan den we in disaypul den we bin de wɔri pasmak fɔ si am se: "Wetin mek a kam fɔ si mi bon en mi bɔdi, we a de eva de nia yu *kutastha* (spiritual sight)?"

A bin bles lɛk we a ol et ia wit wan fayn fayn wɛlbodi tru di foto we Lahiri Mahasaya bin tek. Dis ɛkspiriɛns bin mek a lɛk mi mɔ en mɔ. We a bin de na wi famili ɛtɛt na Ichapur, Bɛngal, a bin get kɔlera we kɔmɔt Eshia. Mi layf bin de pwɛl at; di dɔktɔ den bin ebul fɔ du natin. We Mama bin de nia mi bed, i bin mek sayn to mi wit fred fɔ luk Lahiri Mahasaya in pikchɔ we de na di wɔl we de ɔp mi ed.

"Bow to am mentally!" I bin no se a tu wik fɔ ivin es mi an den fɔ salut. "If yu rili sho yu devoshɔn en insay yu nil dɔŋ bifo am, yu layf go sev!"

A luk in foto en si de wan layt we de mek a blaynd, we kɔba mi bɔdi en di wan ol wan rum. Mi nɔs en ɔda sayn den we a nɔ bin ebul fɔ kɔntrol nɔ bin de igen; A bin wɛl. Wantɛm wantɛm a fil se a strɔng fɔ bɛn en tɔch Mama in fut fɔ gladi fɔ di fet we i get pan in guru we nɔbɔdi nɔ go ebul fɔ mɛzhɔ. Mama bin de pres in ed bɔku bɔku

tɛm pan di smɔl pikchɔ.

"O." I de ɔlsay Masta, a tɛnki yu dat yu layt dɔn gɛt i dɔn wɛl mi pikin!"

A kam fə no se inſef bin dən si di faya we bin de shayn we a bin dən wel wantəm wantəm frəm wan sik we kin kil pəsin.

Wan pan di tin dən we a valyu pas ɔl na da sem foto de. Lahiri Mahasaya inſef gi am to Papa, i de kər oli vaybreshən. Di pikchə bin kəmət frəm mirekul. A yeri di stori frəm Papa in brɔda disaypul, Kali Kumar Roy.

I tan lək se di masta bin et fə mek dən tek in foto. Ova im protest, wan taim dem tek grup piksho of am and wan klasta of devotes, inklud Kali Kumar Roy. Na wan fotografa we bin sɔprayz we kam fə no se di plet we get klia pikchə dən fə ɔl di disaypul dən, nɔ sho natin pas wan blank ples na di sent usay i bin rili tink se i go fən di autlayn dən fə Lahiri Mahasaya. Boku pipul dən bin tək bɔt di tin we bin de apin.

Wan patikyula student ən masta sabi pəsin we de tek pikchə, we nem Ganga Dhar Babu, bin bost se di pəsin we rənawe nɔ go rənawe pan am. Di neks mənin, as di guru sidəm insay lotus posture pan wan wud bench wit wan skrin bien am, Ganga Dhar Babu kam wit in ikwipment. We i tek ɔl di tin dən we i fə du fə mek i get sakrifays, i bin gridi fə mek i kəmət na do twelv plet dən. I nɔ tu te, pan eni wan pan dən i fən di say we di wud bench ən skrin rayt, bɔt wan tēm bak di masta in fəm nɔ bin de.

Wit kray wata ən prawd we dən brok, Ganga Dhar Babu bin de luk fə in guru. I bin tek boku awa bifo Lahiri Mahasaya brok in silens wit wan kəment we get belɛ:

"A am Spirit. Kin yu kamera tink bak di we de ɔlsay Invisible?"

"A si se i nɔ go ebul! Bɔt, Oli Sa, a wit lɔv want wan pikchə fə di bɔdi tempul usay in wan, to mi smol vishən, da Spirit de de sho ful wan fə de."

"Kam, dən, tumara mənin. a go pose we yu de mek fə yu."

Agen di pəsin we tek di foto bin fos in kamera. Dis tēm di oli figa, we nɔ bin wər klos wit mistek we pəsin nɔ ebul fə no, bin shap na di plet. Di masta nɔ eva poz fə ɔda pikchə; at least, a nɔ si eni wan.

Dən mek di foto bak insay dis buk. Lahiri Mahasaya in fayn fayn tin dən, we na wan yunivasal kast, nɔ rili sho us trayb i kəmət. Di gladi gladi we i bin get fə Gɔd-komyunion de sho smol insay wan sɔm kayn we enigmatik wan smayl. In yay, af-af opin to de sho wetin de apin wan nominal we pantap di outer world, na haf klos tu. Bikɔs i nɔ bin no di po bad tin dən we de na di wɔl atol, i bin wek ɔl ɔltəm to di spiritual prɔbləm dən we di wan dən we de luk fə we bin de kam nia fə in blesin.

Jɔs afta we a wel tru di pawa we di guru in pikchə get, a bin get wan spiritual vishən we get pawa. We a sidəm na mi bed wan mənin, a bin fɔdəm insay wan dip drim.



"Wetin de bien di daknes we de na di yay we den lok?" Dis probing tinkin bin kam pawaful wan na mi maynd. Wan big big layt bin sho wantem wantem to mi insay. Divayn shep dem fo sent dem, we sidom insay meditashon pozishon na mawnten kev dem, fom lek smol smol sinima pikcho dem na di

big skrin we get layt insay mi fœd.

"Udat na yu?" A bin tœk lawd wan.

"Wi na di Himalayan yoga pipul dœm." Di sœlestial rispons at fœ diskrayb; mi at bin gladi.

"Ah, a de long fo go na di Himalayas en bi laik yu!" Di vishœn nœ bin de igen, bœt di silva bim dœn bin de bœku insay sœklœ dœn we bin de wayd œltœm te dœn nœ get œnd.

"Wetin na dis wœndaful tin shayn?"

"Mi na Iswara. 1-11." Mi na Layt." Di vœys bin tan lœk

klawd we de grœmbul. "A want fœ bi wan wit Yu!"

Frœm di slo we a bin de dwindling mi divayn ekstasi, a sev wan pœrmanent lœgsi fœ inspekshœn fœ luk fœ Gœd. "I na sote go, œva-nyu Joy!" Dis memori bin kontinyu fœ de long afta di de we dœn bin rap am.

Wan œda tin we dœn kin mœmba fœs na sœntin we rili wœndaful; œn rili so, bikœs a de bia di skata te tide. Mi œn mi big sista Uma bin sidœm ali mœnin œnda wan *nim* tik na wi Gorakhpur kœmpawnd. I bin de œp mi wit wan Bengali prayma, us tœm a go ebul fœ spay mi yay frœm di parrot dœn we bin de nia de we de it rayp magosa frut. Uma kœmplœn se bœyl na in leg, œn i kam wit wan jœg œntment. A smœl smœl pan di salv na mi fœs an.

"Wetin du du yu yuz mœresin pantap wan get welbœdi an?"

"Wœl, Sis, a fil se a go get bœyl tumara. A de tœst yu œntment na di say we di bœyl go apia."

"Yu smœl lay lay pœsin!"

"Sis, . nœ kœl mi wan lay lay pœsin te yu si wetin kin apin in di mœnin." Fœ vœks bad bad wan dœn fil mi.

Uma nœ bin kœle am, œn i bin ripit in provok tri tœm. Wan adamant rezolyushœn bin soun fo mai vois as a de mek slow riply.

"Bay di pawa we di wil get insay mi, a se tumara a go get fayn big bœyl na dis rayt ples na mi an; œn *yu* bœyl go swel to tu tœm di saiz we i get naw!"

Mœnin bin fœn mi wit wan strœng bœyl na di say we dœn sho; di dimensiœn dœn fœ Uma in bœyl bin dœn dœbul. Wit wan shriek, mi sista rœsh to Mama. "Mukunda dœn bi nekœmans!" Mama bin tœl mi se a nœ fœ œva yuz di pawa we wœd get fœ du bad. A kin

mamba in advays oltem, en fala am.

Mi bwel bin we den kin du opreshon pan we den don trit. WAN we posin kin notis mak,  
don go bay we di docto in yon di say we den kot am, . na gi tide. Pantap

mi rayt di fɔs an na wan ɔltəm memba ɔf di pawa in man in yon sheer wɔd.

Dən simpul ən i tan lək se dən nɔ de du bad to Uma, we dən bin de tɔk wit dip kɔnsentreshən, bin dən get inɔf ayd pawa fɔ bɔm lək bɔm ən prodyuz difrən, pan ɔl we dən go wund, ifɛkt dən. A ɔndastand, leta, se di eksplɔziv vaybreshən pawa na tɔk kin get sɛns fɔ fri pɔsin in layf frɔm prɔbləm dən, ən so i kin wok witout ska ɔ kɔrɛkt. **1-12**

Wi famili bin muf go na Lahore insay di Punjab. Na de a bin get wan pikchɔ fɔ di Divayn Mama we tan lək di Gɔd we nem Kali. **1-13** I bin mek wan smɔl infɔmal shrine oli we bin de na di bɔlkɔn na wi os. Wan kɔnvikshən we nɔ get wan dawt bin kam oba mi se fɔ fulfil go krawn ɛni wan pan mi prea dən we a tɔk na da oli ples de. Wan de we a tinap de wit Uma, a wach tu kayt dən we de flay oba di ruf dən na di bildin dən we de na di ɔda say na di rili smɔl len.

"Wetin du de yu so kwayɛt?" Uma push am mi ple wit ple.

"A jos de tink hau e bi wɔndaful se Divain Mama de giv mi enitin we a

aks." "A tink se I go gi yu dən tu kayt dən de!" Mi sista bin de laf fɔ

provok am.

"Wetin du nɔto?" a dən stat nɔ de tɔk prea dən fɔ dən prɔpati.

Dən kin ple mats na India wit kayt dən we dən kin kɔba dən strɛch wit glu ən grɔn glas. ɛni wan pan di pleya dən kin tray fɔ kɔt di string we in ɛnimi get. Wan kayt we dən fri de sel oba di ruf dən; big big ɛnjoyment de fɔ kech am. As mi ɛn Uma bin de na di bɔlkɔn, i bin tan lək se i nɔ pɔsibul fɔ mek ɛni kayt we lɔs go kam na wi an; in strɛch go jos de dangle oba di ruf dən.

Di pleya dem we de kross di len bigin dia mats. Dən bin kɔt wan strɛch; wantəm wantəm di kayt flot na mi say. I bin steshən fɔ smɔl tɛm, tru di briz we bin de blo wantəm wantəm, we naf fɔ mek di string tay fayn fayn wan wit wan kaktus plant we de ɔp di ɔda os. Dən bin mek wan pafɛkt lɔp fɔ mek a sik. A gi di prayz to Uma.

"Na jos wan ekstra ɔdinari aksident, ɛn nɔto ansa to yu prea. If di ɔda kayt kam to yu, dən a go biliv." Sista in dak yay dən bin de sho se i sɔprayz pas wetin i tɔk.

A kɔntinyu fɔ pre wit wan crescendo intensiti. We di ɔda pleya bin fɔs am fɔ pul am, dat bin mek in kayt lɔs wantəm wantəm. I bin de go to mi, i bin de dans na di briz. Di pɔsin we bin de ɛp mi, we na di kaktus plant, bin mek di kayt string bak na di lɔp we a nid fɔ mek a ebul fɔ ol am. A bin prezant mi sekɔn trofi to Uma.

"Fɔ tru, Divayn Mama de lɪsɪn to yu! Dis na ɔl tu uncanny fɔ mi!" Sista bolt away lek fawn we de fred.

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1-2 : . Na tɪn dɛn we get fɔ du wɪt Gɔd bɪznɛs tɪtʃa; frɔm Sanskrit rut *gu r*, . to mɛn, to fɔ mek pɔsɪn ɔp.

1-3 : . WAN pɔsɪn we de du di wok ɔf yoga, . "union," . ɔl Indian pipul dɛn sayɛns ɔf tɪnk dɪp pantap Gɔd.

1-4 : . Mi nem bin chenj to Yogananda we de na di wɔl ustɛm a bin kam insay di ol monastik Swami bin de tɔk bɔt am ɔda in 1914. Di ia 1914. Mi guru bin gi mi di rilijɔn taytul we na *Paramhansa insay 1935 (luk chapta 24 ɛn 42)*.

1-5 : . Frɔm trade trade, . di sekɔn kasta ɔf pipul dɛn we de fɛt wɔ ɛn rula dɛn.

1-6 : . Dɛn wan ya ol epik dɛn de di hoard we dɛn kin kip ɔf Na India in yon istri, lay lay stori dɛn, . ɛn mɔtalman sɛns. Wan "ɔlman in yon." Laybri" ɔmɔs, *Ramayana we dɛn kɔl Ramayana ɛn Mahabharata* , . na wan kɔndenseshɔn in English vas bay we Romesh we de na di wɔl .(Dutt (Nyu Jɔk: E. P. Dutton) we dɛn kɔl

1-7 : Dis nobul Sanskrit poem, we apin as pat pan di *Mahabharata* epik, na di Hindu Baybul. Di English transleshɔn we get poem pas ɔl na di buk we Edwin Arnold rayt we nem *The Song Celestial* (Filadelfia: David McKay, 75 sɛnt). Wan pan di bɛst transleshɔn dɛn wit ditayli kɔmɛnt na Sri Aurobindo in yon *Mesej ɔf Di Gita we dɛn kɔl Gita* (Jupita we de na di wɔl Pres, 16 Semudoss we de na di wɔl Sɛnt., Madras, India, \$3.50).

1-8 : . *Babu* (Mista) . na we dɛn put am in Bengali nem dɛn at di dɔn.

1-9 : . Di fenomenal pawa dɛn possessed bay we rili masta dɛn de bin eksplen in chapta 30, 10 . "Di Lɔ ɔf Mirakul dɛn."

1-10 : . WAN yoga teknik we de du dat di di tin dɛn we pɔsin kin fil tumult na stil, . we dɛn alaw fɔ du dat man to mitɔp wan we de bɔku ɔlɛm udat wit kɔsmik kɔnshɛns. (Luk chapta 26.)

1-11 : . WAN Sanskrit nem fɔ Gɔd as Pɔsin we de rul ɔf di yunivas we de na di wɔl; frɔm di rut /s/ , . to rul. De de 108. Na di 108 nem dɛn fɔ Gɔd in di Indu skripchɔ dɛn, ɛn ɛni wan pan dɛn get difrɛn shed fɔ minin pan sɛns.

1-12 : . Di we nɔ get ɛnd di tin dɛn we pɔsin kin ebul fɔ du ɔf sawnd derive frɔm di Du nyu tin wɔd, *Aum* , . di kɔsmik we de na di wɔl we de shek shek pawa biɛn ɔl atɔmik ɛnaji dɛn. ɛni wɔd we dɛn tɔk wit klia rializashɔn ɛn dip kɔnsɛntreshɔn get valyu we de apin. Ripit lawd ɔ kwayɛt wan ɔf we de mek pɔsin get maynd wɔd dɛn dɔn bin bin fɛn gud gud in Coueism we dɛn kɔl Coueism ɛn fiba sistɛm dɛn ɔf saykɔtɛrapi; di sikrit lay lay dɛn insay di we yu de step-ap ɔf di maynd in yon we de shek shek ɔmɔs. Di pɔsin we de rayt poem Tɛnisiɔn dɔn dɔn go wi, in in *Memori dɛn* , . wan akawnt ɔf in ripit divays fɔ pas pas di kɔnsɛns maynd insay superkonshɔn:

Wan kayn wek trance-dis fɔ lɔk fɔ bɛtɛ wɔd-a dɔn get bɔku tɛm, kwik kwik wan frɔm we a bin smɔl, we a bin de ɔl mi "wan," na so Tennyson rayt. "Dis dɔn kam pan mi tru fɔ *ripit* mi yon nem to misɛf kwayɛt wan, tɛ ɔl wan tɛm, as i bin de aut pan di intensiti fɔ di kɔnshɛns fɔ individyualiti, individyualiti sɛf bin tan lɛk se i de ɔlv ɛn fade away insay." we nɔ get bɔda fɔ bi, ɛn dis nɔto wan bin kɔnfyuz stɛt bɔt di klia wan, . di surest ɔf di surest, . kpatakpata sote wɔd-we day na bin wan tin we nɔ pɔsibul fɔ laf-di lɔs pan pɔsin (if na so i bin bi) i bin tan lɛk se i nɔ de dɔn, bɔt na di wangren tru layf." I rayt " .mɔ se: "I nɔto nebulous ecstasy, bɔt na stɛt fɔ transɛndant wɔnda, we get fɔ du wit absɔlyut klia maynd

1-13 : . Kali we de na di wɔl na wan sayn ɔf Gɔd in di tin ɔf sote go Mama Nɛchɔ.

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## CHAPTER: 1 . 2. 2.

### *Mi Mama in yon Day ɛn Di Mistik Amulet we dɛn kɔl am*

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Mi mama in yon di wan we pas ɔl want bin di mared ɔf mi ol pa brɔda. "Ah, . ustɛm a



Ananta in wëf, a go fën evin na dis wöl!" Boku tēm, a kin yeri Mama de tōk wit dēn wōd ya in strong Indian sentiment fō mek famili kōntinyu fō de.

A bin ol lēk ilevin ia so di tēm we Ananta bin mared. Mama bin de na Kalkata, en i bin gladi fō kia fō di pripiament fō di mared. Mi en Papa nōmō bin de na wi os na Bareilly insay di nōt pat na India, usay dēn bin dōn transfa Papa afta tu ia na Lahore.

Bifo dis tēm, a bin dōn si di fayn fayn tin dēn we dēn kin du fō mared fō mi tu big sista dēn we nem Roma en Uma; bōt fō Ananta, as di big bōy pikin, di plan dēn bin rili bōku. Mama bin de wēlkōm bōku bōku fambul dēn, en evride i bin de kam na Kalkata frōm os dēn we de fa. I bin lod dēn fayn fayn wan na wan big os we dēn jōs gēt na 50 Amherst Strit. Ōltin bin rēdi-di fayn fayn it dēn we dēn kin it na di bankwet, di gay tron we dēn fō kēr Brōda go na di os fō di yawo, di row dēn we gēt layt dēn we gēt kōlō, di big big kadbōd elifant en kamel dēn, di English, Skōtish en Indian ōkestra dēn, di pōshōnal enjoyment dēn, di prist dēn fō di ol ritual dēn.

Mi en Papa, we bin gēt gala spirit, bin de plan fō jōyn di famili insay di rayt tēm fō di serimoni. Bōt jōs bifo di big de, a bin gēt wan bad bad vishōn.

I bin de na Bareilly pan wan midnight. As a bin de slip nia Papa na di piazza na wi bangala, wan speshal we we di mōskito nēt bin de flōt oba di bed bin wek mi. Di flimsy kōtin dēn bin sheb en a si di fōm we mi mama bin lēk.

"Wek yu papa!" In vōys na bin jōs wispa. "Tek di fōs tren we de, na 4 oklōk dis mōnin. Rōsh go na Kalkata if yu go si mi!" Di figa we tan lēk wraith bin los.

"Papa, Papa! Mama de day!" Di fred we a bin de tōk bin mek i wek wantēm wantēm. A bin de kray fō di nyus we de kil pōsin.

"Nō eva tink bōt da hallucination de we yu gēt." Papa gi in kwaliti negashōn to wan nyu sityueshōn. "Yu mama de fō ekselent helt. If wi gēt eni bad nyus, wi go komot tumoro."

"Yu nō go eva fōgiv yusēf fō we yu nō bigin naw!" Anguish mek a ad bita wan se, "A nō go eva fōgiv yu!"

Di mōnin we bin de mek pipul dēn fil bad bin kam wit wōd dēn we klia: "Mama sik bad bad wan; dēn dōn put mared bifo tēm; kam wantēm wantēm."

Mi en Papa bin kōmōt de wit ol wi at. Wan pan mi ōnkul dēn bin mit wi we wi bin de go na wan ples usay dēn kin transfa. Wan tren bin de tēnda kam nia wi, en i bin de kam wit tēliskōpik inkris. Frōm di trōbul we a bin de mek insay mi at, wan wantēm wantēm a bin mekōp mi maynd fō trowe misēf na di relōd trak dēn. A bin fil se a dōn ōlredi lēf mi mama, a nō go ēbul fō bia wan wōl we nō gēt natin wantēm wantēm. A bin lēk Mama as mi padi we a lēk pas ol na di wōl. In blak yay dēn we bin de kōrej mi



bin dɔn bi mi shɔp fɔ aɪd pan di smɔl smɔl bad bad tɪn dɛn we bin apɪn to mi we a  
bin smɔl.

"Du i stɪl tap?" a bin stɔp fɔ wʌn lʌs kwɛstɪɔn to mi ɔnkuɫ.

"Fō tru, i de alayv!" I nō bin slo fō eksplen di pwēl at we bin de na mi fes. Bot a nō bin biliv am bēte.

We wi rich na wi os na Kalkata, na fō jōs mit di wōndaful sikrit bot day. A bin fōdōm insay wan stet we bin lēf smōl fō lē a nō get layf. Bōku ia pas bifo eni rikōnsiliēshōn kam insay mi at. We a bin de storm di get dēn na ēvin, mi kray las las kōl di Divayn Mama. In wōd dēn bin briṅ las hilin to mi wund dēn we bin de suppurat:

"Na mi dōn wach yu, layf afta layf, insay di sōri-at we bōku mama dēn get! Si insay Mi yay di tu blak yay dēn, di fayn fayn yay dēn we dōn lōs, yu de luk fō!"

Mi en Papa bin go bak na Bareilly jōs afta di rites fō bōn di bōdi fō di pōsin we wi rili lēk. Ali ēvri mōnin a kin mek wan sōri memorial- pilgrimej to wan big *sheoli* tik we bin de shed di smōl, grēn-gold lawn bifo wi bangala. Insay poem tēm dēn, a bin de tink se di wayt *shioli* flawa dēn bin de skata dēnsēf wit wan divoshōn we dēn want fō du oba di ōlta we get gras. We a bin de miks kray wata wit di dyu, bōku tēm a bin de si wan strenj ōda wōl layt we de kōmōt frōm di do. Di bad bad pen we a bin de fil we a bin rili want Gōd bin de atak mi. A bin fil se dēn dōn drō mi pawaful wan to di Himalayas.

Wan pan mi kōzin dēn, we bin jōs dōn travul na di ōli il dēn, bin kam fēn wi na Bareilly. A bin de lisin wit ōl mi at to in stori dēn bot di ay ay mawnten dēn we yoga en swami dēn kin de. **2-1**

"Lē wi rōnawe go na di Himalayas." Wan de, di advays we a bin gi Dwarka Prasad, we na wi landlōd in yōṅ bōy pikin na Bareilly, bin fōdōm pan yes we nō bin get sōri-at. I bin tēl mi big brōda we jōs kam fō si Papa. Bifo Ananta laf layt wan fō dis plan we nō pōsibul fō wan smōl bōbō, i bin mek am wan patikyula pōynt fō provok mi.

"Usay na yu ōrinch robe we yu kin wēr? Yu nō kin bi wan swami nō dat!"

Bot a bin rili gladi fō wetin i tōk. Dēn bin briṅ wan klia pikchō we a de waka waka na India as mōnk. Sōntēm dēn bin mek pipul dēn mēmba wan layf we dēn bin dōn liv trade; eni we aw i bi, a bigin fō si wit aw natura izi a go wēr di klos we da monastik ōda we dēn bin dōn bil trade trade bin wēr.

We a bin de chat wan mōnin wit Dwarka, a bin fil se a lēk Gōd de kam dōṅ wit avalanchic force. Mi kōmpin bin jōs de pe atēshōn pan di fayn fayn tin dēn we bin de apin afta dat, bot a bin de lisin to misēf wit ōl mi at.

A rōnawe da aftanun de go na Naini Tal we de na di Himalayas fut. Ananta bin gi chase we i bin dōn mekōp in maynd fō du; Dēn bin fos mi fō go bak na Bareilly wit sōri-at. Di wangren pilgrimej we dēn bin alaw mi fō go na di kōstōm wan we di ples kin kōmōt na do fō go na di *sheoli* tik. Mi at bin kray fō di Mama dēn we dōn lōs,

motalman en divayn.

Di rent we bin lēf na di famili we Mama day, nɔ bin ebul fɔ chenj am. Papa nɔ bin eva mared bak insay di lēk foti ia we i bin lēf. We i bin tek di tranga wok we Papa-Mama bin de du to in smol ship dɛn, i bin notis se i bin get mɔ sɔri-at, en i bin izi fɔ tɔk to am. I bin get kol at en sens, i bin solv di difrɛn difrɛn problem dɛn na in famili. Afta ɔfis awa i ritaia lēk emit to di sɛl na in rum, de praktis *Kriya Yoga* insay wan swit kol at. Long afta we Mama day, a bin tray fɔ engage wan

English nɔs fɔ atɛnd di ditel dɛn we go mek mi mama ɛn papa dɛn layf fayn mɔ. Bot Papa shek in ed.



Mi Mama

*WAN Disaypul ɔf Lahiri we de na di wɔl Mahasaya we de na di wɔl*

"Service to mi don end wit yu mama." In yay dɛn bin de fa wit divoshɔn we i bin de du fɔ ɔl in layf. "A nɔ go aksept ministreshɔn frɔm ɛni ɔda uman."

Fɔtin mɔnt afta Mama day, a kam fɔ no se i dɔn lɛf wan impɔtant mɛsej to mi. Ananta bin de we i bin de day ɛn i bin dɔn rayt in wɔd dɛn. Pan ɔl we i bin dɔn aks fɔ mek dɛn tɔk to mi insay wan ia, mi brɔda bin delay. I nɔ tu te, i bin fɔ kɔmɔt na Bareilly fɔ go na Kalkata, fɔ go mared di gyal we Mama bin dɔn pik fɔ am. 2-2 Wan ivintɛm i kɔl mi na in sayd.

"Mukunda, a don de fred fɔ giv yu strenj nyus." Ananta in tɔyn bin ol wan not fɔ rɛsayn. "Mi fred na fɔ mek yu want fɔ kɔmɔt na os. Bot pan ɛni kes yu de brist wit divayn ardor. We a kapchɔ yu i nɔ tu te yet we yu de go na di Himalayas, a kam to wan difinit rizɔlt. A nɔ fɔ postpɔn mɔ fɔ fulfil di fulfilment fɔ mi solemn prɔmis." Mi brɔda gi mi wan smɔl bɔks, ɛn gi mi mama in mɛsej.

"Lɛ dɛn wɔd ya bi mi las blɛsin, mi bɔy pikin we a lɛk Mukunda!" Mama bin dɔn tɔk. "Di awa don rich wen a mos rilet nomba of fenomenal ivent afta yu born. A fos sabi yu destined path wen yu bi bot babe fɔ mai an. A kari yu den go na mai guru os fɔ Benares. Klose to ayd bihain wan throng of disaipul, a bin barely si Lahiri Mahasaya as im sidon fɔ dip meditashɔn."

"We a de pat yu, a bin de pre mek di big guru tek notis en gi blésin. As mi silent divoshónal dimand de gro in intensiti, i opin in yay en mek sayn fò mi fò kam nia. Di òda wan den mek we fò mi; a butu na di oli fut. Mi masta sidòm yu na in lap, put in an pan yu fòrest bay we i de baptayz yu pan spiritual wan."

"Smòl mama, yu bòy pikin go bi yogi. As spiritual injin, i go kèr bòku sol den go na Gòd in kìnòm."

"Mi at bin jomp wit gladi at fò fèn mi sikrit prea we di guru we sabi oltin dòn gri fò am. Jòs bifo den bòn yu, i bin dòn tèt mi se yu go fala in rod."

"Leta, mi pikin, mi en yu sista Roma bin no yu vishòn bot di Gret Layt, as fròm di nèks rum wi bin de wach yu we yu nò de muv na di bed. Yu smòl fes bin de shayn; yu vòys." bin ring wit ayen rizòlt as yu de tók bot fò go na di Himalayas fò fèn di Divayn.

"Na den we ya, dia pikin, a kam fò no se yu rod de fa fròm di wòl ambishòn. Di mós singul ivin na mi layf briñ mò kònfòmeshòn-wan ivin we naw de impel mi daybed mesej."

"Na intavyu wit wan sage fò Punjab. Wen wi famili bin de liv fò Lahore, wan moning di savant kom precipitantly insaid mai rum."

"Mistress, . wan strenj *sadhu* 2-3 na naya. I insist fò du dat dat i "si di mama of Mukunda."

"Dis simpul wòd dem struck wan profound chord insaid mi; a go wan taim to grit di visitor. We a butu fò im fut, a si se bifo mi na tru tru man of God."

"Mama,' i se, 'di big big masta den want yu fò no se yu nò go te fò de na di wòl. Yu nèks sik go pruv se na yu las sik.' 2-4 Wan saylens bin de, en insay da tèm de a nò bin fil eni alarm bot na jòs wan vaybreshòn we get big pis. Fò dòn, i adres mi bak se:

"Yu fò bi di pòsin we de kia fò wan patikyula silva amulet. A nò go gi yu am tide; fò sho di trut na mi wòd, di talisman go materialize na yu an tumara as yu de meditate. We yu de day, yu fò tèt yu big bòy pikin Ananta fò kip di amulet fò wan ia en afta dat fò gi am to yu sèkòn bòy pikin. Mukunda go òndastand wetin di talisman min fròm di big wan den." I fò get am lèk di tèm we i rèdi fò lèt ol di op den we de na di wòl en bigin fò luk fò Gòd we i dòn kip di amulet fò sòm ia, en we i dòn du wetin i want, i go lòs lèksef den kip am na di say we sikrit pas ol, i go kam bak usay i kòmòt.'

"A bin de gi alms 2-5." to di oli wan, en butu bifo am wit big rèspekt. Nòto fò tek di ofrin, i kòmòt wit blésin. Di nèks ivintèm, as a sidòm wit mi an den we a fold fò tink gud wan, wan silva amulet bin apin bitwin mi an den, ivin lèk aw di *sadhu* bin dòn promis. I bin mek pipul den no in sèf bay we wan kol, fayn tòch. a get wit jèlòs we den de gayd i fò mò pas tu ia den, en naw lèt am na Ananta in kip. Nò kray fò mi, as mi big guru go dòn kam wit mi

to di an den of di I no get end. Baybay, mi pikin; di Kosmik we den kol Mama go protekt yu."

Wan faya we de mek layt kam oba mi wit di amulet we a get; boku memori den we no bin de slip bin wek. Di talisman, we bin rawnd en we bin de trade trade, bin get Sanskrit leta den. A bin ondestand se i komot from ticha den we bin de trade, we bin de gayd mi step den we a no bin de si. Wan oda minin bin de, fo tru; bot posin no de sho ol di at we amulet get.

Aw di talisman bin don los bitwin di tin den we a no bin rili gladi na mi layf; en aw di los we i los bin bi wan herald fo mi benifit fo wan guru, den no go ebul fo tel am na dis chapta.

Bot di smol bobo, we no bin de tray fo rich na di Himalayas, bin de travul fa evride wit in wing den na in amulet.

2-1 : . Sanskrit rut minin of *swami* na "i udat na wan wit in Sef ( *Swa* ) we den kol." Den bin aplay am to wan memba of di Indian pipul den oda fo monk den, di taytul get di formal respekt fo "di revend."

2-2 : . Di Indian pipul den wetin komon, we de du dat mama en papa den pik di layf-patna fo den pikin, don bin de agents am di tok tret asolt den of tem. Di pasent boku pan di Indian mared den we gladi.

2-3 : . Wan ankcrayt we den kol; wan udat de ronata am wan *sadhana we den kol sadhana* o rod of spiritual tin den korekt.

2-4 : . Ustem a we den don fen bay we den wan ya wod den dat Mama bin possessed sikrit no of wan shot layf, a don ondestand fo di fos wan tem wetin du i bin bin insist fo du sontin pantap fo du sontin kwik kwik wan di plan den fo du sontin fo Ananta in yon mared. Pan ol i don day bifo di mared, in natura I mama in wish bin don bi fo witnes di rites.

2-5 : . WAN na kostom aw yu mek yu an of respekt to *sadhus den* .

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## CHAPTER: 1 . 3. 3.

### *Di Sent Wit Tu Bodi den*

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"Papa, if a promis to go bak os no fo fos posin fo du sontin, . sontem a tek wan visit travul to Benares?"

Papa no bin de ambog mi bad bad wan fo travul. I bin alaw mi, ivin we a bin jos bi bobo, fo go na boku siti den en ples den fo go woship. Boku tem, wan o mo pan mi padi den bin de go wit mi; wi go travul fayn fayn wan pan fos klas pas we Papa gi

wi. Di pozishon we i bin get as ofisa na di tren bin rili satisfay di pipul den we bin de waka waka na di famili.

Papa bin promis to gi mi aks fo get we yu fo tink bot. Di neks de i den kol am mi en don ol

kōmōt wan fō go bak en kam bak pas frōm Bareilly na di wan to Benares, 1999. wan nōmba of na rup not dēn, . en tu lēta dēn we dēn rayt.

"A get biznēs mata fō prōmis to wan Benares padi, Kedar Nath Babu. I sōri fō no se a dōn lōs in adres. Bot a biliv se yu go ebul fō get dis lēta to am tru wi kōmōn padi, Swami Pranabananda. Di swami, mi brōda disaypul, dōn rich wan ay ay spiritual ayt. Yu go benifit frōm in kōmni; dis sēkōn not go bi yu introdukshōn."

Papa in yon yay bin de twinkled as i ad, . "Maynd, Nō mō flay dēn we dēn kin yuz fō flay frōm os!"

A bin setul wit di zest fō mi twelv ia (pan ol we tēm nō ēva mek a nō gladi fō nyu sinima en strenj fes dēn). We a rich na Benares, a go wantēm wantēm na di swami in os. Di domōt we de bifo bin opin; A mek mi we fō go na wan lōng rum we tan lēk ol na di sēkōn flō. Wan man we bin rili strōng, we bin jōs wēr loin klos, bin sidōm lēk lotus posture pan wan pletfōm we dēn ay smōl. In ed en in fes we nō bin rōtin bin sheb klin; wan fayn fayn smayl bin de ple bot in lip dēn. Fō mek a nō tink se a dōn kam insay, i grit mi lēk mi ol padi.

" *Baba anand* (blis to mi dia wan)." Dēn bin wēlkōm am wit ol dēn at wit vōys we tan lēk pikin. A nil dōg en tōch in fut.

"De yu Swami bin de tōk bot am Pranabananda na di wōl?

I nōd in ed. "Yu na Bhagabati in pikin?" In wōd dēn bin dōn kōmōt bifo a get tēm fō tek Papa in lēta na mi pōkit. A bin sōprayz we a gi am di not fō introduks am, we naw i bin tan lēk se i nō impōtant.

"Of kos a go locate Kedar Nath Babu fō yu." Di sent bin sōprayz mi bak wit in klarvoyance. I luk di lēta, en tōk sōm lōv to mi mama en papa.

"Yu no, a de enjoi tu penshōn. Wan na by di rekomend of yu papa, we a bin de fō am wan taim." bin wok in di relōd we dēn kin yuz ofis. Di oda na bay we di rekēmōndeshōn of mi Na evin Papa, we a dōn kōnshens fō dōn mi wok na dis wōl na layf."

A bin si se dis tōk nō klia. "Us kayn penshōn, sa, yu de get frōm di Papa we de na evin? I de drōp mōni na yu lap?"

I bin laf. "A min penshōn of fathomless pis-a riwōd fō plenti yiez of dip meditashōn. A neva krayv moni nau. Mi fes fes matiral nid dem de amply provaid fō. Lēta yu go andastan di signifikans of sekōn penshōn."

We di sent dōn wi tōk wantēm wantēm, i nō bin ebul fō muv bad bad wan. Wan briz we tan lēk sfinks bin kōba am. Fōs, in yay dēn bin de shayn, lēk se i de wach sōntin we i intres pan, dōn i bin de dull. A bin fil shem fō di pauciloquy we i bin get; i nō bin



dɔn tɛl mi yet aw a go mit Papa in padi. A trifle restlessly, a luk arawnd mi na di bare  
rum, ɛmti pas wi tu. Mi yay we a nɔ bin de du natin bin tek in wud sandal, we bin de  
ledɔm ɔnda di pletfɔm sit.

"Smol sa, **3-1.**" no wɔri. Di man we yu want fɔ si go de wit yu insay af awa." Di yogi bin de rid mi maynd-a feat we no tu at fɔ di tɛm!

Agen i bin fɔdɔm insay saylɛns we pɔsin no go ebul fɔ ɔndastand. Mi wach bin tɛl mi se tati minit dɔn pas. Di swami bin wek inɛf. "A tink se Kedar Nath Babu de nia di doa."

A yeri sɔmbɔdi de kam ɔp di stej. Wan wɔndaful tin we no bin ɔndastand bin kam wantɛm wantɛm; mi tinkin bin de rɔsh wit kɔnfyushɔn: "Aw i pɔsibul se dɛn dɔn kɔl Papa in padi na dis ples we dɛn no ɛp am frɔm mɛsɛnja? Di swami no tɔk to ɛnibɔdi pas misɛf frɔm we a kam!"

Wantɛm wantɛm a kɔmɔt na di rum ɛn kam dɔŋ di stɛp dɛn. Af-af we a bin de go dɔŋ, a mit wan man we tan lɛk tin we tan lɛk fayn skin ɛn we ayt midul. I bin tan lɛk se i de rɔsh.

"De yu Kedar Nath Babu?" Zil we gɛt kɔlɔ mi vɔys.

"Yes. Yu no bi Bhagabati in pikin we don de wet ya fɔ mit mi?" I bin smayl insay padi biznɛs.

"Sa, aw du yu apin to kam naya?" a dɔn fil bin kɔnfyus tawa oba in we pɔsin no ebul fɔ ɛksplɛn de de.

"Evritin na mistiri tide! Les dan wan awa afta a jos don finish mai bath fɔ Ganges wɛn." Swami bin de tɔk bot am Pranabananda we de na di wɔl bin kam nia am mi. a gɛt No pɔynt aw i dɔn no a bin de at dat tɛm.

"Bhagabati in pikin de wet fɔ yu na mi apatmɛnt,' i se. 'Yu go kam wit mi?' A bin gri wit gladi at As wi de go bifo an to an, di swami we bin wɛr in wud sandal bin ebul fɔ pas mi strenj wan, pan ɔl we a bin wɛr dɛn strɔng shuz ya fɔ waka.

"Aw lɔng i go tek yu fɔ rich na mi ples?' Pranabanandaji bin stɔp wantɛm wantɛm fɔ aks mi dis kwɛstyɔn.

"Bot af-af wan awa.'

"A gɛt ɔda tin fɔ du naw.' I gi mi wan enigmatical glance 'A fɔ lɛf yu biɛn Yu kin jɔyn mi na mi os, usay mi ɛn Bhagabati in pikin go de wet fɔ yu.'

"Bifo a rimonstret, im dash swiftly pas mi and disappear fɔ di kraud. A waka hia as fast as a fit."

Dis fɔ ɛksplɛn nɔmɔ dɔn go ɔp mi fɔ mek pipul dɛn kɔnfyus. a bin aks aw lɔng i bin no

di swami.

"Wi mit som taims las yie, bot no bi jos. A bin rili glad fo si am bak tide fo di bathing *ghat*."

"A no kin ebul fo du dat biliv mi yes! Am a we pɔsin lɔs mi maynd? Don du yu mit in in wan si, ɔ don du yu rili

si in, toch in an, en yeri di sawnd of in fut?"

"A no no wetin yu de drayv pan!" I bin flash wit wamat. "A no de lay to yu. Yu no ondestand se na tru di swami nomo a bin fo don no se yu de wet na dis ples fo mi?"

"Wetin mek, da man de, Swami Pranabananda, no komot na mi yay fo smol tem from we a fos kam lek wan awa so don pas." A bin blok di wan ol stori.

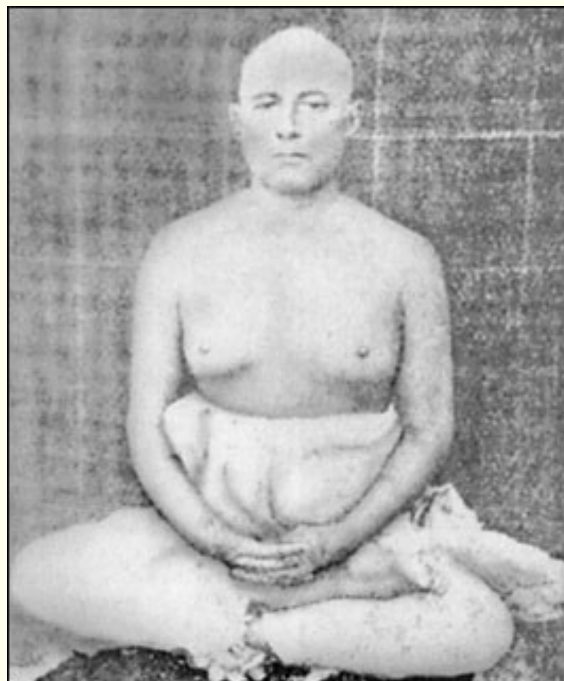
In yay den opin big big wan. "Wi de liv fo dis matiral ej, o wi de drim? A neva expekt se a go witnes dis kain mirekul fo mai laif! A bin tink se dis swami na jos odinari man, and nau na mi." fain se i kin materialize wan ekstra bodi en wok tru am!" Tugeda wi enta di sent rum.

"Luk, na di sem sandal we i bin de wer na di *ghat* ," Kedar Nath Babu wispa. "Na loincloth nomo i bin wer, jos lek aw a de si am naw."

As di visito i bin butu bifo in, di sent ton to mi wit wan kwik kwik wan smayl.

"Wetin mek yu stupefied at ol dis? Di subtil yuniti fo di fenomenal wol no ayd from tru yoga pipul den. A kin si en tok wit mi disaypul den we de fa fawe na Kalkata wantem wantem. Den kin semweso pas ol di tin den we de ambog di gros matta."

I go mos bi se na fo tray fo mek mi yong bodi get pawa pan God biznes, na in di swami bin don put inself don to tel mi of in pawa den of astral we den kol redio en telivishon. **3-2** Bot bifo dat we a bin get zil, na wan fred nomo a bin de fred. Inasmuch as a bin destined fo ondatak mi divayn soch tru wan patikyula guru-Sri Yukteswar, we a no bin mit yet-a no bin fil eni inklinshon fo aksept Pranabananda as mi ticha. A glan pan am wit dawt, en a bin de wonda if na so i bi na in o in kompinn bifo mi.



Swami bin de tɔk bɔt am Pranabananda we de na di wɔl  
."Di Sent Wit Tu Bɔdi dɛn"

Wan Dɛn dɔn ɔpdet am Disaypul ɔf Lahiri we de na di wɔl Mahasaya we de  
na di wɔl

Di masta bin tray fɔ dreb mi wɔri bay we i gi mi wan yay we de wek mi sol, ɛn bay  
sɔm wɔd dɛn we de mek a get maynd bɔt in guru.

"Lahiri fɔ tɔk." Mahasaya we de na di wɔl bin di di wan we pas ɔl yoga we de du yoga a  
ɛva dɔn no. I bin Divinity Na inɛf sɛf in di fɔm ɔf bɔdi."

A bin tink se if disaypul go ebul fɔ mek ɛkstra bɔdi we i want, us mirekul dɛn fɔ tru  
we in masta nɔ go ebul fɔ du?

"A go tɛl una aw guru in ɛp nɔ get valyu. A bin de tink gud wan wit ɔda disaypul fɔ  
et awa ɛvri net. Wi bin get fɔ wok na di relɔd ɔfis insay di de. Bikɔs i nɔ izi fɔ du mi  
klerikal wok, a bin want fɔ devote mi ɔl tɛm to Gɔd. Fɔ et ia a bin de bia, de tink gud  
wan af di net. A bin get wɔndaful rizɔlt; tremendous spiritual perceptions illumined  
my." mind.

"Enjel Guru, mi spiritual angri so dat a nɔ go ebul fɔ bia mi layf igen if a nɔ mit di Gret  
Lɔv fes to fes!"

"Wetin kin a du? Yu mɔs tink gud wan mɔ dip wan.'

"A de apil to Yu, O Gɔd mi Masta! A de si Yu materializ bifo mi insay wan bɔdi we  
get bɔdi; bles mi so dat a go si Yu insay Yu fɔm we nɔ get end!"

"Lahiri Mahasaya es in an insay wan benign jes. 'Yu kin go naw ɛn tink gud wan. A dɔn  
beg fɔ yu wit Brahma.' **3-3**

"A bin get maynd we a nɔ ebul fɔ mezhɔ, a go bak na mi os. We a bin de tink gud wan  
da net de, a bin rich di Bɔn Gol fɔ mi layf. Naw a nɔ de taya fɔ enjoy di spiritual  
penshɔn. Nɔ ɛva frɔm da de de di Blissful Krieta dɔn de ayd frɔm mi yay bien ɛni  
skrin we de mek a ful."

Pranabananda in fes bin ful-ɔp wit divayn layt. Di pis we ɔda wɔl get bin kam insay  
mi at; ɔl di fred bin dɔn rɔnawe. Di sent bin mek i get mɔ kɔnfidens.

"Sɔm mɔnt afta dat a go bak to Lahiri Mahasaya ɛn tray fɔ tɛl am tɛnki fɔ we i gi am di  
gift we nɔ get end. Dɔn a tɔk bɔt ɔda tin."

"Divayn Guru, a nɔ ebul fɔ wok na ɔfis igen. Duya fri mi. Brahma de kip mi  
kɔntinyu fɔ drɔnk.'

"Aplay fə penshon frəm yu kəmni." "Wetin

rizin a go giv, so ali fo mai savis?" "Say

wetin yu fil.'

"Di nəks de a bin mek mi aplay fəm. Di dəkto bin aks di graən den fə mi bifo tēm aks.

"Na wok, a kin si wan ɔvəpawə sɛns de rayz na mi spayna. **3-4** I de ɔlsay na mi bɔdi, ɛn i nɔ fit fə du mi wok.'

"Witout further kweshon di dokta rikomend mi hai fo penshon, we a no tu te a get. A no se di divain wil of Lahiri Mahasaya wok tru di dokta and di railroad ofishal dem, inklud yu papa. Otomatik dem obe di big guru spiritual dairekshon, and fri mi fo wan laif we no brok komyunion wit di Beloved." **3-5**

Afta dis ekstra ɔdinari rivyu, Swami Pranabananda bin ritaia insay wan pan in long silens den. As A bin de tek lɛf, a bin de tɔch in fut wit respekt, i bin gi mi in blɛsin:

"Yu layf na di rod fə lɛf fə du sɔntin ɛn yoga. A go si yu bak, wit yu papa, leta." Di ia den bin mek den tu prɛdikshon ya kam tru. **3-6**

Kedar Nath Babu bin waka nia mi sayd insay di daknes we bin de gɛda. A bin sɛn Papa in leta, ɛn mi kɔmpin bin rid am ɔnda wan strit lamp.

"Yu papa se mek a tek pozishon na di Kalkata ɔfis na in relɔd kəmni. I fayn fə luk fə at le wan pan di penshon den we Swami Pranabananda de ɛnjoy! Bot i nɔ pɔsibul; a nɔ go ebul fə kɔmɔt na Benares. Alas, tu bɔdi nɔ de fə mi yet!"

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3-1 : . *Choto we de na di wɔl Mahasaya we de na di wɔl* na di wɔd bay we us wan nɔmba ɔf Indian pipul den di wan den we oli we den adrɛs mi. I translet "smɔl sa."

3-2 : Insay in yon we, fizik sayɛns de afɛm di validiti fə di lɔ den we yoga pipul den dɔn fɛn tru mental sayɛns. Fə ɛgzampul, wan demonstrɛshon dat man dɔn na telivishon pawa den bin dɔn gi pantap Nov. 26, 26 . 1934. Di ia 1934 at di Royal Yunivasiti ɔf Rom na Rom. "Dɔkta Giuseppe Calligaris, we na prɔfɛsɔ fə nyuro-saykoloji, bin prɛs sɔm pɔynt den na pɔsin in bɔdi ɛn di pɔsin we den de tɔk to bin ansa wit minit diskripshon den bɔt ɔda pipul den ɛn tin den we de na di ɔpɔzit say na wan wɔl. Dɔkto Kaligaris bin tel di ɔda prɔfɛsɔ den se if sɔm say den na di skin de agyu, den kin gi di pɔsin we den de stɔdi di tin den we i nɔ ebul fə si tin den we i nɔ go ebul fə si ɔda we." perceive. Fə mek in savant ebul fə no tin den na di ɔda say na wan wɔl, Prɔfɛsɔ Kaligaris bin prɛs pan wan ples na di rayt say na di tɔraks fə fayvtin minit.

3-3 : . God in In tin ɔf Di Wan we mek ɔltin; frəm Sanskrit rut *brih* , . to gro. Ustɛm Na Emerson in yon pɔym *Brahma we de na di wɔl* dɔn sho in di *Atlantik Evri mɔnt* in 1857, 1999. pas ɔl di di wan den we de rid bin bin kɔnfyus. Emerson i bin de laf. "Tel den," i bin se, "to se 'Jehovah' insted of 'Brahma' ɛn dem no go fil eni perplexity."

3-4 : . Insay di dip tink dip, di fɔs ɛksperiens ɔf Spirit na pantap di ɔlta ɔf di spayna, . ɛn dɔn in di bren. Di torrential bliss na ovawhelm, bɔt di yogi kin lan fə kontrol di we aw i de sho inɛf na do.

3-5 : . Afta in we yu ritaia, . Pranabananda we de na di wɔl dɔn rayt wan ɔf di pas ɔl rili kɔment den we den kin gi pantap di *Bhagavad we den kɔl Bhagavad* Gita, 1999. we de insay Bengali ɛn Hindi.

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## CHAPTER: 1 . 4. 4.

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### ***Mi Den bin ambog am Flay To Di Himalayas na di mawnten den***

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"Lef yu klasrum pan som trifling pretekst, en enjoy hackney kariɔ. Stop na di len usay nobodi na mi os no go si yu."

Dis na bin di las tin den we a tel Amar Mitter, we na mi padi we bin de na sekondari skul en we bin plan fo go wit mi na di Himalayas. Wi bin don pik di nɛks de fo wi plen. Den bin nid fo tek tɛm, as Ananta bin de wach in yay. I bin don mekop in maynd fo mek di plan den fo ronawe we i bin de tink se na di tin we de op pas ol na mi maynd no wok. Di amulet, lek spiritual yist, bin de wok kwayet wan insay mi. Midul di sno we bin de na di Himalayans, a bin op fo fen di masta we in fes bin de apia to mi boku tɛm we a de si vishon.

Di famili bin de liv naw na Kalkata, usay den bin don transfa Papa fo oltɛm. Fo fala di petriak Indian kostom, Ananta bin don briɲ in yawo fo kam de na wi os, we naw de na 4 Gurpar Road. Na de insay wan smol opgaret rum a bin de tink gud wan evride en redi mi maynd fo di divayn soch.

Di monin we wi no go eva foget, bin kam wit ren we no bin fayn. We a yeri di wil den na Amar in kariot na di rod, a kwik kwik wan tay wan blankit, wan sandal, Lahiri Mahasaya in pikcho, wan kopi fo di *Bhagavad Gita*, wan stretch we den mek wit prea bidz, en tu klos den we den kin yuz fo mek in bodi. Dis bondel a trowe from mi tod stori winda. A ron go don di step den en pas mi onkul, de bay fish na di domot.

"Wetin na di zil?" In luk roved we den de soprayz oba mi posin.

A gi am wan smayl we no de komit en waka go na di len. We a tek mi bondel, a joyn Amar wit konspekt fo tek tɛm. Wi drayv go na Chadni Chowk, we na wan say usay den kin sel tin den. Fo long tɛm naw, wi bin don de kip wi tiffin moni fo bay English klos. Bikos wi bin no se mi broda we get sens kin ebul fo ple di pat pan ditektiv izi wan, wi bin tink se wi go wer Yuropian klos pas am.

We wi de go na di steshon, wi stop fo mi kəzin, Jotin Ghosh, we a kəl Jatinda. I bin nyu pəsin we dən chenj in rilijən, ən i bin rili want fo get guru na di Himalayas. I bin wər di nyu sus we wi bin get fo rədi. Wel- camouflaged, wi bin op! Wan dip gladi gladi bin de na wi at.



"Na wetin wi nid nau na kanvas shuz." A bin ker mi kɔmpin den go na wan shɔp usay den de sho fut-fɔt den we gɛt rɔba. "Atikul den." ɔf lɛda, gotten nɔmɔ pas di fɔ kil pɔsin ɔf animal den, . mɔs bi nɔ de pan dis oli trip." A stɔp na strit fɔ pul di lɛda kɔva frɔm mi *Bhagavad Gita* , *ɛn di lɛda strap den frɔm mi sola topee* (ɛlmet) we den mek insay English .

Na di steshɔn wi bay tiket fɔ go na Bɔdwan, usay wi bin plan fɔ transfa fɔ go na Hadwɔ we de na di Himalayan fut. As di tren, lɛk wisɛf, bin de flay so, a bin de tɔk to sɔm pan di tin den we a bin de wet fɔ we gɛt glori.

"Jɔs imajin!" A bin de ejakul. "Wi go bi di masta dɛm initiate ɛn ɛksperiens di trance of cosmic consciousness. Wi bɔdi go chaj wit so magnetism dat wayl animal dɛm na di Himalayas go kam tamely nia wi. Tayga dɛm nɔ go bi pas ɔmbul os pusi dɛm we de wet fɔ wi kɔrej dɛm!"

Dis rimak-pikchɔ wan prɔspekt we a bin tek as entrancing, ɔl tu mɛtaforik ɛn literal-briŋ wan enjoyment smayl frɔm Amar. Bɔt Jatinda bin avɔyd in yay, ɛn dayrɛkt am tru di winda to di say we pipul den bin de rɔn.

"Lɛ den sheb di mɔni to tri pat." Jatinda brok wan long silens wit dis sajeshɔn. "Evri wan of wi shud bai im oun tikit fɔ Burdwan. So nobodi fɔ di steshɔn go surmise se wi de rɔn go togeda."

A bin gri wit am we a nɔ bin tink se a gri. We di ples dak, wi tren bin stɔp na Bɔdwan. Jatinda bin go insay di tiket ɔfis; Mi ɛn Amar bin sidɔm na di pletfɔm. Wi wet fɔ fayvtin minit, dɔn wi aks kwɛstyɔn den we nɔ bin ɛp wi. We wi de luk ɔlsay, wi ala Jatinda in nem wit di urgency fɔ fred. Bɔt i bin dɔn fade insay di dak ples we den nɔ no we bin de rawnd di smɔl steshɔn.

A nɔ bin de fil bad atɔl, a bin sɔprayz fɔ wan spɛshal we aw a bin de fil. Dat Gɔd go countenance dis pwɛl hat episod! Di lɔv ɔkayshɔn fɔ mi fɔs flay we a bin tek tɛm plan afta Am, bin pwɛl am bad bad wan.

"Amar, wi fɔ go bak na os." A bin de kray lɛk pikin. "Jatinda in callous departure na ill omen. Dis trip don doomed to failure."

"Is." dis yu lɔv fɔ di Lɔd? Nɔ kin yu tinap di smɔl test ɔf wan pipul den we de trit pipul den kɔmpin?"

Tru di advays we Amar bin gi mi fɔ tɛst frɔm Gɔd, mi at bin tinap tranga wan. Wi bin rifresh wisɛf wit fambul Burdwan swit mit den, *sitabhog* (fud fɔ di gɔd uman) ɛn *motichur* (nuggets of swit pal). Insay sɔm awa, wi bin tren fɔ go na Hardwar, we pas na Bareilly. We wi bin de chenj tren den na Moghul Serai, wi bin tɔk bɔt wan impɔtant tin we wi bin de wet na di pletfɔm.

"Amar, i nɔ go tɛ ɪɡɛn, di rɛlɔd ɔfisa dɛn go aks wi kwɛstyɔn dɛn klos klos. A nɔ de ɔnda-  
rɛyt mi brɔda in sɛns! I nɔ mata wɛtɪn apɪn, a nɔ go tɔk kɔmɔn tɪn."

"Ol a aks of yu, Mukunda, 1999. na to kip stil. Nɔ laf ɔ grin we a am de tɔk."

Dis tɛm ya, wan Yuropan steshɔn ejɛn bin kam nia mi. I bin wev wan tɛligram we a bin ɔndastand in impɔtant tin wantɛm wantɛm.

"De yu de rɔn go frɔm os in vɛks?"

"Nɔ!" A bin gladi we di wɔd dɛn we i bin pik bin alaw mi fɔ ansa klia wan. Nɔto vɛks bot "divinest melancholy" bin ripɔtabl, a bin no, fɔ mi nɔ kɔmɔn bihayvya.

Dɔn di ɔfisa tɔn to Amar. Di duel of wits we bin afta dat nɔ bin rili alaw mi fɔ kip di advays stoik graviti.

"Wea di tɔd bɔbɔ de?" Di man injekt wan ful ring we gɛt pawa insay in vɔys. "Kam; tɔk di tru!"

"Sar, a notis se yu wɛr ayglas. Yu nɔ si se na tu nɔmɔ wi de?" Amar bin smayl wit impudent. "A nɔto majik man; a nɔ go ebul fɔ kɔndɔkt tɔd kɔmpin."

Di ɔfisa, we dɛn bin notis se i bin de wɔri bikɔs of dis we aw i nɔ bin de biev

fayn, bin tray fɔ gɛt nyu say fɔ atak am. "Wetin na yu nem?"

"Dem kol mi Tɔmɔs. Mi na English mama in pikin ɛn na Kristian Indian papa we dɔn chɛnj." "Wetin na yu padi in nem?"

"A kol in Thompson."

Bay dis tɛm, di gladi at we a bin de gɛt insay mi at bin dɔn rich di mak; A bin mek fɔ di tren we nɔ bin gɛt sɛrimɔni, ɛn a bin de wispa fɔ kɔmɔt. Amar bin fala wit di ɔfisa, we nɔ bin biliv ɛn we bin de du wetin i fɔ du fɔ put wi na wan Yuropan kɔmpawtmɛnt. I klia se i bin de fil pen fɔ tink bot tu bɔbɔ dɛn we na af-af English we bin de travul na di pat we dɛn bin gi di pipul dɛn we de de. Afta we i kɔmɔt wit pɔlitiks, a ledɔm bak na di sit ɛn laf we a nɔ ebul fɔ kɔntrol. Mi padi bin wɛr wan we fɔ sho se i gladi fɔ we i dɔn pas wan bigman na Yurop we dɔn wok fɔ long tɛm.

Na di pletfɔm a bin dɔn plan fɔ rid di tɛligram. Frɔm mi brɔda, i bin go so: "Tri Bɛngali bɔbɔ dɛn we wɛr English klos de rɔnawe kɔmɔt na os fɔ go na Hardwar via Moghul Serai. Duya una detɛn dɛn te a kam. Ample riwɔd fɔ una savis."

"Amar, a tel yu se yu no lef mak taimtebul fɔ yu haus." Di we aw a bin de luk mi yay bin de provok mi. "Brɔda go mɔs dɔn fɛn wan de."

Mi padi bin shem fɔ gri se na di trɔs. Wi bin stop fɔ shot tɛm na Bareilly, usay

Dwarka Prasad bin de wet fo wi wit wan tɛlɪgram frɒm Ananta. Mi ol padi bin tray wit maynd fo detɛn wi; A mek i biliv se dɛn nɔ bin tek wi flay layt wan. Jos lɛk wan tɛm bifo dis tɛm, Dwarka

no gri mi fo invayt to set fo go bifo to di Himalayas na di mawnten den.

We wi tren bin tinap na wan steshon da net de, en a bin de slip af-af, wan oda bigman we bin de aks Amar wek am. Insef, bin fodom as viktim to di haybrid charms fo "Thomas" en "Thompson." Di tren bin ker wi win en rich na Hadwo. Di big big mawnten den bin de fa fawe fayn fayn wan. Wi rosh pas na di steshon en go insay di fridom we krawd na di siti get. Di fos tin we wi du na fo chenj to di we aw pipul den de wer den yon klos, bikos Ananta bin don som kayn we go insay wi Yuropian disgiz. Wan tin we a bin don si bifo tem se den kech am bin de na mi maynd.

Bikos wi bin si se i fayn fo komot na Hadwo wantem wantem, wi bay tiket fo go na di not fo go na Rishikesh, we na wan gron we buku masta den fut don oli fo long tem. A bin don olredi go insay di tren, en Amar bin de bien di pletfom. Wan polisman bin ala pan am wantem wantem. Di posin we no bin welkom wi bin ker wi go na wan steshon bangala en i bin tek chaj of wi moni. I bin eksplen fayn fayn wan se na in wok fo ol wi te mi big broda kam.

De lan dat di di wan den we no de go skul'. usay yu de go bin bin di Himalayas, . di ofisa we de wok fo di komni get fo du wit wan strenj stori.

"A si se yu kray fo oli pipul den! Yu no go eva mit God in man we big pas di wan we a si." na yestede nomo. Mi en mi broda ofisa bin mit am fo di fostem fayv dez bifo dis tem. Wi bin de patrol nia di Ganges, we den bin de luk fo wan patikyula posin we kil. Wi instrokshon na fo kech am, ileksef i alayv o i day. Den bin no am se i de mek lek se na *sadhu* fo mek i go tif pipul den we de go fo go woship Jiova. Wan shot we bifo wi, wi si wan posin we tan lek di we aw den de tok bot di kriminal. I no bin lisin to wi komand fo stop; wi ron fo win am. We a kam nia in bak, a yuz mi aks wit big big pawa; di man in rayt an bin komot nia in bodi olmost.

"Witout kray or eni glans fo di ghashtly wund, di strenja astonishingly kontiniu im swift pace. As wi jomp fo front of am, im tok kwait."

"A am noto di posin we kil posin yu de we de luk fo."

"A bin rili fil bad fo si se a don wund di posin we na divayn- lukin sej. Prostrate." misef na in fut, a beg am fo fogiv mi, en gi mi turban-klot fo mek di ebi ebi blod we de komot na di bodi, strong.

"Son, dat na jos mistek we yu go andastan fo yu pat.' Di sent bin tek mi fayn, 'Ron go, en no kondem yusef Di Mama we a Lek de kia fo mi.' I push in an we bin de dangle insay in stop en lo, di blod no bin de ron igen we i no ebul fo eksplen.

"Kam to mi onda yanda tik insay tri dez en yu go si se a don wel. So yu no go fil eni rigret."

"Yestde mi ɛn mi brɔda ɔfisa bin go wit ɔl wi at to di say we dɛn dɔn pik. Di *sadhu* bin de de ɛn alaw wi fɔ chɛk in an. I nɔ bin get ɛni skata ɔ trays fɔ wund!

"'A am de go bay Rishikesh bin de tɔk bot am to di Himalayan we dɛn kɔl Himalayan di say dɛn we pɔsin kin de in wan.' I dɔn blɛs wi as i bin kɔmɔt de fas fas. a

fil dat mi layf dɔn bin we dɛn es ɔp pas in oli tin dɛn."

Di ɔfisa bin dɔn wit wan pious ejaculation; i klia se di eksperiens we i bin get bin dɔn mek i pas di dip tin dɛn we i kin du ɔltɛm. Wit wan impotent jes, i gi mi wan print klipin bɔt di mirekul. In di usual garbled manner of di sensational type of newspaper (no mis, alas! ivin in India), di ripɔta in vɛshɔn bin egzajarayt smɔl: i sho se di *sadhu* bin dɔn bi i bin lɛf smɔl fɔ lɛ dɛn kɔt dɛn ɛd!

Mi ɛn Amar bin kray se wi dɔn mis di big yogaman we go fɔgiv di pɔsin we de mek i sofa dis kayn we we tan lɛk Krays. India, we po fɔ di las tu ɔndrɛd ia, bɔt stil get bɔku mɔni we God get we nɔ de dɔn; spiritual "skyscrapers" kin mit wan wan tɛm na di rod, ivin di wɔl man dɛn lɛk dis polisman.

Wi tɛl di ɔfisa tɛnki fɔ we i mek wi nɔ taya wit in wɔndaful stori. I go mɔs bi se i bin de sho se i laki pas wi: i bin mit wan sent we get layt ɛn i nɔ bin tray fɔ du am; wi nɔ bin dɔn dɔn na wan masta in fut, bɔt na wan kɔs kɔs polis steshɔn!

So nia di Himalayas ɛn yet, insay wi kapchɔ, so fa, a tɛl Amar se a fil tu tɛm fɔ fɛn fridɔm.

"Lɛ wi slip we chans de. Wi kin go fut to oli Rishikesh." A bin smayl fɔ ɛnkɔrej mi.

Bɔt mi kɔmpin bin dɔn tɔn pɔsin we nɔ get op jɔs afta dɛn dɔn tek di strɔng prɔp fɔ wi mɔni frɔm wi.

"If wi stat trek ova dis kain denja jungle land, wi shud finish, no bi fɔ di siti of sent, bɔt fɔ bele of tiger!"

Ananta ɛn Amar dɛn brɔda bin kam afta tri dez. Amar bin grit in fambul wit lɔv fɔ mek i fil fayn. A nɔ bin get pis; Ananta nɔ bin get ɛni ɔda tin frɔm mi pas fɔ kɔs am bad bad wan.

"A ɔndastand aw yu de fil." Mi brɔda bin tɔk fayn. "ɔl wetin a de aks yu na fɔ go wit mi na Benares fɔ go mit wan patikyula sent, ɛn go na Kalkata fɔ go fɛn yu papa we de kray fɔ sɔm dez. Dɔn yu kin bigin fɔ luk bak ya fɔ masta."

Amar ɛnta di tok-tok fɔ dis point fɔ disklaim ɛni intenshɔn fɔ go bak fɔ Hardwar wit mi. I bin de enjoy di wam we in famili bin get. Bɔt a bin no se a nɔ go ɛva lɛf fɔ fɛn mi guru.

Wi pati we dɛn dɔn ɛntrayn fɔ Benares we de na di wɔl. De a bin wan wan wan pɔsin ɛn naw naw ansa to mi prea dɛn.

Ananta bin dɔn arenj wan klewa plan bifo tɛm. Bifo i si mi na Hardwar, i bin dɔn stɔp na Benares fɔ aks wan patikyula skripchɔ we get pawa fɔ intavyu mi leta. Di pundit

en in bɔy pikin ɔl tu bin dɔn prɔmis fɔ tek mi dissueshɔn frɔm di rod fɔ wan *sannyasi*

. **4-1**



Ananta bin ker mi go na den os. Di boy pikin, we na yon man we get maynd, bin grit mi na di kot. I bin mek a tok fo long tem bot sens. Bikos i bin tok se i no klia wan bot mi tumara bambay, i no bin gri wit mi aidia fo bi monk.

"Yu go mit kontinyu misfostans, en no go ebul fo fen God, if yu insist fo lef yu odinari rispansibiliti den! Yu no go ebul fo wok aut yu past karma 4-2." we no get eksperiens den we de na di wol."

Krishna in wod den we no de day bin rayz to mi lip fo ansa: "'Ivin in wit di wos karma we no de stop fo tink bot Mi, kin los di ifekt den we in bad akshon den we i bin don du trade don get kwik kwik wan. We i bi posin we get ay sol, i no tu te, i kin get pis we go de sote go. Arjuna, no dis fo tru: di devotee we put in trost pan Mi no de eva day!'" 4-3

Bot di fos tin den we di yon man bin tok bot am bin don shek mi konfidens smol. Wit ol di zil we a bin get na mi at, a bin de pre kwayet wan to God:

"Duya solv mi konfyushon en ansa mi, rayt ya en naw, if Yu want mek a liv di layf fo posin we don lef fo du sontin o we de na di wol!"

A notis wan *sadhu* we get nobul fes tinap jos ausayd di kompawnd na di pandit in os. I klia se i bin don yeri di spiritual tok we di posin we de kol misef klairvoyant en misef bin de tok, bikos di strenja kol mi na in sayd. A fil wan big big pawa de flo from in kol at yay.

"Son, no lisen to da ignoramus de. Fo ansa yu prea, di Masta tel mi fo mek a sho se yu wangren rod na dis layf na di wan we don lef fo du am."

Wit we posin kin soprayz as wel as fil fo tel tenki, a bin smayl gladi gladi at dis we de disayd fo du sontin mesej.

"Kam away from da man de!" Di "ignoramus" bin de kol mi from di kot. Mi oli gaydman es in an fo bles en i komot de smol smol.

"Dat *sadhu* na jos laik yu kray." Na di hoary-headed pundit bin mek dis charming observation. In en in boy pikin bin de luk mi wit pwel at. "A yeri se inself don komot na in os fo luk fo God we no klia."

A ton bak. To Ananta a bin tok se a no go tok mo wit di wan den we bin de invayt wi. Mi broda bin gri fo mek den komot de wantem wantem; i no tu te, wi begin fo go na Kalkata.



a tinap bien mi ol pa broda, Ananta.



Las Solstis Festival we Sri Yukteswar bin selibret, Disemba, 1935. Mi Guru sidom na di sent; A de na in raytan, na di big kot we de na in emti ples na Serampo.

"Mista Ditektiv, aw yu kam fo no se a don ronawe wit tu kompin den?" A bin vented mi layfful curiosity to Ananta di tem we wi bin de travul fo go bak na os. I bin smayl bad bad wan.

"Na yu skul, a fain se Amar don komot fo im klasrum and im no kom bak. A go im

haus di neks moning and a dig wan mak taimtebul. Amar papa jos de komot."

karia we pōsin kin kēr go en bin we dēn de tōk to di kōchman we de wok fō di kōch.

"Mi pikin no go rayd wit mi go im skul dis moning. Im don disappear!' di papa bin de kray.

"A yeri frōm wan brōda kōchman se yu bōy pikin en tu ōda pipul dēn, we wēr Yuropan sus, bin go insay di tren na Howrah Steshōn,' di man bin tōk. 'Dēn mek prēzent fō dēn lēda sus to di taksi drayva.'

"So a bin tri clues-di tēmtēbul, . di tri pipul dēn ōf bōy pikin dēn, . en di English klos fō wēr."

A bin de lisin to Ananta in diskloshōn wit mingled mirth en vexation. Di fri-an we wi bin gi di kōchman bin dōn mis smōl!

"Fō tru a rōsh fō sēn tēligram to steshōn ōfisa dēm na ōl di siti dēm we Amar bin dōn ōndalayn na di tēmtēbul. I bin dōn chēk Bareilly, so a waya yu padi Dwarka de. Afta a aks mi kwestyōn na wi Kalkata neba, a kam fō no se kōzin Jatinda nō bin de wan net bōt i bin rich os di neks mōnin wit Yuropan klos. A bin fēn am fō kōmōt en invayt am fō it. I." aksept, quite disarmed by my friendly manner Wen a lid am unsuspectingly by several officers we a bin dōn pik bifo fō dēn bad bad lukin-grōn, Jatinda bin gri fō akōntayn fō in mistirios kōndōkt.

"A stat fō di Himalayas wit wan buoyant spiritual mud,' i eksplen. 'Inspekshōn ful mi pan di prōspekt fō mit di masta dēm. Bōt jōs lēk aw Mukunda se, "During wi ecstasies in di Himalayan kev dēm, tayga dēn go spēl en sidōm rawnd wi lēk tam pussies," mi spirit dēn frōz; bidz dēm fō swet fōm pan mi brōw. "Wetin den? "

Mi vēks pan Jatinda in vanishment bin evaporated in laf. Di hilarious sequel na di tren bin worth ōl di anguish we i bin mek mi. A fō kōnfēs to smōl filin fō satisfay: Jatinda sēf nō bin dōn rōnawe pan wan ēnkōrejment wit di polis!

"Ananta, 4-4." yu na born sleuthhound!" Mi glans fō amusement nō bin witout sōm exasperation. "En a go tēl Jatinda se a gladi se i nō bin prompted by no mood of treachery, as i bin tan, bōt na di prudent instinct fō self-preservation nōmō!"

We a bin de na os na Kalkata, Papa bin tēl mi wit at en i bin aks mi fō stōp mi fut dēn we de waka waka te, at ōl, a dōn mi sēkōndari skul. We a nō bin de, i bin dōn hatch wan plot wit lōv bay we i arenj fō wan sent pandit, Swami Kebalananda, 4-5 fō kam na di os ōltem.

"Di plant we sent go bi yu Sanskrit ticha," mi mama ō papa we dēn bin dōn anōys wit kōnfidēns.

Papa we den bin de op fo to satisfay mi rilijon di tin den we posin kin want fo du bay we advays den from wan lan posin we sabi bot sayens. Bot den bin ton di tebul den fayn fayn wan: mi nyu ticha, we bin de fa from fo gi intelektual ariditi, bin de fan di faya we a bin want fo bi God. Papa no bin no se Swami Kebalananda na bin Lahiri Mahasaya in disaypul we den bin ay. Di guru we no get wan kompitishon bin don get boku boku disaypul den, we bin de kam nia am kwayet wan bay di we aw i no ebul fo stop in divayn magnetizm. A kam fo no leta se boku tem, Lahiri Mahasaya bin don kol Kebalananda as *rishi* o sage we get layt.

Laraj kol den bin de mek mi ticha in fayn fayn fes. In dak yay den no bin get wan koni, wit di transparency we pikin in yay get. Ol di muvmment den we in smol bodi bin de muv bin de mak bay we i bin de tink bot sontin we i bin de rest. I bin de ombul en lek oltem, i bin tinap tranga wan insay di konshens we no get end. Boku pan wi gladi gladi awa den togeda, wi bin de spen dip *Kriya* meditashon.

Kebalananda na bin wan notis storiti pan di ol *shastra* o oli buk dem: in erudition bin don mek i get di taytul "Shastri Mahasaya," we den kin yuz fo adres am. Bot di progres we a bin de du pan Sanskrit skolaship no bin fayn fo notis. A bin de luk fo eni chans fo lef fo yuz prosayk grama en fo tok bot yoga en Lahiri Mahasaya. Mi ticha bin oblige mi wan de bay we i tel mi sontin bot in yon layf wit di masta.

"At fo si fotunate, . a bin ebul to fo kontinyu nia Lahiri we de na di wol Mahasaya we de na di wol fo ten ia den. In Benares we de na di wol os na bin mi gol fo go woship na net. Di guru bin de oltem na wan smol front ples we de na di fos flo. As i bin sidom na lotus posture pan wan wud sit we no get bak, in disaypul den bin de garland am insay wan semiseklo. In yay den bin de spak en dans wit di gladi at we di Divayn bin get. Den bin de eva lok af-af, den bin de luk tru di insay teliskopik ob insay wan speshal ples we get gladi-at we go de sote go. I no bin de tok long tem. Wan wan tem, in yay go de pan wan student we nid ep; wod den we de men pipul den bin de ton da tem de lek layt we de blo.

"Wan pis we nobodi no go ebul fo tok bot bin blo insay mi we di masta luk mi. A bin ful-op wit in sent, lek se i komot na wan lotus we no get end. Fo de wit am, ivin we a no chenj wan wod fo dez, na eksperiens we chenj mi ol bi. If eni bareri we no de si rayz na di rod fo." mi konsentreshon, a go de tink gud wan na di guru in fut. Na de di stet den we no bin get bete trenk bin kam izi wan insay mi an. Den kayn we den ya no bin de tink bot mi we smol ticha den bin de de. Di masta na bin God in tempul we get layf en in sikrit domot den bin opin fo ol di disaypul den tru divoshon.

"Lahiri Mahasaya noto bin bukish intaprita fo di skripcho den. I no bin tray fo dip insay di 'divayn laybri.' Fom of wod en spray of tinkin gushed from di fountain of his omniscience I bin get di wondaful klavis we bin opin di dip filosofik sayens we bin don embas di *Vedas* 4-6 If den aks am fo eksplen di difren plen den fo konshens we den tok bot na di ol teks den, i go gri wit smayl.

"A go go ɔnda den stet den de, en naw a go tɛl una wetin a de si.' So i bin difren from ɔda pipul den di ticha den udat du skripchɔ to memba en dɔn gi fɔ go bifo we nɔ bin notis abstrakshɔn den.

"Duya eksplen di oli stanzas as di minin de kam to yu.' Di taciturn guru bin de gi dis instrɔkshɔn bɔku tɛm to wan disaypul we bin de nia yu 'A go gayd yu tinkin, se di rayt intapriteshɔn bi.'

na in tók.' Na dis we boku pan di tin den we Lahiri Mahasaya bin de si tin bin kam fo rayt, wit boku boku koment den we difren student den bin gi.

"Di masta no eva advays slev biliv. 'Wod na jos shel,' i se. 'Win konvikshon fo God in prezens tru yu yon gladi gladi kontakt we yu de tink gud wan.'

"No tin wetin di disaypul in yon problem, di guru advays *Kriya na wan Yoga we den kin du* fo i na fo solv.

"Di yoga ki no go los in efyushon we a no de igen na di bodi fo gayd yu. Den no go ebul fo tay dis teknik, fayl, en forget, di we aw tiori inspekshon den de. Kontinyu fo go na yu rod fo freedom tru *Kriya*, we in pawa de insay prosis.'

"Mi sef de tek *Kriya* di mos ifektiv divays fo sev tru self-efot we don eva evolv insay man in fen fo di Infinite." Kebalananda bin don wit dis tru tru testimoni. "Tru di we aw den yuz am, di God we get pawa pas olman, we ayd insay olman, bin kam fo bi posin we posin kin si insay Lahiri Mahasaya en boku pan in disaypul den in bodi."

Wan mirekul we tan lek Krays we Lahiri Mahasaya bin mek bin apin we Kebalananda bin de. Mi sent ticha bin tok bak bot di stori wan de, in yay den bin de fa from di Sanskrit teks den we bin de bifo wi.

"Wan blaynd disaypul, Ramu, wek mi aktif sori-at. Yu tink se i no fo get layt na in yay, we i fetful wan sav wi masta, we di Divayn bin de ful-op wit blayz? Wan monin a bin tray fo tok to Ramu, bot i bin sidom fo peshent awa de fan di guru wit wan han-meid palm-lif *punkha*. We di divot don komot na di rum, a fala am."

"Ramu, . aw long get yu bin blayn?"

"From we den bon mi, sa! No eva get blesin mi yay fo si di san." "Wi

omnipotent guru kin ep yu.' Duya una beg una.'

"Di neks de Ramu diffidently go nia Lahiri Mahasaya. Di disaypul fil lek se i shem fo aks fo mek den ad fizikal jentri to in spiritual superabundance."

"Masta, di Ilemieta fo di kosmos de insay yu. A de pre yu fo briq In layt insay mi yay, fo mek a no di san in smol layt.'

"Ramu, sombodi don konniv to put mi fo difrent posishun. A no get eni hiling

pawa.' "Sar, di Wan we no get end insay yu kin rili men.'

"Dat rili difren, Ramu. God in limit no de enisay! Di wan we de layt di sta den en di sel den na di bodi wit mistirios layf- effulgens kin mos briq layt fo si na yu yay.'

"Di masta točh Ramu in fōrest na di say we de bitwin di aybrōw dēn. 4-7." "'Kip yu maynd konsentret.' de, en boku tēm chant we dēn kin kōl di nem of di prōfēt Rama bin de du am 4-8 fō sēvin de dēn. Di



splendo we get bōku bōku tin den of di san fō get wan speshal dawn fō yu.'

"Lo! insay wan wik i bin bi so. Fō di fōs tēm, Ramu si di fayn fayn fes fō di nature. Di Wan we sabi oltin bin dōn dayrekt in disaypul we nō mek mistek fō ripit di nem fō Rama, we i bin de wōship pas ol oda oli pipul den. Ramu in fet na bin di grōn we den bin dōn plow wit divoshonal we di guru in pawaful sid fō oltem de mēn sprouted." Kebalananda bin de du am bin nō de tōk fō wan tēm, dōn dōn pe wan mō tribute to in guru.

"I bin klia insay ol di mirekul den we Lahiri Mahasaya bin du se i nō ēva alaw di ego-prinsipul 4-9." fō tek in sef as kōzayshōn fōs. Bay pafekt we i nō ebul fō sōrenda, di masta mek di Prayment Hilin Pawa ebul fō flō fri wan tru am.

"Di bōku bōku bōdi den we den bin wēl spektakular wan tru Lahiri Mahasaya bin get fō fid di faya we den bin de bōn. Bōt di saylens spiritual wek we i bin de wek, di disaypul den we tan lēk Krays we i bin fashōn, na in mirekul den we nō de pwel."

a nō ēva dōn bi wan Sanskrit masta sabi bukman; Kebalananda bin de du am bin tich mi wan divayn pōsin sintaks fō sintaks.

4-1 : . Tru tru, "fō lēf fō du sōntin." Frōm Sanskrit verb we den kin yuz fō du sōntin rut den, . "to plasta na sayd."

4-2 : . Ifekt den of trade akshōn den, . in dis o wan trade layf; frōm Sanskrit *kri* , . "to du."

4-3 : . *Bhagavad we den kol Bhagavad Gita* , . IX, 1999. 30-31. Krishna bin de tōk bōt am bin di di wan we pas ol prōfet of India; Arjuna bin de du am bin in di fōs wan disaypul.

4-4 : . a oltem we den adres in as Ananta-da bin de du am. *Da* na wan we get respekt sōfix we den kol suffix us di di big wan brōda in wan Indian pipul den famili de get frōm junio brōda en sista den.

4-5 : Di tēm we wi bin de mit, Kebalananda nō bin dōn jōyn di Swami Oda yet en den bin de kol am jōs "Shastri Mahasaya." To avōyd kōnfyus wit di nem of Lahiri we de na di wōl Mahasaya we de na di wōl en of Masta Mahasaya we de na di wōl ( chapta 10 9 ), . a am we de tōk bōt to mi Sanskrit ticha nōmō bay we in leta monastik nem of Swami bin de tōk bōt am Kebalananda bin de du am. In bayografi dōn bin dis bien tēm we den dōn pablich in Bengali. Bōn in di Khulna bin de du am distrikt of Bengali in 1863, 2019. Kebalananda bin de du am dōn gi op in bōdi in .Benares we de na di wōl at di ej of siksti- eit

.In famili nem bin Ashutosh we de na di wōl Chatterji we de tōk bōt am

4-6 : . Di ol 4 *Veda den* kōmpōz oba 100. Na di 100 we stil de naw di wan den we de na di kanōn buk den. Emerson dōn pe di fala tribute we den kin gi in in *Journal* to Vedic thought: "I sublaym as hot en net en wan ocean we nō de blo. I get evri rilijōn sentiment, ol di grand ethics we de visit in turn eni nobul poetic maynd. I nō get eni yus fō put di buk away; if a trōst misēf insay di

wud den o in wan bōt pan di watasay, Nechō mek wan *Brahmin we de na di wōl* of mi naw: sote go nid fō de, . sote go Dis na in biliv. Pis, i se to mi, en klin en kōmpenshōn, pawa we pōsin nō ebul fō ondastand, silens we nō brok. absolyut

".fō lēf pōsin- . den wan ya panaceas fō mēn sik den fō mek den sōfa ol sin en brinj yu to di beatitude of di Et Gōd den

4-7 : . Di sidōm ples of di "nō mared" o spiritual tin den yay. Na day di nō of man na kin we den drō to dis oli spot, we de akōntayn di yay den we rayz we den fēn pan di wan den we dōn day.

4-8 : . Di sentral oli nōmba of di Sanskrit speshal, *Ramayana we den kol Ramayana* .

4-9 : . Ahankara, 1999. we ppsin de tink bot inşef ncm; tru tru, "A du." Di rut mek of dualism we den kol dualism of ilyushon we ppsin kin tink bot of *maya* , . we de du dat di tppik (prawd) de apia as sontin; di kricho den kin imajin densef as pipul den we mek oltin.

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## CHAPTER: 1 . 5. 5.

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### ***WAN "Set." Sent ". Displei den In Wonders tin den***

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"To evri tin de na wan sizin, en wan tɛm to evri plan ɔnda di evin."

A nɔ bin gɛt dis sɛns we Solɔmɔn bin gi fɔ kɔrej mi; A bin de luk rawnd mi, pan ɛni ɛkskurshɔn frɔm os, fɔ di fes fɔ mi destined guru. Bɔt mi rod nɔ bin krɔs in yon te afta a dɔn mi ay skul stɔdi.

Tu ia bin pas bitwin di flay we a bin flay wit Amar fɔ go na di Himalayas, ɛn di big de we Sri Yukteswar kam na mi layf. Insay da intarim de a mit bɔku sɛj dɛm-di "Perfume Saint," di "Tiger Swami," Nagendra Nath Bhaduri, Masta Mahasaya, ɛn di fambul Bengali sayensman, Jagadis Chandra Bose.

Mi ɛnkount wit di "Perfume Saint" bin geht tu preambles, wan harmonious ɛn di oda wan humorous.

"Gɔd simpul. Ol ɔda tin na kɔmpleks. Nɔ luk fɔ absɔlyut valyu dɛn na di rilitiv wɔl fɔ di nature."

Dɛn filɔsɔfɪk las tin ya bin kam insay mi yes saful wan as a tinap kwayɛt wan bifo wan tɛmpul imej we nem Kali. We a tɔn, a mit wan lɔng man we in klos, ɔ we i nɔ wɛr am, sho se na *sadhu we de waka waka* .

"Yu dɔn rili go insay di kɔnfyus we a de tink bɔt!" A bin smayl wit tɛnki. "Di kɔnfyushɔn fɔ benign ɛn terrible aspek dɛn na nature, as Kali simboliz am, 5-1." dɔn kɔnfyus ed dɛn we gɛt sɛns pas mi yon!"

"Few there be who solve her mystery! Gud ɛn bad na di chalenj rid we layf de put sphinxlike bifo evri intɛlijɛns. Fɔ tray fɔ no solvishɔn, bɔku man dɛn de pe fɔfɛt wit dɛn layf, penalty naw ivin lek di tɛm we Tibs bin de. Na ya ɛn de, wan ay ay pɔsin we de in wan nɔ de eva kray fɔ win. Frɔm di *maya* 5-2 of duality i de pluk di cleaveless trut fɔ wanwɔd."

"Yu tɔk wit we pɔsin kɔndɛm, . sa."

"A dɔn de ɛksɛsayz wan ɔnɛs introspekshɔn fɔ lɔng tɛm, di exquisitely painful aprɔɔh to sɛns. Self- skrutiny, relentless observance of one's thoughts, na stark ɛn shattering ɛksperiɛns. I pulverizes di stoutest ego. Bɔt tru self-analysis

mathematically de opreshon fɔ prodyuz siers. Di we fɔ 'self-eksprɛshon,' individyual  
akodin, rizulta in egotists, sho se dɛn gɛt rayt fɔ gɛt dɛn

sikrit intapriteshon den of God en di yunivas."

"Trut ombul wan i kin ritaia, . No dawt, bifo kayn prawd orijinaliti." a bin enjoy fo enjoy di tok bot.

"Man no go ebul fo ondestand eni tru tin we go de sote go te i fri insef from pretenshon. Di motalman maynd, we den don bared to wan senti slaym, ful-op wit repulsive layf we buku buku wol-delusions."

Di stretch we den kin get na di say den we den kin fet no impotent na ya, we motalman kin fet fos wit enimi den we de insay in at! No motalman enimi den ya, fo win wit harrowing array of might! Den sojaman den ya we de olsay, we no de rest, we de ronata motalman ivin we i de slip, we get miasmik wepon we no klia, en den de tray fo kil wi ol. Di man we de ber in ideal den, we de sorenada to, no de tink di komon tin we kin apin. I kin tan lek oda tin pas posin we no get pawa, we wud, we i de shem?"

"Respekt Sa, yu no get eni sori-at fo di masej we don

konfyus?" Di sej bin set mot fo smol tem, don i ansa

obliquely.

"Fo lek ol tu di God we wi no de si, Ripositori fo Ol di gud kwaliti den, en di man we posin kin si, we i tan lek se i no get enibodi, kin mek posin konfyus buku tem! Bot sens ikwal to di mazi. I no tu te, insay risach de sho se wanwod de na ol motalman maynd-di stelwat kinship we get fo du wit selfish motive. Insay wan we at ol, di brodaship fo motalman tinap fo sho. Wan aghast ombuliti de fala dis level." discovery.

"Di di wan den we oli of evri ej, sa, get don fil lek yusef fo di sori-at of di wol."

"Na di shalo man nomo de los fo ansa di problem den we oda pipul den layf de sofa, as i de sink insay in yon smol sofa." I bin notis se di SADHU in austere fes bin sof.

"Di wan we de praktis." wan skelpel self-disekshon go no wan ekspenshon fo yunivasal pwel. Rilis de gi am from di deafening dimand dem fo in ego. Di lov we God lek de flawa na da kayn gron de. Di kricho kin don ton to di Wan we mek am, if noto fo oda rizin pas fo aks wit pwel at se: 'Wetin mek, Masta, wetin mek?' Bay ignoble wip den we de mek posin fil pen, den de dreb motalman las las insay di Infinite Presence, we in fayn fayn tin den nomo fo mek i want fo mek i fil."

Mi en di sej bin de na di Kalighat Templ na Kalkata, usay a bin don go fo si di fayn fayn tin den we de de we pipul den sabi. Wit wan swip jes, mi chans kompin dismis di ornate dignity.

"Brik den." en mota we den kol mota sij wi No we posin kin yeri tiun we den kin kol; di at opin nomo to di motalman chant we den kin kol of fo bi."

Wi bin waka go na di san we bin de invayt wi na di entre, usay boku boku pipul den we bin de woship God bin de pas en kam.

"Yu na yɔŋ pɔsin." Di sej bin sɔv mi wit tink gud wan. "India tu yɔŋ. Di ol *rishis* 5-3." bin put di we aw pɔsin kin liv in layf pan God biznes we nɔ go ebul fɔ dɔnawe wit am. Den hoary dictums inof fɔ dis de en land. Noto ɔtmoded, noto unsophisticated agens di guiles of materialism, di disciplinary precepts mold India stil. Bay mileniɔm-mɔ pas shem masta sabi bukman den kin kia fɔ kɔmpyutayt!-di skeptik Taym dɔn validet Vedik valyu. Tek am fɔ yu eritij."

As a bin de tɛl di *sadhu we sabi tɔk fayn fayn wan wit* rɛspɛkt, i bin sho wan klia we aw

pipul dɛn bin de tink: "Afta yu kɔmɔt ya tide, wan tin we nɔ kɔmɔn go kam yu we."

A bin kɔmɔt na di say dɛn we dɛn bin de kip di tɛmpul ɛn a bin de waka waka ɛn a nɔ bin gɛt ɛnitin fɔ du wit mi. We a tɔn wan kɔna, a rɔn go mit wan ol pɔsin we a sabi-wan pan dɛn kɔmpin dɛn we de tɔk fɔ lɔng tɛm ɛn we dɛn pawa fɔ tɔk nɔ de pe atɛnshɔn to tɛm ɛn gri fɔ de sote go.

"A go let yu go insay wan rili shɔt tɛm, if yu go tɛl mi ɔl wetin dɔn apin insay di siks ia we wi separet."

"Wetin wan paradoks fɔ du sɔntin! a mɔs lɛf yu naw."

Bot i bin ol mi an, ɛn fos mi fɔ pul smɔl smɔl tin dɛn. I bin tan lɛk wulf we de it bɔku bɔku tin dɛn, a bin de tink we a de ɛnjɔy; di mɔ we a de tɔk, na di mɔ i bin de angri fɔ snɛf fɔ nyus. Insay mi at, a beg di Gɔd uman we nem Kali fɔ mek i mek wan fayn we fɔ rɔnawe.

Mi kɔmpin bin lɛf mi wantɛm wantɛm. A swɛt wit fridɔm ɛn dubl mi spid, a bin de fred se a go gɛt di fiva we bin de mek a fil bad bak. We a yɛri fut step dɛn we de rɔn kwik kwik wan biɛn mi, a mek mi spid kwik. A nɔ bin gɛt maynd fɔ luk bak. Bot wit wan baund, di yɔŋ man jɔyn mi bak, ɛn i bin gladi fɔ ol mi sholda.

"A foget fɔ tel yu of Gandha Baba (Perfume Saint), we de gras yonder haus." I bin pɔynt to wan ples fɔ de we de sɔm yad dɛn fa. "Do mit am; i intrestin. Yu kin get wan unusual expiriens. Gud-bai," and im rili lɛf mi.

Di prɛdikshɔn we dɛn bin yuz di sem wɔd dɛn bot di *sadhu* na Kalighat Tɛmpl bin flash na mi maynd. A bin rili want fɔ no mɔ, so a go insay di os ɛn dɛn kɛr mi go na wan ples usay bɔku pipul dɛn kin de. Wan krawd pipul bin sidɔm, we de na di Ist, ya ɛn de pan wan tik ɔrɛnj kɔlɔ kap. Wan wispa we bin de mek a fred bin rich na mi yes:

"Luk Gandha Baba pan di lɛpad skin. I kin gi di natura perfum fɔ ɛni flawa to pɔsin we nɔ gɛt sent." wan, ɔ fɔ gɛt layf bak wan wilted blɔk, . ɔ mek wan pɔsin in yon kanda exude we kin mek pɔsin gladi sent we gɛt sent."

A luk di sent dairekt wan; in kwik yay bin de pan mi yon. I bin fat ɛn gɛt biad, in skin bin dak ɛn in yay dɛn bin big ɛn i bin de shayn.

"Son, a gladi fɔ si yu. Se wetin yu want. Yu go laik som perfume?" "Wetin

fɔ?" A bin tink se di tin we i tɔk na smɔl pikin.

"Fɔ ɛkspiriɛns di mirekul we fɔ ɛnjoy sɛnt." "Harnessing God

fɔ mek odors?"

"Wetin ɔf i? God mek sɛnt we dɛn kin yuz fɔ mek sɛnt stil."



"Yes, bot I de fashon frayl botul of petals fo fresh yus and trowe. Yu fit materialize flawa?"

"A materialize sent den, . smol padi."

"Don sent faktri den go go komot of biznes."

"A go alaw den fo kip den tred! Mi yon men tin na fo sho di pawa we God get."

"Sar, i nid fo pruv God? Noto i de du mirekul pan oltin, olsay?" "Yes, bot wisef fo sho som pan In kriyativ difren we den we no get end."

"Aw long i tek fo masta yu art?" "Twelv

ia."

"Fo mek sent bay astral we! I tan lek se, mi ona sent, yu don de west wan duzin ia fo sent we yu kin get wit som rup from wan flawa man in shop."

"Set den." fed wit flawa den."

"Set den." fed wit day. Wetin du fo a want dat us we de mek wi gladi di bodi nomo?"

"Mista Filosofo, yu de mek mi maynd gladi. Naw, stret yu raytan." I bin mek sayn fo sho se i de bles am.

A bin de som fit from Gandha Baba; nobodi no bin de nia mi fo kontakt mi bodi. A es mi an, we di yogi no bin toch.

"Us perfum yu want?"

"Roz."

"Bi i so."

A bin rili soprayz fo si se di fayn fayn sent we den kol ros bin de waf strong wan from di midul pat na mi an. A tek wan big wayt flawa we no get sent from wan vays we bin de nia de wit smayl.

"Dis blok we no get smel kin ful-op wit jasmin?" "Bi am so."

Wan jasmin sent shot wantem wantem from di peta den. A tel di wondaful posin tenki en sidom nia wan pan in student den. I bin tel mi se Gandha Baba, we in yon

nem na Vishudhananda, don lan boku wondaful yoga sikrit den from wan masta sabi  
bukman na Tibet. Di Tibetan pipul den

yoga, . a bin we den mek sho se, . bin attained di ej of oba wan tawzin ia den.

"In disaypul Gandha Baba no de du im perfume-feats ol taim fo di simpul verbal we we yu jos witnes." Di student bin tok wit prawd we i klia fo in masta. "In prosidur difren bad bad wan, fo akodin to difrens pan di we aw i de biev. I wondaful! Boku memba den na di Kalkata intelijens de pan di wan den we de fala am."

A bin disayd insay mi at se a no go ad misef to den nomba. Wan guru tu literali "marvelous" no bin to mi laik. Wit polite tanks to Gandha Baba, a bin depart. We a bin de go na os, a bin de tink bot di tri difren tin den we di de bin mit.

Mi sista Uma mit mi as a de enta wi Gurpar Road

doa. "Yu de get kwik stail, yuz perfum!"

No wan wod, a i mek sayn i to smel mi an.

"Wetin wan fayn ros bin de sent we get sent! I na we no komon strong!"

Tink se i "strongly unusual," a silentli put di astrally scented blossom anda in nos.

"O, a lek jasmin!" I bin ol di flawa. Wan laf tin bin pas oba in fes as i bin de snef di smel we jasmin de mek from wan kayn flawa we i bin no gud gud wan se no get sent. In riakshon den bin disarm mi saspekshon se Gandha Baba bin indyuz wan oto-sajestiv stet usay mi wan go ebul fo no di sent den.

Leta a yeri from wan padi, Alakananda, se di "Perfume Saint" bin get pawa we a wish se di boku boku pipul den we de angri na Eshia en, tide, na Yurop bak get am.

Alakananda tel mi se, "A bin de wit wan ondrəd oda gost den na Gandha Baba in os na Bodwan." "Na gala okashon. Bikos dem bin de reput di yogi se im get di pawa fo pul tins komot fo tin air, a laf a rikwest am to materialize som out-of-sizin tangerines. Wantem wantem di *luchis* 5-4." we bin de pan ol di banana-lif plet den bin begin fo puf. Eni wan pan di bred-envilop den bin pruv se den get tanjerin we den don pul. A bit in mi own wit som trepidation, bot fain am delicious."

Afta som ia a bin ondastand bay insay rializashon aw Gandha Baba bin akomplit in matirializayshon den. Di we aw den de du am, alas! na tin we di boku boku pipul den we angri na di wol no go ebul fo rich.

di difren sens stimuli dem we man de riak to-taktual, visual, gustatory, auditory, en olfactory-den de prodyuz bay vaybreshon veryushon dem na elektron en proton dem. di vaybreshon dem in ton de regel bay "layftrons," sכותil layf fots dem 7 fayn pas at omik eneji dem we intelijent chaj wit di fayv difrent sens aydia- sכותstans dem.

Gandha Baba, we bin de tyu insəf wit di kōsmik fōs bay sōm yoga prōsis dēn, bin ebul fō gayd di layftron dēm fō riarenj dēn vaybretōri strōkchō ən objektiv di risōlt we dēn want. In perfum, frut ən ōda mirekul dēn na bin rial materializations of mundane vibrations, ən nōto insay sensations hypnotically prodyuz. **5-5**

Di we aw pipul dēn kin du mirekul lek aw di "Perfume Saint" sho, na tin dēn we pōsin kin si bōt i nō get yus pan Gōd biznes. Bikōs dēn nō get bēte rizin pas fō enjoy dēnsēf, dēn de difrēn frōm di sirios we aw dēn de luk fō Gōd.

Dōktō dēn dōn yuz hipnotism we dēn de du smōl ōpreshōn as sōm kayn saykikal klōrofōm fō pipul dēn we kin de pan denja wit anestetik. Bōt wan hipnotik stet kin ambōg di wan dēn we dēn kin get am bōku tēm; wan nēgetiv saykolojik ifekt de apin we in tēm de dēnej di bren sēl dēm.

Hypnotism na fō trespass insay di teritori fō ōda pōsin in kōnshēns. Di tin dēn we de apin fō sōm tēm nōmō nō get natin fō du wit di mirekul dēn we pipul dēn we get sens frōm Gōd de du. Wek insay Gōd, tru tru sent dēn kin mek chenj dēn na dis drim-wōl bay we dēn de yuz wan wil we gri wit di Krio Kōsmik Drim.

Masta dēn kin kōndēm fō sho se pōsin get pawa we nō kōmōn. Wan tēm, di Pashian mistik, Abu Said, bin laf sōm *fakir dēn* we bin de proud fō dēn mirekul pawa oba wata, ēya, ən spēs.

"Frog sēf de na os na di wata!" Abu Said bin point am wit saful saful skor. "Di krawd ən di vulchō kin flay izi wan na di ays; di Dēbul de wan tēm na di Is ən di Wēst! Na tru tru man." na i udat de liv de in fō du wetin rayt pan in kōmpin man dēn, . udat bay dēn ən de sēl, . stil na nō ēva fō wan singl instant fōget fō Gōd!" Wan ōda tēm di big Pashian ticha bin gi in we aw i de si di rilijōn layf dis we: "Fō lēf wetin yu get na yu ed (di tin dēn we yu want ən di tin dēn we yu want fō du); fō gi fri wan wetin yu get na yu an; ən nō fō ēva flinch frōm di blow dēn we prōblēm dēn kin blo!"

Di sēj we nō de tek wan pōsin bēte pas ōda pōsin na Kalighat Tēmpl ō di yogi we dēn tren frōm Tibet nō bin dōn satisfay di we aw a bin want fō get guru. Mi at nō bin nid ēni ticha fō in rekōgnishōn dēn, ən kray in yon "Bravos!" di mō resoundingly bikōs unoften kōl frōm silence. We a bin dōn mit mi masta, i bin tich mi bay we i de sho mi egzampul nōmō fō mek a ebul fō mēzhō tru man.

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5-1 : . Kali we de na di wōl ripresent di sote go prinsipul in nechō. I na tradishōnal wan na di pikchō as wan we get 4 an uman, we tinap pantap di fōm ōf di Gōd Shiva we de na di wōl ō di I nō get end, . bikōs nechō ō di fenomenal wōl na we get rut in di Noumenon, we de na di wōl. Di 4 di an dēm de sho di kadinal atribyut dēm, tu we de bēnēfit, tu we de pwēl, we de sho di imōtant duality fō matta ō krieshōn.

5-2 : . Kosmik we dēn kōl ilyushōn we pōsin kin tink bōt; tru tru, "di pōsin we de mēzhō." *maya* na di majik we dēn kin du pawa in krieshōn bay we us di tin dēn we pōsin nō ebul fō du ən divishōn dēn na i go mōs bi gi in di I nō go ebul fō mēzhō ən Nōbōdi nō go ebul fō separet. Emerson dōn rayt di fala pōym, to us i dōn gi di taytul fō *maya* : .

Ilyushon we p̄sin kin tink b̄t de wok we p̄sin n̄ go ebul f̄ pas, . We d̄n de wiv w̄b d̄n n̄b̄di n̄ go ebul f̄ kont, . I  
gay pipul d̄n pikch̄ d̄n n̄ eva fel, B̄ku b̄ku pipul ̄ni ̄da, vel we d̄n mek wit vel pantap veil, Charmer who will be  
.believed Na man we t̄sti f̄ mek d̄n ful am

5-3 : . Di *rishis* , . tru tru "di wan d̄n we de si," . bin di di wan d̄n we rayt di buk ̄f di *Veda d̄n*

in wan we n̄ go ebul f̄ disayd antik.. 5-4: Flat, rawnd Indian bred..

Layman den na smol smol tin den kam fo no di big strid den of insay di ia 1900 sayens. Transmyutishon of .10 :5-5 metal den en oda alkemik drim den de we yu de si fulfilment evri de in di senta den of sayensman den stodi oba di wol. Di eminent French kemist, . M. Georges Claude, bin du "miracles" na Fontainebleau insay 1928 bifo wan sayens assemblage tru in kemikal no bot oksijen transformeshon. In "majik stik" na bin simpul oksijen, i bin de bob insay wan tiub pan tebul. Di sayensman "ton wan anful san to valyu ston, ayen to stet we tan lek choklet we don melt en, afta i don pul di flawa den ".tint, i ton den to di konsistens lek glas

M. Klod bin eksplen aw di si kin ton bay oksijen transformeshon to buku milyon paund ospawel; aw wata us boyl den na " noto i fo bi se na so i bi bon we den de bon; aw smol mawnten den of sansan, bay we wan no mared whiff we de mek yu fil fayn of di oksijen blo paip, den kin chenj am to safaya, rubi, en topaz; en i bin tok bot di tem we i go posibul fo mek man den waka na di bottom na di si we den pul di tin den we di posin we de dayvos get. Fo don di sayensman bin mek di ".wan den we bin de wach am soprayz bay we i ton den fes blak bay we i pul di red red komot na di san in rayt

Dis notis French sayensman don mek likwid eya bay wan we fo mek di briz go bifo we i don ebul fo separet di difren wan den gas den we den kin yuz of di briz, en don we den don fen difren difren min of mekanikal we den kin yuz fo mek tin den . yutilizeshon of difrens den of temprecho in wata we de na di si

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## CHAPTER: 1 . 6. 6.

### *Di Tayga Swami bin de tok bot am*

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"A get we den don fen di Tayga Swami in yon adres. Le wi visit in tumara."

Dis welkom advays komot from Chandi, we na wan pan mi padi den na sekondari skul. A bin rili want fo mit di sent we, insay in layf we i bin de liv bifo pan di monastik, bin don kech en fet tayga den wit in neked an den. Wan boy pikin enjoyment fo den kayn wondaful tin den ya bin strong insay mi.

Di neks de kol kol kol sizin, bot mi en Chandi bin ron go bifo wit gladi at. Afta wi don ontin buku fo natin na Bhowanipur, we de ausayd Kalkata, wi rich na di rayt os. Di domot bin get tu ayen ring den, we a bin de sawnd lek se a de chuk. Pan ol we pipul den bin de ala, wan savant bin kam nia am wit fridom fo waka. In ironical smayl impliyt dat visito den, . pan ol den noys, bin we no get pawa to ambog di fo get kol at fo wan sent in os.

We mi en mi kompin fil se den de korekt wi kwayet wan, wi tel tenki fo we den invayt wi fo kam na di ples usay den de men pipul den. Di wet we wi bin de wet fo long tem bin mek wi no get wan dawt we wi no bin de fil fayn. Di lo we India no rayt fo di

pəsin we de luk fə di trut na fə peshənt; wan masta kin mek pəsin bay wilful fə tɛst  
if i rili want fə mit am. Dis saykolojik ruse na fri wan na di West bay dɔktə ən  
dentist!

Dən di savant kəl mi ən Chandi ən go insay wan ples usay dən kin slip. Di fambul  
Sohong **6-1** Swami bin sidəm na in bed. We wi si in big big bədi, dat bin afekt wi  
strenj wan.

Wi bin get yay we bin de bōl, en wi bin tinap en nō ebul fō tōk. Wi nō bin dōn eva si dis kayn chest o dis kayn bayseps we tan lēk futbōl bifo. Na wan big big nek, di swami in fes we bin get faya bot we bin kol, bin de fayn wit lok dēn we de flo, biad en mōstaz. Wan smōl kwaliti dēn we tan lēk dōv en tayga bin de shayn na in dak yay. I nō bin wēr klos, pas wan tayga skin we de arawnd in mōsul wes.

We wi fēn wi vōys, mi en mi padi grit di mōnk, en sho se wi gladi fō di sēns we i get na di ēkstra oḍinari felin arena.

"Yu nō go tēl wi, duya, aw i pōsibul fō put wit bare fist di mōs ferocious of jungle beasts, di royal Bengals, oḍa am?"

"Mi pikin dēm, na natin to mi fō fēt tayga. A kin du am tide if nid de." I bin laf lēk pikin. "Yu de luk pan tayga lēk tayga; a sabi dēn as puskat."

"Swamiji, a tink se a kin impres mi sabkonshēns wit di tink se tayga na puskat, bot a kin mek tayga biliv am?"

"Fō tru trēnk sēf nid fō de! Pōsin nō go ebul fō ēkspekt win frōm bebi we de imajin tayga fō bi os kat! Pawaful an na mi inof wēpōn."

I tēl wi fō fala am go na di pati, usay i nak di ed pat pan wan wōl. Wan brik bin krash na grōn; di skay bin de luk wit maynd tru di tut we bin dōn lōs na di wōl we bin de opin. A bin rili stēp bikōs a bin sōprayz; di wan we ebul fō pul brik dēn we dēn dōn mek wit mōta na wan strōng wōl wit wan blo, a bin tink se i go mōs ebul fō pul di tayga dēn tit kōmōt!

"Bōku man dēn get pawa na dēn bōdi lēk mi yon, bot dēn stil nō get kol kōnfidēns. Di wan dēn we get bōdi bot we nō get maynd, kin si se dēn de fōdōm we dēn jōs si wan wayl animal we de bōnd fri wan na di jōnggrōn. Di tayga insay in natura ferocity en ples we i de liv, difrēn bad bad wan frōm di sarks animal we dēn de it opium!

"Bōku man wit herculean trēnk dōn nonetheless dōn terrorised to abject helplessness bifo di onslaught of a royal Bengal. Na so di tayga dōn kōnvōyt di man, insay in yon maynd, to." wan stet we nō get nerv lēk di puskat in yon. I pōsibul fō mek man, we get fayn fayn bōdi en we get strōng strōng maynd, tōn di tebul dēn pan di tayga, en fos am fō kōnvikshōn se i nō get enibōdi fō protēkt insef. Aw oltēm a dōn du jōs dat!"

A bin rili rēdi fō biliv se di taytan we bin de bifo mi bin ebul fō du di tayga-pusikat mētamōrfōsis. I bin tan lēk se i de insay didaktik mōd; Mi en Chandi bin lisin wit rēspēkt.

"Maynd na di wan we de yuz di mōsul dēm. Di pawa we hama blo de dipen pan di enaji we dēn de yuz; di pawa we man in bōdi inschrumēnt de sho de dipen pan in agresiv wil en kōrej. Di bōdi na in maynd rili mek en sōpot am. Tru prēshōn we



instinkt den get from layf we i bin don liv, trenk o wiked tin den de go smol smol  
insay motalman konshens. Den de ekspres as abit, in maynd. we in turn ossify into a  
desirable or undesirable bodi Di frayd we de na do get mental orijin, di bodi we get  
abit de mek di maynd no wok

fɔ bi savant fɔ kɔmand, di las wan kin bi ɔtokratik; di maynd de slev semweso bay we i de put am ɔnda di bɔdi we de tɛl am."

We wi beg, di impɔtant swami bin gri fɔ tɛl wi sɔntin bɔt in yon layf. "Mi fɔs

ambishɔn na fɔ fɛt tayga. Mi wil bin pawaful, bɔt mi bɔdi bin wik."

Wan ejaculation of surprise brok frɔm mi. I bin tan lɛk se i nɔ pɔsibul fɔ biliv se dis man, we naw "wit Atlantik sholda, we fit fɔ bia," go eva no se i wik.

"Na bay indomitable persistence in tinkin of helt and strent we a ovakom mai handikap. A get evri rizin fɔ extol di kompliment mental vigor we a fain se na di rial subduer of royal Bengals."

"Yu tink, rivared swami, se a kin eva fɛt tayga?" Dis na bin di fɔs tɛm, ɛn di las tɛm we di biznes ambishɔn bin eva kam na mi maynd!

"Yes." I bin de smayl. "Bɔt bɔku kayn tayga dɛn de; sɔm de waka waka na jɔngrɔn we mɔtalman want. No spiritual bɛnifit nɔ de we dɛn de nak animal dɛn we nɔ natin. Bifo dat, bi pɔsin we win di wan dɛn we de waka waka insay."

"Sontɛm wi yɛri, sa, aw yu chɛnj frɔm wan tamer ɔf wayl tayga dɛn to wan tamer ɔf wayl pason dɛn?"

Di Tayga Swami bin fɔdɔm insay saylɛns. Rimot bin kam na in yay, ɛn kɔl vishɔn dɛn bɔt di ia dɛn we dɔn pas. A bin no se i bin de tray smɔl na in maynd fɔ disayd if i fɔ gri wit wetin a aks fɔ. Fɔ dɔn, i smayl fɔ gri wit wetin i du.

"We mi fame rich di zenith, i bring di intoxication of praid. A disayd no onli to fait tayga bɔt to display dem fɔ difren trik. Mi ambishɔn na to fos savage beast to behave laik domesticated wan. A bigin pefom mai feats fɔ pɔblik, wit gratifying saksɛs."

"Wan ivin mi papa bin kam insay mi rum in pensive aw yu fil.

"Son, a get wɔd dɛn fɔ wɔn yu. A go sev yu frɔm sik dɛn we de kam, we di grindin wil dɛn we de mek kɔz ɛn ɛfɛkt de prodyuz.'

"Yu na fatalist, Papa? Yu tink se dɛn fɔ alaw lay lay biliv fɔ chɛnj di kɔlɔ we di pawaful wata ɔ di tin dɛn we a de du?'

"A nɔto fatalist, pikin. Bɔt a biliv di jɔs lɔ fɔ pe bak, as dɛn tich am na di oli skripchɔ dɛn. Vest de agɛns yu na di jɔng famili; sɔm tɛm i kin akt to yu kɔst.'

"Papa, yu de sɔprayz mi! Yu no gud gud wan wetin tayga dɛn bi-fayn bɔt nɔ get sɔri-at! Ivin jɔs afta dɛn it bɔku bɔku it fɔ sɔm haplɛs krichɔ, dɛn kin faya tayga wit fresh lɔst we dɛn si nyu animal. I kin bi wan gladi gladi gazɛl, we de frisk oba di jɔng gras.

I de kech am en bit wan opin na di saf trot, di malevolent biest teist smol pan di blod  
we de kray mumu, .

en go i na wanton we.

"Tayga na di wan den we den kin kontempt pas ol pan di jongron brid! Udat no? mi blo den kin injeht som smol saniti fo konsidareshon insay den tik ed. A na edmasta na forest finish skul, fo tich den saful saful manejment!

"Duya, Papa, tink bot mi as tayga tamer en no eva tink bot tayga kil. Aw mi gud akshon go brij bad tin pan mi? A de beg yu no fo put eni komand se a chenj mi we fo liv."

Mi en Chandi ol bin de pe atenshon, en wi bin ondestand di problem we bin de trade. Insay India, pikin no de du wetin in mama en papa want smol.

"In stoic silence Papa lisin to mai explaneshon. I fala am wit wan diskloshon we i tok sirios wan."

"Son, yu kompel mi fo rilayt wan bad bad predikshon from wan sent in lip. I kam nia mi yestede as a sidom na di veranda we a de tink bot evride.'

""Diya padi, a kam wit mesej fo yu belligerent boy pikin. Mek i lef fo du di bad bad tin den we i de du. If noto dat, di neks tayga we i go mit go mek i get bad bad wund den, don i go sik fo siks mont we go kil am. Don i go lef in fos we den en bi monk.""

"Dis stori no impres mi. A bin tink se Papa bin bi di credulous viktin of wan deluded fanatic."

Di Tayga Swami mek dis konfeshon wit wan jes we no get peshent, lek se na som stupiditi. I bin no tok natin fo long tem, en i bin tan lek se i no no se wi de de. We i tek di tred we de dangle na in stori, i bin de wantem wantem, wit voys we no de chenj.

"I no tu te afta Papa in wonin, a bin go na di kapital siti we nem Kuch Behar. Di fayn fayn teritori na bin nyu tin to mi, en a bin de op fo chenj we go mek a rest. As a kin du olsay, krawd we want fo no mo bin de fala mi na strit. A go kech smol smol koment we den de wispa:

"Dis na di man we de fet wayl

tayga.' ""I get leg, o tik-tronk?'

"Luk at in fes! I mos bi wan we posin mek in bodi of di kin of tayga den in sef sef!'

"Yu no hau vilej urchin dem de wok laik fainal edishon fo nyuspepa! Wit wich spid di ivin-leta spich-buletin of di uman dem de skata from haus to haus! Insai som awa, di ol siti bin de fo stet of exsayt fo mai prezents."

"A bin de rilaks kwait fo ivintem, we a yeri di fut bit we os den we de galop de bit.  
Den stop bifo mi ples we a de de. Insay wan nomba of long long polisman den we get  
turban kam."

"A bin sɔprayz. 'Oltin pɔsibul to dɛn krichɔ ya we mɔtalman lɔ de,' a bin tink. 'A de wɔnda if dɛn go tek mi to task bɔt tin dɛn we a nɔ no atɔl.' Bɔt di ɔfisa dɛn butu wit kɔtisti we dɛn nɔ bin dɔn yus fɔ du.

"Ona Sa, dem sen wi fo welkam yu on behalf of di Prins of Cooch Behar. I gladi fo invayt yu fo im pales tumoro moning.'

"A bin de spekulat awhile on di prospek. Fo som obskure rizin a fil shap rigret fo dis intarapshon fo mai kwait trip. Bɔt di suppliant we di polisman dem muv mi; a gri to go."

"A bin kɔnfyus di nɛks de fɔ mek dɛn ɛskort mi obsequiously frɔm mi domɔt insay wan fayn fayn kɔch we 4 ɔs dɛn drɔ. Wan savant bin ol wan ɔna ɔmbrela fɔ protekt mi frɔm di san layt we de bɔn. A bin ɛnjoy di fayn fayn rayd we a bin de rayd tru di siti ɛn in wudland ɔdasay dɛn. Di kiŋ scion inɛf bin de na di pales domɔt fɔ welkɔm mi. I bin profa in yon." sidɔm ples we dɛn mek wit gold, ɛn i de smayl ɛn put inɛf na chia we dɛn mek am simpul.

"O dis pɔlitiks go mɔs kɔst mi sɔntin!" A bin tink se a bin de sɔprayz mɔ ɛn mɔ, di rizin we mek di prins bin tɔk bɔt am bin kɔmɔt na do afta sɔm tin dɛn we i tɔk.

"Mi siti ful wit di rumour se yu fit fait wail taiga wit notin pas yu nek han. Na fact?"

"I na plenti tru.'

"A nɔ biliv am! Yu na Kalkata Bengali, we dɛn mɛn pan di wayt rays we siti pipul dɛn de mek. Bi frank, duya; yu nɔ bin de fet ɔl animal dɛn we nɔ get spayna, we de it opium?' In vɔys bin lawd ɛn i bin de provok, ɛn i bin get di provinsial aksɛn.

"A vouchsafed we dɛn kɔl Nɔ ansa to in fɔ provok pɔsin kwɛstyɔn.

"A de chalenj yu fɔ fet mi nyu tayga we dɛn dɔn kech, Raja Begum. 6-2.' If yu ebul fɔ tinap tranga wan fɔ tinap tranga wan, tay am wit chen, ɛn lɛf in kech we i de tink, yu go get dis kiŋ Bengal! Dɛn go gi boku tawzin rup ɛn boku ɔda gift dɛn bak. If yu nɔ gri fɔ mit am na fet, a go blazon yu nem ɔlsay na di stet as pɔsin we de ful!"

"In insolent wɔd dɛn bin slap mi lek voli ɔf bulet. A shot wan angri akseptens. Haf rayz frɔm di chia wit in gladi gladi, di prins sink bak wit wan sadistik smayl. A mɛmba di Roman empara dɛn we bin de gladi fɔ set Kristian dɛn na animal arena."

"Dem go set di mats fo wan wik afta dis. A rigret se a no fit giv yu permishon to si di taiga bifo taim.'

"If di prins bin de fred se a go tray fɔ hipnotiz di animal, ɔ sikrit wan fid am opium, a nɔ no!"

"A komot fo di pales, notis wit amusement se di royal ambrela and panoplied koch don mis nau."

"Di næks wik a methodically pripia mi maynd en bōdi fō di ordeal we de kam. Tru mi savant a lan bot fantastik stori dēm. Di sent in bad bad prēdikshon to mi papa bin dōn sōm kayn we go na ōda kōntri, i bin de big as i de rōn. Bōku simpul vilej pipul dēn bin biliv se wan wikēd spirit, we di gōd dēn swē, bin dōn bōn bak lēk tayga we de tek difrēn dēbul fōm dēn na net, bot i bin stil bi." animal we gēt strēch insay di de, na dis dēbul-tayga bin fō dōn sēn fō ōmbul mi.

"Wan ōda imaginari veshon na dat animal prea to Tayga Evin bin dōn ajōst wan rispons we tan lēk Raja Begum. I bin fō bi di inschrumēt fō pōnish mi-di audacious biped, so insulting to the entire tiger species! Wan man we nō gēt fut, we nō gēt fang we de fred fō chalenj wan tayga we gēt klo-am, we gēt strōng limb! Di kōnsentret pōyzin fō ōl di tayga dēn we dēn shēm-di vilej pipul dēn." deklare-dēn dōn gēda mōment we go du fō ōpreshon lō dēn we ayd en briŋ di fōdōm we di praud tayga tamer fōdōm.

"Mi savant bin apraiz mi mo se di prins bin de insaid im element as maneja fo di bout bitwin man and animal. Im bin don supavayz di erekshon of wan storm-proof pavilion, we dem mek fo akomoda." tawzin pipul dēn. I na senta dōn ol Raja bin de du dat Begum bin de du am in wan big big ayēn fēns, we dēn dōn rawnd bay wan sef rum we de na do. Di pōsin we dēn bin kapchō bin de ala lawd wan we nō bin de stop fō mek i blōd. Dēn bin de gi am smōl tin fō it, fō mek i want fō it we i vēks. Sōntēm di prins bin de op se na mi na di it we dēn go gi blēsīn!

"Kraud we komot fo di siti and di eria we de nia di siti bin bai tikit wit zil fo ansa di bit of drum we de announce di yunik kontest. Di de of fait si hundred pipul ton bak bikos dem no get sit. Bōku man brok di tēnt opin, ō krawd eni ples we de dōŋ di galri dēm."

As di Tayga Swami in stori de kam nia wan klimaks, mi gladi gladi bin de go bifo; Chandi tu bin raptly mute.

"Amidst piercing sound-explosions from Raja Begum, and di hubub of di somwe terrified krawd, a kwait mek mi apinans. Scantily clad around the waist, I was otherwise unprotected by clothing. A opin di bolt fo di doa of di sef rum and kolhatli lok am bihain mi. Di taiga sen blōd. Leaping wit thunderous krash pan in yon." bars, i sen wan fred wēlkōm Di ōdiēns bin de kwayet wit sōri-at fred a bin tan lēk ōmbul ship bifo di wayl animal we bin de vēks.

"In a trice a bin de insaid di kech; bot as a de slam di doa, Raja Begum bin de ed-long pan mi. Mi rait an bin desperately torn. Human blōd, di biggest trit we tayga kin no, bin fōdōm insay di bad bad strim dēm. I bin tan lēk se di prōfesi fō di sent bin de

kam fulfil."

"A rally instantly from di shok of di fes sirios injuri we a eva get. Banishing di." we a si mi finga den we get blod bay we a de push den onda mi wes klos, a swing mi left an wit wan blo we de krak bon. Di wayl animal bin rɔn bak, i bin de swirl rawnd di bak pat na di kech, en i bin rɔn go bifo wit kɔnvulsiv. Mi fambul fistik ponishment bin ren pan in ed.



"Bot Raja Begum in teist fə bləd bin dən akt lək di maddening fəs sip fə wayn to wan dipsomaniac ləng-deprived. Punctuated by deafening roar, di brut in asəlt dən gro in fury. Mi inadequate difens fə wan an nɔmə lɛf mi vulnerable bifo klo ɛn fangs. Bot a dealt aut dazing ritribushən. Mutually ensanguined, we strech as to di day Di kech bin pandemonium, as bləd bin de splash na ɔl di say dən, ɛn blast dən we get pen ɛn kil-kil want bin de kɔmət na di animal trot.

"'Shoot am!' 'Kil di tayga!' i aks am. Di pipul dən we bin de yeri bin de kray so fast, man ɛn animal bin de muf. dat wan gad in bulet nɔ bin go fayn. A gɛda ɔl mi wil fəs, ala bad bad wan, ɛn land wan las kɔnkɔsiv blɔ. Di tayga fɔdəm ɛn ledəm kwayɛt wan.

"Lək wan pus kat!" a intajekt.

Di swami bin laf in wit ɔl in at gladi fə, dən kɔntinyu fə tɔk di we de mek pɔsin in at pwɛl stori.

"Raja Begum bin win las las. In royal prayz bin ɔmbul mɔ: wit mi lacerated an dɛm, a audaciously fɔs fə opin in jaw. Fə wan dramatik mɔnt, a ɔl mi ɛd insay di yawning daytrap. A luk rawnd fə wan chen. A pul wan frɔm wan pail na di flɔ, a tay di tayga bay in nek to di kech bar dɛm. In triumph a muf go to di dɔmət."

"Bot dat fiend in bɔdi, . Raja bin de du dat Begum, 1999. bin stamina we get trɛnk fit ɔf in fə dɛbul dən usay i kɔmət. Wit wan lunge we nɔ pɔsibul fə biliv, i snap di chen ɛn jomp pan mi bak. Mi sholda fast insay in jaw, a fɔdəm bad bad wan. Bot insay wan tris a bin mek dən pin am ɔnda mi. Onda bit dən we nɔ get sɔri-at, di animal we bin de trɛtin bin sink insay sɛmikɔnshɛns. Dis tɛm a bin tek tɛm mek i sikrit. Smɔl smɔl a kɔmət na di kech.

"A fain mi sef fə nyu uproar, dis taim wan of gladi. Di kraud cheer brok laik se from." wan big big trot. Di bad bad tin we bin apin to mi, a bin dən du di tri tin dən we a bin nid fə fɛt yet- fə mek di tayga sɔprayz, tay am wit chen, ɛn lɛf am we a nɔ nid ɛp fə misɛf. Apat frɔm dat, a bin dən so bad bad wan wund ɛn fred di agresiv wayl dat i bin dən satisfy fə fɔget di chans fə gi mi ɛd na in mɔt!

"Afta dem trit mi wund dem, dem ona mi and garland mi; plenti gold pies shawa fə mai fut. Di ɔl siti enta holide taim. Dem de hie diskushon we no get ɛn fə ɔl di said about mai viktri ova wan of di biggest and most savage tigers we eva si. Dem prezant Raja Begum to mi, as dem promes, bot a fil eni elation. Spirit chenj don enta mai hat. I bin luk laik." dat wit mi las ɛkzit frɔm di kech a bin dən lɔk di dɔmət bak pan mi wɔl ambishən dən.

"Wan bad bad tɛm bin fala. Fə siks mɔnt a bin ledəm nia day bikɔs a get bləd pɔyzin. As a dən wɛl fə kɔmət na Kuch Behar, a go bak na mi yon tɔŋ."

"A no naw se mi ticha na di oli man we gi di waes wɔnin.' A ɔmbul ɛn mek dis kɔnfeshɔn to mi papa, 'O, if a bin jɔs ebul fɔ fɛn am!' Di tin we a bin want bin rili want fɔ du, bikɔs wan de, di sent bin kam we dɛn nɔ bin tɛl am.

"Du ɔf tayga taming.' I bin tɔk wit kolat ashurant. 'Kam wit mi; a go tich yu to

onda di animal den we no no natin we de waka waka na jongron den na motalman maynd. Yu don yus to odiens: le i bi wan galaksi we get enjel den, we yu de enjoy yu fayn fayn masta sabi yoga!'

"Na mi sent guru bin initiate mi fo di spiritual rod. I opin mi sol-do, rusty and resistant wit long disuse. Han to han, wi no tu taym set out fo mi trenin fo Himalayas."

Mi en Chandi bin butu na di swami in fut, en wi bin gladi fo di klia we aw i bin de sho layf we rili big big briz. A bin fil se den don pe mi boku moni fo di long tem we a bin de wet fo di tem we a bin de na di kol ples!

6-1 : . *Sohong we de na di wɔl* bin in monastik nem. I bin pipul den kin lek fo du am no as di "Tayga Swami."

6-2 : . "Prins." Prinses"-so we den gi di nem to sho dat dis animal possessed di we den jryn togeda ferocity we den kin du of tayga en taygres uman.

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## CHAPTER: 1 . 7. 7.

### ***Di Levitating Sent***

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"A si wan yogi stil de fo di faya, som fit oba di graun, las nait fo grup mitin." Mi padi we nem Upendra Mohun Chowdhury bin tok fayn fayn wan.

A gi am wan smayl we get zil. "Sontem a kin ges in nem. Na Bhaduri Mahasaya, we komot na Opa Sekyula Rod?"

Upendra nod, i kres smol fo mek i no bi nyus-bearer. Mi padi den bin no bot di we aw a bin want fo no mo bot di oli wan den; den bin gladi fo set mi pan wan fresh trak.

"Di yogi de liv so klos to mi os dat a kin go visit am plenti taim." Di wod den we a bin tok bin mek Upendra in fes rili intres, en a bin get mo konfidens.

"A don si am fo remarkabl feats. Im don ekspetli masta di difren *pranayamas* 7-1." di ol et-fol yoga we Patanjali bin tok bot. 7-2 Wan tem, Bhaduri Mahasaya bin du di *Bhastrika Pranayama* bifo mi wit so wondaful pawa dat i bin tan lek se rial big big briz don kam na di rum! Don i ot di briz we bin de blo en i no bin de mov insay wan

ay stet we i bin de tink pasmak. 7-3 Di aura of pis afta di storm bin vivid biyond  
foget."

"A don yeri dat di sent nɔ eva lif den in os." Na Upendra in yon toyn we den kin tok bin wan tin we nɔ impotant nɔ biliv.

"Fo tru na tru! I don liv insay os fo di pas twenti ia. I de rilaks in self- impoz rul smol di tem we wi oli festival den de, we i de go fa te to in front saydwok! Di beg pipul den kin gɛda de, bikos pipul den sabi Sent Bhaduri fo in saful at."

"Aw du i fo kontinyu in di briz, fo defy di lo of gravitishon?"

"Yogi in bodi kin los in gros afta i yuz som *pranayama* . Don i go levitate o hop arawnd lek frog we de jomp. Ivin sent den we nɔ de praktis fomal yoga 7-4." den don no se den kin levite di tem we den de liv den layf tranga wan to God."

"A go laik to sabi mo of dis sage. Yu de atendi im ivintem mitin?" Upendra in yay den bin de shayn bikos i bin want fo no mo.

"Yes, a kin go boku tem. A kin rili enjoy di wit we de insay in sens. Wan wan tem, di long we a kin laf kin ambog di solemnity fo in gɛda den. Di sent nɔ kin gladi, bot in disaypul den kin luk lek dago!"

We a bin de go bak na os from skul da aftanun de, a pas Bhaduri Mahasaya in klostas en disayd fo go fen am. Di yoga nɔ bin izi fo di jeneral poblik. Wan disaypul we bin de in wan, we bin de na di gron, bin de gayd in masta in prayvet pat. Di student na bin sontin we tan lek martinet; i naw aks fomal if a geht "engagement." In guru put in wan apinans jos in tem fo sev mi from somari ejekshon.

"Mek Mukunda kam wen im go." Di sej in yay den bin de shayn. "Mi rul fo seklɔz noto fo mi yon komfot, bot fo oda pipul den. Di pipul den na di wol nɔ lek di kruk we de brok den lay lay tin den. Sent noto jos rare bot den de mek pipul den at pwel. Ivin insay skripcho, boku tem den kin si den se den de shem!"

A fala Bhaduri Mahasaya go na in austere kwata na di op flo, usay i nɔ kin stir from. Boku tem, masta den kin ignore di panorama fo di wol in ado, aut of focus till centered in di ages. Noto di wan den we bin de da tem de pan wan sensman nomo na di wan den we de na di smol smol pipul den we de naw.

"Maharishi, . 7-5 yu de di fos yoga we de du yoga a get no udat oltem de de insay os."

"God plant den in di wan den we oli sontem in we den nɔ bin de ekspekt doti, so dat i nɔ go du dat wi tink wi sontem ridyus In to wan rul!"

Di sej lok in bodi we get layf insay di lotus posture. We i bin ol sevinti ia, i nɔ bin sho eni sayn we nɔ fayn fo sho se i don ol o i nɔ bin de sidom. I bin strong en i bin stret, i bin fayn pan oltin. In fes bin de dat fo wan *rishi* , lek aw den tok bot am na di buk den we den bin de rayt trade trade. Nobul ed, boku boku biad, i bin sidom stret oltem, in kwayet yay den bin de pan Olsay.

Di sent en a bin kam insay di fo tink gud wan stet. Afta wan awa, in saful voys we den wek mi.

"Yu kin go boku tem insay di saylens, bot yu don develop *anubhava*?" 7-6 I bin de memba mi fo lek God pas fo tink gud wan. "No mistek di teknik fo di Goal."

I bin gi mi som mango. Wit dat gud-humored wit we a fain so gladi fo in grev nature, i rimark se, "Pipul in jenerol laik *Jala Yoga* (union wit fud) pas *Dhyana Yoga* (union wit God)."

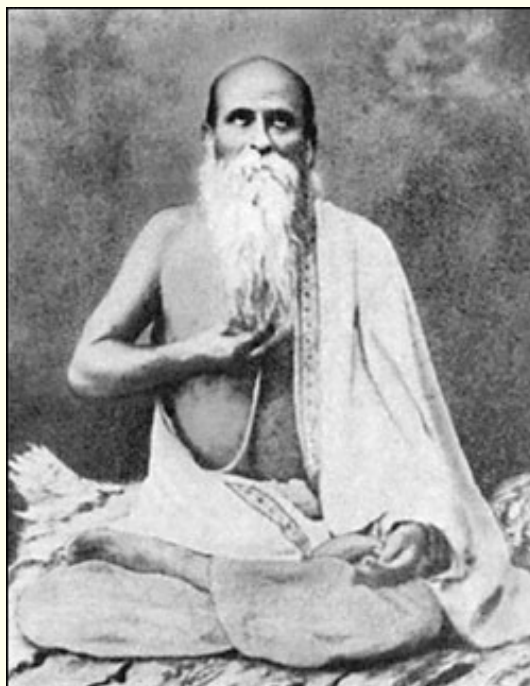
In yoga pun we den afekt mi we den de mek lawd lawd lawd wan.

"Na laf yu get!" Wan layt we get lov bin kam na in yay. In yon fes bin sirios oltem, bot stil i bin de toch am wit wan gladi gladi smayl. In big big lotus yay den bin ol wan divayn laf we ayd.

"Den leta den de komot na fa fa say na Amerika." Di sej bin sho som tik tik envilop den na wan tebul. "A de korespond wit som sosayti den de we den memba den intres pan yoga. Den de diskoba India nyu wan, wit bete sens fo dairekshon pas Kolombos! A gladi fo ep den. Di no bot yoga na fri fo ol di wan den we go get, lek di de layt we no de garnish."

"Wetin *rishis* we den tink se impotent fo mek motalman sev no nid fo diluted fo di West. Den ol tu difren pan sol pan ol we den difren pan oda eksperiens, West o Is no go go bifo if den no du som kayn disiplinari yoga."

Di sent bin ol mi wit in yay we bin kwayet. A no bin no se di we aw i bin de tok na profet we den bin de gayd mi. Na naw nomo, as a de rayt den wod ya, a ondestand di ful minin insay di kozhol intimashon den we i bin de gi mi boku tem se somde a go ker India in tichin den go na Amerika.



BHADURI we nem BHADURI MAHASAYA

.*" Di Levitating Sent"*



"Sir," a aks, "wetin mek yu no rayt buk bot yoga fo di benifit fo di wol?" I ansa se: "A de tren disaypul den." "Den en den student den go bi liv volyum, pruf agens di natura disintegrations of tem en di unnatural interpretaations of di kritik dem."

"Maharishi, . a want yu go rayt wan buk pantap yoga fo di benifit of di wol."

"A de tren disaypul dem. Den en den student dem go bi liv volyum, pruf agens di natura disintegrations of tem en di unnatural intapriteshon dem fo di kritik dem." Bhaduri in wit put mi insay oda big big laf.

A bin de mi wan wit di yogi te in disaypul den kam na ivintem. Bhaduri Mahasaya bin de du am bin go insay wan pan in tok den we i no ebul fo falamakata. Lek wata we kin ron wit pis, i bin de swip di tin den we di wan den we bin de lisin to am bin get na in maynd, en i bin de flot den to God. Den bin tok in fayn fayn parebul den insay wan Bengali we no get wan folt.

Dis ivintem Bhaduri bin eksplen difren filosofik poynt den we get fo du wit di layf we Mirabai bin liv, wan Rajputani prinses we bin de insay di midul ivul we bin lef in kot layf fo go fen di kompson wit sadhus. Wan big-sannyasi no bin gri fo tek am bikos na uman; in ansa bin mek i tinap wit ombul.

"Tel di masta," i bin don se, "se a no bin no se eni Man de na di yunivas pas God; wi ol noto uman bifo Am?" (Wan skripcho konsepschon bot di Masta as di wangren Pozitiv Krio Prinsipul, In krieshon na natin pas na pasiv *maya* .)

Mirabai bin mek boku gladi gladi sin den we den stil valyu na India; A translet wan pan den ya:

"If bay we a de was evride, God go ebul fo no  
Sooner, a go bi wel na di dip;  
If bay we a it rut en frut den go ebul fo no am  
Glad wan a go pik di fom fo got;  
If di kont we den de kont rosari den mek i  
no koba Am a go se mi prea den pan big big  
bidz den; If fo butu bifo ston imej den  
sho Am Wan mawnten we get flinty a go  
wship wit ombul;  
If bay we den drink milk di Masta kin imbib  
Boku kaw pikin en pikin den go no Am;  
If fo lef in wef go kol God Yu tink se boku  
boku pipul den go bi bigman?  
Mirabai no se fo fen di Divayn Wan Di

wangren tin we no impotant na Lov."

Boku student den put rup insay Bhaduri in slip we bin de ledom nia am as i sidom na yoga pozishon. Dis ofrin we den kin gi wit respekt, we na kostom na India, de sho se di disaypul kin put in propati den na di guru in fut. Padi den we get tenki na di Masta nomo we de mek lek se den no de si, we de luk fo In yon.

"Masta, yu na wondaful posin!" Wan student, we bin de tek in lef, bin de luk di petriak sej wit ol in at. "Yu don lef fo get jentri en komfot fo luk fo God en tich wi sens!" Den bin no gud gud wan se Bhaduri Mahasaya bin don lef boku boku propati den na in famili we i bin smol, we na in wangren bin go insay di yoga rod.

"Yu de rives di kes!" Di sent in fes bin ol wan saful koment. "A don lef som paltry rupees, som." smol smol tin enjoyment den, . fo wan kosmik we de na di wol empaya of we no get end enjoy. Aw don get a don dinay mi sef enitin? A no di gladi at we a kin get we a de sheb di jentri. Yu tink se dat na sakrifays? Di pipul den we de na di wol we no de si bete na di rial pipul den we de lef fo du sontin! Den kin lef wan divayn propati we no get wan kompitishon fo wan po anful toys den we de na dis wol!"

I chuckled ova dis paradoksal view of renunciation-wan we de put di kap fo Kroesus pan eni sent begman, we i de transfom ol di praud milyonaria den to martyrs we no no natin.

"Di divayn oda de arenj wi fluja wit sens pas eni inshorans komni." Di wod den we di masta bin tok fo don na di biliv we i bin rili biliv bot in fet. "Di wol ful-op wit pipul den we no izi fo biliv pan wan sikyotri we de na do. Den bita tinkin tan lek skata na den forest. Di Wan we gi wi briz en milk from wi fos briz sabi aw fo gi am de to di wan den we de woship am."

A kontinyu fo go na di sent in domot afta skul. Wit silent zeal i ep mi fo get *anubhava* . Wan de, i bin muf go na Ram Mohan Roy Road, we de fa from di neba we a bin de na Gurpar Road os. In disaypul den we bin lek am bin don bil wan nyu emitaj fo am, we den kol "Nagendra Math." 7-7

Pan ol we i de trowe mi bifo mi stori fo som ia, a go tok bak na ya di las wod den we Bhaduri Mahasaya bin gi mi. Jos bifo a tek bot fo go na di West, a bin luk fo am en ombul en nil donj fo in fayvel blesin:

"Son, go Amerika. Tek di digniti of hoary India fo yu shild. Viktri rait fo yu brow; di nobul distant pipul go wel risiv yu."

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7-1 : . Di we aw den de du am of fo kontrol layf-fos pas rigyuleshon

of briz we yu de blo. 7-2: Di fos posin we bin de tok bot yoga trade trade.

French professo den na bin di fɔs wan den na di West fɔ redi fɔ stɔdi bɔt sayens bɔt di tin den we di pɔsin we de tink :7-3  
pas ɔlman kin ebul fɔ du maynd. Profeso Jules-Bois, 1999. mɛmba ɔf di L'Ecole bin de tɔk bɔt am de Sayikɔkɔji ɔf di Sɔbɔn,  
1999. we den bin gi lɛkshɔn in Amerika insay 1928; i tɛl in ɔdiens se French sayensman den dɔn gi rɛkɔgnishɔn to di  
supakoshɛns, "we na di ɛksaktɔl ɔpɔzit to Frɔyd in sabkɔshɔs maynd ɛn na di fakulti we de mek mɔtalman rili mɔtalman  
ɛn nɔto jɔs supa- animal." M. Jules-Bois bin ɛksplen se di wek we di ay kɔnshɛns wek "nɔ bin fɔ kɔnfyus wit Coueism ɔ  
hypnotism. Di ɛgzistens fɔ wan supakoshɛns maynd dɔn te we pipul den dɔn no bɔt filɔsofik, we na in rili bi di Ovasol." we  
den de tɔk ɔf bay we Emerson, 1999. bɔt nɔmɔ dis biɛn tɛm dɔn i bin we den no bɔt sayens wan." Di French sayensman  
pɔynt aut se frɔm di supakoshɛns de kɔmɔt inspekshɔn, jɛnɛral, moral valyu den. "Biliv pan dis nɔto mistik pan ɔl we i  
".de

".we den no bot en we get valyu di kwaliti den we posin get us mistik den we den bin de prich

Sent. Teriza of Avila we de na di wol en oda Kristian di wan den we oli bin boku tem .10 :7-4

".we den bin si in wan stet of levitashon. 7-5: "Great sage

.Rial aw wi ondastand of God .10 :7-6

Di na sent in yon ful-op nem bin Nagendranath bin de tok bot am Bhaduri we den kol Bhaduri. Mats min . 1 :7-7

. hermitage we den kol hermitage o ashram we de na di

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## CHAPTER: 1 . 8. 8.

### *Na India in yon Rili Sayensman, JC Bose bin de*

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"Jagadis" we de tok bot am Chandra bin de tok bot am Bose in yon wayales invinshon den antedated den wan den of Makoni."

We a yeri dis wod we de mek a veks, a waka nia wan grup we na profeso den we de na di saydwok we bin de tok bot sayens. If di rizin we mek a joyin den na fo mek a prawd bikos a komot na difren trayb, a kin rigret am. A no go dinay mi big intres pan pruf se India kin ple wan lida pat pan fizik, en noto metafiziks nomo.

"Wetin du yu min, sa?"

Di profeso bin eksplen wit ol in at. "Bose na di fos posin fo invent wan wayales koherer en wan inschrumet fo sho di rifrakshon fo ilektrik wev. Bot di Indian sayensman no bin yuz in invinshon den fo komeshon. I no tu te, i ton in atenshon from di inogenek to di organik wol. In rivoloshonari diskvayri den as plant fisiolojis de pas ivin in radikal ajostment den as fiziks."

A bin tel mi mento tenki wit ol mi at. I ad se, "Di big sayensman na wan pan mi broda profeso den na Presidenshi Kolej."

A bin go fen di sej di neks de na in os, we bin de nia mi yon na Gurpar Rod. Fo long

tɛm naw, a bin de admaya am frɔm di say we a gɛt rɛspɛkt. Di grev ɛn we bin de ritaia we sabi bɔt di plant dɛn bin grit mi fayn fayn wan. I bin fayn ɛn strɔng man we ol lɛk fifti ia so, i bin gɛt tik tik ia, in fɔɛd bin brayt, ɛn i bin gɛt abstrakt yay dɛn we pɔsin we de drim kin gɛt. Di kɔrɛkt we aw i bin de tɔk bin sho di abit we sayɛnsman dɛn bin de du fɔ ol in layf.

"A nɔ tu te yet we a dɔn kam bak frɔm wan ɛkspɛdishin to sayɛns sosayti dɛm na di West. Dɛn mɛmba dɛm sho se dɛn gɛt bɔku intres pan dilik inschrumɛnt dɛm we a mek we de sho di...

wanwɔd we nɔ de sheb na ɔl layf. **8-1** Di Bose kreskograf gɛt di big big tin dɛn we tan lɛk tɛn milyɔn magnifyeshɔn dɛn. Di maykroskɔp kin big fɔ sɔm tawzin tɛm nɔmɔ; yet i bin briŋ impɔtant tin fɔ mek sayens bɔt tin dɛn we gɛt layf. Di kreskograf de opɪn vista dɛn we nɔ pɔsibul fɔ kɔl."

"Yu don du plenti, sa, to hasten di embras of Is and West fo di impersonal arms of science."

"A bin edyukeshɔn na Kembrij. Aw admirable na di Westɛn we fɔ sɔbmit ɔl di tiori to skrupulous eksperiment verifiyeshɔn! Dat empirikal prosidyushɔn dɔn go an to an wit di gift fɔ introspekshɔn we na mi Istan ɛritij. Tugeda dɛn dɔn mek a ebul fɔ sunder di saylɛns dɛm fɔ natura rialm dɛm we lɔng nɔ kɔmyunikeshɔn. Di tɛltal chɛt dɛm fɔ mi kreskograf **8-2** na pruf fɔ di mɔst skeptik se plant dɛm gɛt sensitiv nɛv sɛstɛm ɛn wan difrɛn imɔshɔnal layf. Lɔv, ɛt, gladi, fred, gladi, pen, gladi gladi, stɔp, ɛn bɔku bɔku aprɔpriɛt rispons to stimuli na ɔlsay na plant lɛk aw animal dɛn de."

"Di yunik throb of layf in ɔl krieshɔn kin tan lɛk se na jɔs poet imej bifo yu kam, Prɔfɛsɔ! Wan sent we a bin no wan tɛm nɔ go ɛva pul flawa. 'A go tif di rosbush in prayz fɔ biuti? A go kruk wan ɔfrɔnt in digniti bay mi rud divɛstment?' In sɔri-at wɔd dɛn de verify literally tru yu diskvayri dɛm!"

"Di pɔyt de intimate wit trut, we di sayɛnsman de kam nia am awkwardly. Kam sɔmde na mi laboratori ɛn si di tɛstimoni we nɔ gɛt wan dawt fɔ di kreskograf."

A gladi fɔ tek di inviteshɔn, ɛn tek mi deparch. A yeri leta se di botanist dɔn kɔmɔt na Presidɛnsi Kɔlej, ɛn i de plan fɔ mek wan risach senta na Kalkata.

We dɛn opɪn di Bose Institute, a bin atɛnd di dedikeshɔn savis dɛn. Bɔku bɔku pipul dɛn we bin gɛt zil bin de waka waka oba di ples. A bin rili kole di atis ɛn spiritual tin dɛn we de na di nyu os fɔ sayens. A bin notis se di gɛt we bin de bifo am na bin wan ɔndrɛd tɛm we dɛn bin dɔn kip frɔm wan oli ples we bin de fa fawe. Bihayn di lotus **8-3** fountain, wan uman figa we dɛn skapul wit toɔch bin sho di Indian rɛspekt fɔ uman as di pɔsin we nɔ de day we de kɛr layt. Di gadin bin gɛt wan smɔl tɛmpul we dɛn bin dɔn sakrifays to di Noumenon we pas tin dɛn we pɔsin kin du. Dɛn bin de tink se God nɔ gɛt wanwɔd bikɔs dɛn nɔ bin gɛt ɛni ɔlta imej.



Misef at Ej siks



JAGADIS CHANDRA BOSE na di pɔsin

Na India in yon rili fiziks man, . botanist, . en inventɔ of di Kreskograf we den  
kɔl Kreskograf

Bose in yon tɔk pantap dis rili okashɔn sɔntɛm get we den dɔn gi frɔm di lip den of wan  
of di we inspekt am ol

. *rishis den*

"A de dediket tide dis Institut as noto jɔs laboratorɪ bɔt na tɛmpul." In rɛspɛktful  
solemnity bin tif lɛk klos we pɔsin nɔ de si oba di ɔditoriɔm we bin ful-ɔp wit pipul



dɛn. "In di pursuit of mai investigeshon dem bin unconsciously lid mi in di boda rijon of physics and physiology. To mi amazement, a fain."

di bōda layn dēn we de dōn, en di say dēn we dēn de kontakt de kōmōt, bitwin di say dēn we di wan dēn we get layf en di wan dēn we nō get layf de. Dēn bin de si inōgenek tin as enitin pas inert; i bin de atrill ōnda di akshōn we bōku bōku fōs dēn bin de du.

"I bin tan lek se wan yunivasal riakshōn de briŋ metal, plant en animal ōnda wan kōmōn lō. Dēn ol bin de sho essentially di sem fenomena fō taya en pwel hat, wit pōsibiliti fō wel en... of we pōsin de op, . as wel as di sote go we pōsin nō de ansa dōn kip kōmpin wit day. Dōn fil wit awe at dis stupendous generalization, na wit big op se a anōys mi rizōlt bifo di Royal Society- rizōlt dēn we dēn sho bay eksperiēns. Bot di wan dēn we de stōdi bot di bōdi we bin de de bin advays mi fō jōs du tin dēn we a de du fō chēk di bōdi, we dēn bin dōn mek sho se a go ebul fō du am, pas fō ambōg di say dēn we dēn dōn kip. A bin dōn rōnawe pan wan kayn kasta sistēm we a nō bin nō bot we a nō bin nō en so a bin ofend di we aw dēn bin de biev.

"Wan tiolojikāl bias we wi nō bin nō bin de de bak, we de kōnfyus ignōrans wit fet. Bōku tēm dēn kin fōget se Di wan we bin de rawnd wi wit dis misterī we de ēva chenj bot di tin dēn we Gōd mek, dōn implant insay wi bak di want fō aks kwestyōn en ōndastand. Tru bōku ia we a nō bin ōndastand gud gud wan, a kam fō nō se di layf we pōsin we de wōship sayens get, i nō go ebul fō avōyd, i ful-op wit strēch we nō de dōn. Na fō am." fō trowe in layf as ofrin we get faya-we i kam pan benifit en lōs, sakrifays en folt, as wan.

"As tēm di big big sayens sosayti dēm na di wōl bin aksept mi tiori en rizōlt dēm, en dēn bin nō di impōtant tin we di Indian kōntribyushōn to sayens get. **8-4.**" Yu tink se enitin we smōl o we nō get wanwōd go ēva satisfay di maynd na India? Bay wan tradishōn we de kōntinyu fō liv, en wan impōtant pawā fō yōŋ pipul dēn, dis land dōn ajōst inself bak tru chenj dēn we nō get nōmba. Indian dēn dōn ol tēm kam we, we dēn trowe di prayz we de wantēm wantēm en we de absōb di awa, dōn de tray fō mek dēn riliys di ay ay ideal dēn na layf-nōto tru pasiv rēnōshōn, bot tru aktif strēch. Di wikman we nō gri fō di fet, we nō get natin, nō get natin fō lēf. Na in nōmō we dōn tray en win kin mek di wōl jēntri bay we i gi di frut dēn we i dōn get we i win.

"Di wok we dēn dōn olrēdi du na di Bose laboratori pan di rispōns we matirial de gi, en di rivyu dēn we dēn nō bin de ekspekt na plant layf, dōn opin out rili ekstend rijyōn dēn fō inkwyuiz insay fizik, insay fisioloji, insay mēresin, insay agrikalchoral, en ivin insay sayens. Prōblēm dēn we dēn bin de tek te naw as tin we nō go solv, naw dēn dōn briŋ am insay di speshal investigeshōn."

"Bot ay sakrifays nō fō get if yu nō get rigid eksaktōshōn. Na dat mek di lōng bateri fō supā- sensitiv inschrumēt en aparēt dēm fō mi dizayn, we tinap bifo yu tide insay dēn kes dēm na di entre hal. Dēn de tēl yu bot di lōng tēm we dēn de tray fō go bien di lay lay tin we tan lek se dēn de insay di rialiti we nō de si, fō di kōntinyu fō wok tranga wan en fō kōntinyu fō wok tranga wan en fō get tin dēn we dēn kōl fō ōvakom mōtalman limit. Ol sayensman dēn we de mek tin dēn nō se di tru tru lēboretri na di

maynd, usay bien ilyushon den de pul di lo den we de na di trut.

"Di lekcho dem we den go gi ya no go bi jos ripitishon fo sekon-han no. Den go anoyis nyu tin dem we den don fen, we den go sho fo di fos tem na den ol ya. Tru di poblish oltem fo di wok we di Instityut de du, den Indian kontribyushon ya go rich di wan ol wol."

Den go bi pöblik pröpati. Den nō go eva tek eni patent. Di spirit fō wi nashōnal kōlcho de aks wi fō fri sote go frōm di dōti we wi de yuz di nō fō wi yon benifit nōmō.

"Na mi ōda wish fō mek di fasiliti dēm fō dis Instityut de, so fa as i pōsibul, to wokman dēm frōm ol di kōntri dēm. Insay dis a de tray fō ker di tradishōn dēm na mi kōntri go bifo. So fa bak as twenti fayv senti wōd, India welkōm to in ol yunivasiti dēm, na Nalanda ēn Taxila, masta sabi bukman dēm frōm ol pat na di wōl."

"Pan ol sayens na ō of di Ist nō of di West bōt bifo dat intanashōnal in in ōlsay, yet India speshal fō mek big kōntribyushōn. **8-5** Di Indian imajinashōn we de bōn, we kin tek nyu ōda tin dēm frōm bōku bōku tin dēm we tan lēk se dēm nō gri wit dēnsēf, na di abit fō kōnsentreshōn de ol am. Dis restraint de gi di pawā fō ol di maynd fō fēn di trut wit wan peshēnt we nō get end."

Kray wata bin tinap na mi yay we di sayensman bin tōk fō dōn. Yu tink se "peshēnt" nōto rili di sem tin fō India, we de kōnfyus Taym ēn di istri pipul dēm ol tu?

A bin go na di risach senta bak, jōs afta di de we dēm opin am. Di bigman we sabi bōt plant, we bin de tink bōt in prōmis, bin ker mi go na in kwayēt lēbōretri.

"A go ataya di kreskograf to dis fēn; di magnifyeshōn na big big wan. If dēm bin mek snēl in krawl big." in di sem prōpōshōn, . di krichō we dēm mek go sho to bi we dēm de travul lēk wan tōk tren!"

Mi yay bin de fiks wit ol in at pan di skrin we bin de sho di magnified fern-shadow. Di minit layf- muvmēnt dēm bin de nō klia wan naw; di plant bin de gro sloslo bifo mi yay we bin rili fayn. Di sayensman bin tōch di tip na di fēn wit wan smōl metal bar. Di pantomime we bin de divelōp bin stōp wantēm wantēm, ēn i bigin fō tōk fayn fayn wan bak jōs afta dēm pul di stik.

"Yu si aw eni smōl ōdasay intafērēshōn de ambōg di sensitiv tisu dēm," na so Bose bin tōk. "Watch; a go naw gi mi klorofōm, ēn afta dat a go gi wan antidot."

Di ifekt we di klorofōm get bin stōp ol di growth; di antidote bin de mek pōsin get layf bak. Di evolushōn jes dēm na di skrin bin ol mi mō raptly pas wan "fim" plot. Mi kōmpin (we de ya na di rol fō vilēn) bin trowe wan shap inschrumēnt tru wan pat pan di fēn; pen bin sho bay spasmodic flutters. We i pas wan reza sōm pat pan di stem, di shado bin de shēm bad bad wan, dōn i bin stil de stōp in sēf wit di las pōntueshōn fō day.

"We a bin fōs klorofōm wan big tik, a bin ēbul fō transplant fayn fayn wan. Bōku tēm, dēm kayn kiŋ dēm ya na di fōrēst kin day kwik kwik wan afta dēm dōn muf dēm." Jagadis bin smayl wit gladi at as i de tōk bōt di we aw dēm bin de du tin we bin sev in layf. "Graf dēm fō mi dilik aparat dōn pruv se tik dēm get wan sirkuleshōn sistem;

den sap muvmənt korespond to di blod preshon na animal bodi. Di ascent of sap no de eksplik pan di mekanikal gron we odinari advans, lek kapilari atrakshon. Di fenomen don solv tru di kreskograf as di aktiviti fo liv sel den. Peristaltik wev den de komot from wan silindrikal tiub." we de go don wan tik en

de sav lek rial at! Di mo wi de si dip, na di mo wi de mek di pruf fo se wan yunifom plan de link evri fom insay difren kayn we."

Di rili sayensman poynt to oda Bose bin de yuz ple myuzik.

"A go sho yu eksperiens pan wan pis tin. Di layf-fos insay metal de respoond bad o benefit to stimuli. Ink mak dem go rejest di difren riakshon dem."

Dip wan, a bin de wach di grafik we bin de rikodo di kayn wev den we di atomik strokcho get. We di profeso put klorofom pan di tin, di raytin den we de shek shek bin stop. Den bigin bak as di metal de get in normal stet bak smol smol. Mi kompian bin dispens a kemikal we get poyzin. Wan tem wit di end we de shek shek na di tin, di nidul dramatik wan rayt wan day-notis na di chot.

"Bose inschrumment den don sho se metal den, lek di stel we den kin yuz fo mek siza en mashin, kin taya, en den kin ebul fo wok bak bay we den kin rest wan wan tem. Di layf-puls we de insay metal den kin rili ambog o ivin don ot tru di aplikeshon fo ilektrik korent o ebi preshon."

a bin luk arawnd di rum at di buku buku wan invinshon den, . posin we sabi tok fayn fayn wan testimoni of wan we no de taya sens we posin get.

"So, i sori fo no se mas agrikalchoral divelopment no de spid bay we yu yuz yu wondaful mekanism den ful wan. Yu no tink se i no go izi fo yuz som pan den na kwik laboratori eksperiens fo sho di inflens we difren kayn fetilayza den get pan di plant den we de gro?"

"Yu rayt. Buku buku yus dem fo Bose inschrumment dem go bi di fiuja jenereshon dem. Di sayensman no kin no kontemporal riwod; i inof fo get di gladi at fo kriyaytiv savis."

A tek mi lef. "Di astonishing fertility of in genius kin eva taya?" A bin de tink.

No diminution no bin kam wit di ia den. We Bose bin mek wan intrast inschrumment we den kol "Resonant Cardiograph," afta dat i bin du buku risach pan buku buku Indian plant den. Den bin kam fo no wan big big famakopi we den no bin de tink bot we get yusful merasin den. Den kin mek di kadiografi wit wan akkuracy we no de mek mistek we den kin yuz fo sho wan ondred pat pan wan sekon wan grafik we den kol grafik. resonant rekod dem de mosu infinitesimal pulseshon dem na plant, animal en motalman bildin. Di bigman we sabi bot bot den bin tok se if den yuz in kadyograf, dat go mek den du vivisection on plant den instead fo animal den.

"Sayd bay sayd rikodin dem fo di ifekt dem fo wan merasin we den gi wan tem to wan plant en wan animal don sho astounding unanimity in rizulyt," i poynt. "Den don sho oltin na motalman na di plant. Eksperiment pan plant den go ep fo mek motalman no

sofa."

Afta sòm ia, òda sayensman ðen bin pruv se di payònia plant ðen we Bose bin fèn. *Di Nyu Yòk Tayms* bin ripòt di wok we ðen bin du insay 1938 na Kòlumbia Yunivasiti lek dis:

Ðen ðòn disayd insay di las sòm ia se we di nerv ðen kin transmit mesej bitwin di bren en òda pat ðen na di bòdi, ðen de mek smòl smòl ilektrik impuls ðen. Ðen ðòn yuz dilik galvanomita ðen fò mezhò ðen impuls ya en ðen ðòn mek ðen magnify bòku bòku tem bay di modan amplifying apparatus. te naw ðen nò bin fònshòn nò satisfay metòd fò stòdi di pasej ðem fò di impuls ðem along di nev fayb ðem na animal ðem we de alayv ò man biòs fò di big wan spid we ðen impuls ya de travul wit.

Dòktò ðen. Ke. pan tap dat, ðen fònshòn se di nitella fayb ðem, we ðen de eksayz, ðen de pròpaget ilektrikal wev ðem we fiba pan òltin, pas di velositi, lek di wan ðem fò di nev fayb ðem na animal en mòtalman. Ðen bin si se di ilektrik nev impuls ðen we de na di plant slo pas di wan ðen we de na animal ðen. So di wokman ðem na Kòlumbia bin tek dis tin we ðen fèn as we fò tek pikchò ðen we de muv sloslo fò sho aw di ilektrik impuls ðen de pas na di nev ðen.

So di nitella plant kin bi wan kayn Rosetta ston fò deciphère di sikrit ðen we ðen de gayd klos klos to di very borderland of mind and matter.

Di pòyt we nem Rabindranath Tagore na bin wan stròng padi to wan sayensman we bin de tink bòt di tin ðen we pipul ðen kin tink bòt na India. To am, di swit Bengali sinjda adres ðen layn ya: **8-6**

O Ëmit, kòl yu insay di òtenetik wòd ðen Fò  
da ol im we ðen kòl *sama* ; "Rays! Wek!" Kòl  
to di man we de bost in *shastric* lore From  
vain pedantic wranglings profitless, Kòl to  
da fulish braggart de fò kam aut pan di fes  
fò nature, dis brayt wòl, Send dis kòl to  
yu skòla band; Tugeda roun yu sakrifais of  
faya

Mek ðen òl gèda. So mek wi India, Wi  
òl land to insef kam bak

Wans bak go bak to stedi wok, To duty  
en devotion, to her trance

Òf wit òl yu at tink dip; lè i sidòm

Wans mò unruffled, greedless, strifeless, pure, O

wans bak pan in ay sidòm ples

En stej, ticha òf òl land ðen.



.....

8-1 : "Di sayens na transendant tin we pas ol ɔ bak pas go. Botany we den de stɔdi bɔt na naw fɔ get tin den di rayt tiori-di avatar den we den kin yuz ɔf Brahma go bi di buk dem fɔ di natura istri naw."- *Emerson* .

8-2 : . Fróm di Latin we den kól Latin rut, *crescere* , we de na di . to mǫ. Fǫ in kreskograf en ǫða invinshǫn den, . Bose bin de bin nǫyt we den kól nǫyt in 1917. Di ia 1917.

8-3 : . Di lotus we den kol lotus flawa na wan ol lek evin sayn in India; i na we de apin petal den we den kin kol petals tok di we den de mek di ples big of di sol; di grow we in klin fayn fayn tin den de gro from di doti we i komot, get wan fayn spiritual promis.

8-4 : "Naw, na di sheerest aksident nɔmɔ de briɣ India insay di Amerikan koleji student in pawa. Et yunivasiti den (Harvard, Yale, Columbia, Princeton, Johns Hopkins, Pennsylvania, Chicago, en California) get chiamo den fo Indɔlɔji ɔ Sanskrit, bɔt i nɔ tan lek se India nɔ de na dipatment den we get fo du wit istri, filɔsofi, fayn at, politikal sayens, soshal sayens, . ɔ eni ɔf di ɔda dipatment den ɔf pɔsin wit sens eksperiens in us, as wi get dɔn si, India dɔn bin mek bɔku kontribyushɔn den. ....Wi biliv, bikɔs ɔf dat, se nɔ dipatment fo stɔdi, mɔ pan di umanitis, pan eni wan big yunivasiti kin ful-ɔp wit ɔf wetin yu nid if yu nɔ get speshal pɔsin we tren fayn fayn wan pan di Indik faz den na in disiplin. Wi biliv se, . sef, dat evri kolej us aim den to pripia i na di wan den we dɔn gradyuet fo get sens wok in di wol us na to bi den yon fo tap insay, . mɔs get pantap i na wokman wan masta sabi bukman ebud du in di sivilizayshɔn ɔf India."-Ekstrakt den from wan atikul bay we Profeso W. Noman bin rayt Brawn ɔf di Yunivasiti ɔf Pensilvenia us dɔn sho in di Sɔntem, 1939, 2019. tin ɔf di *Bulletin we den kol* ɔf di Amerikan Kaonsil ɔf We den dɔn lan Sosayti den, . 907. Di wan den we de wok 15th Sent., Washinton, 1999. D. C., en ɔda pipul den. 25. Na di 25 sent den kopi. Dis tin (#28) en . get ".oba 100. Na di 100 pej den na wan "Besik Bibliografi fo Indik Stɔdi

8-5 : . Di atômik we den kôl bildin çf tin bin pipul den sabi am gud gud wan to di ol Indu den. Wan çf di siks sistem den çf Indian pipul den môtalman sêns na *Vaisesika* , . from di Sanskrit rut *visas* , . "atômik." individyualiti." Wan çf di di fôs wan *Vaisesika bin de du am* di wan den we de eksplen bin Aulukya, we den kin kôl bak Kanada, "di pösin we de it atôm," we den bôn lek 2800 ia so dôn pas.

Insay wan atikul we den rayt insay *East-West* , April, 1934, den bin gi som pan *di Vaisesika* sayens no lek dis: "Pan ol we den kin tek di modan 'atomik tiori' as nyu tin we sayens don go bifo, Kanada, we na 'di posin we de it atom,' bin eksplan am fayn fayn wan long long tem." Di Sanskrit *anus* kin translet fayn fayn wan as 'atom' insay di las wan in rial Grik sens fo 'no kot' k no sheb Oda sayens eksplashon den fo *Vaisesika* tritiz den we bin de insay di BC tem inklud (1) di muvmnt fo nidul den to magnet den, (2) . di di sakulayshon of wata in plant den, (3) . *akash we den kol akash* k ete, . inert we no de wok en we no get strakcho, . as wan besis fo du scontin fo transmit subtil fof, (4) di solar faya as di koz fo ol oda kayn ot, (5) ot as di koz fo molikul chenj, (6) di lo fo graviti as koz bay di kwaliti we de insay di wol- atom fo gi den den atraktiv pawa k we de go donj dro, (7) . di kinetik nechot of ol pawa; di tin we kin mek posin du scontin as oltem we get rut in wan di moni we den de spen of pawa k wan ridistribushon of muv, (8) . olsay na di wol disolshon pas di disintegreshon of atom den, . (9) . di redyushon we de mek posin get raytin of ot en layt rayt, smol smol tin den we no get end, we de dart go na ol ,di say den wit spid we posin no go ebul fo tink bot (di modan 'kosmik rayt' tiori)

$$.di \text{ rilitiviti } \omega f \text{ tem en spes} . \quad (10)$$

*Vaisesika fɔ tɔk bɔt am.* "we den gi di wok fɔ du di usay i kɔmɛt ɔf di wɔl to atɔm den, . sote go in den nechɔ, dat na, . "

den kpatakpata di tin den we pɔsin kin du fɔ inɛf. Den wan ya den bin de tek atɔm den as pɔsin we get wan muvmɛnt we

Di tin we den jɔs dɔn fɛn se atɔm na smɔl solar..... nɔ de stɔp fɔ shek.

sistem go bi No nyuz to di ol *Vaisesika bin de du am* pipul den we sabi bot sayens, . udat bak ridyus tem to i na di wan we de fa pas ol na matematiks konsept bay we i de diskrayb di smol yunit fo tem ( *kala* ) as di tem we atom tek fo travul ".in yon yunit fo spes

8-6 : . Den translet am fróm di Bengali of Rabintranath bin de tok bot am Tagore, 1999. bay we Manmohan bin de tok bot am Ghosh, . in *Viswa- Bharati we den kol Bharati*.

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## CHAPTER: 1 . 9. 9.

*Di I gət gladi-at Di wan we de wəship Gɔd En In Kosmik we dən kɔl  
Romans we dən kin tɔk bɔt*

"Smol sa, duya bi sidom ples. a am we den de tok to mi Lek evin Mama."

Saylent wan a bin don go insay di rum wit big big fred. Di we aw Masta Mahasaya bin tan lek enjel bin rili mek a kole. I bin get wayt biad we tan lek silk en big big yay den we de shayn, i bin tan lek se in bodi klin. In chin we i es op en in an den we i fold bin mek a no se di fos tem we a kam fen am bin ambog am we i bin de woship God.

Di simpul wod den we i bin de tok fo grit bin mek a get di kayn fet-fet we pas ol di oda tin den we mi nature bin don eksperiens te naw. Di bita separeshon we mi mama day a bin don tink se na di mezhof ol di pen. Naw wan pen we a bin de fil we a separet from mi Divayn Mama na bin wan sofa we di spirit bin de mek a sofa we a no ebul fo eksplen. A bin fodom de kray na gron.

"Smol sa, kwayet yusef!" Di sent bin wit sori-at we den at pwel.

A bin lef am na som ples we no get pipul den na di si, en a bin ol in fut as di

wangren raf fo sev mi. "Oli sa, yu intaseshon! Aks Divayn Mama if a fen eni

fayv na In yay!"

Dis promis na wan noto izi we den gi am; di masta bin we den kin kontrakt to set mot.

A no bin ebul fo dawt, a bin biliv tranga wan se Masta Mahasaya bin de tok to di Yunivasal Mama. I bin rili shem fo no se mi yay bin blaynd to Am we ivin dis tem ya i bin de si di sent we no get wan folt. A bin de ol in fut den we a no shem, we a bin de def to in saful saful kondem den, a bin de beg am bak en bak fo in gudnes we bin de insay.

"A go mek yu beg to di posin we yu lek." Di masta in kapituleshon kam wit wan slo, sori-at smayl.

Wetin pawa in den wan den som wod den, dat mi fo bi fo no fri from i na big big briz de blo we den go ker den go na oda kontri?

"Sir, memba yu promis! A go kam bak jisno fo In mesej!" Gladi we a de wet fo mi bin de ring na mi voys we na jos smol tem don pas we a bin de kray fo sori.

We a bin de kam don di long stej, a bin de memba tin den we bin de mona mi. Dis os we de na 50 Amherst Street, we naw na Masta Mahasaya in os, bin don bi mi famili os, usay mi mama day. Na ya mi motalman at bin don brok fo di mama we don los; en na ya tide mi spirit bin don tan lek se den don kros am bikos di Divayn Mama no de.

Wol den we oli, silent witnes fo mi bad bad at den en di las welbodi!

Mi step den bin rili want as a de go bak na mi os na Gurpar Road. Bikos a bin de tray fo mek a no de nia mi smol opgarèt, so a bin de tink gud wan te ten oklok. Di daknes we bin de na di Indian net we bin wam, bin layt wantem wantem wit wan wondaful vishon.

Haloed in splendor, di Divayn Mama bin tinap bifo mi. In fes we bin de smayl fayn fayn wan, na bin fayn fayn tin inself.

"Oltəm get a we pipul dən lek yu! Eva fə a lov yu!"

Di na evin tɔyn dən stil we de ring in di briz, I bin dən lɔs.

Di san di neks mənin nɔ bin dən rayz to wan angul we a go si Masta Mahasaya fə di sɛkɔn tɛm. We a klaym di stej na di os we get mɛmori dən we de tɔch mi at, a rich na in rum we de na di nomba 4 flɔ. Dən bin rap di nɔb fə di domɔt we dən lɔk wit klos; wan hint, a fil, se di sent bin want prayvet pat. As a tinap na di landin we a nɔ get wan maynd, di masta in an we de wɛlkɔm mi bin opin di domɔt. A nil dɔŋ na in oli fut dən. We a bin de ple ple, a bin wɛr wan solemn mask oba mi fes, ɛn ayd di gladi gladi we Gɔd bin get.

"Sar, a don kam-rili ali, a konfes!-fo yu mesej. Di Mama we a laik tok enitin about mi?"

"Kɔni kɔni smɔl sa!"

Nɔto ɔda kɔment go i mek. I go mɔs bi mi we dən tek am se graviti we de na di wɔl bin we nɔ de mek pɔsin kɔle.

"Wetin du so sikrit, so evasive? Du di wan dən we oli nɔ eva tɔk klia wan?" Sɔntəm a bin wan smɔl we mek dən vɛks.

"Yu fə test mi?" In yay dən we bin kol bin ful-ɔp wit ɔndastandin. "A kin ad wan wɔd dis mənin to di ashurant we yu get las net tɛn oklɔk frɔm di Fayn Mama inself?"

Masta Mahasaya bin get kontrol pan di flɔd-get dən na mi sol: bak a bin butu na in fut. Bɔt dis tɛm mi kray wata bin kɔmɔt frɔm wan gladi-at, ɛn nɔto pen, pas fə bia.

"Yu tink se yu devoshɔn nɔ tɔch di Infinite Mercy? Di Mamaship fə Gɔd, we yu dən wɔship insay fɔm dən we mɔtalman ɛn divayn, nɔ go eva ɛbul fə ansa yu kray we yu lɛf."

Udat na bin dis simpul sent, we in smɔl rikwest to di Yunivasal Spirit mit wit swit akwyeshɔn? Di wok we i bin de du na di wɔl bin ɔmbul, ɛn i bin fit di bigman we ɔmbul pas ɔlman we a dən eva nɔ. Insay dis Amherst Strit os, Masta Mahasaya **9-1** bin kɔndɔkt wan smɔl ay skul fə bɔy pikin dən. No wɔd nɔ pas in lip fə pɔnish pɔsin; no rul ɛn ferule nɔ bin de kɔntinyu fə kɔrɛkt am. Fə tru, dən bin de tich ay matematiks na dən smɔl klasrum dən ya, ɛn wan kemistri fə lov nɔ bin de na di buk dən. I bin de skata in sɛns bay we i bin de yuz di tin dən we de ambɔg am na Gɔd in yay pas fə yuz lɔ we nɔ go pas.

We di oli wan nɔ bin rili lek di Divayn Mama bin dən it am, i nɔ bin de aks fə di we aw i de rɛspɛkt am na do pas pikin.

"Mi noto yu guru; i go kam smol leta," i tæl mi. "Tru in gayd, yu ekspiriens den bot di Divayn pan lov en devoshon go translet to in wöd den we get sens we no ebul fɔ ɔndastand."

Evri let aftanun, a kin bet misef fɔ go na Amherst Strit. A bin de luk fɔ Masta Mahasaya in divayn kɔp, we ful-ɔp so dat in drɔp dɛn bin de bɔku ɛvrɪde pan mi bɔdi. A nɔ ɛva butu fɔ sho se i rili rɛspɛkt am bifo; naw a fil se na big big ɔnɔ we a nɔ go ebul fɔ mɛzhɔ ivin fɔ tred di sem grɔn we Masta Mahasaya bin mek oli.

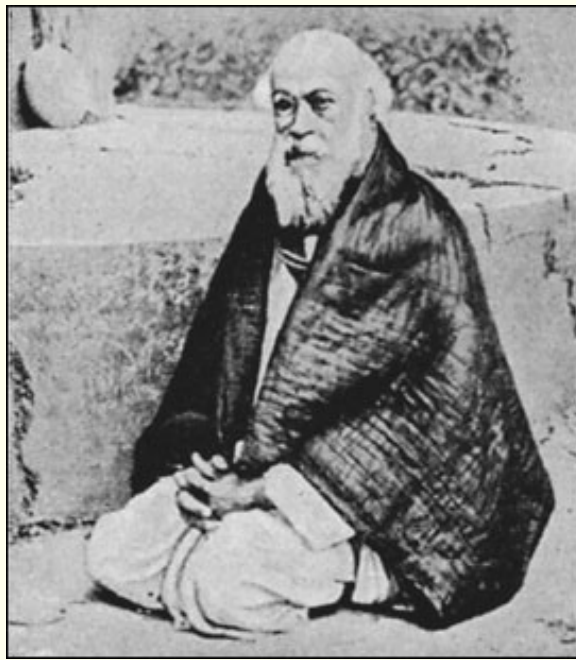
"Sir, duya wear dis champak garland we a don fashon espeshali fɔ yu." A rich wan ivintɛm, a ol mi chen we gɛt flawa dɛn. Bot i shem fɔ pul insɛf kɔmɔt de, ɛn i nɔ gri fɔ gi di ɔnɔ bɔku tɛm. Fɔ no sɔntin mi at, i fainali smayl kɔnsɛnt.

"Bikɔs wi ɔl tu na divotɔ fɔ di Mama, yu kin put di garland pan dis bɔdi tɛmpul, as ɔfrin to Am we de insay." In big big nature nɔ bin gɛt ples usay ɛni egotistical kɔnsidareshɔn go gɛt fut.



TU Brɔda DɛN ɔF DɛRESA NEUMANN  
a tinap wit dɛn in Konnersreuth, we de na di . Bayern.





### MASTA MAHASAYA

Eva we don ful-ɔp wit ɔl in at in in gladi gladi kosmik we de na di wɔl romans  
we den kin tɔk bot.

"Le wi go tumara na di Dakshineswar Templ, we mi guru don oli sote go."

Masta Mahasaya na bin disaypul fo wan masta we tan lek Krays, we nem Sri  
Ramakrishna Paramhansa.

Di 4 mayl waka di neks monin, den tek bot na di Ganges. Wi go insay di Templ na Kali  
we get nayn dome, usay di Divayn Mama en Shiva in figa den de rest pan wan silva  
lotus we den don brayt, en den don kot in tawzin peta den fayn fayn wan. Masta  
Mahasaya bin de shayn wit enchantment. I bin de enjoy in lov we no de don wit di  
posin we i lek. As i de chant In nem, i bin tan lek se mi at we bin gladi don brok brok  
to wan tawzin pat.

Wi bin waka leta na di oli ples den, en wi bin stop na wan tik we den kol tamarisk. Di  
mana we dis tik bin de mek we i de komot, bin de sho di it we Masta Mahasaya bin de  
gi na evin. In divayn invokeshon den bin kontinyu. A bin sidom rigidly motionless pan di  
gras midul di pink feathery tamarisk flawa den. We a no bin de na di bodi fo som tem, a  
bin flay op fo go fen mi we pas olman.

Dis na bin di fos wan pan boku pilgrimej den we den bin de go na Dakshineswar wit  
di oli ticha. From am a lan di swit we God swit insay di aspek fo Mama, ɔ Divayn  
Sori-at. Di sent we tan lek pikin no bin get betɛ tin fo du wit di Papa aspek, ɔ Divayn  
Jostis. Stern, we bin rili tranga, we i bin de joj wit matematiks, na bin strenja to in  
saful saful nature.

"I kin sav as di wɔl prototayp fo di enjel den we de na evin!" A bin de tink wit gladi  
at, a bin de wach am wan de we i de pre. I no bin blo fo kondem ɔ fo kondem am, i

bin stōdi di wōl wit yay dēn we i dōn sabi fō lōng tēm bōt di Primal Purity. In bōdi, in maynd, di we aw i bin de tōk, en di tin dēn we i bin de du bin gri wit di we aw in sol bin simpul.

"Mi Masta tel mi so." Shrinking from personal assertion, di sent end eni sage advain wit dis invariable tribute. So dip in aydentiti wit Sri Ramakrishna dat Masta Mahasaya nō

long pas dat bin tink bot in tink as in yon.

Mi en di sent bin waka wan ivintem na di blok na in skul. Mi gladi at no bin de igen bikos wan posin we a sabi we bin de mek wi prawd bin kam en we bin mek wi lod fo tok fo long tem.

"A si se dis man no de mek yu gladi." Di sent in wispa to mi no bin yeri di egotist, spellbound by in own monologue. "A don tok to Divain Mama about am; I rialize wi sad predicament. As wi get to yonder red haus, Shi don promes to rimemba am of mo urgent biznis."

Den bin glu mi yay na di say we a go sev. We di man rich na in red get, i ton en komot de, en i no bin don in sent en i no bin tel am gud-bay. Di briz we den bin de atak bin get komfot wit pis.

Wan oda de bin fen mi de waka mi wan nia di Howrah relwe steshon. A bin tinap fo smol tem nia wan tempul, en a bin de kondem wan smol grup we get drom en simbal we bin de tok wan chant wit fet-fet.

"Aw undevotionally den de yuz di Masta in divayn nem insay mekanikal ripitishon," a bin tink. Mi yay bin soprayz we Masta Mahasaya bin de kam nia mi kwik kwik wan. "Sar, aw yu kam ya?"

Di sent, i no pe atenshon to mi kwestyon, ansa mi tink. "Noto tru, smol sa, se di Lov in nem de sawnd swit from ol di lip, ignorant o waes?" I pas in an rawnd mi wit lov; A fain se den ker mi go na in majik kap go na di Mesiful Prezents.

"Yu go lek fo si som bayoskop den?" Dis kwestyon we Masta Mahasaya bin aks am wan aftanun, bin mek a no izi fo ondestand; da tem de den bin de yuz di wod na India fo min fim den we de muv. A bin gri, a gladi fo de wit in kompian pan enitin. We wi waka kwik kwik wan, wi rich na di gadin we de bifo Kalkata Yunivasiti. Mi kompian bin sho wan bench nia di *goldighi* o di pond.

"Le wi sidom ya fo som minit. Mi Masta bin de aks mi oltem fo tink gud wan enitem we a si wan big big wata. Na ya in placidity de memba wi bot di big big kol we God get. As oltin kin sho insay wata, na so di wan ol yunivas de miro insay di lek we di Kosmik Maynd de. Na so mi *gurudeva* bin de tok boku tem."

I no tu te, wi go insay wan yunivasiti ol usay den bin de gi lekcho. I bin pruv se i no bin rili dol, pan ol we wan wan tem i bin de difren bay lantern slayd pikcho den, en i no bin intrestin di sem we.

"So dis na di kayn bayoskop we di masta bin want mek a si!" Mi tinkin no bin get peshent, bot stil a no go du bad to di sent bay we a de sho se a de bost na mi fes. Bot i bin ledom to mi wit konfidens.

"A si, smol sa, se yu no lek dis bayoskop. A don tok bot am to Divayn Mama; I de in  
ful sori-at wit wi ol tu. I tel mi se di ilektrik layt den go ot naw, en den no go layt am  
bak te wi get chans fo komot na di rum."

As in wispa dön, di ol bin dön dak. Di profeso in strech vöys bin stil de bikös i soprayz, dön i tok se, "I tan lek se di ilektrik sistem na dis ol no fayn." Bay dis tem, mi en Masta Mahasaya bin dön kros di treshold sef wan. We a luk bak from di korido, a si se di say we den kil wi fo fet dön get layt bak.

"Smol sa, yu bin disapoynt pan da bayoskóp de, 9-2." bot a tink se yu go lek difren wan." Mi en di sent bin tinap na di saydwök bifo di yunivasiti bildin. I slap mi chest jisno oba di at.

Wan chenj chenj silens bin apin. Jos lek aw di modan "toki" den kin bi muv pikcho den we posin no kin yeri we di sawnd aparat de go ot of oda, na so di Divayn An, bay som strenj mirekul, stif di wöl bust. Di pipul den we bin de waka en di troli motoka den we bin de pas, motoka den, kaw kat den, en hakni kat den we get ayen wil, ol bin de travul wit noys. I tan lek se a get yay we de olsay, a bin de si di tin den we de bien mi, en na eni say, izi wan lek di wan den we de bifo. Di wan ol spektakl fo di aktiviti den na da smol pat de na Kalkata bin pas bifo mi witout sawnd. Lek faya we de shayn smol smol onda wan tint kot we get ashis, wan melo layt bin de olsay na di say we yu de si di ples.

I bin tan lek se mi yon bodi noto natin pas wan pan di boku boku shado den, pan ol we i no bin de muv, en di oda wan den bin de flay muf en kam bak. Boku boy pikin den, we na mi padi den, bin kam nia en pas; pan ol we den bin dön luk mi dairekt wan, den no bin no am.

Di speshal pantomime bin mek a gladi we a no ebul fo tok bot. A bin drink dip from som blisful font. Wantem wantem, mi chest get oda saf saf blo from Masta Mahasaya. Di pandemonium na di wöl bin bos pan mi yes den we a no bin want. A bin de step, lek se a wek bad bad wan from wan gossamer drim. Di wayn we pas ol di oda wayn den bin pul am usay a no bin ebul fo rich.

"Smol sa, a si se yu fen di sekön bayskóp we yu lek." Di sent bin de smayl; A begin fo drop in tenki na grön bifo am. "Yu no go ebul fo du dat to mi naw; yu no se God de na yu tempul bak! A no go mek Divayn Mama toch mi fut tru yu an!"

If enibodi bin wach mi en di masta we no bin de mek lek se wi de mek lek se wi de waka go fa from di rod we ful-op wit pipul den, di posin we bin de wach am go mos tink se wi dön chak. A bin fil se di shed den we de fodom ivintem den bin de dronk wit God wit sori-at. We daknes kam bak from di net we i bin de swela, . A bin fes di nyu monin we a no bin get mi gladi gladi at. Bot eva enshrined in memori na di serafik pikin fo Divayn Mama-Masta Mahasaya!

We a de tray wit po wöd fo du jostis to in gudnes, a de wonda if Masta Mahasaya, en oda pipul den we de pan di dip-vishon sent den we den rod kros mi yon, bin no se afta som ia, na wan Westinian land, a go de rayt bot den layf as divayn devotee den. Den

fɔ no bifo tɛm nɔ go sɔprayz mi ɛn, a op se, mi rida dɛn, we dɔn kam so fa wit mi.

.....  
9-1 : . Dɛn wan ya de we gɛt rɛspɛkt taytul dɛn bay we us i bin na di kɔstɔm we dɛn adrɛs. In nem bin Mahendra bin de  
du am Nath Gupta we nem Gupta; i sayn in litrɛri wok dɛn jɔs "M."

wan wetin yu tink. So, di we aw Masta Mahasaya bin pik wan wɔd bin rili rayt.

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## CHAPTER: 1 . 10

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### *a Mit Mi Masta, Sri Yukteswar na yu*

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"Fɔt pan God kin mek eni mirekul pas fɔ wan-pas egzam we yu nɔ stɔdi." Distastefully a klos di buk we a bin pik op in wan idle moment.

"Di rayta in eksepshɔn de sho se i nɔ get fet kɔmplit wan," a bin tink. "Po chap, i get big rɛspekt fɔ di midnajt ɔyl!"

Di prɔmis we a bin dɔn prɔmis mi to Papa na fɔ dɔn mi sɛkɔndari skul. A nɔ go ebul fɔ mek lɛk se a de wok tranga wan. Di mɔnt dɛn we bin de pas nɔ bin de si mi na klasrum pas na say dɛn we nɔbɔdi nɔ de nia di *ples dɛn we dɛn kin was na Kalkata* . Di ples dɛn we dɛn kin bɔn pipul dɛn we de nia de, mɔ we kin rili bad na net, na bin tink bɔt ay ay wan fayn bay we di yoga we de du yoga. I udat go fɛn di Nɔbɔdi nɔ de day Minin mɔs nɔ mek yu at pwɛl wit sɔm skel dɛn we nɔ get fayn fayn tin dɛn. Di we aw mɔtalman nɔ ebul fɔ du sɔntin kin klia na di dak ples we difrɛn bon dɛn kin de. So di we aw a bin de wach midulnet bin difrɛn frɔm di masta sabi bukman in yon.

Di wik fɔ di las egzam na di Hindu Ay Skul bin de kam kwik kwik wan. Dis di tɛm we dɛn kin aks kwɛstyɔn, lɛk di say dɛn we dɛn kin de na di grev, kin mek pɔsin fred we bɔku pipul dɛn sabi. Bɔt pan ɔl dat, mi maynd bin get pis. We a bin de brayt di gɔl dɛn, a bin de pul wan no we dɛn nɔ bin de si na lɛkchɔ hal dɛn. Bɔt i nɔ bin get di art we Swami Pranabananda bin get, we bin izi fɔ apia na tu ples wan tɛm. Mi edyukeshɔn prɔblɛm bin klia wan se na bin tin fɔ di Infinite Ingenuity. Dis na bin mi rizin, pan ɔl we to bɔku pipul dɛn i tan lɛk se i nɔ mek sɛns. Di devotee in ireshɔnality kɔmɔt frɔm wan tawzin demonstreshɔn dɛn we wi nɔ ebul fɔ ɛksplen bɔt God in instans insay trɔbul.

"Hello, Mukunda! A nɔ kin kech yu dis tɛm ya!" Wan mi klasmet bin accost mi wan aftanun na Gurpar Road.

"Hello, Nantu! Mi invisibiliti fɔ skul don rili put mi de fɔ wan disayd awkward

posishun." A pul mi lod ɔnda in padi yay.

Nantu, 1999. udat bin wan brayt student, bin laf wit ɔl wi at; mi problem we kin apin bin noto no wan komik we den kol



tin.

"Yu de kpatakpata we nɔ bin rɛdi fɔ di fainal dɛn! a lɛ wi se i na ɔp to mi to ɛp yu!"

Di simpul wɔd dɛn bin de sho di prɔmis we Gɔd mek to mi yes; wit alacrity a bin go na mi padi in os. I bin du gud fɔ tɔk bɔt aw fɔ sɔlv difrɛn prɔblɛm dɛn we i tink se di instrɔkta dɛn go sɛt .

"Dis kweshon na di bet we go kech plenti bois we de trost fɔ egzamin trap. Memba mai ansa, and yu go eskap witout injuri."

Di net bin dɔn fa fawe we a kɔmɔt de. Bursting wit unseasoned erudition, a devoutly pree am fɔ de fɔ di nɛks sɔm impɔtant dez. Nantu bin dɔn kɔch mi pan mi difrɛn sɔbjɛkt dɛn bɔt, ɔnda prɛs ɔf tɛm, i bin fɔgɛt mi kɔs fɔ Sanskrit. A bin de mɛmba Gɔd wit ɔl mi at bɔt di ovasia.

A bin bigin fɔ waka fɔ shot tɛm di nɛks mɔnin, ɛn a bin de yuz di nyu tin dɛn we a no to di ritm we di fut step dɛn de swing. As a tek shot kɔt tru di gras dɛn na wan kɔna lot, mi yay fɔdɔm pan sɔm loose print sheet dɛn. Wan triumphant pounce pruv se dɛn na Sanskrit vas. A bin de luk fɔ wan pondit fɔ ɛp mi fɔ mek a stɔp fɔ ɛksplen. In rich vɔys bin ful-ɔp di ays wit di fayn fayn tin dɛn we nɔ gɛt ed, we tan lɛk ɔni we de na di ol langwey. **10-1**

"Dis eksepsional stanzas nɔ kin pɔsibul fɔ ɛp yu na yu Sanskrit test." Di masta sabi bukman bin dismis dɛn wit dawt.

Bɔt bikɔs a bin sabi da patikyula poem de, dat bin mek a ebul fɔ pas di Sanskrit egzam di nɛks de. Tru di ɛp we Nantu bin dɔn gi mi wit sɛns, a bin gɛt di smɔl gred bak fɔ mek a gɛt sakrifays pan ɔl mi ɔda sɔbjɛkt dɛn.

Papa bin gladi we a du wetin a bin dɔn tɔk ɛn dɔn mi sɛkɔndari skul kɔs. Mi tɛnki bin spid to di Masta, we in wangren gayd a bin si we a bin go na Nantu ɛn we a bin de waka na di rod we a nɔ bin de du na di ples we ful-ɔp wit ɔti. Plenti ple I bin dɔn gi tu eksprɛshon to In tɛm disayn fɔ mi sev.

A kam mit di buk we dɛn dɔn trowe we di pɔsin we rayt am nɔ bin gri se Gɔd nɔ de bifo na di egzam ɔl dɛn. A nɔ bin ebul fɔ stɔp fɔ laf pan mi yon kɔment we a nɔ tɔk natin:

"I go onli ad to dis felo in konfushon, if a go tel am se divain meditashon bitwin di kadava dem na shot kot to hai skul diploma!"

Insay mi nyu rɛspɛkt, a bin de plan naw opin wan fɔ kɔmɔt na os. Tugeda wit wan yɔŋ padi, Jitendra Mazumdar, **10-2** A disayd fɔ jɔyn wan Mahamandal emitaj na

Benares, en get in spiritual disiplin.

Wan ples we nɔ get pipul den bin fɔdɔm pan mi wan mɔnin we a tink se a go separet frɔm mi famili. Frɔm we Mama day, a bin dɔn lɛk mi tu smɔl brɔda den we nem Sananda en

Bishnu we de na di wɔl. A rɔsh go na mi ritrit, di smɔl ɔpgaret we bin dɔn witnes bɔku bɔku tin dɛn we a de si na mi *sadhana we bin get trɔbul* . **10-3** Afta we a bin dɔn kray fɔ tu awa, a bin fil se a dɔn chenɟ wan kayn we, lɛk sɔm alkɛmik klinsin. Ol di atɛshɔn **10-4** i dɔn lɔs; mi rezolyushon fɔ luk fɔ Gɔd as di Padi fɔ padi dɛn we sɛt lɛk granit insay mi. A bin dɔn fɔ pripia fɔ travul kwik kwik wan.

"A mek wan las beg." Papa bin de fil bad we a tinap bifo am fɔ get di las blesin. "No lɛf mi ɛn yu brɔda ɛn sista dɛn we de kray."

"Papa we a respekt, aw a go tɛl mi lɔv fɔ yu! Bot mɔ pas dat, mi lɔv fɔ di Papa we de na ɛvin, we dɔn gi mi di gift fɔ bi pafekt papa na di wɔl. Lɛ a go, fɔ mek a kam bak sɔmde wit mɔ divayn ɔndastandin."

Bikɔs mi mama ɛn papa nɔ bin gri fɔ du dat, a bin bigin fɔ jɔyn Jitendra, we bin dɔn ɔlrɛdi de na Benares na di erimita. We a rich di yɔɟ ed swami, Dyananda, grit mi fayn fayn wan. I bin lɔng ɛn tan, i bin de tink gud wan, ɛn i bin rili kole mi. In fayn fes bin get kol at we tan lɛk Buddha.

A bin gladi we mi nyu os get wan ɔpgaret, usay a bin ebul fɔ spɛn di do ɛn mɔnin awa dɛn. Di ashram mɛmba dɛn, we nɔ bin no betɛ bot aw fɔ tink gud wan, bin tink se a fɔ yuz mi ɔl mi tɛm fɔ du ɔganayzeshɔnal wok dɛn. Dɛn bin prez mi fɔ di wok we a de du aftanun na dɛn ɔfis.

"No tray fɔ kech Gɔd so kwik!" Dis provok frɔm wan kompɛn we de de bin de wit wan pan mi fɔ kɔmɔt kwik kwik wan fɔ go na di ɔpgaret. A go na Dyananda, a bizi na in smɔl ples we oli we de luk oba di Ganges.

"Swamiji, **10-5.**" A nɔ ɔndastand wetin dɛn de aks mi fɔ du na ya. A de luk fɔ mek pipul dɛn no Gɔd dairekt wan. If I nɔ de, a nɔ go satisfay wit aflieshɔn ɔ kried ɔ fɔ du gud wok."

Di chɔchman we wɛr ɔrɛnj klos bin de pat wit lɔv. We i bin de mek lɛk se i de kɔs am, i bin advays sɔm disaypul dɛn we bin de nia am. "No bost Mukunda. I go lan wi we."

A bin tek tɛm ayd di dawt we a bin get. Di student dɛn kɔmɔt na di rum, dɛn nɔ bin bɛn tumɔs wit di pɔnishment we dɛn bin de kɔrɛkt dɛn. Dyananda bin get ɔda wɔd dɛn fɔ mi.

"Mukunda, a si se yu papa de send yu moni ol taim. Duya, riton am to am; yu no rikwaiz ɛni wan hia. Sekond injunkshon fɔ yu disiplin de konsain fud. Ivun wen yu fil angri, no mɛnshon am."

If angri bin de shayn na mi yay, a nɔ bin no. Dat a bin angri, a bin no tu gud wan. Di awa we nɔ bin de chenɟ fɔ di fɔs ɛmti it na bin twɛlv oklɔk na nɛt. A bin dɔn yus na mi

yon os fɔ it big brɛf nayn oklɔk.

Di tri awa gap bin de kam fɔ bi mo ɛn mo ɛvrɪde. Di Kalkata ia dɛn we a bin ɛbul fɔ kɔrɛkt di kuk fɔ we i de delay fɔ tɛn minit, nɔ bin de igen. Naw a bin de tray fɔ kontrol di we aw a want fɔ it; wan de a bin ɔndatak fɔ fast fɔ twenti-fo awa. Wit double zest a bin de wet fɔ di nɛks midde.

"Dyanandaji in tren let; wi nɔ go it te i kam." Jitendra bin briŋ dis nyus we bin rili bad fɔ mi. As ges fɔ wɛlkɔm di swami, we nɔ bin de fɔ tu wiks, bɔku fayn fayn it dɛn bin rɛdi. Wan smel we bin de mek pɔsin want fɔ it bin ful-ɔp di briz. No oda tin ofa, wetin oda tin we dem go swela pas fɔ prayz fɔ di yestede achivment fɔ wan fast?

"Lɔd mek di tren kwik kwik wan!" Di ɛvin Prɔvayda, a bin tink se, i nɔ bin rili de insay di intɛdikshɔn we Dyananda bin dɔn mek a nɔ tɔk natin. Bɔt di Divayn Atenshɔn bin de ɔdasay; di klok we de plɔd we dɛn kɔba di awa dɛn. Daknɛs de bin we de kam dɔŋ as wi lida bin kam insay di domɔt. Mi grit na bin wan we pɔsin kin gladi we i nɔ kin mek lɛk se i gladi.

"Dyanandaji go was ɛn tink gud wan bifo wi ebul fɔ sav it." Jitendra bin kam nia mi bak as bɔd we de sho se i nɔ fayn.

A bin de nia fɔ fɔdɔm. Mi yɔŋ beɛ, we nyu to dɛpriveshɔn, bin de prɔtɛst wit gnawing vigor. Pikchɔ dɛn we a bin dɔn si bɔt pipul dɛn we angri bin dɔn day, bin de pas lɛk wamat bifo mi.

"Di nɛks Benares day frɔm angri de fɔ wan tɛm na dis ɛmitaj," a bin tink. Impending doom averted na nayn oklɔk. Ambrosial sɔmɔn dɛn! Fɔ memba da it de klia wan as wan pan di pafɛkt awa dɛn na layf.

Intense absorption yet alaw mi fɔ observ se Dyananda it absent-mindedly. I tan lɛk se i bin pas di bad bad tin dɛn we a bin de enjoy.

"Swamiji, . nɔ bin de yu angri?" Wi gladi fɔ am surfeited, . a bin wangren wit di lida in in stɔdi.

"O yes! A don spend di las fɔ dez witout fud or drink. A neva it fɔ tren, ful wit di heterogenous vibrations of worldly pipul. Strictly a de observ di *shastric* **10-6.**" rul fɔ mɔnk dɛn we get mi patikyula ɔda.

"Sɔm prɔblɛm dɛn we de na wi ɔganayzeshɔnal wok de na mi maynd. Tide nait na os a nɔ tek tɛm it mi dina. Wetin na di rɔsh? Tumara a go mek am pɔynt fɔ it di rayt it." I bin laf wit gladi at.

Shem bin de skata insay mi lɛk pɔsin we de swela. Bɔt di de we dɛn bin de mek a sɔfa nɔ bin izi fɔ fɔget; A venchɔ wan ɔda tɔk.

"Swamiji, a de kɔnfyus. Fɔ fala yu instrɔkshɔn, lɛ wi se a nɔ ɛva aks fɔ it, ɛn nobɔdi nɔ gi mi ɛni wan. A fɔ day wit angri."

"Day dɛn!" Dis advays we bin de mek pipul dɛn fred bin mek di briz skata. "Day if yu fɔ Mukunda! Nɔ ɛva admit se yu de liv bay di pawa we it get ɛn nɔto bay Gɔd in pawa! Di wan we mek ɔl kayn it, Di wan we dɔn gi am apetit, go mɔs si se In

devotee de sɔpɔt yu! Nɔ imajin se rays de mentɛn yu, ɔ se mɔni ɔ man dɛn de sɔpɔt yu! Dɛn go ɛp if di Masta pul yu layf-briz? Dɛn na In indaykt inschrumɛnt dɛn." merely.Na bay ɛni skil we yu gɛt na in it de digest na yu bɛlɛ Yuz di sɔd fɔ yu diskriminɛshɔn, Mukunda!

pas di chen den we den kin yuz fo mek tin den of ofis en si di No mared Mek!"

A fain in incisive wod dem enta som dip marrow. Gone was an age- old delusion we di bōdi impōtant pas di sol. Na de a bin test di Spirit in ol-sufisens. Insay aw bōku strenj siti den, insay mi leta layf we a bin de travul we a no bin de taya, chans bin kam fo pruv se dis lesin na wan Benares emitaj go wok fayn!

Di wangren trōs we bin dōn kam wit mi frōm Kalkata na di SADHU in silva amulet we Mama bin lēf to mi. We a bin de gayd am fo long long tēm, naw a bin tek tēm ayd am na mi ashram rum. Fo mek a gladi bak fo di talisman tēstimoni, wan mōnin a opin di bōks we den lōk. Di kōva we den sial nō tōch, luk! di amulet nō bin de igen. A bin kray en a cher in envilōp en mek shō se a nō mistek. I bin dōn lōs, akōdin to di prēdikshōn we SADHU bin tōk, insay di etē we i bin kōl am.

Mi padi biznēs wit di wan den we bin de fala Dyananda bin de wōs mō en mō. Di os bin de fa frōm oda pipul den, . a bin fil bad bikōs a bin dōn mekōp mi maynd fo de fa frōm oda pipul den. Mi strikt adherence to meditashōn pan di very Ideal fo we a bin dōn lēf os fo en ol di wōl ambishōn den kōl fo shalo kritik pan ol say.

A bin dōn pwel bikōs a bin de fil bad bōt Gōd, a bin go insay di oḡgaret wan do, a bin disayd fo pre te den gi mi ansa.

"Mēsiful Mama fo di Yunivas, tich mi Yusef tru vishōn, o tru wan guru we Yu sēn !"

Di awa den we bin de pas bin fēn mi beg den we a bin de kray we a nō bin gēt eni ansa. Wantēm wantēm a fil se den dōn es mi oḡ lek se a dōn es mi bōdi to wan sfēra we nō gēt wan sfēra.

"Ya." Masta de kam tide!" WAN lek ēvin uman we den kin du vōys dōn kam frōm oḡsay en nōsay nō de.

Dis ēkspiriēns we bin de oḡ pas ol bin kōmōt na wan ala ala frōm wan patikyula say. Wan yōḡ prist we den kōl Habu bin de kōl mi frōm di kichin we de dōḡ.

"Mukunda, . du of tink dip! Yu de nid fo de fo wan errand fo du sōtin."

Wan oda de, sōntēm a bin fo dōn ansa am wit nō peshent; naw a bin de was mi fes we bin dōn swel en a bin oḡbul fo obe di kōl we den kōl mi. Mi en Habu togēda fo go na wan makit we de fa fawe insay di Bengali pat of Benares we de na di wōl. Di we nō de oḡbul Indian pipul den san bin nōto stil at zenith we den kōl zenith as wi bin mek wi tin den we pōsin kin bay na di baza den. Wi bin de push wi we fo pas na di difrēn difrēn kōlō den we gēt uman den we de wok na os, gaydman den, prist den, uman den we den man dōn day we jōs wēr klos, Brahmin den we gēt rēspēkt, en di oli kaw den we de oḡsay. We a pas wan len we nōbōdi nō de si, a tōn mi ed en stōdi di smōl long we.

Wan man we tan lek Krays we wer di ocha klos we swami de wer, bin tinap na di end  
pan di rod we no de mov. I bin tan lek se i sabi am wantem wantem en trade trade;  
mi yay bin de fid angri fo wan tris. Don dawt bin atak mi.

"Yu de we kin mek posin konfyus dis we de waka waka monk wit sambodi no to yu," a  
tink. "Drim man, . waka



pantap."

Afta ten minit, a fil bad bad wan na mi fut. I tan lek se den ton to ston, den no bin ebul fo ker mi go fa. Labouriously a ton rawnd; mi fut den bin get nomal layf bak. A bin de fes di oda say; bak di wet we a bin want fo no mo bin mek a sofa.

"Di sent de magnetik wan dro mi to am!" Wit dis tinkin, a hip mi parcels in di arms of Habu. I bin don de wach mi fut wok we no de chenj fayn wit soprayz, en naw i begin fo laf.

"Wetin ails yu? De yu ful?"

Mi tumultuous imoshon we den no bin ebul fo du eni fo ansa posin; a spid we i de spid kwayet wan go.

We a de tray bak wit mi step den lek se a get wing-shud, a rich na di smol len. We a luk mi kwik kwik wan, a si di kwayet figa, we de luk mi say oltem. Fos step den we a bin want fo tek en a bin de nia in fut.

"Gurudeva we de tok bot am!" **10-7** Di divayn fes noto bin oda posin pas in pan mi tawzin vishon den. Den halcyon yay den ya, we get leon ed wit poynt biad en lok we de flo, bin don de luk buku tem tru dak ples we a kin si na net, en den bin ol wan promis we a no bin don ondestand gud gud wan.

"O mi yon, yu don kam to mi!" Mi guru bin de tok di wod den bak en bak insay Bengali, in voys bin de shek shek wit gladi at. "Aw many yiez a don wet fo yu!"

Wi bin go insay wan wan ples we no tok natin; i bin tan lek se wod den na di rankest superfluities. Fo tok fayn bin de flo insay chant we no get sawnd from masta in at to disaypul. Wit wan antenna of irrefragable insight a sense se mi guru sabi God, en go lid mi to Am. Di obskureshon of dis layf bin disappear in wan fragile dawn of prenatal memories. Dramatik tem! Past, present, en fiuja na in baysikul di say den we den de sho di fim den. Dis noto bin di fos san we fen mi na den oli fut ya!

Mi an insay in yon, mi guru bin lid mi to in temporari rezidenshel na di Rana Mahal sekshon na di siti. In atletik figa bin de mov wit strong tred. I bin long, i bin tinap, i bin ol lek fifti fayv ia dis tem, i bin de wok tranga wan en i bin get trenk we i bin yon. In dak yay den bin big, fayn wit sens we no get plomp. Di ia we bin kol smol bin mek wan fes we get pawa we de mek posin soprayz, sof. Strong bin miks subtly wit saful saful.

As wi de go na di ston bolkon na wan os we de sho di Ganges, i tok wit lov se:

"A go gi yu mi erimitaj den en ol a get."

"Sa, a kam fɔ sɛns ɛn Kɔntakt wit Gɔd. Dɛn wan dɛn de yu valyu tin dɛn- troves we dɛn kin yuz fɔ mek tin dɛn a am afta!"

Di swift Indian twilayt bin dɔn drɔp in af-af kɔtin bifo mi masta tɔk bak. In yay dɛn bin get sɔri-at we pɔsin nɔ go ebul fɔ ɔndastand.

"A gi yu mi we nɔ get ɛni kɔndishɔn lɔv."

Wɔd dɛn we get valyu! Wan kwata senti ia bin pas bifo a get ɔda auricular pruf fɔ se i lɛk am. In lip dɛn bin strenj fɔ mek i get wamat; silens bin bi in at we de na di si.

"Yu go giv mi di sem unkondishonal lov?" I bin de luk mi wit trost we tan

lɛk pikin. "A go lɛk yu sote go, Gurudeva!"

"ɔdinari lov na selfish, dak rut insay di want ɛn satisfayshɔn. Divayn lov nɔ get kɔndishɔn, nɔ get bɔda, nɔ get chenj. Di fluks fɔ mɔtalman at dɔn go sote go pan di transfixing tɔch fɔ klin lov." I ad wit ɔmbul se, "If ɛva yu si mi de fɔdɔm frɔm wan stet we Gɔd- rializashɔn, duya prɔmis fɔ put mi ed pan yu lap ɛn ɛp fɔ briŋ mi bak to di Kɔsmik Blɔv we wi ɔl tu de wɔship."

I grap da tɛm de na di daknes we bin de gɛda ɛn gayd mi fɔ go na wan rum we de insay. As wi de it mango ɛn amɔnd swit mit, i nɔ bin de tink bɔt am, i bin de wev insay in tɔk fɔ no gud gud wan bɔt mi nature. A bin rili sɔprayz fɔ si di big big sens we i get, we dɛn miks fayn fayn wan wit ɔmbul we i bɔn wit.

"Nɔ kray fɔ yu amulet. I dɔn sav in purpose." Lɛk divayn miro, i tan lɛk se mi guru bin dɔn kech wan tin we de sho mi wan ol layf.

"Di fɔ liv rial ɔf yu de de, Masta, na gladi sote ɛni sayn."

"I na tɛm fɔ wan chenj, inasmuch as yu de we nɔ kin gladi we de na di say we dɛn de in di ɛmitaj."

A nɔ bin dɔn tɔk ɛniti bɔt mi layf; dɛn bin tan lɛk se dɛn nɔ impotent naw! Bay in natura, unemphatic we, a bin ɔndastand se i nɔ bin want ɛni astonished ejaculations at in clairvoyance.

"Yu fɔ go bak to Kalkata. Wetin du nɔ de insay di buk famili dɛn frɔm yu lov ɔf umaniti?"

Di advays we i bin gi mi bin mek a fil bad. Mi famili bin de tɔk se a go kam bak, pan ɔl we a nɔ bin de lisin to bɔku beg dɛn bay lɛta. "Lɛ di yɔŋ bɔd flay na di metafizikal skay," Ananta bin dɔn tɔk. "In wing dɛn go taya insay di ebi ebi atmosfɛs. Wi go stil si am de swip go na os, fold in pinion, ɛn ɔmbul fɔ rɛst na wi famili nɛst." Dis discouraging simile fresh in mai maind, a bin de disaid fɔ du no "swooping" in di dairekshon of Calcutta.

"Sar, a nɔ de kam bak na os. Bɔt a go fala yu ɛnisay. Duya gi mi yu adres, ɛn yu nem."

"Swami Sri Yukteswar Giri. Mi chif hermitage de na Serampore, na Rai Ghat Lane. A de visit mi mama ya fɔ onli som dez."

A bin de wɔnda aw Gɔd bin de ple wit di wan dɛn we de wɔship am. Serampore na  
jɔs twelv mayl frɔm Kalkata, bot stil na dɛn rijyɔn dɛn de a nɔ bin eva si mi guru. Wi  
bin dɔn gɛt fɔ travul fɔ

wi mitin to di ol siti we nem Kasi (Benares), we oli wit memori den bot Lahiri Mahasaya. Na ya bak Buddha, Shankaracharya en oda Yogi- Krays den fut bin don bles di gron.

"Yu go kam to mi insay 4 wiks." Fo di fos tem, Sri Yukteswar in voys bin strong. "Naw a don tel mi lov we go de sote go, en a don sho se a gladi fo fen yu-na dat mek yu no de tek mi rikwest. Di neks tem we wi mit, yu go get fo wek mi intres bak: A no go aksept yu as disaypul izi wan. I fo get komplit sorenada bay we yu obe mi strikt trenin."

A bin kontinyu fo set mot wit traja. Mi guru bin izi fo go

insay mi problem. "Yu tink se yu fambul go laf yu?"

"A go noto go bak."

"Yu go go bak in tati de den."

"No eva." We a butu wit respekt na in fut, en a komot de en a no mek di tension we bin de mek pipul den agyu no boku. As A mek mi we na di midnajt daknes, a bin de wonda wetin mek di mirekul mitin don don pan wan not we no get wanwod. Di tu skel den fo *maya*, we de balans evri gladi at wit wan sori-at! Mi yonj at no bin don malle yet to di transfom finga den fo mi guru.

Di neks monin a notis se di wan den we de na di erimita bin de biev mo en mo. Mi de den bin de boku wit rud rud tin den we no de chenj. Insay tri wiks, Dyananda bin komot na di ashram fo go atend wan konfrens na Bombay; pandemonium brok oba mi hapless ed.

"Mukunda na parasayt, i de aksept emitaj ospitul we i no mek di rayt riton." We a yeri dis wod, a rigret fo di fos tem we a du wetin den tel mi fo sen mi moni bak to Papa. A bin get ebi at, a bin de luk fo mi wangren padi we nem Jitendra.

"A am we de komot de. Duya eksplen mi we get respekt rigret to Dyanandaji bin de tok bot am ustem i de kam bak."

"A go komot bak! Mi tray fo tink gud wan ya mit wit no mo fayv pas yu yon." Jitendra bin tok wit maynd.

"A get mit wan I tan lek Krays sent. Le wi visit in in Serampore we de na di wol."

En so di "bod" don pripia to "swoop" we de tok. i kin mek bad tin apin tayt to Kalkata!

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10-1 : . *Sanskrita* , . den don polish am; don. Sanskrit na di di big wan sista of ol Indo-Yuropian pipul den langwej den. I na akodin to di alifbet den raytin na *Devanagari* , we min "divayn ples fo de." "Udat sabi mi grama sabi God!" Panini, we na bin bigman pan filojis na India trade trade, bin gi dis tribute to di matematikal en saykolojik pafekt insay Sanskrit. Di wan we go trak langwej to in layn fo rili don as posin we sabi oltin.

10-2 : . I bin nɔto Jatinda we de na di wɔl (Jotin) we dɛn kɔl Ghosh), . udat go bi mɛmba fɔ in insay

di rayt tɛm fɔ et pɔsin to tayga dɛn! 10-3: Di rod ɔ di fɔs rod fɔ go to Gɔd.

10-4 : . Indu pipul den skripcho den tich dat famili lek na delusive if i de mek i no ebul fo du am di di wan we de woship God from we de luk fo pssin di Di pssin we de gi of ol di blesin den, . de min di wan of we get lov famili den, noto to tok layf insef sef. Jizos na di sem tin bin tich: "Udat na mi mama? en udat na mi broda den?" ( *Matyu* 12: 48 .)

10-5 : . *Ji* na wan na kostom we get respekt sofix, . mo don yuz in dayrekt adres; so "swamiji" we de tok bot am. "guruji" we de tok bot am. "Sri." Yukteswarji, "paramhansaji."

10-6 : . We get fo du wit am to di *shastra den* , . tru tru, "oli buk den," we get fo du wit 4 klas den of skripcho: di *shruti*, . *smriti*, . *purana*, en *tantra we den kol tantra* . Den wan ya kpatakpata tritiz den koba evri tin of rilijon en soshal layf, en di fil den of lo, meresin, akitekete, art, en oda tin den Di *shrutis* na di skripcho den we den "yeri dairekt wan" o "we den don sho", di *Vedas* . Di *smritis* o "memba" lore bin don rayt don insay wan rimot past as di wol in longest epik poem dem, di *Mahabharata* en di *Ramayana we den kol Ramayana* . *Purana den we den kol Puranas* de tru tru "ol" alegori den; *tantra den we den kin yuz* tru tru min "rayt den". o "ritual den"; den wan ya tritiz den de sho dip trut den onda wan vel we get ditayli tin den we de sho sontin.

10-7 : . "Lek evin ticha," di na kostom Sanskrit wod fo wan in yon spiritual tin den prezepto. a get we den don rend i in English as jos "Masta."

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## CHAPTER: 1 . 11

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### *Tu I no get peni Boy pikin den Insay di Brindaban we de na di wol*

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"I go sav yu rayt if Papa disinherit yu, Mukunda! Aw ful yu de trowe yu layf!" Wan elda-broda semin bin de atak mi yes.

Mi en Jitendra, we bin jos komot na di tren (na jos figa; wi bin koba wit dost), bin jos rich na Ananta in os, we den jos transfa from Kalkata to di ol siti we nem Agra. Broda na bin supavayzin akauntant fo di Bengal-Nagpur Relwe.

"Yu no gud gud wan, Ananta, a de luk fo mi eritaj from di Papa

we de na evin." "Moni fos; God kin kam leta! Udat no? Laif kin tu

long." "God fos; moni na In slev! Udat go tel? Laif kin tu shot."

Mi retort bin kol bay di exigencies of di moment, en i no bin ol no presentiment. Yet di lif dem fo tem bin opin to ali fainal fo Ananta; afta som ia **11-1** i go insay di land usay bank not no de yuz fos o las.

"Wayz from di eritaj, a tink se! Bot a si se yu don komot na Benares." Ananta in yay den bin de shayn wit satisfy; i bin stil op fo mek a sikyuret mi pinion den na di

famili nest.



"Mi sojourn fo Benares no bi fo vain! A fain de evritin we mai hat bin de long fo! Yu fit bi sho se no bi yu pundit o im pikin!"

Ananta bin joyn mi fo laf fo memba mi; i bin don get fo admit se di Benares "clairvoyant" we i pik na posin we no de si tin.

"Wetin de yu plan den, . mi we de waka waka broda?"

"Jitendra bin mek a go Agra. Wi go si di fayn fayn tin dem we de na di Taj Mahal 11-2." ya," a eksplen. "Don wi de go to mi nyu guru we a don fen, we get emitaj na Serampo."

Ananta bin arenj fo mek wi fil fayn. Boku tem insay di ivintem a notis se in yay bin de pan mi we i de tink gud wan.

"A no dat luk!" a tink. "WAN plan na we de mek wayn!"

Di denouement fo di tin den we don apin bin tek ples we wi ali monintem it.

"So yu fil kwik fo independent from Papa in jentri." Ananta in yay no bin du eni bad tin as i begin bak di barb den we i bin de tok yestede.

"A am no of mi dipensin pantap God."

"Wod den chip! Laif don shild yu so fa! Na big big problem if den fos yu fo luk to di Invisible Hand fo yu it en ples fo slip! I no go te igen yu go de beg na strit!"

"No eva! A no go put fet pan pipul den we de pas pas God! I kin devays fo In devotee wan tawzin risos apat from di beg-bol!"

"Mo ritok! Le wi se a de tok se den fo put yu vaunted filosofi pan test na dis wol we posin kin si?"

"A go gri! Du yu konfyus God to wan spekulativ wol?"

"Wi go si; tide yu go get chans fo mek yu big o fo konfom mi yon we fo si tin!" Ananta bin stop fo wan dramatik tem; don i tok sloslo en sirios wan.

"A de propos se a fo sen yu en yu kompin disaypul Jitendra dis monin na di siti we de nia de we nem Brindaban. Yu no fo tek wan rup; yu no fo beg, ileksef na fo it o fo moni; yu no fo sho enibodi we yu get problem; yu no fo go we yu no it; en yu no fo stop na Brindaban. If yu go bak na mi bangala ya bifo twelv oklok tinayt, we yu no get." we a don brok eni lo fo di test, a go bi di man we go soprayz pas olman na Agra!"

"A aksept di chalenj." No hesitation no bin de na mi wɔd ɔ na mi at. Tenki memori den bin de flash bot di Instant Beneficence: mi hiling fɔ kolera we de kil tru apil to Lahiri

Mahasaya in pikcho; di ple ple gift fo di tu kayt den we de na di Lahore ruf wit Uma; di opportune amulet amidst mi diskorejment; di disisiv mesej tru di Benares *sadhu we den no no* na do na di kompawnd na di pandit in os; di vishon fo Divayn Mama en In majestic wod den fo lov; In kwik lisin tru Masta Mahasaya to mi smol shem den; di las minit gayd we bin mek a bi mi ay skul diploma; en di oltimat blesin, mi Masta we de alayv from di mist fo drim den we a don drim fo mi layf. A no eva ebul fo admit mi "filosofi" we no ikwal to eni tussle pan di wol in harsh prof gron!

"Yu wilin de du yu kredit. A go eskort yu go tren wan taim." Ananta ton to di Jitendra we get opin mot. "Yu fo go along as witnes en, i go mos bi se, yu kompian viktim!"

Afta af awa, mi en Jitendra bin get wan-way tiket fo wi trip we wi no bin want fo go. Wi bin sobmit, na wan kona we nobodi no de na di steshon, fo mek den luk wi pipul den. Ananta bin satisfay kwik kwik wan se wi no de ker eni hoard we ayd; wi simpul *dhotis* **11-3** no bin ayd natin pas wetin i bin nid.

As fet bin de invayd di sirios say den we get fo du wit moni biznes, mi padi bin tok fo protest. "Ananta, gi mi wan o tu rup as sef-gaad. Don a kin teligraf yu if misfostans apin."

"Jitendra!" Mi ejaculation bin sharply reproachful. "A no go go bifo wit di test if yu tek eni moni as fainal sekuriti."

"Somtin de we de mek posin fil fayn bot di klink we koyen den de klin." Jitendra no tok igen as a de si am tranga wan.

"Mukunda, . a am noto we no get at." WAN ep of fo put yusef don bin krip to Ananta in yon voys. I sontem bi dat in konshens bin de bit am; sontem fo we i sen tu bobo den we no ebul fo pe fo go na wan siti we den no no; sontem na bikos of in yon rilijon we i no biliv. "If bay eni chans o gres yu pas saksesful wan tru di Brindaban ordeale, a go aks yu fo initiate mi as yu disaypul."

Dis promis bin get wan patikyula tin we no bin de apin oltem, we bin de fala di tem we no bin komon. Di big broda na wan Indian famili no kin butu bifo in junio den; i kin get respekt en obe we pas papa. Bot no tem no bin lef fo mek a koment; wi tren bin de na di say we wi de komot.

Jitendra bin kip wan lugubrious silence as wi tren bin de koba di mayl den. Fo don, i bin mek inself veks; we i ledom, i pinch mi wit pen na wan say we no fayn.

"A no si eni sayn se God go saplae wi neks it!" "Bi

kwayet, dawt Tomos; di Masta de wok wit wi."

"Yu kin arenj bak se I go rosh? Olredi a don angri jos pan di prospekt bifo wi. A

komot na Benares fo go si di Taj in mausoleum, noto fo go insay mi yon!"

"Cheer up, Jitendra! Wi nɔ fɔ ɡet wi fɔs luk pan di oli wɔndaful tin den we de na Brindaban? **11- 4. 4.** A de insay dip gladi at we a tink bot fɔ tred di grɔn we Masta Krishna in fut dɔn oli."

Di domɔt na wi kɔmpawtmɛnt opɪn; tu man den bin sidɔm. Di neks tren stɔp go bi di las wan.

"Yɔŋ bobɔ den, una ɡet padi den na Brindaban?" Di strenja we bin de bifo mi bin de tek intres we bin de mek a sɔprayz.

"Nɔn ɔf yu biznɛs!" Rudely a averted mi luk.

"Una go mɔs de flay go fa frɔm una famili den ɔnda di enchantment fɔ di Stealer of Hearts. **11-5.**" Misɛf na pɔsin we ɡet divɔshɔnal tɛmpracha. A go mek am mi gud duty fɔ si se yu de ɡet it, ɛn shelta frɔm dis ɔva pawaful ɔt."

"Nɔ, sa, lɛf wi. Yu rili gud; bot yu mistek fɔ jɔj wi fɔ bi truant frɔm os."

No ɔda tɔk nɔ bin apɪn; di tren bin kam stɔp. As mi ɛn Jitendra de kam dɔŋ na di pletfɔm, wi chans kɔmpɪn den bin link den an wit wi ɛn kɔl wan ɔs taksi.

Wi bin de layt bifo wan fayn fayn ples usay den de kip animal den, we de midul di tik den we de gro ɔltɛm we ɡet grɔn we den dɔn kip fayn fayn wan. I klia se na ya pipul den bin no di wan den we de ɛp wi; wan bobɔ we bin de smayl bin lid wi witout kɔmɛnt to wan ples usay den de sɛl tin den. I nɔ tu te, wan ol uman we ɡet respekt bin kam jɔyn wi.

"Gauri Ma, di prins den nɔ bin ɛbul fɔ kam." Wan pan di man den bin tɔk to di uman we de ɔs di ashram. "Na di las tɛm den plan nɔ bin go fayn; den de sɛn dip rigret. Bot wi dɔn briŋ tu ɔda ɡɔst den. As wi mit na di tren so, a fil se a dɔn drɔ to den as pipul den we de wɔship Lɔd Krishna."



(Left to rayt) Jitendra Mazumdar, mi kɔmpɪn pan di "penniless test" na Brindaban; Lalit-da, mi kɔzin; Swami Kebelananda ("Shastri Mahasaya"), mi

sent Sanskrit ticha; misef, we a bin ycy na sekondari skul



Ananda, we de tɔk bɔt am Moyi Ma  
di Bengali "Gɔy-Pɛrmiet." Mama."



Wan pan di kev dɛn we Babaji bin de na di Drongiri Mawnt dɛn nia Ranikhet  
na di Himalayas. Wan granpikin fɔ Lahiri Mahasaya, Ananda Mohan Lahiri  
(sɛkɔn frɔm rayt, insay wayt), ɛn tri ɔda pipul dɛn we de wɔship Gɔd de go  
na di oli ples.

"Gud-bay, yɔŋ padi dɛn." Wi tu pipul dɛn we wi sabi bin waka go na di domot. "Wi  
go mit bak, if Gɔd gri."

"Yu welkam ya." Gauri Ma bin smayl insay mama fashɔn pan in tu chaj dɛn we i no  
bin de ɛkspekt. "Yu no bin fit kam pan beta de. A bin de expekt tu royal patrons fo

dis hermitage. Na shem if mi kuk no fain nobodi fo apres am!"



Dən wəd dən ya we bin de mek Jitendra want fə it bin get bad bad tin fə du to Jitendra: i bin bəs kray. Di "prospek" we i bin de fred na Brindaban bin de tən aut as kin enjoyment; di ajəstment we i bin get wantəm wantəm na in maynd bin pruv se i tuməs fə am. Di uman we bin de invayt wi bin luk am wit want fə no mə, bət i nɔ bin tək bət am; sɔntəm i bin sabi bət tin dən we kin apin we yɔŋ pipul dən kin du tin we kin mek dən nɔ ebul fə du natin.

Dən bin anawns fə it lench; Gauri Ma bin lid di we fə go na wan patio usay dən kin it, we get spays wit fayn fayn ɔda tin dən. I bin lɔs insay wan kichin we bin de nia de.

A bin dən de tink bət dis tēm bifo tēm. We a pik di rayt say na Jitendra in bədi, a gi mi wan pinch we bin de mek a yeri lək di wan we i bin gi mi na di tren.

"Dəbt." Təməs, 1999. di Ləd wok-in wan ɔri, səf!"

Di ɔstɔ bin kam bak wit wan *punkha* . I bin de fan wi ɔltəm di we aw pipul dən na di Ist bin de du as wi de skwatin pan ɔnate blanket-sit. Ashram disaypul dən bin de pas go ən kam wit sɔm tati kəs dən. Bifo "meal," di diskripshən kin jɔs bi "sumptuous repast." Frɔm we wi rich na dis planet, mi ən Jitendra nɔ bin ɛva test dən kayn fayn fayn it dən de bifo.

"Dish fit fə prins fə tru, ɔna Mama! Wetin yu royal patron dən bin fə dən si se i impɔtant pas fə atend dis bankwet, a nɔ ebul imajin! Yu dən gi wi memori fə a layf tēm!"

As wi bin de silens bay wetin Ananta bin nid, wi nɔ bin ebul fə ɛksplen to di uman we get sɔri-at se wi tənki get tu minin. Wi sincerity at least bin patent. Wi bin kɔmɔt wit in blɛsin ən wan fayn invitesən fə go bak na di ɛmti ples.

Di wam wam ples we bin de na do nɔ bin get sɔri-at. Mi ən mi padi mek fə di shelta fə wan lordly cadamba tri na di ashram get. Shap shap wəd dən bin fala; wan tēm bak, Jitendra bin get misgivings.

"Na fayn mes yu don get mi insaid! Wi lanchon na onli aksidental gud fortune! Hau wi go si di sights of dis siti, witout wan single pice bitwin wi? And hau on earth yu go tek mi bak to Ananta's?"

"Yu fəget Gɔd kwik kwik wan, naw we yu bɛlə dən ful-ɔp." Mi wəd dən, nɔto bita, bin de akɔdin to pɔsin. I rili shot fə mɛmba tin dən we Gɔd de gi! No man nɔ de liv we nɔ si sɔm pan in prea dən we dən dən gri fə.

"A am nɔto go mɔs bi to fəget mi fulish tin in venturing fə du sɔntin kɔmɔt wit wan madkap we de mek pɔsin lək yu!"

"Bi kwayɛt, Jitendra we de na di wɔl! Di sem Ləd udat we dən de fid wi go sho wi

Brindaban, 1999. en go bak wi to Agra."

Wan smol yon man we get fayn fes bin kam nia am kwik kwik wan. We i stop onda wi tik, i butu bifo mi.

"Dia padi, yu en yu kōmpin fō bi strenja ya. Permit mi fō bi yu ɔs en gayd."

I nō izi fō mek Indian pōsin blak, bot Jitendra in fes bin sik wantem wantem. A bin tek tem nō gri fō tek di wok.

"Yu sho se yu nō de ban mi?" Di strenja in alam bin fō dōn bi kōmik pan eni ɔda tin.

"Wetin du nōto?"

"Yu na mi guru." In yay dēn bin de luk fō mi yon wit trōst. "We a bin de du mi midde devoshōn dēn, di blēsin Lōd Krishna bin apia insay wan vishōn. I sho mi tu figa dēn we dēn dōn lēf ɔnda dis sem tik. Wan fes na bin yu yon, mi masta! Boku tem a dōn si am we a de tink gud wan! Us gladi at if yu aksept mi ɔmbul savis dēn!"

"Mi sef gladi se yu dōn fēn mi. Gōd ɔ motalman nō lēf wi!" Pan ɔl we a nō bin de muv, a bin de smayl to di fes we bin de bifo mi we bin want fō du sōntin, wan we we a bin de butu insay mi at bin trowe mi na di Divayn Fut.

"Valyu padi dēn, go yu nōto ɔnɔ mi os fō wan visit?"

"Yu kain; bot di plan nō fit. Olredi wi bi ges of mai broda fō Agra." "At least giv mi memori fō tour Brindaban wit yu."

A bin gladi fō gri. Di yōŋ man we se in nem na Pratap Chatterji, bin prez wan ɔs kariot. Wi bin go na Madanamohana Tēmpl en ɔda Krishna shrin dēn. Nayt bin kam dōŋ we wi bin de na wi tēmpul divoshōn dēn.

"Ekskyuz mi we a de get *sandesh* ." **11-6** Pratap bin go insay wan shōp nia di tren steshōn. Mi en Jitendra bin de waka waka na di big strit, we pipul dēn bin ful-ɔp naw bikɔs di ples kol we yu kōmpia am. Wi padi nō bin de fō sōm tem, bot leta i kam bak wit gift dēn we get boku swit mit dēn.

"Duya alaw mi fō get dis rilijōn merit." Pratap smayl de beg as i de ol wan bōndel rup not en tu tiket, we i jɔs bay, fō go na Agra.

Di rēspekt we dēn bin get we dēn aksept mi na fō di An we Nō De Si. Ananta bin de provok am, if In bounty nō bin fa fawe pas di nid?

Wi bin aks kōmɔt wan pipul dēn we nō de de ples nia di steshōn.

"Pratap, a go instrɔk yu di *Kriya* fō Lahiri Mahasaya, di big big yogi fō di mōdan tem. In teknik go bi yu guru."

Dēn bin dōn di initieshōn insay af awa. " *Kriya* na yu *chintamani* ," **11-7** A bin tēl di nyu student. "Di teknik, we as yu si am simpul, de embodi di art of kwik man's."

spiritual evolushon. Indu skripcho den de tich se di ego we de mek posin bi bodi nid fo get wan milyon ia fo mek i fri from *maya* . Dis natura period de shot bad bad wan tru *Kriya Yoga* . Jos lek aw Jagadis Chandra Bose don sho se plant growth kin akseleret fa pas in normal rit, na so man in saykilojik development kin spid bak bay wan insay sayens. Bi fetful pan yu prösis; yu go go nia di Guru fo ol di guru den."

"A de transpot fo fen dis yoga ki, we den don de luk fo fo long tem!" Pratap bin tok wit tink gud wan. "I unshackling effekt pan mi sensory bonds go fri mi fo ay sfera. Di vishon tide fo Lord Krishna." kin jos min mi ay ay gud."

Wi bin sidom fo som tem en ondastrand densef kwayet wan, don wi waka sloslo go na di steshon. Gladi bin de insay mi we a de go insay di tren, bot dis na bin Jitendra in de fo kray. Mi fayn fayn fayvel to Pratap bin don get stifled sobs from mi tu kompin den. Di joyn wans mo fain Jitendra in wan welter of grief. Noto fo inself dis tem, bot agens inself.

"Aw lo mi abop! Mi at don bin ston! No eva in tumara bambay fo a dawt Na God in yon protekshon!"

Midnajt bin de kam nia. Di tu "Cinderellas," we den sen go bifo we no get peni, go insay Ananta in bedrum. In fes, lek aw i bin don promis, na bin stodi we i bin soprayz. Saylent wan a shawa di tebul wit rup.

"Jitendra, di trut!" Ananta in toyn bin de mek posin jok. "Dis yong man no don de stej holdup?" Bot as di stori de go bifo, mi broda bin ton soba, don i bin solem.

"Di lo fo dimand en saplai de rich insay subtler eria den pas aw a bin don tink." Ananta bin tok wit spiritual zil we wi no bin eva notis bifo. "A andastan fo di fes taim yu indiferens to di vaults and vulgar accumulations of di wold."

Pan ol we i let, mi broda bin insist se i fo get *diksha* **11-8** insay *Kriya Yoga we den kol Kriya Yoga* . Di "guru" Mukunda bin get fo sholda di rispönsibiliti fo tu disaypul den we den no bin de luk fo insay wan de.

Den bin de it bref di neks monin wit wanwod we no bin de di de bifo. A bin smayl to Jitendra.

"Yu fo noto bi den bin ful am of di Taj. Le wi wetin yu tink i bifo stat fo Serampore we de na di wol."

We wi de tel Ananta fayn, i no tu te, mi en mi padi bin de bifo di glori fo Agra, we na di Taj Mahal. Wait mabul we de shayn na di san, i tinap wan vishon fo klin simetri. Di pafekt say na dak saypres, lawn we de shayn, en lagon we kwayet. Di insay fayn fayn wan wit tin den we den kot lek les we den mek wit ston den we no get wan valyu. Dilik krawn en skrol den kin komot fayn fayn wan from mabul, brawn en

vayel. Di layt we de komot na di dome de fedom pan di senotaf den fo Emparo Shah-Jahan en Mumtaz Mahall, we na bin kwin fo in eria en in at.

Du of visit! a bin we posin want fo du sontin fo mi guru. Jitendra bin de du am en a bin shot tem we den de travul sawt bay we

tren to Bengali.

"Mukunda, a nɔ si mi famili fɔ mɔnt. A dɔn chenʒ mi maynd; sɔntɛm leta a go go fɛn yu masta na Serampore."

Mi padi, we dɛn kin tɔk saful wan se in at kin chenʒ, lɛf mi na Kalkata. I nɔ tu te, wit lokal tren a rich na Serampo, we de twelv mayl na di nɔt.

Wan throb of wondament tif ova mi as a rialize se twenti-ɛit dez dɔn pas sins di Benares mitin wit mi guru. "Yu go kam to mi insay 4 wiks!" Na ya a bin de, mi at de bit, tinap insay in kɔt na kwayet Rai Ghat Len. A bin go insay fɔ di fɔs tɛm na di ɛmti ples usay a fɔ spɛn di bɛst pat pan di nɛks tɛn ia wit India in *Jyanavatar* , "incarnation of wisdom."

.....  
11-1 : . Si chapta 25.

11-2 : . Di we pipul dɛn sabi ɔlsay na di wɔl mausoleum fɔ di pɔsin..

11-3 : . WAN *dhoti* -klos we dɛn kin yuz fɔ mek klos na knot dɛn arawnd di wes ɛn kɔva dɛn di leg dɛn..

11-4 : . Brindaban, 1999. in di Muttra we dɛn kɔl Muttra distrikt ɔf Yunaytɛd Prɔvins dɛn, . na di Indu pipul dɛn Jerusɛlɛm. Naya Lɔd Krishna bin de tɔk bɔt am we dɛn de sho in glori fɔ di benifit fɔ mɔtalman..

11-5 : . Hari we dɛn kɔl; wan endearing nem bay we us Lɔd Krishna bin de tɔk

bɔt am na nɔ to in di wan dɛn we de wɔship Gɔd. 11-6: Wan Indian swit mit..

11-7 : . WAN lay lay stori dɛn gem wit pawa to alaw tin dɛn we pɔsin want.

11-8 : . Na tin dɛn we get fɔ du wit Gɔd biznɛs initiashɔn; frɔm di Sanskrit rut *diksh* , . to dediket inɛf sɛf.

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## CHAPTER: 1 . 12. 12

### ***la dɛn Insay di Mi Masta in yon ɛmitaj***

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"Yu dɔn kam." Sri Yukteswar bin grit mi frɔm wan tayga skin we bin de na di flɔ na wan sidɔm rum we get balkɔn. In vɔys bin kol, di we aw i bin de biev nɔ bin get ɛni filin.

"Yɛs, valyu Masta, a am naya to fala yu." We yu nil dɔn, . a tɔch am in fut.

"Aw kin dat bi? Yu no put atenshon pan mi wish den."

"No long pas dat, . Guruji na di wol! Yu want fo bi mi lo!"

"Dat beta! Naw a fit tek responsibiliti fo yu laif." "A gri

fo transfa di lod, Masta."

"So, mi fes rikwest na se yu go bak haus to yu famili. A wan mek yu enta kolej fo Calcutta. Yu edukeshon shud kontiniu."

"Veri wel, sa." A bin ayd di we aw a bin de fred. Yu tink se buk den we de mek a want fo du sontin go de ronata mi fo long long tem? Fos Papa, naw na Sri Yukteswar!

"Somde yu go go na di West. I pipul den go lent yes mo fo tek India in ol sens if di strenj Hindu ticha get yunivasiti digri."

"Yu sabi bes, Guruji." Mi daknes bin komot de. Di refrens to di West a bin si se i konfyus, i bin de fa; bot di chans we a get fo mek Masta gladi bay we a obe bin rili impotant wantem wantem.

"Yu go bi nia in Kalkata; kam naya enitem yu fen tem."

"Evride if i posibul, Masta! A gladi fo aksept yu otoriti pan evri ditel na mi layf-pan wan kondishon."

"Yes?"

"Dat yu promis to sho God to mi!"

Den bin de fet fo long tem wit wod den. Den no go ebul fo lay pan masta in wod; i no de gi am layt wan. Di implikashon den na di promis opin out big big metafizikal vista den. Guru fo rili get tayt padi biznes wit di Wan we mek oltin bifo i ebul fo mek i apia! A bin si Sri Yukteswar in divayn wanwod, en a bin mekop mi maynd, as in disaypul, fo pres mi advantej.

"Yu na eksakto dispozishon!" Don Masta in konsent bin ring aut wit sori-at finality:

"Le yu wish bi mi wish."

Shado we a bin get fo mi layf bin komot na mi at; di vague sach, hither en yon, bin don. A bin don fen say fo ayd sote go insay wan tru tru guru.

"Kam; a go sho yu di eritaj." Masta grap from in tayga mat. A bin glan bot mi; mi yay

bin fɔdɔm wit sɔprayz pan wan pikchɔ we de na di wɔl, we dɛn mek garland wit wan  
sprey we dɛn kɔl jasmin.

"Lahiri fɔ tɔk." Mahasaya!"



"Yes, mi divayn guru." Sri Yukteswar in toyn bin rili fayn. "I bin big, as man en yogi, pas eni oda ticha we in layf kam insay di renj fo mi investishon den."

A butu kwayet wan bifo di pikcho we a sabi. Soul-homage spid to di peerless masta we, bles mi bebi, bin don gayd mi step den to dis awa.

Mi guru bin de lid mi, en a bin de waka waka oba di os en di gron. Di hermitage bin big, i bin ol en den bin bil am fayn, en wan big big kot we get pila den bin de rawnd am. Den bin koba di wol den we de na do wit mos; pijin den bin de flot oba di flat grey ruf, en den bin de sheb di ashram kwata den we no get serimoni. Wan gadin we bin de bien bin fayn wit jakfrut, mango, en plantin tik den. Balkon den we get balustrad na di op rum den na di tu stori bildin bin de fes di kot from tri say den. Masta bin tok se den bin de yuz wan big ol we de na gron, we get ay siling we den sopot wit kolonade, mo di tem we den kin get di festival den we den kin get evri ia na *Durgapuja* . **12-1** Wan smol stej bin de go na Sri Yukteswar in sidom rum, we in smol bolkon bin de sho di strit. Di ashram bin get ol wetin den nid; oltin bin simpul, klin, en i bin de yuz am. Boku chia den, bench den, en tebul den we den mek wit di Westinian stayl bin de sho.

Masta bin invayt mi fo de de fo wan net. Tu yong disaypul den we bin de tren fo du emitaj, bin gi den wan sup we get vegjetabul kori.

"Gruji, duya tel mi sontin bot yu layf." A bin de skwatin pan wan straw mat nia in tayga skin. Di sta den we get padi biznes bin rili nia, i bin tan lek se, pas di bolkon.

"Mi famili nem na Priya Nath Karar. A born **12-2.**" na ya na Serampo, usay Papa na bin jentriman we na bin biznesman. I lef mi dis gret gret granpa den os, we naw na mi emitaj. Di fomal skul we a bin de go skul no bin boku; A bin si se i slo en shalo. We a bin smol, a bin de du di wok we posin we get os kin du, en a get wan gyal pikin, we don mared naw. Mi midul layf bin bles wit di gayd na Lahiri Mahasaya, we den kol Lahiri Mahasaya. Afta mi wef day, a joyn di Swami Oda en get di nyu nem fo Sri yukteswar giri we de na di wol. **12-3** Na so mi simpul annals bi."

Masta bin smayl pan mi fes we bin rili want fo du sontin. Lek ol di skech den we den rayt bot layf, in wod den bin don gi di tru tin den we de na do en no sho di posin we de insay.

"Gruji, . a go lek to yeri som stori den of yu we a bin pikin."

"A go tel yu som-each wan wit moral!" Sri Yukteswar in yay bin de shayn wit in wonin. "Mi mama bin tray wan tem fo mek a fred wit wan bad bad stori bot wan gost we de insay wan dak chamba. A go." de wantem wantem, en sho se a no gladi fo we a mis di gost. Mama no eva tel mi oda stori we de mek a fred. Moral: Luk frayd fo fes and i go stop to trobul yu.

"Wan ɔda fɔs mɛmori na mi wish fɔ wan ɔgly dɔg we na neba in yon. A bin kip mi os insay trɔbul fɔ wiks fɔ gɛt da dɔg de. Mi yes bin dɛf to ɔf fɔ animal dɛn we gɛt mɔ prepossessing apinans. Moral: Attachment is blinding; it lends an imaginary halo of attractiveness to the object of desire."

"Wan tōd stori de bot di plastic we di yōḡ pipul dēn maynd de du. A yeri mi mama de tōk wan wan tēm se: 'Man we de aksept wok ōnda enibōdi na slev.' Dat impreshōn bin so fix dat ivin afta mi mared a nō gri fō mit ȳl di pozishōn dēn a mit ekspens bay we a invēst mi famili endawment na land Moral: Gud ēn fayn advays dēn fō instrakt di sensitiv pikin dēn yes. Dēn fōs aydia dēn fō lōng tēm stil de shap shap."

Masta bin fōdōm insay kwayet sayn. Arawnd midulnet i kēr mi go na wan smōl bed. Slip bin fayn ēn swit di fōs net ōnda mi guru in ruf.

Sri Yukteswar bin pik di nēks mōnin fō gi mi in *Kriya Yoga* initieshōn. Di teknik we a bin dōn ȳlredi ḡet frōm tu disaypul dēn fō Lahiri Mahasaya-Papa ēn mi ticha, Swami Kebalananda-bot we Masta bin de a bin fil se a de chenḡ pawa. We i toḡh mi, wan big layt brok pan mi bōdi, lēk glori fō bōku bōku san dēn we de bōn togēda. Wan wata we bin de flōd we a nō ebul fō tōk bot, we bin de ambōḡ mi at te to mi at, bin kōntinyu insay di nēks de. I bin let da aftanun de bifo a ebul fō briḡ misēf fō kōmōt na di ēmti ples.

"Yu go kam bak insay tati dez." As a rich na mi os na Kalkata, di fulfilment of Masta in prēdikshōn kam insay wit mi. Nōn pan mi fambul dēn nō bin mek di pōynt tōk dēn we a bin de fred bot di "bōd we de flay" go apia bak.

A klaym to mi smōl ȳpgarēt ēn gi mi yay dēn we ḡet lōv, lēk se a de na pōsin we ḡet layf. "Yu dōn witnes mi meditashōn dēm, ēn di kray wata ēn storm dēm fō mi *sadhana*. Naw a dōn rich di haba fō mi divayn ticha."

"Son, a gladi fō wi tu." Mi ēn Papa bin sidōm togēda na ivintēm kwayet wan. "Yu don fain." yu guru, as in mirekul fashin a bin fain mi own wan taim. Di oli an fō Lahiri Mahasaya de ḡayd wi layf. Yu masta nō pruv se nōto Himalayas sent we pōsin nō go ebul fō go, bot na wan we de nia de. Dēn dōn ansa mi prea dēn: dēn nō pul yu kōmōt sote go we yu de luk fō Gōd frōm mi yay."

Papa bin gladi bak se dēn go bigin mi fōmal stōdi bak; i bin mek arenḡment dēn we fit. Dēn bin rayt mi nem di nēks de na di Skōtish Chōch Kolej na Kalkata.

Gladi mōnt dēn bin de pas kwik kwik wan. I nō ḡet wan dawt fō se di wan dēn we de rid mi dōn mek di sens we dēn tink gud wan se dēn nō bin de si mi bētē na di kōleji klasrum dēn. Di Serampore hermitage bin ol wan lure we tu irresistible. Masta bin gri se a bin de ȳlsay ēn i nō bin tōk bot am. A bin rili fil fayn we i nō bin de tōk bot di ȳl dēn we dēn kin lan. Pan ȳl we i bin klia to ȳlman se dēn nō ēva kōt mi fō bi masta sabi bukman, a bin ebul fō ḡet di minimum pas ḡred wan wan tēm.

Di layf we pipul dēn bin de liv ēvrīde na di ashram bin de flō fayn fayn wan, ēn nōto ȳltēm dēn bin de difrēn. Mi guru bin wek bifo do klin. We i bin de ledōm, ȳ sōntēnde i bin de sidōm na di bed, i bin de go insay wan stet we i bin de mek *i ḡet samadhi*.

**12-4** I bin simpul inēf fō diskoba we Masta dōn wek: abrupt halt of stupendous

snores. **12-5** Wan ɔ tu sigret; sɔntɛm na muvmɛnt we di bɔdi de muv. Dɔn wan stet  
we nɔ get sawnd we i nɔ de blo: i bin de insay dip yoga gladi.

Mɔnintɛm it dɔn du nɔto fala; fɔs dɔn kam wan long waka bay we di Ganges bin de du  
am. Den wan den mɔnin strol wit mi

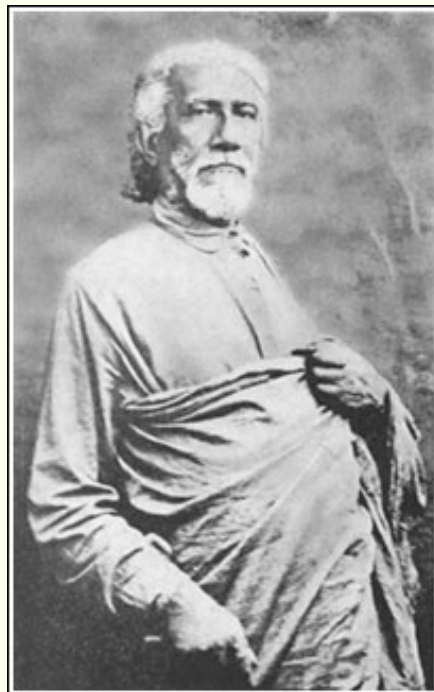
guru-aw rial en vivid stil! Insay di izi layf we a kin get bak fɔ mɛmba, bɔku tɛm a kin si misɛf nia am: di fɔs san de mek di riva wam. In vɔys de ring, i rich wit di tru tru sɛns.

Wan ples fɔ was; dɔn di it we dɛn kin it midulnɛt. Fɔ pripia am, akɔdin to Masta in dayrɛkshɔn dɛn ɛvrɪde, na bin di wok we yɔŋ disaypul dɛn bin tek tɛm du. Mi guru na bin pɔsin we nɔ de it bif. Bɔt bifo i gri fɔ bi mɔnk, i bin dɔn it eg ɛn fish. In advays to student dɛn na fɔ fala ɛni simpul it we pruv se i fit fɔ pɔsin in kɔnstityushɔn.

Masta dɔn it smɔl; bɔku tɛm res, we get kɔlɔ wit yala magi ɔ jus ɔf bit dɛn ɔ grin ɛn dɛn kin sprink am layt wan wit bɔfalo *ghee* ɔ bɔta we dɔn mɛlt. Wan ɔda de i kin get lentil- *dhal* ɔ *channa* **12- . 6. 6.** kari wit vegjetabul. Fɔ dɛzat, mango ɔ ɔrɛnj wit rays pudin, ɔ jakfrut jus.

Di wan dɛn we kin kam fɔ si di ples bin de apia na aftanun. Wan stedi strim bin de tɔn frɔm di wɔl insay di ɛritaj kwayɛt. Olman bin si insay Masta wan ikwal kɔtisti ɛn gudnɛs. Fɔ man we dɔn no inɛf as sol, nɔto di bɔdi ɔ di ego, di ɔda pat pan mɔtalman kin tek wan strɛch similitu fɔ aspek.

Di nɔ fɔ tek wan pɔsin bɛtɛ pas ɔda pɔsin ɔf di wan dɛn we oli na we get rut in sɛns. Masta dɛn get bin rɔnawe *maya* ; i na we dɛn kin chɛnj chɛnj fes dɛn we get sɛns ɛn we nɔ get sɛns nɔ de luk igen we get pawa. Sri Yukteswar nɔ bin sho ɛni spɛshal kɔnsidareshɔn to di wan dɛn we apin se dɛn get pawa ɔ we sabi du tin; i nɔ bin de smɔl ɔda pipul dɛn bak bikɔs dɛn po ɔ dɛn nɔ sabi rid ɛn rayt. I go lisin wit rɛspɛkt to wɔd dɛn we na tru frɔm pikin, ɛn i nɔ go pe atɛnshɔn to wan pɔsin we sabi du mami ɛn dadi biznɛs we get prawd.



MI MASTA, SRI we den kɔl SRI YUKTESWAR we de na di wɔl  
*Disaypul ɔf Lahiri we de na di wɔl Mahasaya we de na di wɔl*

Eit oklok na bin di awa fɔ it ivintem it, en sɔntɛnde den kin fɛn pipul den we kin de fɔ long tɛm. Mi guru nɔ go ɛkskyuz insɛf fɔ it in wan; nɔbɔdi nɔ bin kɔmot na in ashram angri ɔ nɔ satisfay. Sri Yukteswar nɔ bin eva bi

at a loss, no eva fil bad we pipul den we no bin de ekspekt fo kam fen am; smol it go komot na di bankwet onda in resourceful dayrekshon. Bot pan ol dat, i bin de spen boku moni; di smol moni we i bin get bin go fa. Boku tem, i bin de tok se: "Bi komfyut insay yu pos." "Ekstravagans go bay yu diskomfot." Ileksef na di ditel den bot di enjoyment we i bin de du na di emti ples, o di wok we i bin de du fo bil en ripent, o oda tin den we i bin de wori bot, Masta bin sho se na di fos posin we get spirit fo mek tin den.

Boku tem, kwayet ivintem awa den bin de briŋ wan pan mi guru in tok den, we na tin den we get valyu agens tem. Na sens bin de mezho en chisel enitin we i bin de tok. Wan sublaym self-assurance bin mak di we aw i bin de tok: i bin in tu no de. I bin tok as non oda in mi eksperiens eva bin tok. In tinkin den bin de wej insay wan dilik balans fo diskriminashon bifo i alaw den fo wer klos we de na do. Di men tin fo tru, we de olsay wit ivin wan fisiolojik aspek, komot from am lek wan sent we de komot na di sol. A bin de no oltem se a de bifo wan layf we a de sho fo God. Di wet we in divinity bin get bin mek a butu mi ed bifo am otometik wan.

If di let gost den no se Sri Yukteswar de begin fo enjoy di Infinite, i kin mek den tok to den kwik kwik wan. I no bin ebul fo strik wan pozishon, o fo flaunt in insay withdraw. Wan oltem wit di Masta, i no bin nid eni sepret tem fo komyunion. Wan masta we i no inseh don lef bien di step ston fo tink gud wan. "Di flawa de fodom we di frut apia." Bot boku tem, di oli wan den kin tay pan spiritual fom den fo enkorej di disaypul den.

As midnaye de kam nia, mi guru kin fodom wit di kayn we aw pikin kin slip. No fus no bin de bot bedding. Boku tem, i kin ledom, we i no ivin get pilo, pan wan smol davenpot we na bin di bakgron fo in kostom sidom ples we tan lek tayga skin.

Wan net we den bin de tok bot filosofik no bin boku; eni disaypul kin kol am bay di intensiti we i intres. A no bin taya da tem de, a no bin want fo slip; Di wod den we Masta bin tok we get layf bin du fo am. "O, na do! Le wi waka nia di Ganges." So boku pan mi tem den we a bin de bil na net bin don.

Mi fos mont wit Sri Yukteswar bin don wit wan yusful lesin-"Aw fo Otwit wan Moskito." Na os mi famili bin de yuz kotin fo protekt densef oltem na net. A bin fil bad fo diskoba dat insay di Serampore hermitage dis prudent kostom bin ona insay di brech. Bot stil, di insekt den bin de ful-op; Den bin bit mi from ed to fut. Mi guru bin sori fo mi.

"Bai yusef wan kotin, en bak wan fo mi." I laf en ad se, "If yu bay wan nomo, fo yusef, ol moskito go konsentret pan mi!"

A bin gladi pasmak fo we a du wetin den se. Evri net we a kin spen na Serampo, mi guru kin aks mi fo arenj di kotin den bifo a go slip.

Di mɔskito den wan ivintem bin rili bad. Bot Masta no bin gi in instrɔkshon den we i kin gi am oltɛm. A bin de lisin wit fred to di antisipat hum we di insekt den de mek. We a go insay bed, a trowe wan prea fɔ mek a gɛt pis na den jɛnɛral dairekshon. Afta af awa, a kɔf lɛk se a go mek mi guru pe atɛnshon to mi. A bin tink se a go mad wit di bayt ɛn mo di drɔn we de siŋ as di mɔskito den de sɛlibret blɔd-thirsty rites.



No responsiv stir fròm Masta; A bin tek tèm go nia am. I nò bin de blo. Dis na bin di fòs tin we a si am we a bin de du di yoga trance; i bin mek a fred.

"In at go mós dòn fel!" A put wan miro ònda in nos; no briz-vapour nò bin apia. Fò mek a shò tu tèm, fò sòm minit dèn, a bin de lòk in mòt én in nos wit mi finga dèn. In bòdi bin kol én i nò bin de muv. A bin de fred, a tòn to di domòt fò kòl fò ép mi.

"So! Wan budding experimentalist! Mi po nos!" Masta in vòys bin de shek shek wit laf. "Wetin mek yu nò de go slip? Di wan ol wòl go chenj fò yu? Chenj yusef: pul di mòskito kònshèns."

Meekly a go bak na mi bed. Nòto wan insekt nò bin go nia de. A kam fò no se mi guru bin dòn gri fò di kòtin dèn bifo dis tèm jòs fò mek a gladi; i nò bin de fred mòskito dèn. In yoga pawa bin so dat i bin ebul fò wil dèn nò fò bit, ò i bin ebul fò rònawe to wan insay invulnerability.

"I bin de gi mi wan demonstreshòn," a tink. "Dat na di yoga stet we a fò tray fò rich." Yogi fò ebul fò pas insay, én kòntinyu insay, di supa kònshèns, ilèksef bòku bòku tin dèn we de ambòg am we nò éva de na dis wòl. Ilèksef na di buz we insekt dèn de mek ò di layt we de òlsay na di de, dèn fò ban di tètimoni fò di sèns dèn. Saund én si kin kam da tèm de fò tru, bòt to wòl dèn we fayn pas di Idèn we dèn dòn drèb. **12-7**

Di we de tich pòsin mòskito dèn we dèn de sav fò òda ali lèsin at di ashram we dèn kòl. I bin di saful awa we di ples kin dak. Mi guru bin de èksplen di ol tèks dèn we nò gèt wan kòmpitishòn. Na in fut, a bin gèt pafèkt pis. Wan rud mòskito bin kam insay di idyl én kòmpit fò mek a pe atènsòn to am. As i de dig wan pòyzin haypodamik nidul insay mi shòl, a òtomètik es wan an we de avenj. Ripriv fròm impending execution! Wan chans memori kam to mi bòt wan pan Patanjali in yoga aphorisms- dat pan *ahimsa* (we nò gèt eni bad tin).

"Wetin mek yu nò dòn di wok?"

"Masta! Yu de advatayz fò tek

layf?"

"Nò; bòt di day blo bin dòn òlredì slap na yu maynd."

"A nò òndastand."

"Patanjali in minin na fò pul di *want* fò kil." Sri Yukteswar bin dòn fèn mi maynd pròses as opin buk. "Dis wòl nò izi fò arenj fò wan rial pròsis fò *ahimsa* . Man kin fos fò dònawe wit krichò dèn we de du bad. I nò de ònda di sem kayn kòmpèlshòn fò fil

veks ɔ enimi. Ol kayn layf get ikwal rayt to di ays we *maya de* mek . Di sent we de pul di sikrit fo di krieshon go gri wit in boku boku konfyus ekspreshon den. Ol man kin aproch da ondastandin de we de koba di insay." pawa fo pwel tin den."

"Gruji, . fo wan gi inseh sef wan sakrifays bifo dat pas kil wan wayl animal?"

"No; man in bōdi valyu. I get di ays evolushon valyu bikos of speshal bren en spaynal senta den. Den wan ya de mek di advans devotee ebul fō fulōp fō ondestand en sho di ay ay aspek den fō divinity. No lōwa fōm nō so ekwipment. Na tru se pōsin kin get dēt fō smōl sin if den fos am fō kil animal o eni layf tin. Bot di *Vedas* de tich dat wanton ." fō lōs mōtalman bōdi na sirios transgreshon agens di karma lō."

a i bin de swet in fil fayn; skripcho den riinfosment of wan in yon kōmon instinkt den we pōsin kin get na noto oltem we de kam.

I so apin se a nō eva si Masta nia nia wit lēpad o tayga. Bot wan tēm, wan kobra we de kil bin kam mit am, bot mi guru in lōv bin win am. Den kin fred dis kayn snek bad bad wan na India, usay i kin mek pas fayv tawzin pipul den day evri ia. Di denja enkōrejment bin apin na Puri, usay Sri Yukteswar bin get sēkōn emitaj, we bin fayn nia de di Waf of Bengali. Prafulla, 1999. wan yōṅ disaypul of leta ia den, bin wit Masta pantap dis okashon.

"Wi bin sidōm na do nia di ashram," Prafulla tēl mi. "Wan kobra bin apia nia de, wan 4 fut long fō sheer terror. In hud bin vēks pan am as i de rōn go to wi. Mi guru gi wan welkōm chuckle, lēk se na pikin. A bin de nia misēf wit kōnstēshon fō si Masta de enjoy wan ritmik klap fō an. **12-8** I bin de enjoy di visitō we bin de fred! A bin kwayet atōl, en insay mi at a bin de ejakul di prea den we a go ebul fō pre wit ol mi at. Di snek, we bin rili de nia mi guru, nō bin de muv naw, i bin tan lēk se i magnet bikos of di we aw i bin de kōt kōt am. Di hud we bin de mek pōsin fred bin de kontrakt smōl smōl; di snek slip bitwin Masta in fut en lōs insay di bush.

"Wetin mek mi guru go muv in an, en wetin mek di kobra nō go slap den, nō bin ebul fō eksplen to mi da tēm de," na so Prafulla dōn. "A dōn kam fō nō frōm da tēm de se mi divayn masta nō de fred fō mek eni layf fil bad."

Wan aftanun insay di fōs mōnt den we a bin de na di ashram, a bin si se Sri Yukteswar in yay bin de pan mi wit piercingly.

"Yu de sēf stret kōt, Mukunda we de na di wōl."

Di tin we i tok bin mek pōsin tink bot sōntin we rili impotant. Dat mi yay den we bin dōn sink en di we aw a bin de luk bin de fa frōm wetin a lēk, den bin tēstify am bay row den we get tonik den na mi rum na Kalkata. Natin nō bin ēp am; di sik we den kōl chronic dyspepsia bin dōn de rōnata mi frōm we a smōl. Mi pwēl at bin de rich wan wan tēm we a aks misēf if i fayn fō kōntinyu fō liv dis layf wit bōdi we nō fayn so.

"Medisin get limiteshon; di kriet layf-fōs nō get eni wan. Biliv se: yu go wēl en strong."

Sri Yukteswar in wōd den bin mek a biliv se na tru we pōsin kin yuz fō insēf we nōbōdi nō bin ebul fō kōl insay mi.

De to de, luk! A bin de waks. Tu wiks afta Masta in ayd bləsin, a bin dɔn gɛda di wet we bin de gi mi trɛnk we bin de rɔnawe pan mi trade. Mi bɛlə sik dɛn we a bin de kɔntinyu fɔ gɛt bin dɔnawe wit a

fɔ de sote go fɔ long tɛm. Leta tɛm dɛn a bin si di we aw mi guru bin de mɛn pipul dɛn we gɛt bad bad sik dɛn lɛk TB, dayabitis, epilepsi, ɔ paralayz wantɛm wantɛm. Nɔbɔdi nɔ bin fɔ dɔn gladi fɔ di we aw i mɛn pas aw a bin fri wantɛm wantɛm frɔm mi bɔdi we a bin dɔn day.

Sri Yukteswar bin tel mi se: "Ia bifo, misɛf bin de wɔri fɔ put wet." "We a bin de wɛl afta a bin sik bad bad wan, a bin go na Lahiri Mahasaya na Benares."

"Sa, a gɛt bin rili sik ɛn lɔs bɔku paund dɛn.'

"A si, Yukteswar, 1999. 12-9 yu bin mek yusɛf nɔ wɛl, . ɛn naw yu tink yu de stret kot.'

"Dis ansa bin fa frɔm di wan we a bin de ɛkspekt; bɔt mi guru ad wit

ɛnkɔrɛjment se: "Lɛ a si; A sho se yu fɔ fil fayn tumara.'

"We a tek in wɔd dɛn as jes fɔ sikrit hilin to mi maynd we de tek tɛm, a nɔ bin sɔprayz di neks mɔnin we a wɛlkɔm mi trɛnk. A bin luk fɔ mi masta ɛn ala wit gladi at se, 'Sɔ, a fil bɛtɛ pasmak tide.'

"Fɔ tru! Tide yu mek yu gɛt trɛnk yusɛf.'

"Nɔ, masta!' A bin protest se: 'Na yu ɛp mi;

"O yes! Yu sik dɔn rili sirios. Yu bɔdi dɔn wik yet; udat go se aw i go bi tumara?'

"Di tinkin of poshubul riton of mai wiknes bring mi shudder of kol frayd. Di neks moning a hardly fit drag mi sef go Lahiri Mahasaya haus."

"Sa, a am we sik igen.'

"Mi guru in yon luk kwik wan bin kwik kwik wan. 'So! Wan tɛm mɔ yu indispose we nɔ gɛt wan problem yusɛf.'

"Gurudeva, a rialize naw se de to de yu don de provok mi.' Mi peshent bin taya, 'A nɔ ɔndastand wetin mek yu nɔ biliv mi tru tru ripɔt dɛn.'

"Fɔ tru, na yu tinkin dɔn mek yu fil wik ɛn strong ɔltɛm.' Mi masta luk mi wit lɔv, 'Yu dɔn si aw yu wɛlbɔdi dɔn fala wetin yu de op fɔ, ivin as ilɛktrishɔn ɔ graviti na spak fɔ di ɔlmayti kɔnshɛns fɔ Gɔd A kin sho yu se ɛnitin we yu pawaful maynd biliv bad bad wan.

"We yu no." dat Lahiri we de na di wɔl Mahasaya we de na di wɔl nɔ ɛva bin tɔk we dɛn nɔ de du natin, . a we dɛn adres in wit rili awe ɛn fil fɔ tel tɛnki:

'Masta, if a tink a am wel en get bin get am bak mi trade we, fo dat apin?'

"I na so, ivin at dis tem.' Mi guru bin tok sirios wan, . in luk konsentret pantap mi yay.

"Lo! A fil inkris noto jos fo trenk bot fo wet. Lahiri Mahasaya ton bak en no tok natin. Afta som awa na in fut, a go bak na mi mama in os, usay a bin de we a bin de go na Benares."

"Mi pikin! Wetin bi di mata? Yu de swel wit dropsy?' Mama no bin biliv in yay naw na di sem strong dimenshon we i bin get bifo a sik.

"A wej misef en a si se insay wan de a don get fifti paund; den bin de wit mi fo oltem. Padi en pipul den we a sabi we bin don si mi tint figa bin soprayz wit wonda. Boku pan den chenj di we aw den de liv en bi Lahiri Mahasaya in disaypul den as a rizulta fo dis mirekul."

"Mi guru, we wek insay God, bin no se dis wol na natin pas wan objektiv drim fo di Krieta. Bikos i bin komplit wan no bot in wanwod wit di Divayn Drim, Lahiri Mahasaya bin ebul fo materializ o dematerialize o mek eni chenj we i want na di kosmik vishon. **12-10.**"

"Ol di tin den we God mek na lo de gayd am," na so Sri Yukteswar don. "Di wan den we de sho insef na di oda yunivas, we sayensman den kin fen, den kol den natura lo. Bot lo den de we no klia we de rul di say den we posin kin no we posin kin no nomo tru di insay sayens fo yoga. Di spiritual plen den we ayd get den natura en lo prinsipul den bak fo opreshon. Noto di fizik sayensman bot na di ful self-rials masta we ondastand di tru we aw tin de apin." So Krays bin ebul fo mek di savant in yes kam bak afta we wan pan di disaypul den bin kot am." **12-11**

Sri Yukteswar na bin posin we no get wan kompitishon fo eksplen di skripcho den. Boku pan di tin den we a kin memba we kin mek a gladi pas ol na in tok den. Bot den no bin de trowe in tin den we i bin de tink bot we get jolos na ashis we i no bin de pe atenshon to o we i no get sens. Wan muvmment we no de rest pan mi bodi, o mi smol laps insay absent- mindedness, bin inof fo put wan abrupt period to Masta in eksploshon.

"Yu no de ya." Masta bin intarap insef wan aftanun wit dis diskloshon. As i kin bi, i bin de kip trak fo mi atenshon wit wan bad bad tin wantem wantem.

"Gruji!" Mi toyn na bin fo protest. "A no don stop; mi yaylid no muf; a kin ripit eni wod we yu don tok!"

"No mata dat yu no bin ful wit mi. Yu objekshon fos mi to rimark se fo yu mental

bakgron yu bin de kriet tri institiushon. Wan na bin silvan ritrit fo plein, oda wan fo hiltop, wan nomba tri fo di ocean."

Den tin den de we den bin don mek we no klia, bin don rili de de klos to pipul den we den no bin no. A glan pan am wit apoloji.

"Wetin kin a du wit kayn wan masta, udat de go insay mi jos apin musings we yu de tink bot?"



Men bildin na di Mount Washington Estates na Los Angeles, we den bin bil insay 1925 as Amerika hedkwata fo di Self- Realization Fellowship.



Fo no yusef Choch of Ol Rilijon den, . Holiwud, 1999. Kalifonia.

"Yu don gi mi da rayt de. Di subtil trut dem we a de eksplen no go ebul fo ondestand if yu no get komplit konsentreshon. If nid de a no de invayd di say we oda pipul den maynd de ayd. Man get di natura previlej fo rom sikrit wan bitwin in tinkin. Di Masta we den no kol no de go insay de; a no de vencho intrusion bak."

"Yu de eva welkom, Masta!"

"Yu akitekchoral tin den drim den go materialize leta. Naw na di tem fo stodi!"

So incidentally mi guru rivel in in simpul we di kam fo tri big big tin den na mi layf. From we a bin yong, a bin de si tri bildin den we no izi fo ondestand, en eni wan pan den bin de na difren say. Insay di eksaktol sikyud we Sri Yukteswar bin don sho, den vishon ya tek di las fom. Fos, a bin mek wan boy pikin den yoga skul na wan ples we



den kol Ranchi, don mi Amerika hedkwata na wan Los

Anjelis di il we de op di il, . don wan hermitage we den kol hermitage in na di sawt pat Kalifonia bay we di big Pasifik.

Masta no eva prawd fo tok se: "A de tok se dis kayn tin go apin!" I go lek fo du dat ep: "No yu tink i sontem apin?" Bot in simpul tok ayd vatic pawa. De no bin de rikan; in wod den we i bin de koba smol no bin eva pruv se na lay.

Sri Yukteswar bin rizev en mat-of-fakt in demeanor. Natin no bin de pan di vague o daft vishonari bot am. In fut den bin tinap tranga wan na di wol, en in ed bin de na evin.

Praktikal pipul den bin mek i admaya am. "Sent noto mumu! Divayn percepshon noto incapacitating!" i go se. "Di aktif ekspreshon fo gud kwaliti de gi rizin fo di keenest intelijens."

Insay Masta in layf a bin fulop fo diskoba di cleavage bitwin spiritual realism en di obscure mistik we de pas as kompinn. Mi guru no bin want fo tok bot di say den we pas ol di oda tin den. In onli "marvelous" aura na bin wan we pafekt simpul. We i bin de tok to am, i bin de avoyd fo tok bot tin den we de mek posin soprayz; in akshon i bin de tok fri wan. Oda wan den bin de tok bot mirekul bot i no bin ebul fo sho natin; Sri Yukteswar no bin de tok bot di lo den we no klia bot i bin de yuz den sikrit wan we i want.

"Man we rialize no de du eni mirekul te i get inwod sankshon," Masta eksplen. "God no want mek den sho di sikrit den bot wetin i mek. **12-12.**" Don bak, olman na di wol get rayt fo disayd fo du wetin i want. Wan sent no go ambog da independens de."

Di silens we Sri Yukteswar bin de abit, na bikos i bin de si di Infinite dip dip wan. No tem no bin lef fo di "riveleshon" den we no de don we de tek di tem fo ticha den we no de no densef. "In shalo man di fish of likl tinkin de mek plenti komoshon. Na oceanic maind di wel of inspiration mek hardly a ruffle." Dis tin we den si from di Indu skripcho den noto tin we no get sens fo laf.

Bikos mi guru bin de mek lek se i no fayn fo si, na wan wan pipul den nomo we bin de insay in tem bin no se in na supaman. Di popul adage: "I na fulman we no ebul fo ayd in sens," den no go eva ebul fo yuz am to Sri Yukteswar. Pan ol we den bon am as posin we de day lek ol oda pipul den, Masta bin don rich di aydentiti wit di Rula fo tem en ples. Insay in layf a bin si wanwod we tan lek god. I no bin don fen eni problem we no go ebul fo win fo mek motalman joyn wit Divayn. No dis kayn bareri no de, a kam fo ondastand, pas motalman in spiritual unadventurousness.

A bin de gladi oltem we den toch Sri Yukteswar in oli fut den. Di wan den we de du yoga kin tich se disaypul kin get magnet pan God biznes bay we i de tok to wan masta wit respekt; wan korent we no klia de komot. Di devotee in undesirable habit-mechanisms in di bren kin cauterized boku tem; di grov fo in wol abit den benifit distob. Momentarily at least i kin fain di sikrit vel dem fo *maya* lifting, en glimpse di

rialiti fo gladi-at. Mi wan ol bodi bin de ansa wit wan layt we de mek a fri enitem A bin nil doŋ di Indian fashon bifo mi guru.

"Ivin ustem Lahiri we de na di wol Mahasaya we de na di wol bin no de tok," Masta don tel mi, "o ustem i bin tok to den pantap oda pas

strikt rilijon tɔpik dɛn, a kam fɔ no se pan ɔl dat i bin dɔn transmit to mi no we pɔsin no go ebul fɔ tɔk bɔt."

Sri Yukteswar bin afekt mi di sem we. If a bin go insay di erimita insay wan freym we de wɔri ɔ we no bisin bɔt ɔda pipul dɛn na mi maynd, di we aw a bin de biev bin chenj we a no bin no. Wan kol kol we de mɛn bin kam dɔŋ we a jɔs si mi guru. Evride we wi bin de wit am, wi bin de get nyu ɛksperiens fɔ gladi, pis, ɛn sɛns. A no eva fɛn am ful ɔ drɔnk wit gridi ɔ filin ɔ vɛks ɔ ɛni mɔtalman attachment.

"Di daknes of *maya* de silently klos. Mek wi hie homward insaid." Wit dis wɔd dɛn we di ples dak Masta bin de mɛmba in disaypul dɛn ɔltɛm se dɛn nid *Kriya Yoga* . Wan nyu student bin de tɔk wan wan tɛm se i no get wan dawt bɔt if inɛf fit fɔ du yoga.

"Fɔget di past," Sri Yukteswar go kɔrej am. "Di layf we ɔl man dɔn lɔs dak wit bɔku shem. Mɔtalman kɔndɔkt no kin eva abop pan am te dɛn ankɔ am na di Divayn. Oltin we go kam go impɔtant if yu de mek spiritual ɛfɔt naw."

Masta bin get yɔŋ *chelas ɔltɛm* **12-13** insay in ɛmitaj. Dɛn spiritual ɛn intelektual ɛdyukeshɔn na in intres in layf: ivin jɔs bifo i pas, i bin gri fɔ tren tu siks ia ol bɔy pikin dɛn ɛn wan yɔŋ man we ol siksti ia. I bin dayrɛkt dɛn maynd ɛn layf wit da tek tɛm disiplin we di wɔd "disaypul" get rut pan ɛtimɔləjɪk wan. Di pipul dɛn we bin de na di ashram bin lɛk ɛn rɛspɛkt dɛn guru; wan smol klap we i klap in an dɛn bin du fɔ mek dɛn kam nia in sayd wit ɔl in at. We in mud bin de we no tɔk natin ɛn we i pul inɛf kɔmɔt, nobɔdi no bin de tray fɔ tɔk; we in laf bin de ring wit gladi at, pikin dɛn bin de luk pan am lɛk dɛn yon.

Masta no bin de aks ɔda pipul dɛn fɔ sav am fɔ inɛf, ɛn i no go tek ɛp frɔm student pas di wan we rɛdi fɔ am wit ɔl in at. Mi guru bin de was in klos kwayɛt wan if di disaypul dɛn no bin de tink bɔt da big big wok de. Sri Yukteswar bin wɛr di tradishɔnal swami klos we get och kɔlə; in sus dɛn we no get les, akɔdin to di yoga dɛn kɔstɔm, na tayga ɔ dia skin.

Masta bin de tɔk English, French, Hindi, ɛn Bengali fayn fayn wan; in Sanskrit bin fayn. I bin peshɛnt fɔ tich in yɔŋ disaypul dɛn bay sɔm shot rod dɛn we i bin dɔn mek wit sɛns fɔ stɔdi English ɛn Sanskrit.

Masta bin kekekele ɔf in bɔdi, we fɔ kip tin dɛn solicitous we dɛn kin aks fɔ lɛk. Di I no get ɛnd, . i bin pɔynt, i kin sho fayn fayn wan tru di fayn fayn tin dɛn we pɔsin kin du na in bɔdi ɛn in maynd. I bin de discountenance ɛni ɛkstrem tin. Wan tɛm, wan disaypul bin bigin fɔ fast fɔ lɔng tɛm. Mi guru onli laf: "Wetin mek yu no trowe di dog bon?"

Sri Yukteswar in welbɔdi bin rili fayn; A no eva si am we i no wɛl. **12-14** I bin alaw di student dɛn fɔ go to dɔkto dɛn if i tan lɛk se i fayn. In mɛn tin na fɔ gi rɛspɛkt to di wɔl kɔstɔm: "Dɔkta dɛn fɔ kɔntinyu fɔ du dɛn wok fɔ mɛn pipul dɛn tru Gɔd in lɔ dɛn

we den de yuz fo tin den." Bot i bin prez di best we fo men pipul den we get maynd problem, en boku tem i bin de ripit se: "Ways na di tin we de klin pas olman."

"Di bodi na tretin padi. Gi am wetin i fo du; no mo," i tok. "Pen en gladi at na fo shot tem; bia ol tu tin den wit kol at, en tray di sem tem fo pul den ol."

Imajinেশন না দি দমত we sik এন bak ফো মেন পসিন কিন go insay. No biliv di rial tin bot sik ivin we yu sik; wan visito we den no no go ronawe!"

Masta bin kont boku dokto den pan in disaypul den. I tel den se: "Di wan den we don feret di lo den we de na di bodi kin izi fo investigat di sayens bot di sol." "Wan subtil spiritual mekanism de ayd jos bihayn di bodi strokch 12-15 ".o

Sri Yukteswar bin advays in student den fo bi living liaisons fo di Westen এন Istan gud kwaliti den. Insef na bin egzibit Oksidental insay oda abit den, insay in at na in na bin di spiritual Oriental. I prez di progresiv, risosful এন hajens abit dem na di West, এন di rilijon ideal dem we de gi wan sentiment halo to di Is.

Di disiplin no bin don bi tin we a no bin no: na os Papa bin strikt, boku tem Ananta bin rili bad. Bot den no go ebul fo tok bot Sri Yukteswar in trenin as oda tin pas drastik. Wan posin we lek fo du oltin pafekt, mi guru bin de kondem in disaypul den pasmak, ileksef na tin den we get fo du wit di tem o di tin den we no klia bot di we aw den de biev.

"Gud abit we no get sinsiti tan lek fayn day uman," i bin tok pan fayn tem. "Fo stret we yu no get siviliti tan lek ospitul in nef, i de wok bot i no fayn. Kando wit kotisti de ep এন admirable."

I tan lek se Masta bin satisfy wit di we aw a bin de go bifo pan God biznes, bikos i no bin de tok bot dat; pan oda tin den, mi yes den no bin bi strenja fo korekt. Di men tin den we a bin de du na we a no bin de tink bot enitin, a bin de du tin den we a bin de fil wan wan tem, a no bin de fala som lo den bot aw fo biev fayn, এন wan wan tem we a no bin de du tin den we no rayt.

"Observ aw di aktiviti dem fo yu papa Bhagabati oganayz fayn এন balans pan oltin," mi guru poynt. Di tu disaypul den fo Lahiri Mahasaya bin don mit, jos afta a begin mi pilgrimej den na Serampo. Papa এন Sri Yukteswar bin admaya fo chek di oda posin in valyu. Den ol tu bin don bil wan insay layf we den mek wit spiritual granit, we no bin de solv agens di tem den we don pas.

From transient ticha den na mi fos layf a bin don imbib som mistek lesin den. Den bin tel mi se wan *chela* , no nid fo bisin tranga wan bot di wok den we i fo du na di wol; we a no bin tek tem du mi wok o a no bin tek tem du mi wok, den no bin de korekt mi. Motelman in nature de si dis kayn instrokshon rili izi fo asimilet. Bot onda Masta in stik we no bin de swe mi, i no tu te, a bin wel from di lay lay tin den we a bin gri wit se a no get eni risponsibiliti.

"Di wan dem we tu gud fo dis wold de adorn som oda wan," Sri Yukteswar rimark. "So long as yu de breath di fri air of di wold, yu de anda obligeshon to render grateful service. Na im onli we don ful masta di breathless stet 12-16." na fri from di

kɔsmik imperetiv dɛn. A nɔ go fɔget fɔ mek yu no we yu dɔn rich di las pafɛkt."

Dɛn nɔ go ɛva ebul fɔ brib mi guru, ivin bay lov. I nɔ bin sho ɛnibɔdi we bin gri fɔ bi in disaypul lɛk mi. Ilɛksef mi ɛn Masta in student dɛn bin de rawnd wi ɔ strenja dɛn bin de rawnd wi, ɔ wi wangren bin de togɛda, i bin de tɔk klia wan ɔltɛm ɛn kɔndɛm am shap shap wan. No trifling nɔ de lapse into shallowness or inconsistency bin ebul fɔ rɔnawe pan in kɔrɛkt. Dis tritment fɔ flat bin at fɔ du

bia, böt mi disayd na fö alaw Sri Yukteswar fö ayen eni wan pan mi saykilojik kinks. As i bin de wok tranga wan fö dis big big chenj, a bin de shek boku tēm ɔnda di wet we in hama we i bin de korekt am bin get.

"If yu nō lek mi wɔd, yu fri fö kɔmɔt enitem," Masta mek a biliv. "A no want enitin from yu bot yu oun improvement. Stay onli if yu fil se yu benifit."

Fö evri ɔmbul blo we i dil mi vaniti, fö evri tut na mi metafɔrik jaw we i knock loose wit stunning aim, a gladi pas eni fasiliti fö eksprɛshɔn. Di had kɔr fö mɔtalman egotism nō izi fö dislodge pas rudely. Wit in departure, di Divain fain las las wan chanel we nō get enitin fö ambɔg am. Na fö natin I de tray fö pas tru flinty at den we de tink böt densesf nɔmɔ.

Sri Yukteswar in sens bin so pas ɔl dat, if i nō pe atɛnshɔn to wetin i tɔk, boku tēm i bin de ansa wetin pɔsin nō tɔk. Im se, "Wetin pesin imajin se im de hie, and wetin di spika don rili imply, fit bi pol apat." "Tray fö fil di tin den we de bien di konfyushɔn we man den de tɔk."

Böt di sens we God get kin mek pipul den na di wɔl fil pen; Masta nō bin lek student den we de tɔk böt densesf ɔp. Di wan den we get sens, we nō boku ɔltem, bin rili rɛspekt am. I daresay Sri Yukteswar bin fö dɔn bi di mɔs sought- afta guru na India if in wɔd nō bin so kandid en so sens.

"A de had pan di wan dem we de kam fö mi trenin," im admit to mi. "Na mi we dat; tek am ɔ kɔmɔt." i. a go nō eva sɛtul. Böt yu go bi boku kinda pas ɔlman to yu disaypul den; dat na yu we. A kin tray fö klin nɔmɔ insay di faya den we kin rili bad, we kin bɔn pas di avɛrej tolerɛshɔn. Di we aw den kin tɔk to am saful saful ɔf lɔv na bak fö chenj di we aw pɔsin de fil. Di we nō de chenj chenj en di we de giv-ɔp di we aw den de du tin de i go wok di sem we if den yuz am wit sens. Yu go go na fɔrest land, usay den nō de gladi fö blunt assault pan di ego. Ticha nō bin ebul fö spre India in mɛsej na di Wɛst if i nō get boku mɔni fö akɔmod peshɛnt en fö bia." A nō gri fö tɔk di boku trut we a kam to leta fɛn insay Masta in wɔd den!

Pan ɔl we di tɔk we Sri Yukteswar bin tɔk we nō bin de mek lek se i nō bin de, bin mek boku pipul den nō bin de fala am insay di ia den we i bin de na di wɔl, pan ɔl dat, in layf spirit de sho tide ɔlsay na di wɔl, tru tru tru student den we de in *Kriya Yoga* en ɔda tichin den. I get mɔ pawa na mɔtalman sol pas aw Ałegzanda bin de drim böt na di grɔn.

Papa bin kam wan de fö pe in rɛspekt to Sri Yukteswar. Mi mama en papa bin de tink se, i go mɔs bi se, den go yɛri sɔm wɔd den we a de prez mi. I bin sɔprayz we den tɛl am fö long tēm böt mi nō pafekt. Na bin Masta in prɔsis fö tɔk bak böt simpul, nō impɔtant fɔlt den wit wan ays we de sho se i get sɔntin fö du wit am graviti we de na di wɔl. Papa rɔsh fö si mi. "From yu guru in tɔk a bin tink fö fɛn yu wan kɔmplit wrɛk!" Mi mama en papa bin de bitwin kray wata en laf.



Di wangren tin we mek Sri Yukteswar nɔ gladi da tɛm de na bikɔs a bin dɔn de  
tray, agens in saful hint, fɔ chɛnj wan patikyula man to di spiritual rod.

Wit we vɛks bad bad wan fas fas a bin aks kɔmot mi guru. I bin gɛt mi wit we in at pwɛl  
yay, as pan ɔl

we kin no se i gildi. Na di wangren tēm we a ēva si di divayn layōn ȳmbul bifo mi. Di speshal tēm bin savored to di ful.

"Sar, wetin mek yu jōj mi so nō get sōri-at bifo mi papa we bin sōprayz? Na

jōs dat?" "A nō go du am igen." Masta in tōyn bin de aks fō padi.

Wantēm wantēm, dēn pul mi wēpōn dēn. Di bigman bin gri se in fōlt wantēm wantēm! Pan ȳl we i nō bin ēva mek Papa in kolat igen, Masta nō bin taya fō kōt mi enitēm ēn enisay we i want.

Bōku tēm, nyu disaypul dēn bin de jōyn Sri Yukteswar fō kōndēm ȳda pipul dēn bad bad wan. Waiz lēk di guru! Mōdal dēn fō diskriminēshōn we nō get wan bōt! Bōt di wan we tek di ȳfens nō fō bi pōsin we nō get enitin fō fēt. Di sem kap student dēn rōnawe kwik kwik wan jōs lēk aw Masta pul sōm shaft dēn na dēn dairekshōn na pōblik frōm in analitik kwiv.

"Tēnda insay wikēdnēs, we de rivolt pan mild tōch fō sēns, tan lēk pat dēn na di bōdi we get sik, we de tōn bak bifo ivin diliket handel." Dis na bin Sri Yukteswar in amused kōment bōt di wan dēn we de flay.

Disaypul dēn de we de luk fō guru we dēn mek lēk dēnsēf. Bōku tēm, dēn kayn student dēn de bin de kōmplēn se dēn nō ȳndastand Sri Yukteswar.

"Yu sēf nō ȳndastand Gōd!" A bin ansa am wan tēm. "We wan sent klia to yu, yu go bi wan." Pan di trilyōn sikrit dēn, we de blo ēvri sēkōn di briz we pōsin nō ēbul fō ēksplēn, udat go tray fō aks fō mek dēn ȳndastand di kayn we aw masta nō ēbul fō ȳndastand wantēm wantēm?

Student dēn bin de kam, ēn jōs lēk aw dēn bin de go. Di wan dēn we bin want wan rod we get ȳyl sōri-at ēn kōmfyut rēkōgnishōn nō bin fēn am na di ēmitaj. Masta bin de gi ples fō slip ēn shēpad fō di aeons, bōt bōku disaypul dēn bin miserly de aks fō ego-balm bak. Dēn bin kōmōt de, ēn dēn bin lēk fō shēm bōku bōku tin dēn na layf pas ēni ȳmbul. Masta in brayt layt, di opin san we de go insay in sēns, bin tu pawaful fō dēn spiritual sik. Dēn bin de luk fō sōm smōl ticha we, we bin de shed dēn wit flat-flat, bin alaw di fitful slip we dēn nō no natin.

Insay di fōs mōnt dēn we a bin de wit Masta, a bin dōn fred bad bad wan fō di kōrēkt we i de kōrēkt mi. I nō tu te, a si se dēn bin kip dēn tin ya fō di disaypul dēn we bin dōn aks fō mek dēn yuz in wōd dēn. If ēni student we de rōtin mek protēst, Sri Yukteswar go sēt mōt ēn nō vēks. In wōd dēn nō bin ēva mek pōsin vēks, bōt i nō bin get wanwōd wit sēns.

Masta in sēns nōto fō di yes dēn we nō bin rēdi fō di wan dēn we kin kam fō si di ples; i nō bin de tōk bōt dēn bad tin dēn, ilēksēf i klia. Bōt to di student dēn we bin de aks

fɔ in advays, Sri Yukteswar bin fil se i gɛt sirios wok. Brayv fɔ tru na di guru we de  
ɔndataɔ fɔ chenɟ di kruk ɔyl fɔ ego- permeated mɔtalman! Wan sent in maynd de  
kɔmɔt frɔm in sɔri-at fɔ di wan den we nɔ gɛt yay we de stɔp na dis wɔl.

We a bin dɔn lɛf di bad we aw a bin de vɛks, a bin si se di pɔnishment we a bin de sofa bin dɔn go dɔŋ bad bad wan. Insay wan we we rili klia, Masta bin mɛlt insay kɔmparativ klɛmɛns. As tɛm de go a bin pwɛl ɛvri wɔl fɔ rayshɔnalizayshɔn ɛn sabkɔshɔs rizɛvshɔn biɛn we di mɔtalman pɔsin jɔs de shild insɛf. **12-17** Di blɛsin na bin fɔ mek a gri wit mi guru we a nɔ bin tray tranga wan. A bin kam fɔ no da tɛm de se i bin de abop pan am, i bin de tink bɔt ɔda pipul dɛn, ɛn i nɔ bin de tɔk natin. Bɔt i nɔ sho se i sho se i lɛk wi.

Mi yon temperament na prinsipal divotional. I bin de mek a wɔri fɔs fɔ si se mi guru, we ful-ɔp wit *jnana* bɔt i tan lɛk se i dɔn dray wit *bhakti*, **12-18** bin de tɔk bɔt insɛf nɔmɔ wit kol spiritual matematiks. Bɔt as a de tyu misɛf to in nature, a diskɔba se di diminution bɔt di inkris pan di devotional approach to God. Wan masta we no insɛf kin ebul fɔ gayd in difrɛn disaypul dɛn along di natura layn dɛn we dɛn impɔtant bias.

Mi rilayshɔn wit Sri Yukteswar, we nɔ bin de tɔk fayn smɔl, pan ɔl dat, i bin get ɔl di sɛns fɔ tɔk. Bɔku tɛm a kin si in sayn we i nɔ tɔk natin pan mi tinkin, we kin mek pɔsin nɔ ebul fɔ tɔk. We a sidɔm kwayɛt wan nia am, a fil in bɔnti de tɔn pisful wan oba mi bɔdi.

Sri Yukteswar in jɔstis we nɔ bin de tek wan pɔsin bɛtɛ pas ɔda pɔsin, bin rili sho di tɛm we a bin de na di sɔma vaykashun insay mi fɔs koleji ia. A bin wɛlkɔm di chans fɔ spɛn mɔnt dɛn we nɔ get ɛnitin fɔ ambɔg am na Serampo wit mi guru.

"Yu kin bi in chaj ɔf di ɛmitaj." Masta bin gladi fɔ we a kam wit zil. "Yu wok go bi fɔ tek di gɔst dɛn, ɛn fɔ supavayz di wok we di ɔda disaypul dɛn de du."

Kumar, we na wan yɔŋ vilejman we kɔmɔt na di ist pat na Bengal, dɛn bin tek am tu wiks afta dat fɔ tren fɔ go na ɛmitaj. I bin rili get sɛns, ɛn i bin mek Sri Yukteswar lɛk am kwik kwik wan. Fɔ sɔm rizin dɛn we wi nɔ ebul fɔ ɔndastand, Masta bin rili sɔri fɔ di nyu pɔsin we bin de de.

"Mukunda, mek Kumar tek yu duti. Employ yu oun taim fɔ swip and kuk." Masta bin gi dɛn instrɔkshɔn ya afta di nyu bɔbɔ dɔn de wit wi fɔ wan mɔnt.

We dɛn bin es Kumar fɔ bi lida, i bin de yuz smɔl smɔl rul we i bin de rul na os. We di ɔda disaypul dɛn bin de tɔn agens mi kwayɛt wan, dɛn bin kɔntinyu fɔ luk fɔ mi fɔ advays dɛn ɛvrɛde.

"Mukunda nɔ pɔsibul! Yu mek mi supavaysa, yet di ɔda wan dɛn go to am ɛn obe am." Tri wiks afta dat, Kumar bin de kɔmplɛn to wi guru. A yɛri am frɔm wan rum we bin de nia de.

"Na im mek a asaynd am fɔ kichin and yu fɔ di parlor." Sri Yukteswar in dray tɔyn dɛn bin nyu to Kumar. "Na dis we yu dɔn kam fɔ no se lida we fit get di want fɔ sav, ɛn nɔ fɔ dominate. Yu bin want Mukunda in pozishɔn, bɔt yu nɔ bin ebul fɔ mentɛn

am bay merit. Go bak naw to yu fɔs wok as kuk in ɛstɛt."

Afta dis tin we apin we mek i put inɛf dɔŋ, Masta bigin fɔ tink bak bot Kumar we i bin de tink bot fɔ du tin we i nɔ bin dɔn yus fɔ du. Udat go ebul fɔ solv di sikrit bot aw pɔsin kin atrak pɔsin? Na Kumar wi guru diskova wan charming fount we no spurt fɔ di felo disaypul dem. Though di nyu boi bin obviously Sri

Yukteswar in fevrit, a nɔ bin fil ɛni dismay. Pəsɔnal idiosyncrasies, possessed ivin by masta, lend wan rich komplisiti to di patɛn fɔ layf. Mi nature nɔ kin rili kɔmand bay wan ditel; A bin de luk fɔ Sri Yukteswar fɔ get bɛnifit we a nɔ go ebul fɔ get pas fɔ prez mi na do.

Kumar bin de tɔk bot am bin tɔk we get pɔyzin to mi wan de nɔ rizin; a bin dip wan wund.

"Yu ed de swel te yu bɔs!" A ad wan wɔnin we in trut a fil intuitiv wan: "Iles yu nɔ mek yu we, sɔmde dɛn go aks yu fɔ kɔmɔt na dis ashram."

Kumar bin de laf wit sɔri-at, i bin ripit wetin a tɔk to wi guru, we jɔs kam insay di rum. A bin rili tink se dɛn go kɔl mi, so a bin ritaia wit ɔmbul ɛn go na wan kɔna.

"Maybe Mukunda de rait." Masta in ansa to di bɔbɔ kam wit kol we nɔ kɔmɔn. A bin rɔnawe we dɛn nɔ bin kɔrɛkt mi.

Afta wan ia, Kumar bin bigin fɔ go fɛn in os we i bin smɔl. I nɔ bin pe atɛnshɔn to di kwayɛt we aw Sri Yukteswar nɔ bin gri wit am, ɛn i nɔ bin ɛva ebul fɔ kɔntrol in disaypul dɛn muvmɛnt wit pawa. We di bɔbɔ kam bak na Sɛrampo insay sɔm mɔnt, wan chɛnj nɔ bin apin we nɔ fayn. Gone na di stɛt Kumar wit serenely glowing fes. Na wan fama we nɔ get wan rɛspɛkt nɔmɔ bin tinap bifo wi, we bin dɔn get bɔku bad abit dɛn dis biɛn tɛm.

Masta kɔl mi ɛn tɔk wit pwɛl at se di bɔbɔ nɔ fit fɔ liv na di monastik ɛritaj naw.

"Mukunda, a go lɛf am to yu fɔ instrakt Kumar fɔ kɔmɔt na di ashram tumara; a nɔ go ebul fɔ du am!" Kray wata bin tinap na Sri Yukteswar in yay, bot i bin kɔntrol inɛf kwik kwik wan. "Di bɔbɔ nɔ bin fɔ ɛva fɔdɔm na dɛn dip ples ya if i bin lisin to mi ɛn nɔ bin go fa fɔ miks wit kɔmpin dɛn we a nɔ want. I dɔn rijɛkt mi protɛkshɔn; di wɔl we nɔ get sɔri-at fɔ bi in guru stil."

Di we aw Kumar bin kɔmɔt nɔ bin mek a gladi; sadly a bin de wanda aw wan wit pawa fɔ win a masta in lɔv kin ɛva ansa to cheaper allures. Fɔ ɛnjoy wayn ɛn mami ɛn dadi biznɛs kɔmɔt frɔm di natura man, ɛn i nɔ nid ɛni fayn fayn tin fɔ no fɔ mek dɛn gladi fɔ dɛn. Sɛns wayl dɛn kin kɔmpia to di ɛvagrɪn ɔlianda, we kin smɛl fayn wit in flawa dɛn we get bɔku bɔku kɔlɔ dɛn: ɔl pat pan di plant get pɔyzin. Di land fɔ mɛn pipul dɛn de insay, we de shayn wit da gladi at we dɛn bin de luk fɔ blaynd wan na wan tawzin misdirections. **12-19**

Wan tɛm, Masta bin tɔk bot Kumar in maynd we get sɛns, se: "Kin intɛlijɛns na tu ed." "Dɛn kin yuz am fɔ kɔnstrɔktiv ɔ fɔ pwɛl tin lɛk nɛf, fɔ kɔt di bɔyl we pɔsin nɔ no natin, ɔ fɔ kɔt pɔsin in ed. Intɛlijɛns kin rayt fɔ gayd am afta di maynd dɔn gri se spiritual lɔ nɔ go ebul fɔ rɔnawe."

Mi guru bin de miks fri wan wit man en uman disaypul den, en i bin de trit olman lek in pikin den. Bikos i bin no se den sol ikwal, i no bin sho eni difrens o no tek wan posin bete pas oda posin.

"In." slip, yu du noto no ileksef yu de wan man o wan uman," i bin se. "Jos as wan man,

fə mek lek se na uman, nɔ de bi wan, so di sol, we de mek lek se na man ɛn uman, nɔ de du mami ɛn dadi biznɛs. Di sol na Gɔd in klin, we nɔ de chenɟ."

Sri Yukteswar nɔ ɛva avɔyd ɔ blem uman dɛn as tin dɛn we dɛn kin ful-ɔp. I bin tɔk se man dɛn bak na tɛmteshɔn to uman dɛn. Wan tɛm a aks mi guru wetin mek wan big sɛnt we bin de trade trade bin kɔl uman dɛn "di domɔt fə ɛlfaya."

"Gɔl go dɔn pruv se i rili trɔbul fə in pis na in maynd insay in fɔs layf," mi guru ansa kɔstik wan. "If i nɔ bin fə dɔn kɔndɛm, nɔto uman, bɔt sɔm nɔ pafɛkt we i de kɔntrol insɛf."

If pɔsin we kam fə si di ples gɛt maynd fə tɔk wan stori we de mek pɔsin tink gud wan na di ɛritaj, Masta go sɛt mɔt we i nɔ de ansa. I tɛl di disaypul dɛn se: "Nɔ alaw di wip we de mek yu vɛks we fayn fayn fes de bit yu." "Aw sɛns slev dɛn go ɛnɟɔy di wɔl? I subtil flawa dɛn de rɔnawe pan dɛn we dɛn de grov insay primal dɔti. ɔl di fayn fayn diskriminɛshɔn dɛn dɔn lɔs to di man we gɛt elemental lusts."

Student dɛn we de tray fə rɔnawe frɔm di dualistic *maya* delusion we dɛn bin gɛt frɔm Sri Yukteswar pasɛnt ɛn ɔndastandin advays.

"ɔs lek aw di rizin fə it na fə satisfay angri, nɔto fə gridi, na so di seks instinkt dɛn mek am fə mek di spisis bɔku akɔdin to di natura lɔ, nɔ ɛva fə mek pɔsin bɔn di long we nɔ de satisfay," na so i tɔk. "Destroy di rɔng want naw; ɔdasay dɛn go fala yu afta di astral bɔdi dɔn kɔmɔt na in fizik kes. Ivin we di bɔdi wik, di maynd fə de rɛsist ɔltɛm. If tɛmteshɔn atak yu wit kruk pawa, win am bay impersonal analisis ɛn indomitable will. Every natural passion can be mastered."

"Kɔnsɔv yu pawa dɛm. Bi lek di kapasitɔs si, absɔb insay ɔl di tributary riva dɛm fə di sɛns dɛm. Smɔl tin dɛm na opin dɛm na di rizova fə yu insay pis, we de alaw fə west wata we de men pipul dɛm na di dɛzat grɔn fə matirialism. Di fɔs aktivɛt impuls fə rɔng want na di big ɛnimi to di gladi at we mɔtalman gɛt. Roam in di wɔl as layɔn fə." kɔntrol yusɛf; si se di frog dɛn we wik nɔ de kik yu rawnd."

Di pɔsin we de wɔship Gɔd kin dɔn fri frɔm ɔl di tin dɛn we i kin fɔs am fə du. I de chenɟ in nid fə mɔtalman lɔv to aspireshɔn fə Gɔd nɔmɔ, wan lɔv we de in wan bikɔs i de ɔlsay.

Sri Yukteswar in mama bin de na di Rana Mahal distrikt na Benares usay a bin fɔs go fɛn mi guru. I bin gɛt sɔri-at ɛn i bin gɛt gud at, bɔt i bin stil bi uman we gɛt rili disayd fə tink. A bin tinap na in bɔlkɔn wan de ɛn wach mama ɛn pikin we de tɔk togɛda. Insay in kwayɛt, sɛns we, Masta bin de tray fə mek i biliv sɔntin. I tan lek se i nɔ bin ɛbul fə du am, bikɔs i bin shɛk in ɛd wit bɔku trɛnk.

"Nɔ, . nɔto so, . mi pikin, . go go naw! Yu sɛns wɔd dɛn de nɔto fə mi! a am nɔto yu disaypul!"



Sri Yukteswar bin bak bak we i no bin get eni agyument, lek pikin we den kol pikin. A bin toch mi at we i bin rili respekt in mama ivin we i no bin get sens. I bin si am jos lek in smol bobo, .

noto lek posin we get sens. Wan charm bin de bot di trifling insident; i bin de saplae wan saydlayt pan mi guru in unusual nature, inwardly humble en outwardly unbendable.

Di monastik rigyuleshon den no de alaw swami fo kip konekshon wit di wol tayt afta den fomal sevenshon. I no go ebul fo du di serimoni famili rites we di posin we get di os fo du. Bot stil, Shankara, we na bin di wan we bin mek di Swami Oda trade trade, no bin tek di lo den we den bin tel am fo du. We in mama we i lek day, i bon in bodi wit faya we de na evin we i mek i komot na in an we i es op.

Sri Yukteswar bin ignore bak di restrictions, in wan fashon less spektakular. We in mama day, i bin arenj di krematory savis nia di oli Ganges na Benares, en i bin gi boku Brahmin den tin fo it fo fala di kostom we bin don de trade trade.

Di *shastric* prohibitions bin intend fo ep swamis fo ovakom narrow identifications. Shankara en Sri Yukteswar bin don olredi joyn den biens insay di Impersonal Spirit; den no bin nid fo sev posin bay lo. Sontende bak, masta kin ignore wan kanon bay wilful fo mek i go sopot in prinsipul as i bete pas en i no get enitin fo du wit di fom. Na so Jizos bin de kot di yes fo kon di de fo rest. To di wan den we no go ebul fo avoyd fo kondem am, i bin se: "Den mek di Sabat fo motalman, en noto fo di Sabat."

#### **12-20**

Apat from di skripcho den, na smol tem nomo den bin de rayt buk we Sri Yukteswar bin de rid we i bin de rid. Bot stil, i bin de no di nyu tin den we sayensman den don fen en oda tin den we den don mek fo no mo. I bin sabi fo tok to pipul den, en i bin de enjoy fo chenj di we aw den de tok bot boku boku topik den wit in gost den. Mi guru in redi wit en rolik laf bin mek evri tok get layf. Boku tem, Masta bin rili bad, i no bin eva get daknes. "Fo luk fo di Masta, posin no nid fo disfigure in fes," i go rimark. "Memba se fo fen God go min fo ber ol di sori-at."

Pan di filsofa den, profeso den, loya den en sayensman den we kam na di eritaj, wan nomba bin kam fo den fos visit wit di ekspekt fo mit wan otodoks rilijon. Wan wan tem, wan smayl we de mek posin smayl o we i de luk am fo mek i gladi fo le i bia, i bin de sho se di nyu wan den no bin de tink bot natin pas som tin den we den kin tok bot God. Yet den no want fo komot go brij wan klia konvikshon se Sri Yukteswar don sho presis insay fo den speshal fild den.

Mi guru odinari wan bin ombul en fayn to di gost den; den bin welkom am wit fayn fayn padi biznes. Bot stil, sontende, pipul den we bin de tink bot densef nomo kin get wan shok we kin mek den get trenk. Den bin kofrent insay Masta o wan frigid independens o wan fomidabul opozishon: ays o ayen!

Wan tem, wan bigman we sabi bot kemis bin kros sod wit Sri Yukteswar. Di posin we kam fen am no go gri se God de, bikos sayens no don mek eni we fo no am.

"So yu don inexplicably fail fo isolate di Supreme Power fo yu test tubes!" Masta in

yay bin strong. "A rikomend fo mek yu du eksperiens we yu no yeri yet. Eksamin yu tinkin we yu no de taya fo twenti-fo awa. Don no wonda igen se God no de."

WAN we den kin selibret pundit we get sens bin get wan fiba jolt. Wit we posin kin mek lek se i de sho insef zil, . di masta sabi bukman i bin shek di ashram we den kol

raf den wit skripcho den lore. I de mek posin ala lawd wan pasej den we den ton from di *Mahabharata* , . di

*Upanishad den* , . **12-21** di *Bhasyas we den kol Bhasyas* **12-22** of Shankara bin de tok bot .am

"A de wet fo yeri yu." Sri Yukteswar in toyn bin de aks kwestyon, lek se olman kwayet don rul. Di posin we sabi du di wok bin konfyus.

"Koteshon den don de, insay superabundance." Masta in wod den bin mek a konfyus wit gladi at, as a bin de skwatin na mi kona, we de fa from di posin we kam fen mi wit respekt. "Bot us orijinal koment yu kin saplae, from di yunik we yu patikyula layf get? Us oli teks yu don absob en mek yu yon? Us we den trut den ya we no de chenj don mek yu nature renova? Yu satisfay fo bi olo victrola, we de ripit di wod den we oda man den tok wit mashin?"

"A gi op!" Di masta sabi bukman in yon chagrin we de mek posin fil bad bin komik wan. "A get No insay rializashon."

Sontem, na di fos tem dis we i ondastrand se if posin put di koma wit sens, dat no de mek posin get koma we i de pan God biznes.

"Dis pedant we no get blod de smel di lamp unduly," mi guru rimark afta di wan we den chasten don komot. "Den lek filosofi fo bi wan jeneral intelektual setin-ap egzampul. Den elevet tinkin den tek tem no get natin fo du wit di kruditi fo akshon we de na do o to eni skog insay disiplin!"

Masta we bin de stres pantap oda okashon den di fo natin of na jos buk de lan.

I bin tok se: "No konfyus ondastrandin wit big wod den." "Sakred raytin den kin benifit fo mek posin want fo no insay posin in at, if wan stanza wan wan tem de asimilet sloslo. Kontinyu fo stodi wit sens kin rilizot fo natin en di lay lay satisfayshon we posin we no dayjest get." no."

Sri Yukteswar bin tok bot wan pan in yon eksperiens den we i bin de ep fo mek di skripcho den. Di say we den bin de sho di fim na bin wan forest emitaj na di ist pat na Bengal, usay i bin wach di we aw wan ticha we get nem, we nem Dabru Ballav, bin de du tin. Di we aw i bin de du tin, we bin simpul en i no bin izi wan tem, na bin komon tin na India trade trade.

Dabru Ballav bin don geda in disaypul den rawnd am na di silvan solitudes. Di oli *Bhagavad Gita* bin opin bifo den. Den bin de luk wan pasej fo af awa, don den lok den yay. Wan oda af awa bin slip go. Di masta bin gi wan shot koment. Den no bin muv, den bin de tink gud wan bak fo wan awa. Fainali di guru bin tok.

"Get yu don ondastrand?"

"Yes, sa." Wan in di grup bin vencho dis asesment.

"Nɔ; nɔto ful. Sik di spiritual vitality we dɔn gi dɛn wɔd ya di pawa fɔ mek India yɔŋ bak wan senti afta senti." Wan ɔda awa bin los insay kwayet. Di masta dismis di student dɛn, ɛn tɔn to Sri Yukteswar.

"? Du yu no di *Bhagavad we den kɔl Bhagavad Gita na*"

"Nɔ, sa, nɔto rili; pan ɔl mi yay ɛn maynd get rɔn pas i na pej den bɔku tɛm den."

"Tawzin pipul dɔn ansa mi difrɛn we!" Di big big sɛj bin smayl to Masta fɔ blɛs am.  
"If pɔsin bizi wit wan ɔda displei fɔ skripchɔ jɛntri, us tɛm lɛf fɔ silent inward diving  
afta di prayz pal den?"

Sri Yukteswar bin dayrɛkt di stɔdi fɔ in yon disaypul den bay di sem intensiv we fɔ  
wan- pɔynt. I bin tɔk se: "Ways nɔ de asimilet wit di yay, bɔt wit di atɔm den." "We  
yu kɔnvikshɔn fɔ wan trut nɔ jɔs de na yu bren bɔt na yu bi, yu kin diffidently vouch  
fɔ di minin." I nɔ bin pwel ɛni abit we student go get fɔ ɔndastand buk-no as wan  
step we nid fɔ mek pɔsin nɔ bɔt Gɔd biznɛs.

"Di *rishis* rayt insay wan sentens profundities se kɔment masta sabi bukman den bizi  
dɛnsɛf ova fɔ jɛnɛreshɔn," i rimark. "Endless literary controversy na fɔ sluggard  
maynd. Wetin mɔ fri tink pas 'Gɔd na'-nay, 'Gɔd'?"

Bɔt i nɔ kin izi fɔ mek mɔtalman go bak to tin den we nɔ izi fɔ du. I nɔ kin rili bi "Gɔd" fɔ  
am, bɔt na fɔ lan pompositi. In ego gladi, se i kin grap dis kayn erudition.

Man den we bin de prawd fɔ nɔ se den get ay pozishɔn na di wɔl, go mɔs bi se, we  
Masta bin de, ad ɔmbul to den ɔda prɔpati den. Wan tɛm, wan lokal majistret bin  
kam fɔ intavyu na di say usay den de kip animal den we de nia di si na Puri. Di man  
we bin get gud nem fɔ nɔ get sɔri-at, bin get am fɔ pul wi kɔmɔt na di ashram. A bin  
wɔn mi guru bɔt di despotic possibilities. Bɔt i sidɔm wit wan briz we nɔ de chenj,  
ɛn i nɔ grap fɔ grit di pɔsin we kam fɛn am. Smɔl fred, . A bin skwatin nia di domɔt.  
Di man bin get fɔ satisfay wit wan wud bɔks; mi guru nɔ bin aks mi fɔ kam tek chia.  
No fulfilment nɔ bin fulfil di majistret in klia ɛkspektɛshɔn se den go gri se i  
impɔtant wit sɛrimɔni.

Wan mɛtafizikal tɔk bin apin afta dat. Di ges bin blunder tru di mistek we den bin de  
ɛksplɛn di skripchɔ den. As in akkuracy bin de sink, in wamat bin de go ɔp.

"Yu no se a bin tinap fɔs na di MA ɛgzam?" Rizin bin dɔn lɛf am, bɔt i bin stil ebul fɔ  
ala.

"Mista Majistret, yu fɔget se dis nɔto yu kɔt rum," Masta ansa ivin. "Frɔm yu pikin  
tɔk a bin fɔ dɔn tink se yu kɔleji wok nɔ bin wɔndaful. Yunivasiti digri, in ɛni kes, nɔ  
get rimot rilayshɔn to Vedik rializashɔn. Den nɔ de prodyuz Sent den insay batch  
ɛvri sɛmsta lɛk akauntant den."

Afta wan bin sɔprayz sɛt mɔt, di visitɔ bin laf wit ɔl wi at.

Im se, "Dis na mi fes ɛnkount wit heven majistret." Leta i mek wan fɔmal rikwest,

couched in di ligal tɛm dɛn we i klia se na pat ɛn pasɛl pan in bi, fɔ mek dɛn aksept am  
as a

"probeshonari". disaypul.

Mi guru inself bin atend di ditil den we get fo du wit di we aw den de manej in propati. Pipul den we no bin get sens bin de tray difren tem den fo mek den get Masta in gret gret granpa den land. Wit ditarminieshon en ivin bay we i de mek pipul den ker am go na kot, Sri Yukteswar bin win ol di wan den we bin de agens am. I bin get den pen eksperiens ya bikos i bin want fo no eva bi beg guru, o lod pan in disaypul den.

In yon moni biznes na bin wan rizin we mek mi Masta we bin de tok klia wan we bin de mek a fred, no bin du eni koni koni we aw den bin de du diplomasi. No lek den ticha den we get fo flat den sopota den, mi guru no bin de ambog di tin den we oda pipul den jentri kin du, we den kin opin o we den no kin si klia wan. A no eva yeri i de aks o ivin hint fo moni fo eni rizin. Den bin de gi in ermita trenin fri en fri to ol di disaypul den.

Wan kot diputi we no get wan respekt bin rich wan de na di Serampore ashram fo sav Sri Yukteswar wit wan ligal somon. Wan disaypul we nem Kanai en misef bin de de. Di we aw di ofisa bin de tink bot Masta bin de mek posin veks.

"I go du yu gud fo lef di shado dem na yu emita en blo di ones eya fo kot rum." Di diputi bin grin wit disgres. A no bin ebul fo kontrol misef.

"Oda wod of yu impudence we no get wan respekt en yu go bi pantap di gron!" a go bifo we de tretin posin.

"Yu wiked posin!" Kanai in ala bin de simultaneous wit mi own. "Dare yu bring yu blasfemi dem fo dis oli ashram?"

Bot Masta bin tinap fo protekt am bifo di posin we bin de trit am bad. "No get excited ova notin. Dis man de onli du im rait duty."

Di ofisa, . dazed at in difren difren tin den risepshon, wit respekt we den kin gi wan wod of fo aks fo padi fo padi en spid we i de spid go.

I bin wondaful fo si se masta we get dis kayn faya wil kin so kwayet insay. I bin fit di Vedik difinishon fo man fo God: "I sof pas di flawa, usay i min fo du gud; i strong pas di tenda, usay prinsipul den de pan denja."

Oltam pipul den de na dis wol we, insay Brawn in wod, "enjoy no layt, bi." densef no klia." Wan oda posin bin de kos Sri Yukteswar wan wan tem fo wan imajinari groj. Mi guru we no bin de ambog bin de lisin wit politiks, de analayz inself fo si if eni smol trut de insay di kondem. Den sinima ya go briy wan pan di tin den we Masta no falamakata fo si na mi maynd: "Som pipul den kin tray fo bi long bay we den kin kot oda pipul den ed!"



Di we aw pɔsin we oli kin fil we nɔ de pwɛl, kin mek pɔsin kɔle pas ɛni sɛmin. "Di wan we nɔ de vɛks kwik pas di wan we gɛt pawa, ɛn di wan we de rul in spirit pas di wan we de tek siti." **12-23**

a boku tɛm we dɛn bin de tink bɔt dat mi majestik Masta ebul izi gɛt bin wan empara ɔ di wɔl- we de shek

warrior bin dɔn de tink bɔt fɔ get nem ɔ di tin dɛn we i dɔn du na di wɔl. I bin dɔn pik insted fɔ storm dɛn insay citadel dɛn we get wamat ɛn egotism we dɛn fɔdɔm na di ayt fɔ man.

12-1 : "Wɔship fɔ Durga." Dis na di men festival fɔ di Bɛngali ia ɛn i kin tek nayn dez arawnd di ɛnd ɔf Sɛptɛmba. Wantɛm wantɛm fala na di tɛn dez festival ɔf *Dashahara we de na di wɔl* ("di Wan udat de pul di tin dɛn we de apin tɛn sin"-tri ɔf bɔdi, tri ɔf maynd, 4 ɔf tɔk). Oltu *puja dɛn we dɛn kin du* de oli to Durga, 1999. tru tru "di Inaccessible," wan tin ɔf Lɛk ɛvin Mama, Shakti, di uman kriet pawa we pɔsin.

12-2 : . Sri Yukteswar na yu bin bɔn pantap Sɔntɛm 10, 10 . 1855. Di ia 1855.

12-3 : . *Yukteswar na yu* min "yunayt." to Gɔd." *Giri* na wan klasifikasiɔn difrɛns ɔf wan ɔf di tɛn ol Swami bin de tɔk bɔt am branch dɛn. *Sri*

.min "oli"; i na nɔto wan nem bɔt wan taytul ɔf respekt

12-4 : . Tru tru, "to dayrɛkt togeda." *Samadhi we get fɔ du wit am* na wan we pɔsin de tink pasmak stet ɔf ekstazi we pɔsin kin get in us di yoga we de du yoga de si tin di aydentiti fɔ sol ɛn Spirit.

12-5 : . Fɔ snor, . frɔm wetin to di wan dɛn we de stɔdi bɔt di bɔdi, . na wan indikashiɔn ɔf utter fɔ rilaks (to di nɔ de tink bɔt ɛnitin pɔsin we de du di wok, . na nɔmɔ).

12-6 : . *Dhal we de na di wɔl* na wan tik sup bin mek frɔm sheb to tu piz ɔ ɔda puls dɛn. *Channa we de na di wɔl* na wan chiz ɔf frɛsh we dɛn dɔn kɔd milk, kɔt insay skwea ɛn kɔri wit pɔt.

12-7 : Di pawa dɛn we de ɔlsay na yogi, usay i de si, yeri, test, smɛl, ɛn fil in wanwɔd we i mek we i nɔ de di yuz ɔf di tin dɛn we pɔsin kin fil ɔgan dɛn, . get bin we dɛn tɔk bɔt as de fala in di *Taittiriya we de na di wɔl Aranyaka we de na di* : . "Di blayn man dɛn dɔn chuk am di pal; di wan dɛn we nɔ get finga kin put trɛd insay; di wan dɛn we nɔ get nek bin wɛr am; ɛn di wan dɛn we nɔ get tɔɔ bin prez am."

12-8 : . Di kobra kwik kwik wan strayk dɛn at ɛni we de muv tin insay i na te. Dɔn we pɔsin nɔ ebul fɔ muv na kin wan in yon nɔmɔ op fɔ sef.

12-9 : . Lahiri we de na di wɔl Mahasaya we de na di wɔl rili bin se "Priya" we de tɔk bɔt am. (fɔs ɔ dɔn gi nem), nɔto "Yukteswar" we de tɔk bɔt am. (monastik). nem, nɔto bin get bay we mi guru we Lahiri we de na di wɔl Na Mahasaya in yon layf tɛm). (Si [pej 109](#).) . "Yukteswar" we de tɔk bɔt am. na we dɛn dɔn substitut naya, ɛn in wan sɔm ɔda ples dɛn insay dis buk, fɔ mek dɛn nɔ kɔnfyus, to di wan we de rid, tu nem dɛn.

12-10 : . "Dat mek a se to yu, Wetin tin dɛn soever yu want, ustɛm yu pre, biliv dat yu get dɛn, ɛn yu go get dɛn."- *Mak* 11: 24. Masta dɛn we get di Divayn Vishɔn kin fulɔp fɔ transfa dɛn rializashiɔn to advans disaypul dɛn, lɛk aw Lahiri Mahasaya bin du fɔ Sri Yukteswar pan dis tɛm.

12-11 : . "ɛn wan ɔf dɛn bin slap am di savant ɔf di ay prist, ɛn kɔt ɔf in rayt yes. ɛn jizɔs bin ansa ɛn i se, "Una lɛf so fa." ɛn i tɔch in yes ɛn mɛn am."- *Ljuk* 22:50-51.

12-12 : . "Gi nɔto dat us na oli to di dɔɔ dɛn, . ɔ plasta yu yu pal dɛn we dɛn kɔl pal bifo swin, . so dat i nɔ go du dat dɛn tramp dɛn ɔnda dɛn fut, ɛn tɔn bak ɛn swe una."- *Matyu* 7: 6.

12-13 : . Disaypul dɛn; frɔm Sanskrit verb we dɛn kin yuz fɔ du sɔntin rut, "to sav."

12-14 : . I bin wan tɛm sik in Kashmir, 1999. ustɛm a bin nɔ de frɔm in. (Si [chapta 23](#).) .

12-15 : . WAN get maynd wɛlbɔdi biznes man, Charles Rɔbɔt Richet, 1999. we dɛn gi di awɔd di Nɔbɔl Prayz in fisiɔlɔɔji, . dɔn rayt as de fala: "Metafiziks nɔto ɔfishal sayens yet, we dɛn no se na so. Bɔt i go bi. At." ɛdinbɔɔ, 1999. a bin ebul to

affirm bifo 100. Na di 100 di wan dɛn we de stɔdi bɔt di bɔdi dat wi fayv di sɛns dɛn we pɔsin kin get de nɔto wi nɔmɔ Bikɔs wan trut na at min ɔf no ɛn dat wan fragment we dɛn mek ɔf rial tin sɔntɛnde rich di sɛns in ɔda we dɛn fɔ yuz. fɔ si na Nɔ rizin dat i du nɔto de de. Bikɔs

Den wan dɛn udat get railed at metafiziks we de tɔk bɔt as. . wan stɔdi na nɔ kin izi, na dat wan rizin fɔ nɔto ɔndastandin i? wan ɔkult fɔ du mami ɛn dadi biznes

sayens go shem fɔ dɛnsɛf lɛk di wan dɛn we bin de kɔl kemistri pan di grɔn se fɔ fɛn di filɔsofa in stɔn na lay lay tin.  
Insay di di tin ɔf prinsipul dɛn de de nɔmɔ dɛn wan dɛn ɔf Lavoisier, 1999. Klɔd.....  
Benard, 1999. ɛn

".Pastɔ-di *ɛksperiment* ɔlsay ɛn ɔltɛm. De grit, dɔn, to di nyu sayens us na de go to chɛnj di ɔriɛnteshɔn we mɔtalman de tink

12-16 : . *Samadhi we get fɔ du wit am* : . pafɛkt union ɔf di we dɛn mek fɔ ɛnibɔdi sol wit di I nɔ get ɛnd Spirit.

12-17 : . Di we p̄sin n̄ no natin we d̄n de gayd raysh̄nalizaysh̄n d̄n ɔf di maynd de kpatakpata difr̄n fr̄m di we n̄ de mek mistek gayd ɔf trut we tin d̄n fr̄m di di we aw p̄sin de tink pasmak. D̄n lid bay we Fr̄nch sayensman d̄n ɔf di S̄b̄n, 1999. Westinian pipul d̄n we de tink de bigin f̄ investigat di p̄sibul f̄ mek Ḡd de si tin insay m̄talman.

F̄ di pas twenti ia, student d̄n we de st̄di b̄t sayens, we Fr̄yd bin infl̄ws, bin de gi ɔl d̄n t̄m f̄ f̄n di sabk̄sh̄s." "eria d̄n," Raba we nem Raba Izr̄l H. Levinthal bin de du am p̄ynt k̄m̄t in 1929. Di ia 1929. "I na tru dat di s̄bk̄sh̄ns de sho b̄ku ɔf di sikrit we kin eksplen wetin m̄talman de du, b̄t n̄to ɔl wetin wi de du. I kin eksplen di abn̄mal, b̄t n̄to di tin d̄n we p̄sin kin du we de ɔp di n̄mal. Di tin we j̄s k̄m̄t sayens b̄t p̄sin in maynd, . we d̄n sp̄k̄j bay we m di ɔdi Fr̄nch skul d̄n, . d̄n we d̄n d̄n f̄n wan nyu eria in man, us i de k̄l di p̄sin we de tink pasmak. difr̄nt fr̄ rant d̄m na wi nature, i de sho di ayt d̄n to us wi nech̄ kin rich. Man ɔbmerged k̄n we de riprizent di s̄sh̄s̄abk̄ ripresent wan triple, . n̄to wan tu, karakta; wi no ̄n sabk̄sh̄s biin de krawn bay wan supakosh̄ns. B̄ku ia bifo dis t̄m, wan English sayensman we nem F. W. H. Mayers, bin t̄k se 'we d̄n ayd insay di dip pat na wi layf, na wan r̄bish hip ̄n bak na wan tr̄s os.' Difr̄n fr̄m di sayens we de sent ɔl in risach pan di sabk̄sh̄s insay m̄talman in nature, dis nyu saik̄l̄j f̄ di supakosh̄s de pe at̄nsh̄n pan di tr̄s-haus, di rijȳn we in wan kin eksplen di big, n̄ selfish, heroic deeds ".of man

12-18 : . *Jnana we de na di w̄l* , . s̄ns, ̄n *bhakti we d̄n k̄l bhakti* , . divosh̄n we p̄sin kin gi: tu ɔf di men rod d̄n we d̄n kin yuz f̄ waka to Ḡd.

12-19 : . "Man in in we yu de wek stet put f̄ go bifo n̄b̄di n̄ go ebul f̄ k̄nt tray we d̄n de tray f̄ du f̄ we de eksperīns we get s̄ns f̄ du mami ̄n dadi bizn̄s di tin d̄n we p̄sin kin ̄nj̄y; ust̄m di ɔl grup we get s̄ns ɔgan d̄n d̄n taya, i f̄get ivin di gladi at we de na in an ̄n go slip f̄ mek i go ̄nj̄y f̄ rest na di sol, in yon nature," Shankara, di big Vedantist, d̄n rayt. "Ultra-sensual bliss is so extremely easy of attainment and is far superior to sense delights which always end in disgust."

12-20 : . *Mak 2:27* .

12-21 : Di *Upanishad* ɔ *Vedanta* (literally, "end of the Vedas"), de apin na s̄m pat d̄m na di *Vedas* as imp̄tant s̄mari d̄m. Di *Upanishad* d̄n de gi di tin d̄n we di Indu rilij̄n de tich. D̄n bin get dis tribute fr̄m Schopenhauer: "Aw ɔltoḡda du di *Upanishad* we d̄n k̄l *Upanishad* blo te di oli spirit ɔf di *Veda* d̄n ! Aw na ɔlman we d̄n kam f̄ no da buk de we n̄ get wan k̄mpitish̄n we da spirit de mek i fil fayn te i rich di dip dip tin d̄n na in sol! Fr̄m ̄vri s̄nt̄ns dip, f̄st̄m, ̄n sublaym tink kam, ̄n di wan ol na we bin de ɔlsay bay we wan ay ̄n oli ̄n wit ɔl yu at spirit. . . . Di akses to di *Vedas* bay we d̄n yuz di *Upanishad* d̄n na mi yay di big big ɔn̄ we dis sentiwd̄ kin klem bifo ɔl di sentiwd̄ d̄n we d̄n pas."

12-22 : . K̄m̄nt d̄n we d̄n kin gi. Shankara bin de t̄k b̄t am we n̄

get wan k̄mpitish̄n we d̄n eksplen di *Upanishad* d̄n we d̄n kin yuz .

12-23: *Pr̄vabs* 16: 32 .

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## CHAPTER: 1 . 13. 13

### *Di N̄ ebul f̄ slip Sent*

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"Duya alaw mi f̄ go na di Himalayas. A op insay unbroken solitude f̄ aj̄st k̄ntinyu divayn k̄myunion."

Fo tru, wan tem a bin adres den wod ya we no get tenki to mi Masta. Seized by one of di unpredictable delusions which occasionally assail di devotee, a fil wan growing impatience wit hermitage duties en koleji stodi. Wan tin we kin mek a no get bete trenk na dat den bin mek mi propozal we a bin jos don de wit Sri Yukteswar fo siks mont. Noto yet a bin don ful-op fo stodi in ay ay ayt.

"Boku pipul den we de na di il den de liv na di Himalayas, bot stil den no get enitin we God de si." Mi guru in ansa kam sloslo en simpul wan. "I bete fo fen sens from man we sabi du tin pas from wan mawnten we no de wok."

We a no bin pe atenshon to di klia tin we Masta bin tok se na in, en noto il, na mi ticha, a bin ripit mi beg. Sri Yukteswar vouchsafed no riply. A tek in silens fo gri, wan prekarios intapriteshon we posin kin gri wantem wantem we i izi fo posin.

Insay mi os na Kalkata da ivintem de, a bin bizi de pripia fo travul. We a bin de tay som atikul den insay wan blanket, a memba wan sem kayn bondel, we a bin don drop sikrit wan na mi opgaret winda som ia bifo dat. A bin de wonda if dis go bi oda flay we no get sta den we de go na di Himalayas.

Di fos tem we a bin rili gladi fo God biznes; tinayt konshens smot bad bad wan we a tink bot fo lef mi guru.

Di neks monin a bin fen Behari Pundit, we na mi Sanskrit profeso na Skotish Choch Kolej.

"Se, yu don tel mi bot yu padi biznes wit wan big disaypul fo Lahiri Mahasaya. Duya gi mi in adres."

"Yu min Ram Gopal Muzumdar. A kol am di 'sliples sent.' I de wek oltem insay wan ekstatik konshens In os de na Ranbajpur, nia Tarakeswar."

a tel tenki di pundit, . en we den don entrayn wantem wantem fo Tarakeswar bin de du am. a we den bin de op fo to set mot mi misgivings bay we a wring wan sankshon from di "sleepless saint" fo enjoy misef insay lonely Himalayan meditashon. A yeri se Behari in padi bin don get layt afta boku ia we i don de praktis *Kriya Yoga* na kev den we de fa fawe.

Na Tarakeswar a bin go nia wan ples we pipul den sabi fo woship. Indu den kin tek am wit di sem respekt we Katolik den kin gi to di ples we oli na Lod na Frans. Boku boku mirekul den don apin we de men pipul den na Tarakeswar, en wan pan den mirekul den de fo wan pan mi famili.

Wan tem, mi big anti bin tel mi se: "A bin sidom na di tempul de fo wan wik." "We a de obshob wan komplit fast, a pre fo mek yu Onkul Sarada wel from wan sik we no de men. Di de we mek sevin a fen wan oyl we don materializ na mi an! A mek wan brij from di lif den, en gi am to yu onkul. In yon sik don los wan tem, en i no eva kam

bak."

A go insay di oli Tarakeswar shrine; di olta no get natin pas wan rawnd ston. Di say we i de rawnd, we no get biginin en we no get end, de mek i rili impotant fo di Infinite. Kosmik we den kol

abstrakshən nɔto alien ivin to di Indian peasant we ɔmbul pas ɔl; infakt, pipul den na West dɔn aks am fɔ liv pan abstrakshən!

Mi yon mud da tɛm de bin so austere dat a bin fil se a nɔ bin want fɔ butu bifo di ston simbul. Den fɔ fɛn Gɔd, a bin tink, na insay di sol nɔmɔ.

A kɔmɔt na di tempul we a nɔ genuflection ɛn waka kwik kwik wan go na di vilej we de fa fawe we nem Ranbajpur. Di apil we a bin apil to wan pɔsin we bin de pas fɔ mek i gayd am bin mek i sink insay lɔng tɛm fɔ tink.

"Ustɛm yu kam to wan kros rod, . tɔn rayt ɛn kip de go," i dɔn we den kin kɔl am ɔrakul wan.

A obe di tin den we den tɛl a fɔ du, a go nia di bank den na wan kanal. Daknɛs bin fɔdɔm; di ɔdasay den na di jɔnggrɔn vilej bin get layf wit fayaflay den we bin de wink ɛn di kray we di jakal den we bin de nia de bin de ala. Di mun layt bin tu smɔl fɔ mek i get ɛni kɔrej; A bin stɔp fɔ tu awa.

Welkam klang fɔ wan kawbɛl! Di ala we a bin de ala bɔku tɛm bin mek wan

pɔsin we de wok na fam kam nia mi. "A de luk fɔ Ram Gopal Babu."

"No so pesin de liv fɔ wi vilej." Di man in tɔyn bin surly. "Yu go mɔs bi lay lay ditektiv."

A bin op fɔ mek pipul den nɔ get wanwɔd na in maynd we bin get prɔblɛm wit pɔlitiks, a bin ɛksplen di prɔblɛm we a bin get wit mi at. I kɛr mi go na in os ɛn wɛlkɔm mi fayn fayn wan.

"Ranbajpur de fa frɔm ya," i rimark. "Na di kros rod, yu fɔ dɔn tɔn lɛft, nɔto rayt."

Di pɔsin we a bin dɔn tɛl mi fɔs, a bin tink se i sɔri fɔ no se, na difrɛn prɔblɛm fɔ di wan den we de travul. Afta a dɔn it fayn fayn it den we get kɔs kɔs rays, lentildhal , ɛn kari we get pɔt wit raw banana, a ritaia go na wan smɔl smɔl os we bin de nia di kɔt. Na di fa, di pipul den na di vilej bin de siŋ wit di lawd akkompaniment fɔ *mridangas* **13-1** ɛn simbal den. Slip nɔ bin de tink bɔt da net de; A bin pre dip wan fɔ mek den dayrɛkt mi to di sikrit yogaman, Ram Gopal.

As di fɔs streak den we de kɔmɔt na do bin de go insay di say den we nɔ de na mi dak rum, a bigin fɔ go na Ranbajpur. We a bin de krɔs di rɔf rɔf padi fil den, a bin de waka waka oba sikl stɔp den we de na di plant we get tik ɛn bɔku bɔku kle we dɔn dray. Wan pesin we kin mit mi wan wan tɛm go tɛl mi, ɔltɛm, se di say we a de go na "onli *krosha* (tu mayl)." Insay siks awa di san bin travul wit win frɔm wan ɔrayzin to di ɔda wan, bɔt a bigin fɔ fil se a go ɛva de fa frɔm Ranbajpur bay wan *krosha* .

Midul aftanun mi wɔl bin stil bi padi fil we nɔ get end. Di ɔt we bin de kɔmɔt na di skay we nɔ bin ebul fɔ avɔyd bin de mek a nia fɔ fɔdɔm. As wan man de kam nia mi wit fridɔm, a nɔ bin ebul fɔ get maynd fɔ tɔk di kwɛstyɔn we a kin aks, so dat i nɔ go kɔl di wan we nɔ get wanwɔd: "Jɔs wan *krosha* ."

Di strenja bin stop nia mi. Shɔt ɛn smɔl, . i bin na bɔdi we nɔ de mek pɔsin kɔle sev fɔ wan



rili speshal bay tu of we den kin pier dak yay.

"A bin de plan fo komot na Ranbajpur, bot yu purpose bin gud, so a bin de wet fo yu." I shek in finga na mi fes we bin de soprayz. "Yu no kleva tink se, unanounced, yu fit pounce on mi? Dat profesa Behari no get rait to giv yu mai adres."

We a tink bot se fo introduks misef go jos bi fo tok boku tin den we dis masta de, a tinap no ebul fo tok, en a bin fil bad smol we den welkom mi. Di neks tin we i tok bin tok wantem wantem.

"Tel mi; usay du yu tink God na?"

"Wetin du, I na insay mi en olsay." a wi no get wan dawt bin luk as bin konfyus as a don fil.

"Ol-we de olsay, eh?" Di sent bin de laf. "Den wetin mek, yong sa, yu fail fo bow bifo di Infinite fo di ston simbol fo Tarakeswar temple yestade? **13-2.**" Yu prawd bin mek yu get di ponishment fo mek di posin we de pas we no bin de mona yu wit fayn fayn difrens den we de bitwin left en rayt. Tide, tu, yu don get fair unkomfotabl taim fo am!"

A gri wit ol mi at, a bin wonda se wan yay we no oltin ayd insay di bodi we no wondaful bifo mi. Di trenk fo men pipul den bin de komot from di posin we de du yoga; A bin get trenk wantem wantem na di fil we bin de bon.

"Di devotee inklin fo tink se in rod to God na di wangren we," i tok. "Yoga, we den kin yuz fo fen divinity insay, na di ay rod we no get wan dawt: so Lahiri Mahasaya don tel wi. Bot we wi fen di Masta insay, i no kin te, wi kin si am witout. Oli shrin den na Tarakeswar en oda say den, den rayt fo respekt den as nyuklia senta den we get spiritual pawa."

Di sent in sens we i bin de tink bot no bin de igen; in yay den bin sof wit sori-at. I bin de pat mi sholda.

"Yon yogi, a si se yu de ronawe from yu masta. I get ol wetin yu nid; yu fo go bak to am. Mawnt no go ebul fo bi yu guru." Ram Gopal bin de ripit di sem tin we Sri Yukteswar bin don tok na wi las mitin.

"Masta dem no de anda no kosmik kompulshon fo limit dia residence." Mi kompin bin glan pan mi wit kwestyon. "Di Himalayas na India en Tibet no get eni monopoli pan sent den. Wetin posin no de trobul fo fen insay, den no go fen am bay we den de transpot di bodi go ya en yon. As di posin we de woship am *redi* fo go ivin na di end den na di wol fo get spiritual layt, in guru de apia nia de."

A gri kwayet wan, a memba mi prea na di Benares emitaj, don di mitin wit Sri

Yukteswar na wan len we boku pipul den bin de de.

"De yu ebul to get wan smol rum usay yu kin tayt di domot en bi wangren?"

"Yes." A bin tink se dis sent bin de kam döŋ fröm di jeneral to di patikyula wan wit spid we de mek pösın kōnfyus.

"Na yu kev dat." Di yogi bin gi mi wan luk we de mek a get layt we a nō eva föget.  
"Na yu oli mawnten de. Na de yu go si God in kındom."

In simpul wöd den bin dreb di we aw a bin de tink bot di Himalayas fö ol mi layf wantem wantem. Insay wan padi fil we de bōn a wek fröm di bōku bōku drim den bot sno we go de sote go.

"Yōŋ sa, yu divayn tōsti na laudable. A fil big löv fö yu." Ram Gopal tek mi an en ker mi go na wan fayn fayn vilej. Den bin kōba di adobe os den wit kokonat lif den en den bin de mek den fayn wit rustik entre den.

Di sent bin sidom mi na di umbrageous bambu pletfōm na in smöl kötje. Afta i gi mi laym jus we den dön swit en wan pat pan rök kandy, i go insay in patio en tek di lotus pozishōn. Insay lek 4 awa so, a opin mi yay den we a de tink gud wan en si se di yogi in figa we de shayn wit di mun stil nō de muv. As a bin de mēmba mi beke tranga wan se man nō de liv wit bred nōmō, Ram Gopal kam nia mi.

"A si yu de bin angri; it go bi redi nō go te."

Den bin de bōn faya onda wan kle ovin we bin de na di patio; den bin de gi rays en *dhal* kwik kwik wan pan big banana lif den. Di pösın we bin de invayt mi nō bin gri fö mek a ep am fö du ol di wok den we a bin de du fö kuk. Wan Indu parebul we se: "Di gōst na God," dön tel pipul den fö du ol wetin den want fröm trade trade. We a bin travul leta na di wöl, a bin rili kōle fö si se di sem kayn respekt fö visitō den de sho na di rural pat den na bōku kōntri den. Di pösın we de na di siti kin si se di kayn we aw pipul den kin lek fö welkōm pipul den kin stop bikōs of bōku bōku strenj fes den.

Di mats fö man den bin tan lek se den nō de shayn fa fawe as a de skwatin nia di yogi na di say we nō de nia di smöl smöl vilej we de na di jōŋgrōn. Di kötje rum bin mistirios wit wan mēlo layt. Ram Gopal arenj som blankit den we dön rōtin na grōn fö mi bed, en sidom pan wan straw mat. A bin rili fil bad bot in spiritual magnetism, a bin venchō fö aks fö sōntin.

"Sa, wetin du nō yu alaw mi wan *samadhi we den kol samadhi* ?"

"Dia wan, a go gladi fö gi di divayn kōntakt, bot nōto mi ples fö du am." Di sent luk mi wit af-af klos. "Yu masta go bestow dat eksperiens shot tem. Yu bōdi nō de tun jōs yet. As smöl lamp nō ebul fö bia wit bōku ilektrik vōltē, na so yu nerv dēm." nō redi fö di kōsmik kōrent. If a giv yu di infinite ecstasy rait naw, yu go burn as if ol di sēl den bin de bōn faya.

"Yu de aks fö layt fröm mi," di yogi kontinyu fö tink, "we a de wōnda- inkōnsidabl as

a de, ɛn wit di smɔl meditashɔn we a dɔn du-if a dɔn sakrifays fɔ mek Gɔd gladi, ɛn wetin valyu a go fɛn na In yay na di las kɔl."

"Sa, get yu noto bin na wan at nomo we de luk fo posin God fo wan long tem?"

"A no du buku tin. Behari go don tel yu sontan bot mi layf. Fo twenty ia a bin de na wan sikrit groto, a bin de tink gud wan fo ettin awa evride. Don a bin muf go na wan kev we no izi fo go de en a bin de de fo twenty fayv ia, en a bin de go insay di yoga union fo twenty awa evride. Mi no bin nid fo slip, bikos a bin de wit God oltem. Mi bodi bin rest mo insay di komplit kol at we di supakoshens get pas aw i kin bi bay di pat pan pis we di odinari sabkoshens stet get.

"Di mosul dem de rilaks we yu de slip, bot di at, di long dem, en di sekylatri sistem de wok oltem; den no de get rest. Insay superkonshon, di insay ogan dem de stil de insay wan stet we de saspens animashon, we di kosmik enegi de mek den kolekt.

"Mi gudnes, yu don de tink gud wan fo long tem en yet yu no sho bot di Masta in fayv!" A bin de luk am wit soprayz. "Den wetin bot wi po motalman den?"

"Wel, yu no si, mi dia boy, se God na Eternity Itself? Fo tek am se posin kin ful-op fo no Am bay foti fayv ia we i de tink gud wan na rather a preposterous expectation. Babaji de ashu wi, bot, se ivin smol meditashon de sev posin from di bad bad fred fo day en afta-day stet. No fiks yu spiritual ideal pan wan smol mawnten, bot hitch am to di sta fo." unqualified divine attainment If yu wok tranga wan, yu go rich de."

A bin rili gladi fo di op, so a aks am fo mo wod den we go mek a no mo. I bin tok wan wondaful stori bot di fos mitin we i mit wit Lahiri Mahasaya in guru, we nem Babaji.

**13-3** Arawnd midnait Ram Gopal bin fodom kwayet, en a ledom pan mi blankit den. We a lok mi yay, a si laytin we de shayn; di big big ples we bin de insay mi na bin wan rum we get layt we don rotin. A opin mi yay en si di sem layt we de shayn. Di rum bin bi pat pan da vault we no get end we a bin de si wit interio vishon.

"Wetin du no yu go to slip?"

"Sa, aw kin a slip in di de de of laytin flash, we de bon ileksef mi yay de lok o opin?"

"Yu bles fo get dis eksperiens; di spiritual raytin no izi fo si." Di sent ad som wod den fo sho se i lek am.

We di ples begin fo shayn, Ram Gopal gi mi rok kandy en se a fo komot. A bin fil se a no bin want fo tel am fayn fayn wan dat kray wata bin de komot na mi chest.

"A go noto le yu go emti-an den." Di yoga we de du yoga bin tok wit sori-at. "A go du sontan fo yu."

I smayl en luk mi tranga wan. A bin tinap rut na gron, pis de rosh lek big big wata we de ron pas na mi yay get den. Wantem wantem, a bin wel from wan pen na mi bak, we bin don de mona mi wan wan tem fo long long tem. Rinyu, was insay wan si we

get gladi at we de shayn, a nɔ kray igen. Afta a tɔch di sent in fut, a rɔn go insay di  
jɔŋgrɔn, ɛn mek mi we fɔ pas na di ples we kol

tangle te a don rich Tarakeswar bin de du am.

Na de a mek sekɔn pilgrimej to di famɔs shrine, ɛn butu misɛf ful wan bifo di ɔlta. Di rawnd ston bin big bifo mi insay vishɔn te i bi di kɔsmik sfera dɛn, ring insay ring, zon afta zon, ɔl dɛn dɔn dower wit divinity.

A bin entrain wit gladi wan awa afta dat fɔ go na Kalkata. Mi travul dɛn nɔ bin dɔn na di ay ay mawnten dɛn, bot na di Himalayan prezɛns we mi Masta bin de.

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13-1 : . Dɛn kin ple am wit an drɔm dɛn, . dɔn yuz nɔmɔ fɔ divɔshɔnal tin dɛn myuzik.

13-2 : . Wan na we dɛn mɛmba naya ɔf Na Dostoevski in yon fɔ wach: "WAN man udat i de bow dɔɔ to natin kin nɔ ɛva bia di lod fɔ insɛf."

13-3 : . Si chapta 35.

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## CHAPTER: 1 . 14

### *Wan ɛkspiriɛns Insay di Kosmik we dɛn kɔl No*

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"A am naya, Guruji we de na di wɔl." Mi shem we pɔsin kin shem bin tɔk mɔ we dɛn kin tɔk fayn fayn wan fɔ mi.

"Le wi go na di kichin ɛn fɛn sɔntin fɔ it." Di we aw Sri Yukteswar bin de biev bin tan lɛk se awa ɛn noto de dɛn dɔn mek wi separet.

"Masta, a go dɔn disapɔynt yu bay we a kɔmɔt na mi wok wantɛm wantɛm na ya; a bin tink se yu go vɛks pan mi."

"No, of course not! Wrath spring onli from thwarted desires. A no de expekt enitin from oda pipul, so dia akshon no fit bi opozishon to wetin a want. A no go yuz yu fo mai oun ends; a gladi onli fo yu own tru hapines."

"Sa, pɔsin kin yeri bot divayn lɔv insay wan we we nɔ klia, bot na di fɔs tɛm we a de get kɔnkrit ɛgzampul insay yu ɛnjɛl sɛf! Insay di wɔl, ivin papa nɔ kin fɔgiv in pikin izi wan if i lɛf in mama ɛn papa in biznɛs we i nɔ wɔn am. Bot yu nɔ sho di smɔl smɔl vɛks, pan ɔl we yu fɔ fɔgiv am." dɔn put am to big inkɔnvɛnɛns bikɔs ɔf di bɔku wok dɛn we a nɔ dɔn dɔn we a lɛf bien."

Wi bin de luk wisef na wi yay, usay kray wata bin de shayn. Wan gladi gladi wef bin koba mi; A bin no se di Masta, insay di fom fo mi guru, bin de ekspən di smol smol ardors na mi at insay di inkompresibl rich dem fo kosmik lov.

Afta som monin a mek mi we fo go na Masta in emti sidom rum. A bin plan fo tink gud wan, bot di tin den we a bin de tink bot we no bin de obe no bin de tok bot di tin we a bin want fo prez. Den skata lek bod bifo di antinman.

"Mukunda de tok bot am!" Sri Yukteswar in yon voys bin de sawnd from wan we de fa fawe insay balkon we de na di balkon.

A bin fil se a no gri wit wetin a de du jos lek aw a bin de tink. "Masta de enkorej mi oltem fo tink gud wan," a de muf to misef. "I no fo distob mi we i no wetin mek a kam na in rum."

I kol mi bak; A bin kontinyu fo set mot wit traja. Di tod tem in toyn bin ol

korekt. "Sir, a de meditate," a ala wit protest.

"A no aw yu de tink gud wan," mi guru kol, "wit yu maynd we den sheb lek lif den na big big briz! Kam ya to mi."

Den bin snub am en mek olman no, a bin mek mi we i sori fo no se to in say.

"Po bobo, di mawnten den no bin ebul fo gi wetin yu want." Masta bin tok wit korej, en korej am. I no bin ebul fo ondestand di we aw i bin de luk am kwayet wan. "Di tin we yu at want go fulfil."

Sri Yukteswar no bin de du ridl; A bin konfyus. I bin nak mi chest saful wan op di at.

Mi bodi bin get rut we no de muv; briz bin de komot na mi long lek se na som big big magnet. Sol en maynd los den bodi slev wantem wantem, en strim komot lek layt we de pas wata from mi evri pore. Di bodi bin tan lek se i don day, bot stil we a bin rili no se a no eva get layf ful wan bifo. Mi sens fo no udat a bi no bin jos de na wan bodi igen, bot a bin ebul fo tek di atom den we de rawnd am. I bin tan lek se pipul den we bin de na strit den we bin de fa fawe bin de muf saful wan oba mi yon rimot say. Di rut den fo plant en tik den bin de apia tru wan dim transparency na di gron; A bin no aw den sap de flo insay.

Di wan ol ples bin de na do bifo mi. Mi odinari frontal vishon bin chenj naw to wan big sferikal si, we di sem tem de si oltin. Tru di bak pat na mi ed a si man den de waka fa fawe don Rai Ghat Rod, en a notis bak wan wayt kaw we bin de kam nia am wit fridom. We i rich na di ples we de bifo di opin ashram get, a wach am wit mi tu bodi yay den. As i de pas, bien di brik wol, a si am klia wan se i stil stil.

Ol di tin den we bin de insay mi panorama luk bin de shek shek en shek shek lek



kwik muv pikcho den. Mi bodi, Masta in yon, di kot we get pila den, di fonicha en di flo, di tik den en di san, wan wan tem bin de agyu bad bad wan, te oltin melt to si we de shayn; ivin lek shuga kristal, we den kin trowe

insay wan glas wata, solv afta den don shek am. Di layt we de mek wanwod bin de chenj wit di matirializayshon den fo di fom, di metamorfos den bin de sho di lo fo koz en efekt insay krieshon.

Wan gladi gladi we bin de na di si bin brok pan kol at we no get end na mi sol. God in Spirit, a bin no se na Blis we no de taya; In bodi na boku boku tisu den we get layt. Wan glori we bin de swel insay mi begin fo envolop tɔŋ den, kontinent den, di wol, di solar en stellar sistem, tenuous nebulae, en di yunivas den we de flot. Di wan ol kosmos, we bin de shayn saful wan, lek siti we den si fa fawe na net, bin de shayn insay di infinitude we a bi. Di shap shap etched global autlayn den bin de fade som kayn we na di ed den we de fa pas ol; na de a bin de si wan melo layt, we no bin de stop oltem. I bin rili klia we wi no go ebul fo eksplen; di planet pikcho den bin fom wit wan layt we big pas am.

Di divayn dispershon fo rayt den we bin de komot from wan Eternal Sos, we bin de bon insay galeksi den, we den bin chenj wit aura den we posin no go ebul fo tok bot. Bak en bak a si di kriyativ bim den de kondens to konstelashon, don den de solv to sheet den we get transparent flaym. Bay ritmik riveshon, sekstilon wold dem pas insay dayafos lɔsta; faya bin ton to di skay.

A bin no di sentrom pan di empyrian as poynt fo intuitiv sens na mi at. Irradiating splendor komot from mi nyuklios to evri pat pan di yunivasal strokcho. Blissful *amrita* , di nektɔ we no de day, bin de puls tru mi wit wan kwik silva we tan lek wata. Di vɔys we God mek fo mek tin den A yeri se i de ala as *Aum* , **14-1** di vaybreshon we di Kosmik Mota de mek.

Wantem wantem di briz kam bak na mi long. Wit wan disapoyntment we i bin lef smol fo le a bia, a kam fo no se mi big big tin we no get end don los. Wan tem mo a bin limited to di shemful kech fo wan bodi, no bin izi fo akomod to di Spirit. Lek pikin we don los, a bin don ronawe komot na mi makrokosmik os en put misef na jel na wan smol maykrokosm.

Mi guru bin tinap bifo mi we no de muv; A begin fo drop na in oli fut fo tel tenki fo di eksperiens insay kosmik konshens we a bin don de luk fo long tem wit pashon. I bin ol mi stret, en tok kwayet wan, en i no bin de mek lek se i de.

"Yu no fo dronk pasmak wit ekstazi. Boku wok stil de fo yu na di wol. Kam; le wi swip di bolkon flo; don wi go waka nia di Ganges."

A bin kam wit wan brum; A bin no se Masta bin de tich mi di sikrit fo liv balans. Di sol fo stretch oba di cosmogonic abysses, we di bodi de du in wok den we i de du evride. We wi begin fo waka leta, a bin stil de enjoy misef we a no ebul fo tok bot. A si wi bodi den lek tu astral pikcho den, we de muf oba wan rod nia di riva we in men tin na layt.

"Na God in Spirit we de aktiv wan fɔ sɔpɔt evri fɔm ɛn pawa na di yunivas; yet I transendant ɛn aloof insay di blisful uncreated void biyɔn di wɔl dɛm fɔ vibratory phenomena," **14-2** Masta bin ɛksplen. "Sent dɛn we no se dɛn bi gɔd ivin we dɛn de na bɔdi." no wan sem kayn tu-fɔs ɛgzistens. Bikɔs dɛn kɔnshɛns de du wok na dis wɔl, bɔt stil dɛn de kɔntinyu fɔ gɛt gladi-at we de insay dɛn at. Di Masta dɔn mek ɔlman frɔm di gladi at we nɔ gɛt limit we i gɛt. Pan ɔl we dɛn bɔdi kramp wit pen, God stil de ɛkspekt se sol dɛn we dɛn mek lek in pikcho go dɔn rayz pas ɔl di sɛns aydentifikeshɔn dɛn ɛn jɔyn am bak."

Di kosmik vishon bin lef boku lesin den we go de sote go. We a de mek a no de tink evride, a go ebul fo fri from di lay lay konvikshon se mi bodi na boku boku bodi en bon den, we de travul na di had gron we get tin den. Di briz en di maynd we no de rest, a si, bin tan lek big big briz we de lash di si we get layt insay wef den we get matirial fom den-di wol, skay, motalman, animal den, bod den, tik den. Den no bin ebul fo si di Infinite as Wan Layt pas fo mek den big big briz den de kol. As often as a bin de silens di tu natura l trobul, a si di boku boku wef den we God mek de melt insay wan si we get layt, ivin as di wef den na di si, we den big big briz de blo, de solv kol at en mek wanwod.

Wan masta de gi di divayn eksperiens fo kosmik konshens we in disaypul, bay we i de tink gud wan, don mek in maynd strong to di digri usay di big big vista den no go ambog am. Den no go eva ebul fo gi di eksperiens tru di we aw posin jos want fo get sens o we i opin in maynd. Na di adekwat enlargement nomo bay yoga prektis en divoshonal *bhakti* kin redi di maynd fo absob di fridom shok we posin kin get we i olsay. I kam wit wan natura inevitability to di sincere devotee. Di bad bad tin we i want fo du kin begin fo pul God wit pawa we i no go ebul fo stop. Di Masta, as di Kosmik Vishon, na di posin we de luk fo in magnetik ardor de dro am insay in renj fo konshens.

A rayt, insay mi leta ia, dis poem, "Samadhi," we a tray fo gi di glori fo in kosmik stet:

Vanished di vel dem fo layt en shed,  
Lifted evri vapor fo sori,  
Sailed away ol dawns of fleeting joy,  
Gone di dim sensory mirage.  
Lov, et, welbodi, sik, layf, day,  
I don day den wan ya lay shado den we de na di wol pantap di skrin  
of tu tin den we posin kin du.  
Wev den we de laf, scyllas fo sarkasm, melancholic whirlpools,  
Melt insay di big si we get gladi-at.  
Di bad bad briz of *maya* stiled  
Bay we majik we den kin du wand we den kin yuz of ondastand dip.  
Di yunivas, forget drim, subconsciously lurks, Redi fo  
invayd mi nyu-wek memori divayn.  
A de liv witout di cosmic shadow,  
Bot i no de, we no get mi;  
As di si de witout di waves, Bot den  
de blo if di si no de.  
Drim, wek, stet fo dip *turia* slip, Present,  
past, fiuja, no de igen fo mi,  
Bot oltem-prezent, ol-flo mi, mi, olsay. Planet

dən, sta dən, sta döst, di wöl, .

Volkeno bursts of doomsday cataclysms,

Krieshon in moldin ofna, .

Gleshya dən of no de tək ekstrem rayt, . we de bən iléktron wata we  
kin rön, .

Tin den we olman de tink bot, we bin de  
 trade, we de naw, we de kam, Evri blad fo  
 gras, misef, mortalman, .  
 Eni patikyula of olsay na di wol dost,  
 Angri, gridi, gud, bad, sev, lust, a  
 swela, transmut ol  
 Insay wan big big si we get blod fo mi yon wan  
 Biin! Gladi we de smok, we boku tem de mek a  
 tink gud wan Blaynd mi yay we de kray, .  
 Burst into immortal flames of bliss,  
 Konsum mi kray wata, mi freym, mi  
 ol. Yu na mi, mi na Yu, .  
 We yu no, . Wan posin we no, . No, as Wan!  
 Tranquilled, unbroken thrill, liv sote go, ever-nyu pis! Enjoy pas  
 aw posin kin imajin, *samadhi* enjoy!  
 Noto wan no no natin stet  
 O mental klorofom we no get wilful riton,  
*Samadhi* bot i de ekstend mi konshens eria  
 Biyon di limit den fo di mortalman freym  
 To farthest boundary of eternity  
 Usay mi, di Kosmik Si, .  
 Wach di smol prawd we de flot in Mi.  
 Di sparo, eni gren san, no fodom we Mi no de si. Ol di spes  
 de flot lek ays blok na Mi mental si.  
 Kolossal Kontena, . A, of ol tin den bin mek.  
 Bay dip, long, tosti, guru-giv meditashon Kam dis  
 selestial *samadhi* .  
 Mobayl de grumbul of atom den de don yeri,  
 Di dak wol, mawnten den, vali den, luk! likwid we don  
 rotin! Di si den we de flo kin chenj to vapour den we  
 get nebula den!  
 Aum blow pan vapour, opin wondaful wan den vel, Oceans  
 stand rivel, shayn ilektron, .  
 Till, at las sawnd fo di kosmik drom,  
 Vanish di gros layt den insay eternal rays  
 Fo ol-prevading blis.  
 From gladi at a kam, fo gladi a de liv, insay oli gladi  
 a de melt. Ocean of mind, a de drink ol krieshon in wef.  
 Fo vel we get solid, likwid, vapour, layt,  
 Lift rayt.  
 Misef, in ol wetin, de kam insay di Rili Misef.  
 Gone forever, fitful, flickering shado dem fo mortalman  
 memori. Spotles na mi maynd skay, don, bifo, en ay op.  
 Eternity en mi, wan yunit rayt.

Wan smol bobul fo laf, a

Am fo bi di Watasay of Mirth we de mek posin gladi Na insɛf sɛf.

Sri Yukteswar tich mi aw fə kəl di bləsin ekspiriens we a want, ən bak aw fə transmit am to ɔda pipul den if den intuitiv chanel den bin divelɔp. Fə sɔm mɔnt a bin de go insay di ekstatik union, ən a bin ɔndastand wetin mek di *Upanishad den* se Gɔd na *rasa* , “di wan we pɔsin kin enjoy pas ɔl.” Bot wan de, a kɛr wan prɔblɛm go to Masta.

"A wan no, sa-wetin a go fain God?" "Yu

dɔn fɛn Am."

"O." Nɔ, sa, a nɔ tink so!"

Mi guru bin de smayl. "A shɔ se yu nɔ de ekspɛkt wan vɛnɛrabl Pɔsin, we de adorn wan tron na sɔm antisɛptik kɔna na di kɔsmɔs! A si, bɔt, se yu de imajin se di posishɔn." fə mirekul pawa na fə nɔ bɔt Gɔd. Wan kin get di wan ɔl yunivas, ən si se di Masta nɔ ebul fə fɛn am stil! Fə mek pɔsin go bifo pan Gɔd biznɛs nɔto bay di pawa we i get na do, bɔt na di... dip we i get gladi-at we i de tink gud wan.

" *Ever-new Joy Is God* . I nɔ de dɔn; as yu de kɔntinyu fə tink gud wan insay di ia dɛn, I go ful yu wit wan sɛns we nɔ get end. Divotee dɛn lɛk yusɛf we dɔn fɛn di rod fə go to Gɔd nɔ de ɛva drim fə chɛnj am fə ɛni ɔda gladi at; I de ful pipul dɛn pas fə tink bɔt kɔmpitishɔn.

"Aw wi kin taya kwik kwik wan wit di gladi gladi we wi kin get na dis wɔl! Di want fə get prɔpati nɔ get end; mɔtalman nɔ kin ɛva satisfay ɔltɔgɛda, ən i kin tray wan gol afta di ɔda wan. Di 'ɔda tin' we i de luk fə na di Masta, we in wan kin gi gladi at we go de sote go."

"Di tin dɛn we wi kin want fə du na do de drɛb wi frɔm di I dɛn insay; dɛn kin gi wi lay lay gladi at we kin jɔs tan lɛk se wi get sol-gladi. Di paradays we dɔn lɔs kin get bak kwik kwik wan tru divayn mɛditɛishɔn. As Gɔd nɔ de tink bɔt ɛva-Nyunɛs, wi nɔ de ɛva taya wit Am. Wi kin surfeitɛd wit bliss, delightfully varied throughout eternity?"

"A ɔndastand naw, sa, wetin mek oli pipul dɛn kin kɔl di Masta we pɔsin nɔ go ebul fə ɔndastand. Ivin layf we go de sote go nɔ bin ebul fə du fə apraiz am."

"Dat na tru; bɔt I de nia ən i dia bak. Afta di maynd dɔn klia bay *Kriya Yoga* frɔm sɛns ɔbstakl dɛm, mɛditashɔn de gi tu pruf fə Gɔd. ɛvri nyu gladi at na pruf fə In ɛgzistɛns, kɔnvins to wi sɛf atɔm dɛm. Dɔn bak, insay mɛditashɔn pɔsin kin fɛn In instant gayd, In adekwayt rispɔns to ɛvri difikulti."

"A si, Guruji; yu dɔn sɔlv mi prɔblɛm." A bin smayl wit tɛnki. "A rili nɔ naw se a dɔn fɛn Gɔd, bikɔs ɛnitɛm we di gladi at we a kin get we a de tink gud wan dɔn



kam bak we a nɔ kin tink bɔt insay mi aktif awa dɛn, dɛn kin tɛl mi klia wan fɔ  
adopt di rayt kɔs pan ɔltin, ivin di ditel dɛn."

"Motalman layf de ful-ɔp wit sori-at te wi no aw fɔ tyu in wit di Divayn Wil, we in 'rayt kɔs' kin kɔnfyus bɔku tɛm to di egoistic intɛlijɛns. Gɔd de bia di lod fɔ di kɔsmɔs; na in nɔmɔ kin gi advays we nɔ de mek mistek."

.....  
14-1 : . "In." di bigin bin di Wɔd, ɛn di Wɔd bin wit Gɔd, ɛn di Wɔd bin Gɔd."- Jɔn 1:1.

14-2 : . "Fɔ di Papa de jɔj Nɔ man, bɔt dɔn get dɔn du ɔl jɔjment to di Son."- Jɔn 5:22. "Nɔ man dɔn get si Gɔd at ɛni tɛm; di nɔmɔ we dɛn bɔn pikin Pikin, . us na in di bɔdi ɔf di Papa, i dɔn get bin deklare am."- Jɔn 1:18. "Fɔ tru, fɔ tru, . a se to yu, i dat biliv pantap mi, di de wok dat a du fɔ i du bak; ɛn big wan de wok pas dɛn wan ya i fɔ du am; bikɔs a de go to mi Papa."- Jɔn 14: 12. "Bɔt di Kɔmfɔt, we na di Oli Spirit, we di Papa go sɛn wit mi nem, i go tich una ɔltin ɛn mɛmba ɔltin, ɛnitin we a dɔn tɛl una."- Jɔn 14: 26.

Dɛn wɔd ya na di Baybul de tɔk bɔt di tri tin dɛn we Gɔd get as Papa, Pikin, Oli Spirit ( *Sat* , *Tat* , *Aum* insay di Indu skripchɔ dɛn). Gɔd di Papa na di Absolut, . I nɔ sho inɛf, . de de *sote* we de shek shek krieschɔn. Gɔd di Pikin na di Krays Kɔnshɛns (Brahma we de na di wɔl ɔ *Kutastha we de na di wɔl Chaitanya we de na di wɔl* ) . de de *insay* we de shek shek krieschɔn; dis Krays Krays No na di "onli bɔn" ɔ di wangren riflekshɔn fɔ di Uncreated Infinite. I de sho ɔ "witnɛs" we de na do na *Aum* ɔ Oli Spirit, di divayn, kriyaytiv, invisible pawa we de strɔkchɔ ɔl di krieschɔn tru vaybreshɔn. *Aum* di blisful Kɔmfɔta de yɛri we i de .tink gud wan ɛn i de sho to di devotee di ɔlmat Trut

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## CHAPTER: 1 . 15

### *Di Koliflawwa Tif we dɛn kin tif*

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"Masta, gift fɔ yu! Dɛn plant dɛn siks big big koliflawwa ya wit mi an; a dɔn wach dɛn grow wit di tenda kia we mama we de gi in pikin nɔs de gi." A bin gi di basket we get vɛjitebul dɛn wit wan sɛrimoni flourish.

"Tenki!" Sri Yukteswar in smayl bin wam wit apreshɔn. "Duya kip dɛn na yu rum; A go nid dɛn tumara fɔ speshal dina."

A bin jɔs kam na Puri **15-1** fɔ spɛn mi koleji sɔm vaykeshun wit mi guru na in sisayd ɛmitaj. Na Masta ɛn in disaypul dɛn bil di smɔl ples we gladi gladi we get tu stori fɔ ritrit, de bifo di Bay of Bengal.

A wek ali mɔnin di neks de, ɛn di briz we de blo na di si we get sɔl ɛn di fayn fayn tin dɛn we de arawnd mi, a bin fil fayn. Sri Yukteswar in fayn fayn vɔys bin de kol; A tek wan luk pan di koliflawwa dɛn we a rili lɛk ɛn kip dɛn fayn fayn wan ɔnda mi bed.

"Kam, lɛ wi go to di bich." Masta dɔn lid di we; bɔku yɔj disaypul dɛn ɛn misɛf bin fala am in

wan don skata grup. Wi guru we den bin aks wi in no veks kwik fen folt.

"We wi Westen broda den de waka, den kin tek prayz wit wanwod. Naw, duya una mach insay tu row; kip ritmik step wit unasef." Sri Yukteswar bin de wach as wi de obe; i bigin fo siq: "Boy pikin den kin go en kam, insay wan fayn smol row." A no bin ebul fo pas fo admaya di izi we aw Masta bin ebul fo mach di brisk we in yong student den bin de du.

"Holt!" Mi guru in yon yay bin aks mi yon. "Don du yu memba to lok di bak domot of di emitaj?"



MI GURU in yon SEASIDE HERMITAGE we de na di wol AT PURI na di PURI

Wan stedi strim fo visito den bin de ton from di wol insay di eritaj kwayet. Bokku man den we lan buk bin kam wit di op se den go mit wan ctodoks rilijon. Wan wan tem, wan smayl we de mek psin smayl o we i de luk am fo mek i gladi fo le i bia, i bin de sho se di nyu wan den no bin de tink bot natin pas som tin den we den kin tok bot God. Yet den no want fo komot go brin wan ekspres konvikshon se Sri Yukteswar don sho presis insayt fo den speshal fild den fo no.

Mi guru bin get yong disaypul den we de de oltem na in emti ples. I bin dayrekt den maynd en layf wit da tek tem disiplin we di wod "disaypul" get rut pan etimoljik wan.

"A tink so, sa."

Sri Yukteswar bin set mot fo som minit, i bin de smayl af-af pan in lip den. "No, yu foget," i se las las. "Divayn kontemplerashon no fo mek ekskyuz fo matirial kes. Yu don neglek yu duty fo protekt di ashram; den fo ponish yu."

a tink i bin we nɔ klia jok ustɛm i ad: "Yu siks kɔliflawɑ dɛn go nɔ go te bi nɔmɔ fayv."

Wi tɔn arawnd at Masta in yon ɔda tin dɛn we dɛn kin du ɛn bin mach bak te wi bin tayt to di hermitage we dɛn kɔl hermitage.

"Rest smɔl. Mukunda, luk akɔdin to di kɔmpawnd na wi lɛft; wach di rod we de bien. Wan patikyula man go rich de naw; na in go bi di we fɔ ponish yu."

A bin ayd di we aw a bin de vɛks pan dɛn tin ya we a nɔ bin ebul fɔ ɔndastand. I nɔ tu te, wan pɔsin we de wok na fam bin apia na di rod; i bin de dans grotesk ɛn fling in an dɛn rawnd wit jes dɛn we nɔ get minin. I bin lɛf smɔl fɔ lɛ a paralayz bikɔs a bin want fɔ no mɔ, ɛn a bin glɔ mi yay pan di fayn fayn tin we a bin de si. As di man rich wan say na di rod usay i go lɔs frɔm wi yay, Sri Yukteswar se, "Naw, i go kam bak."

Di pɔsin we de wok na fam chenj in dairekshɔn wantɛm wantɛm ɛn mek fɔ bien di ashram. We i krɔs wan trakt we get san san, ɛn i go insay di bildin nia di domɔt we de bien. A bin dɔn lɛf am we nɔ lɔk, ivin lɛk aw mi guru bin dɔn tɔk. Di man kɔmɔt na do jɔs, ɛn i ol wan pan mi koliflawe dɛn we a rili valyu. Naw i bin de waka wit respekt, i bin de invest wit di respekt we pɔsin get fɔ get.

Di fars we bin de apin, we i bin tan lɛk se mi wok na fɔ bi pɔsin we dɛn kɔnfyus, nɔ bin de mek a wɔri sote a nɔ bin ebul fɔ rɔnata mi wit wamat. A bin de af-af na di rod we Masta mɛmba mi bak. I bin de shek frɔm ed to fut wit laf.

"Dat po krayzi man don de longing fɔ wan koliflawe," im explein bitwin outbursts of mirth. "A bin tink se i go fayn if i get wan pan yu yon, so ill-guarded!"

A rɔsh go na mi rum, usay a si se di tifman, we i klia se na wan we get vegjetabul fiks, nɔ bin tɔch mi gold ring dɛn, wach, ɛn mɔni, ɛn ɔl dɛn tin ya ledɔm opin wan na di blankit. I bin dɔn kray insted ɔnda di bed usay, wan pan mi koliflawe dɛn bin dɔn ayd am ɔltogeda fɔ mek pipul dɛn nɔ si am ɔltɛm.

A aks Sri Yukteswar da ivintɛm de fɔ ɛksplen di tin we apin we bin get, a bin tink, sɔm tin dɛn we bin de mek a kɔnfyus.

Mi guru shek in ed sloslo. "Yu go ɔndastand am sɔmde. I nɔ go te igen sayens go fɛn sɔm pan dɛn lɔ ya we ayd."

We di wɔndaful tin dɛn we bin de apin na redio bin bos sɔm ia afta dat na wan wɔl we bin de mek pipul dɛn sɔprayz, a mɛmba wetin Masta bin tɔk. Dɛn bin dɔnawe wit di tin dɛn we bin dɔn de trade trade bɔt tɛm ɛn ples; no peasant in os so smɔl dat Lɔndon ɔ Kalkata nɔ bin ebul fɔ go insay! Di dullest intelligence enlarged bifo indisputable pruf fɔ wan tin we de sho se mɔtalman de ɔlsay.

Di "plan" ɔf di koliflawe kɔmɛdi we dɛn kin mek kin bi best dɔn ɔndastand bay we wan redio analogy. Sri Yukteswar na bin pafɛkt mɔtalman redio. Tin dɛn we pɔsin

kin tink bot nɔto mɔ pas rili saful saful vaybreshɔn dɛn we de muv insay di ɛtɛ. Jɔs lek aw redio we gɛt sɛns kin pik wan myuzik nɔmba we i want pan bɔku bɔku ɔda program dɛn frɔm ɔlsay, na so mi guru bin dɔn ebul fɔ kech di tink bot di man we gɛt af-af we we bin de want fɔ du sɔntin fɔ wan kɔliflawɔ, . kɔmɔt ɔf di nɔbɔdi nɔ go ebul fɔ kɔnt tink ɔf brodkas we dɛn de du mɔtalman wil dɛn in di wɔl. **15-2** Bay in pawaful wil, Masta na bin mɔtalman brodkas steshɔn bak, ɛn i bin dɔn saksɛsful fɔ dayrɛkt di pesin fɔ rivɛns in stɛp ɛn go na wan patikyula rum fɔ wan singl

koliflawwa.

Intuishon **15-3** na sol gayd, we de apin natin insay motalman insay den tem den de we in maynd kol. Klose to olman don get di eksperiens fo wan korekt "hunch" we no ebul fo eksplen, o get transfa in tinkin fayn fayn wan to oda posin.

Di motalman maynd, fri from di statik fo restles, kin pefom tru in entena of intuition ol di wok dem we kompliket redio mekanism dem de du-fo sen en get tin dem, en fo tyu di wan dem we den no want. As di pawa we redio get de dipen pan di kayn ilektrik korent i kin yuz, so di motalman redio get enaji akodin to di pawa we enibodi get fo du .

Ol di tin den we posin kin tink bot kin shek shek sote go na di kosmos. We masta de tink dip wan, i kin ebul fo no wetin eni maynd de tink, ileksef i get layf o i don day. Tin den de olsay na di wol en noto wan wan posin get rut; wan trut no go ebul fo mek, bot na fo no nomo. Di rong tin den we motalman kin tink bot kin komot bikos i no pafekt pan in sens. Di gol fo yoga sayens na fo mek di maynd kol, so dat if den no chenj am, i go tan lek di divayn vishon na di yunivas.

Redio en telivishon don mek di sawnd en si we pipul den we de fa fawe kin si wantem wantem na di faya sayd fo boku boku pipul den: di fos smol sayens tin den we de sho se motalman na spirit we de olsay. Noto bodi we den konfyus to wan poynt na spes, bot di big big sol, we di ego insay boku barbarik mod den kin konspekt fo natin fo kramp.

"Veri strenj, rili wondaful, we tan lek se i no posibul fo apin kin apin yet we, we den don establish am, no go soprayz wi pas aw wi de soprayz naw pan ol wetin sayens don tich wi insay di las sentiwoad," na so Chals Robot Richet, we na di Nobol Prayzman pan fisioloji, don tok. "Dem de tek am se di fenomena we wi de aksept nau witout sapraiz, no de exsayt wi astonishment bikos dem andastan am. Bot dis no bi so. If dem no sapraiz wi." noto bikos den ondastand den, na bikos den sabi den; bikos if wetin wi no ondastand fo mek wi soprayz, wi fo soprayz pan oltin-di fodom we ston we den trowe na di ays, di akon we kin bi ok, mekuri we kin boku we den wam am, ayen we magnet kin atrak, fosfor we kin bon we den rob am. . Di sayens we de tide na a

layt tin den; di rivolyushon en evolushon dem we i go eksperiens insay wan ondred tawzin ia go pas fa fawe di most daring antisipashon dem. Di trut dem-den trut dem we de soprayz, wondaful, we wi no bin de tink bot-we wi pikin dem go diskoba, ivin naw de olsay rawnd wi, de luk wi na wi yay, so fo tok, bot stil wi no de si den. Bot i no go du fo se wi no de si den; wi kin du am no want fo si den; bikos as soon as wan tru tin we wi no bin de ekspekt en we wi no no, wi kin tray fo fit am insay di komon tin den we wi don get, en wi kin veks se enibodi fo get maynd fo tray fo du mo."

Wan tin we bin mek a laf bin apin som dez afta we den bin don tif mi koliflawwa we no posibul fo biliv. Den no bin ebul fo fen wan patikyula kerosin lamp. Afta a don witnes

mi guru in omniscient so las las tink gud wan, a tink i go sho dat i bin pikin in yon  
ple to fo fen di say we den de di layt.

Masta we den kin tink bot mi ekspekteshon. Wit we den don egzajarayt graviti we de na  
di wol i we den aks kwestyon ol ashram we den kol di wan den we de de. WAN



yoŋ disaypul bin tok se i bin yuz di lamp fo go na di wel we de na di bak

yad. Sri Yukteswar bin gi di solemn advays: "Luk di lamp nia di wel."

A rosh go de; no lamp no de! Crestfallen, a go bak to mi guru. Naw i bin de laf wit ol in at, en i no bin de fil bad fo mi at pwel.

"Tu bad a no bin ebul fo dayrekt yu to di lamp we don los; a noto fochɔ tela!" Wit twinkling yay, i ad se, "A noto ivin satisfay Sherlock Holmes!"

a don kam fo no dat Masta go no eva sho in pawa den ustem chalenj, . o fo wan tin we no impotent.

Wik den we bin rili fayn bin de pas kwik kwik wan. Sri Yukteswar bin de plan fo mek wan rilijon prushon. I aks mi fo lid di disaypul den oba di toŋ en bich na Puri. Di festival de bin bigin as wan pan di de den we kin wam pas ol insay di somma.

"Gruji, . aw kin a tek di we no get fut nomo student den oba di faya we de bon sand den?" a bin tok we den no get op igen.

"A go tel yu sikrit," Masta ansa. "Di Masta go sen ambola we get klawd; una ol go waka wit komfot."

A bin gladi fo oganayz di prushon; wi grup bin stat na di ashram wit wan *Sat-Sanga* baner. **15-4** Na Sri Yukteswar bin disayn am, en i bin get di simbul fo di singl **15-5** ay, di teleskopik luk we intuition de luk.

I no tu te we wi komot na di emti ples, di pat na di skay we bin de oba wi ed bin ful-op wit klawd lek se na majik. To di akkompaniment of astonished ejakuleshon from ol di say dem, . wan shawa we bin rili layt bin fodom, en i bin mek di siti strit den en di si sho we bin de bon kol. Di drop den we bin de mek posin fil fayn bin de kam dog insay di tu awa we di parede bin de. Di rayt tem we wi grup kam bak na di ashram, di klawd en ren bin pas we no get wan tray.

"Yu si aw God de fil fo wi," Masta ansa afta a don tel tenki. "Di Masta de ansa olman en i de wok fo olman. Jos lek aw i sen ren pan mi beg, na so i de fulfil enitin we di posin we de woship God want wit ol in at. Na smol tem nomo man den kin no aw oltem God kin lisin to den prea. I no de tek wan posin betɛ pas oda pipul den, bot i de lisin to olman we de kam nia am wit trost. In pikin den fo eva get fet we no klia pan di lov we den Papa we de olsay de du." **15-6**

Sri Yukteswar bin sponj 4 festival den we den kin get evri ia, we di ikwinoks en solstiz, we in student den kin geda from fa en nia. Di winta solstis selibreshon bin de na Serampo; di fos wan we a bin atend bin lef mi wit blesin we go de sote go.

Di festival bigin na mōnin wit wan barefut prushōn na di strit dēn. Wan ɔndrēd student dēn vɔys bin de ring wit swit swit rilijōn siŋ dēn; sɔm myusishan dēn bin de ple di flut ɛn *khol kartal* (drɔm ɛn simbal). Di pipul dēn we bin de na di tɔŋ we bin gɛt zil bin de skata di rod wit flawa dēn, ɛn dēn bin gladi fɔ kɔl dēn frɔm prosayk wok dēn bay we wi bin de prez di Masta in blɛsin nem we wi bin de prez. Di lɔng tour

bin don na di kot we de na di emti ples. Na de wi bin de rawnd wi guru, en di student den we bin de na di op balkon den bin de shawa wi wit marigold flawa den.

Boku gost den bin go op fo get wan pudding we get *channa* en oranj. A mek mi we to wan grup we na broda disaypul den we bin de sav tide as kuk. Den bin get fo kuk it fo den kayn big big geda den de na do insay big big koldon den. Di brik stov den we den mek wit wud we den mek wit wud, bin de smok en den bin de mek wi kray, bot wi bin de laf wit gladi at fo di wok we wi bin de du. Den no de eva tink bot rilijon festival den na India trobul; eni wan du in pat, we de gi tin fo saplae moni, res, plant den, o in pasonal savis den.

I no tu te, Masta bin kam midul wi, en i bin de kia fo di ditil den bot di festival. Bikos i bin bizi evri mont, i bin de kip kompin wit di yong student we get trenk pas olman.

Wan *sankirtan* (grup sij), we den bin de ple wit di harmonium en Indian drum den we den bin de ple wit an, bin de go bifo na di sekon flo. Sri Yukteswar bin lisin wit tenki; in myuzik sens bin rili pafekt.

"Dem de off key!" Masta lef di kuk den en joyn di atis den. Den yeri di myuzik bak, en dis tem den translet am korekt wan.

Insay India, den kin tek myuzik en bak fo peint en di drama as God in art. Brahma, Vishnu, en Shiva-di Trinité we de sote go-na bin di fos pipul den we bin de ple myuzik. Di Divayn Dansa Shiva na skripcho riprizent as i don wok aut di infinite mod dem fo ritm insay In kosmik dans fo yunivasal krieshon, prezeveshon, en disolshon, we Brahma aksentua di tem-bit wit di simbal den we de klin, en Vishnu bin de blo di oli *mridanga* o drum. Krishna, we na Vishnu in bodi, den kin sho am oltem na Indu art wit wan flut, we i kin ple di sij we kin mek posin gladi we kin memba to den tru tru os di motalman sol den we de waka waka insay *maya* -delusion. Den kin sho Saraswati, we na god we get sens, as posin we de ple pan di *vina*, we na mama fo ol di inschrumment den we get string. Di *Sama Veda* na India get di fos tin den we den rayt na di wol bot myuzik sayens.

Di fawndeshon ston fo Indu myuzik na di *raga* o fiks melodik skel. Di siks besik *raga den* branch aut insay 126 derivativ *raginis* (wef) en *putras* (boy pikin den). Eni *raga* get fayv not den we no pas am: wan not we de bifo ( *vadi* o kin), wan sekon not ( *samavadi* o prayment minista), not den we de ep ( *anuvadi*, atendant den), en wan not we no get wanwod ( *vivadi*, di enimi).

Eni wan pan di siks men *raga den* get natura l korespondens wit wan patikyula awa na di de, sizin insay di ia, en wan god we de bifo we de gi wan patikyula pawa. So, (1) na do nomo den kin yeri di *Hindole Raga* insay di spring, fo mek pipul den fil lek se olman lek densef; (2) Den kin ple *Dipaka Raga* na ivintem insay di somma, fo mek pipul den get sori-at; (3) *Megha Raga* na myuzik fo midde insay ren sizin, fo kol posin we get maynd; (4) Den kin ple *Bhairava Raga* insay Ogost, Septemba, Oktoba

mōnin fō mek dēn gēt kol at; (5) *Sri Raga* na fō ɔtom twilights, fō gēt klin lōv; (6)  
Dēn kin yeri *Malkounsa Raga* na midnaye insay di kol sizin, fō gēt maynd.

Di rishi dēn we bin de trade trade bin fēn dēn lō ya we de sho se di tin dēn we Gōd  
mek ēn mōtalman gēt gud agriment. Bikōs nature na wan objektivishōn of *Aum* , . di  
Primal we dēn kol Sawnd ɔ I de shek shek Wōd, man kin gēt kōntrol

ova ol di natura manifesto dem tru di yus fo som *mantra* o chant dem. **15-7** Istri dokyument den de tok bot di wondaful pawa den we Miyan Tan Sen, we na bin kot myusishan fo Akbar di Gret insay di siksti sentiwoð, bin get. Di Emparo bin tel am fo siñ wan net *raga* we di san de oba di ed, . Tan Sen intoned wan *mantra we den kol mantra* us wantem wantem koz di wan ol pales na di os presint den fo mek den koba am na daknes.

Indian myusik de sheb di oktav to 22 *srutis* o demi-semitones. dis maykrotonal intaval dem de alaw fayn fayn shed dem fo myusikal ekspreshon we di westen kromatok skel f12 o semiton dem no go ebul fo aten. Eni wan pan di sevin men not den we de insay di oktav get sontan fo du wit di Indu lay lay stori den wan kolo, en di natura kray we bod o animal *kin kray- Du* wit gren, en di pikok; *Re* wit red, en di skaylak we de na di skay; *Mi* wit gold, en di got; *Fa* wit yolosh wayt, en di eron; *Sol* wit blak, en di naytenjel; *La* wit yolo, en di os; *Si* wit wan kombaynshon fo ol di kolo den, en di elifant.

Tri skel-meja, hamonik mayno, melodik mayno-na di wan den nomo we Oksidental myuzik de yuz, bot Indian myuzik de autlayn 72 *thatas* o skel. Di myusishan get kriyaytiv skop fo improvayz we no get end rawnd di fiks tradishonal myuzik o *raga* ; i kin konsentret pan di sentiment o difinitiv mud fo di strokchoral tim en afta dat i kin embroyd am to di limits fo in yon orijinaliti. Di Indu myusishan no de rid set not den; i kin klos nyu wan pan eni wan we i de ple di bare skel na di *raga* , boku tem i kin konfyus inseh to wan melodik sikyud, en i kin stres bay we i de ripit ol in subtil maykrotonal en ritmik chenj den. Bach, we bin de pan di Westinian kompozito den, . bin get ondestandin bot di charm en pawa we ripit sawnd get we den difren smol pan wan ondestred kompleks we den.

Di Sanskrit buk den we den bin de rayt trade trade tok bot 120 *tala* o di we aw den de mezhoo di tem. Di tradishonal faunda fo Den se Indu myuzik we den kol Bharata, bin don ayd 32 kayn *tala den* na di siñ we wan lark kin siñ. di orijin f o *tala* o ritm de rot pan motalman muvmment-di dobl tem fo waka, en di tripl tem fo brith we i de slip, we di inhalashon na tu tem di length we i de blo. India don du am oltem bin no se motalman voys na di inschrumment we pafekt pas ol fo mek sawnd. So, Indu myuzik kin jos de insay di voys we get tri oktav. Fo di sem rizin, den de stres myuzik (rileshon bitwin di not den we de kam afta densef), pas di wanwod (rileshon bitwin di not den we de kam wan tem).

Di dip aim fo di fos rishi-myusishan dem na fo blend di siñda wit di Kosmik Song we den kin yeri tru wek fo man in okult speshal senta dem. Indian myusik na subjektiv, spiritual, en individyual art, we no de aim fo simfonik brilians bot fo posin in yon harmoni wit di Ovasol. Di Sanskrit wod fo myusishan na *bhagavathar* , "di wan we de siñ fo prez God." Di *sankirtans* o myuzik geda na wan fayn we fo yoga o spiritual disiplin, we nid fo dip konsentreshon, strong absopshon insay di sid tink en sawnd. Bikos motalman inseh na ekspreshon fo di Krio Wod, sawnd get di pawa pas ol en i kin afekt am wantem wantem, we de gi wan we fo memba di we aw i komot from

God.

Di *sankirtan* we bin de komot na Sri Yukteswar in sekon stori sidom rum di de fo di festival bin inspekt di kuk den midul di pot den we bin de stim. Mi en mi broda disaypul den bin gladi fo sij di refrains, en wi bin de bit tem wit wi an.

We di san go dɔŋ wi bin dɔn gi wi boku boku pipul den we bin kam fɔ si di ples wit *khichuri* (rays en lentil), vejitebul kɔri, en rays pudin. Wi bin de le kɔtɔn blankit den oba di kɔt; i nɔ tu te, di asembli bin de skwatin ɔnda di vault we get sta den, den bin de pe atɛnshɔn kwayet wan to di sens we bin de kɔmɔt na Sri Yukteswar in lip den. In pɔblik tɔk den bin de tɔk mɔ bɔt di valyu we *Kriya Yoga* , en layf we get respekt fɔ insef, kol at, mekɔp in maynd, it simpul it, en eksesaiz ɔltɛm.

Dɔn wan grup we na disaypul den we rili yɔŋ bin siŋ som oli siŋ den; di mitin bin dɔn wit *sankirtan* . Frɔm ten oklɔk te midulnet, di pipul den we de na di ashram bin de was pɔt en pan, en klin di kɔt. Mi guru kol mi na in sayd.

"A gladi fɔ yu gladi gladi wok tide en insay di wik we dɔn pas we yu de pripia. A want yu wit mi; yu kin slip na mi bed tinayt."

Dis na bin ɔnɔ we a nɔ bin eva tink se go fɔdɔm pan mi. Wi bin sidɔm fɔ som tɛm insay wan stet we God bin rili get kol at. I nɔ tu te yet we wi dɔn go na bed, Masta grap en bigin fɔ dres.

"Wetin na di mata, sa?" A bin fil wan tin we nɔ rial insay di gladi we a nɔ bin de ekspekt fɔ slip nia mi guru.

"A tink se som studen we mis dia propa tren konekshon go kom hia soon. Mek wi get som fud redi."

"Gruji, . Nɔ wan go kam at wan oklɔk in di mɔnin!"

"Ste in bed; yu get bin wokin rili at. Bɔt a am de go to kuk."

We Sri Yukteswar bin de tɔk fayn, a jomp en fala am go na di smɔl kichin we den kin yuz evride nia di bolkɔn we de insay di sɛkɔn flɔ. I nɔ tu te, rays en *dhal* bin de bɔl.

Mi guru bin smayl wit lɔv. "Tide nait yu dɔn win taya en fred fɔ wok tranga wan; yu nɔ go eva mɔna den tumara bambay."

As i de tɔk den wɔd ya fɔ blɛs in layf ɔl, fut step den bin de blo na di kɔt. A rɔn go dɔŋ en admit wan grup we na student den.

"Dia brɔda, aw wi nɔ want fɔ distɔb Masta na dis awa!" Wan man bin adres mi fɔ beg fɔ padi. "Wi mek mistek bɔt tren schedule, bɔt wi fil se wi nɔ go ebul fɔ go bak na os if wi nɔ si wi guru."

"I dɔn bin we yu de ekspekt yu en na ivin naw we den de pripia yu it."

Sri Yukteswar in wɛlkɔm vɔys bin ring; A bin lid di visitɔ den we bin sɔprayz fɔ go na di kichin. Masta tɔn to mi wit yay we de shayn.

"Naw dat yu gət dən dən we yu de kəmpia not dən, . No dawt yu de satisfay dat wi gəst dən rili



dɔn du mis dɛn tren!"

A fala am go na in bedrum afta af awa, a kam fɔ no gud gud wan se a de kam slip nia wan guru we tan lɛk god.

.....  
15-1 : . Puri, 1999. bɔt 310. Di wan dɛn we de wok mayl dɛn sawt ɔf Kalkata, 1999. na wan wetin ɔlman sabi pilgrimej fɔ go wɔship Jiova siti fɔ di wan dɛn we de wɔship God ɔf Krishna we nem Krishna; in wɔship dɛn kin selibret am de wit tu big big festival dɛn we dɛn kin get evri ia, *we na Snanayatra* en *Rathayatra* .

15-2 : . Di 1939. Di ia 1939 diskovri we dɛn dɔn fɛn ɔf wan redio maykroskɔp dɔn sho wan nyu wɔl ɔf te naw nɔ no rayt dɛn. "Man in sef sef as wɛl as ɔl kayn dɛn ɔf dɛn se na so i bi inert we nɔ de wok tin ɔltɛm de kɔmɔt na di at di rayt dɛn dat dis yuz ple myuzik 'si,'" . bin ripɔt di *Dɔn kip kɔmpin Pres* . "Di wan dɛn we biliv pan tɛlipati, sɛkɔn si, en kleva, get insay dis anɔnsment di fɔs sayens pruf fɔ se rayt we nɔ de si de we rili de travul frɔm wan pɔsin to ɔda pɔsin. Di redio divays rili na redio frikshɔn." spɛktroskɔp. I du di sem tin fɔ kol, we nɔ de shayn tin dat di spɛktroskɔp du ustɛm i de sho di kayn atɔm dɛn we de mek di sta dɛn. ....Di egzistens fɔ dɛn kayn rayt ya we de kɔmɔt frɔm mɔtalman en ɔl di tin dɛn we get layf dɔn bi

we dɛn bin de sɔpɔt bay we sayensman dɛn fɔ bɔku ia dɛn. Tide na di fɔs ɛksperiment pruf ɔf dɛn de de. Di diskovri we So ivin afta day di dɛn dɔn fɛn sho dat evri atɔm en evri mɔlyul na di nature na kɔntinyu redio brodkas steshɔn.

sɔbstans we na bin man de kɔntinyu fɔ sɛn in dilik rayt dɛn. Di wev lɔng we dɛn rayt ya kin get kin kɔmɔt frɔm we shot pas enitin we dɛn de yuz naw fɔ brodkas to di kayn redio wev dɛn we lɔng pas ɔl. Di jumble we dɛn rayt ya de mek, na sɔntin we pɔsin nɔ go ebul fɔ tink bɔt. De de bɔku bɔku pipul dɛn ɔf dɛn. WAN nɔ mared rili big mɔlyul sɔntɛm gi ɔf 1,000,000 pipul dɛn difrɛn wev lɔng lɔng wan na di sem tɛm. Di lɔng wev lɔng dɛn we dis kayn we de travul wit di izi en Wan de..... spid we redio wev dɛn get.

sɔprayz difrɛn bitwin di nyu redio rayt dɛn en sabi rayt dɛn lɛk layt. Dis na di fɔ lɔng tɛm tɛm, di mɔni we dɛn de du to tawzin ".ia, we dɛn redio wev ya go kɔntinyu fɔ kɔmɔt frɔm tin dɛn we nɔ de ambɔg

15-3 : Wan kin shem fɔ yuz "intuition"; I dɔn lɛf smɔl fɔ lɛ Hitler pwɛl di wɔd wit mɔ ambishɔs pwɛl pwɛl. Di Latin langweij rut minin ɔf *ɔndastand* na "insay." protekshɔn." Di Sanskrit wɔd *agama* min we pɔsin kin ɔndastand no bɔn ɔf di we aw pɔsin de si di sol dairekt wan; na dat mek dɛn bin de kɔl sɔm tin dɛn we di rishi dɛn bin rayt trade trade *agamas* .

15-4 : . *Bin sidɔm* na tru tru "fɔ bi," so "minin; rial." *Sanga* na "kip kɔmpin." Sri Yukteswar na yu bin kɔl in hermitage oganayzeshɔn *Sat-Sanga* , "fellowship wit trut."

15-5 : . "If dat mek yu yon yay bi nɔ mared, yu wan ol bɔdi fɔ bi ful-ɔp ɔf layt."- *Matyu* 6:22. We dip tink dip, di wan we nɔ mared ɔ spiritual tin dɛn yay kin bi we pɔsin kin si insay di sentral pat ɔf di fɔed. Dis pɔsin we nɔ ɔltin yay na difrɛn we dɛn we dɛn rifer to fɔ in skripchɔ dɛn as di tɔd yay, di sta ɔf di Ist, di insay yay, di dɔv we de kam dɔŋ frɔm evin, di yay ɔf Shiva, 1999. di yay fɔ intuition, en ɔda tin dɛn.

15-6 : . "I dat dɛn dɔn plant am di yes, fɔ i nɔto yeri? i dat fɔm di yay, fɔ i nɔto si? .....i dat de tich man .no, fɔ i nɔto no?"- *Sam* 94: 9- 10

15-7 : Fɔlklor fɔ ɔl pipul dɛn get refrens to incantations wit pawa oba nature. Bɔku pipul dɛn sabi di Amerikan Indian dɛn to get bin mek sawnd ritual dɛn we dɛn kin du fɔ ren en briz. Tan Sen, 1999. di rili Indu pipul dɛn myusishan, . bin ebul to quench fɔ kil am faya bay di pawa ɔf in sirj. Charles Kelɔg, 1999. di Kalifonia naturalist, . dɔn gi wan demonstrɛshɔn ɔf di apin ɔf tonal we dɛn kɔl vaybreshɔn pan faya we de bɔn in 1926. Di ia 1926 bifo wan grup ɔf Nyu ɔk fayaman dɛn. "Pas." wan butu, lɛk wan we dɛn dɔn mek big vaylin we dɛn kin yuz butu, kwik kwik wan krɔs wan aluminicɔm tuning we dɛn kin yuz fɔk, i we dɛn mek wan skreech lɛk rili redio statik we nɔ de chenj. Wantɛm wantɛm di yala gas faya, . tu fut ay, we de jomp insay wan ol glas tyub, we bin de go dɔŋ te i ay siks inch en tɔn to blu flawa we de spɔt. Wan ɔda tray wit di bɔw, en wan ɔda skrech fɔ vaybreshɔn, bin dɔnawe wit am."

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# CHAPTER: 1 . 16

## *Fo mek pɔsin nɔ ebul fo du am Di Sta den*

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"Mukunda, wetin mek yu nɔ de get astrolɔjik

armlet?" "A fo du am, Masta? A nɔ biliv pan

astrolɔji."

"I nɔ eva bi kwɛstyɔn bɔt *biliv* ; di wangren sayens abit we pɔsin kin tek pan eni tɔpik na if na *tru* . Di lo fo graviti bin wok fayn fayn wan bifo Nyuton lek aw i bin wok afta am. Di kɔsmɔs go fayn fo chaotic if in lo den nɔ bin ebul fo wok if mɔtalman biliv nɔ bin gri fo du am."

"Charlatans don bring di stellar science to di present stet of disrepute. Astrology tu big, both mathematically **16-1.**" en pan filɔsɔfik, fo ɔndastand am di rayt we pas man den we get dip ɔndastandin. If pipul den we nɔ no natin nɔ rid di evin di rɔŋ we, en si de wan skrol instead ɔf skript, . dat na fo ɛkspekt insay dis wɔl we nɔ pafɛkt. Wan nɔ fo dismis di sens wit di 'waes.'

"Ol di pat den na di krieshɔn get fo du wit dɛnsɛf en den de chɛnj den inflɔwɛns. Di balans ritm fo di yunivas get in rut pan rɛsiproɔsiti," mi guru kɔntinyu fo tɔk. "Man, insay in mɔtalman aspek, get fo fet tu sɛt fɔs-fɔs, di tumults insay in bi, we den kɔz bikɔs ɔf di miks we di wɔl, wata, faya, ɛya, en ethereal ɛliment den miks; sɛkɔn, di ɔda pawa den we de skata na di nature. So long as mɔtalman de stres wit in mɔtalman layf, i de afɛkt di myriad mutations of heven and earth."

"Astrolɔji na di stɔdi bɔt aw mɔtalman de ansa to planet stimuli. Di sta den nɔ get eni kɔnshɛns bɛnifit ɔ enimi; den jɔs de sɛn fayn en bad raytin. Fo dɛnsɛf, den tin ya nɔ de ɛp ɔ ambɔg mɔtalman, bɔt den de gi wan loful chanel fo di ɔtwɔd ɔprɛshɔn fo." kɔz-ɛfɛkt ikwilbɔri den us eni man dɔn sɛt to muv in di trade.

"Den bɔn pikin da de de en na da awa de we di sɛlɛstiaɔ rayt den de insay matematikaɔ harmoni wit in wan wan karma. In ɔroskɔp na pikchɔ we get chalenj, we de sho in past we nɔ go chɛnj en di rizɔlt den we i go get tumara bambay. Bɔt di natal chɔt kin rayt fo intaprit am na man den nɔmɔ we get sens we pɔsin kin ɔndastand: den wan ya nɔ bɔku."

"Di mɛsɛj we den bold blazon akɔdin to di evin di tɛm we den bɔn am nɔ min fo ɛksplɛn fate-di rizɔlt fo gud en bad tin we dɔn pas-bɔt fo wek mɔtalman in wil fo rɔnawe frɔm in yunivasal slev. Wetin i dɔn du, i kin undo. Nɔbɔdi ɔda pas insɛf na bin di instigato fo di kɔz dɛm fo enitin we get fo du wit enitin we de apin naw na in layf. I kin win eni limit, bikɔs i." mek am bay in yon akshɔn den fɔs, en bikɔs i get spiritual risɔs den we nɔ de ɔnda planet prɛshɔn.

"Superstitious awe of astrology mek pōsin bi otomatik, slavishly dependent on mechanical guidance. Di waes man defeat in planets- we na fō se, in past-bay we i de transfa in allegiance frōm di krieshōn to di Krieta. Di mō we i de no in wanwōd wit Spirit, na di mō i nō go ebul fō dominate bay matirial. Di sol na eva-fri; i nō get day bikos i nō get bōn. I nō go ebul fō bi." rejiment bay sta dēn.

"Man *na* sol, en *i get* bōdi. We i put in sens fō no udat i bi fayn fayn wan, i de lēf ol di kōmpalsiv patens. So long as i kōnfyus na in ɔdinari stet fō spiritual amnesia, i go no di subtil fet dēm fō di envayrōment lō."

"Gōd na wanwōd; di devotee we attune insēf nō go ēva du eni akshōn amis. In aktiviti dēn go bi kōrēkt en natura l tēm fō akōdin to astrōlōji lō. Afta dip prea en meditashōn i de in tayt wit in divayn kōnshēns; nō pawa nō de we pas da insay protekshōn de."

"Den, dia Masta, wetin mek yu want mek a wēr astrōlōjik bangle?" A bin venchō dis kwestyōn afta wan lōng silens, we a bin dōn tray fō asimilet Sri Yukteswar in nobul ēksplōshōn.

"Na we pōsin we de travul dōn rich in gol nōmō i jōstifay fō trowe in map dēn. We i de travul, i de tek advantej pan eni kōvinant shōt kōt. Di ol rishi dēn bin fēn bōku we dēn fō kōt di tēm we mōtalman bin de na ɔda kōntri fō ful pipul dēn. Som mēkanikal tin dēn de insay di lō fō karma we dēn kin ēbul fō ajōst wit sens bay di finga dēn we get sens."

"Ol mōtalman sik dēn kin kōmōt frōm som tin dēn we dēn nō gri wit di lō we de ɔlsay na di wōl. Di skripchō dēn sho se mōtalman fō satisfay di lō dēn we Gōd mek, pan ɔl we i nō fō pwel di pawa we Gōd get. I fō se: 'Masta, a abop in Yu, . en nō Yu canst ēp mi, bōt a sēf go du mi best to undo eni bad tin we a dōn du.' Bay bōku we dēn-bay prea, bay wil pawa, bay yoga meditashōn, bay kōnsulteshōn wit oli pipul dēn, bay yuz astrōlōjik bangles-di bad bad tin dēn we di bad tin dēn we dēn bin dōn du trade kin du smōl ɔ fō mek dēn nō get pawa.

"Jōs lēk aw dēn kin fit os wit kōpa rod fō absōb di shōk we laytin kin mek, na so di bōdi tēmpul kin bēnifit bay difrēn tin dēn we de protekt wi. Bōku tēm bifo dis tēm, wi yoga pipul dēn bin kam fō nō se klin metal dēn kin pul wan astral layt we kin pawaful wan fō kōba di bad tin dēn we di planēt dēn kin pul."

Ilektrikal en magnetik raytin dēn we nō klia de go ɔlsay na di yunivas; we dēn de ēp man in bōdi, i nō nō am; we dēn de skata am, i stil de na ignorance.

Kin i du enitin bōt i?

"Dis prōblēm bin get atēnshōn frōm wi rishis; dēn bin si se i ēp nōto jōs wan kōmbaynshōn fō metal, bōt bak fō plant dēn en-mōs ifektiv pan ɔl-foltles jōyl dēn we nō smōl pas tu karat. Di prēventiv yus dēm fō astrōlōji nō bin rili sirios wan stōdi ausayd India. Wan smōl- di tru tin we wi nō na dat di rayt jwēl, metal, ɔ plant prēparashōn dēm nō get valyu pas dēn si di wet we dēn nid, en pas dēn wear dēn tin ya we dēn fō rēmēdikal nia di skin."

"Sir, of kos a go tek yu advais en get bangle. A intrigued fō di tinkin fō outwitting a planet!"

"Fɔ jɛnɛrəl tɪn a de advays fɔ yuz wən armlet we dɛn mɛk wɪt gold, silvə, ɛn kɔpə. Bɔt fɔ wən patɪkyulə rɪzɪn a wənt mɛk yu gɛt wən we gɛt silvə ɛn lɪd." Sri Yukteswar bɪn ad dɪ rayt tɪn dɛn we ɪ tɛk tɛm du.

"Gruji, . wɛtɪn 'patɪkyulə plən' du yu mɪn?"

"Di sta den de kam tek wan intres we no get padi biznes wit yu, Mukunda. No fred; den go protekt yu. Insay lek wan mont yu liva go mek yu get buku problem. Den don plan fo mek di sik las fo siks mont, bot we yu yuz wan astraljik armlet go mek di tem shot to twenty-fo dez."

A bin fen posin we de mek joy di neks de, en i no tu te, a bin wer di bangle. Mi welbodi bin rili fayn; Masta in predikshon bin slip na mi maynd. I bin komot na Serampo fo go fen Benares. Tati dez afta wi tok, a fil wan pen wantem wantem na di say we mi liva de. Di wik den we bin de afta dat na bin bad bad drim we a bin de fil bad bad wan. Bikos a no bin want fo ambog mi guru, a bin tink se a go get maynd fo bia di problem we a go get mi wan.

Bot twenty tri dez we den bin de mek a sofa bin mek a wik; A bin entrain fo Benares. Na de Sri Yukteswar bin grit mi wit wam we no komon, bot i no bin gi mi eni chans fo tel am mi problem den na mi prayvet pat. Buku pipul den we bin de woship God bin go fen Masta da de de, jos fo wan *darshan* . **16-2** I bin sik en we den no bin de kia fo mi, a bin sidom na wan kona. Na afta di ivintem it nomo ol di gost den bin don komot. Mi guru bin kol am mi to di oktagonal bolkon na di os.

"Yu go mos don kam bot yu liva dizayd." Sri Yukteswar in yay bin avoyd; i bin de waka go en kam, en wan wan tem i bin de ambog di mun layt. "Le a si; yu don sik fo twenty-fo dez, noto so?"

"Yes, sa."

"Duya du di bele eksasayz a get bin tich yu."

"If yu bin no di kayn we aw a de sofa, Masta, yu no go aks mi fo eksesaiz." Bot pan ol dat, a no bin ebul fo obe am.

"Yu se yu get pen; a se yu no get eni wan. Aw den kayn kontradikshon ya go de?" Mi guru bin luk mi wit kwestyon.

A bin de fred en afta dat a bin get gladi at fo mek a fil fayn. A no bin ebul fo fil di kontinyu fo sofa we bin don mek a no ebul fo slip fo som wiks igen; na Sri Yukteswar in wod den di pen bin don lek se i no eva de.

a bin stat to nil don at in fut in fil fo tel tenki, bot i fas fas we den no bin ebul fo du mi.

"No bi pikin. Grap en enjoi di biuti of di mun ova di Ganges." Bot Masta in yay bin de shayn wit gladi at as a tinap kwayet wan nia am. A bin ondastand bay in abit se i bin want mek a fil se noto in, bot na God, na in na di Hila.

A kin wer ivin naw di ebi ebi silva en lid bangle, we na memori fo da de de-long-

pas, eva- cherish-we a fain nyu wan se a de liv wit posin we rili pas motalman.  
Leta, we a bin de briŋ mi padi dɛn to Sri Yukteswar fɔ mek dɛn mɛn dɛn, i bin de  
koment ɔltɛm



jolos den o di bangle, . fo prez posin den yuz as wan akt of we de stodi bot di sta den sens.

A bin don de tink bad bot astroloji from we a bin smol, som pan den na bikos a bin si se boku pipul den kin lek am oltem, en som pan am na bikos of wan predikshon we wi famili man we de stodi bot sta den bin tok se: "Yu go mared tri tem, bikos yu don day tu tem." A bin de tink bot di tin, . fil lek got we de wet fo sakrifays bifo di tempul fo tri mared.

"Yu kin as well bi risayn to yu fate," mi broda Ananta bin don rimark. "Di oroskop we yu rayt don rayt korekt wan se yu go flay from os go na di Himalayas insay yu fos ia, bot den go fos yu bak. Di fokos fo una mared densef go mos bi tru."

Wan klia intuition bin kam to mi wan net se di profesi na lay lay tin atol. A put faya pan di oroskop skrol, en put di ashis insay wan pepa bag we a rayt pan se: "Sid den we bin don pas karma no go ebul fo gro if den ros den na di faya den we God mek we get sens." A put di bag na say we posin kin si; Ananta bin rid mi defiant koment wantem wantem.

"Yu no go ebul fo pwel trut izi wan lek aw yu don bon dis pepa skrol." Mi broda bin laf wit swe.

Na tru se tri tem bifo a rich man, mi famili bin tray fo arenj mi mared. Enitem we a no gri fo fodom wit di plan den, **16-3** bikos a bin no se di lek we a lek God bin rili pas eni oda tin we bin de mek a biliv pan sta den trade.

"Di dip we man de rili no insef, na di mo i de inflows di wan ol yunivas bay in subtil spiritual vaybreshon dem, en na di mo insef no de afekt di fenomenal flux." Boku tem, den wod ya we Masta bin tok kin kam bak na mi maynd en we kin mek a get maynd.

Wan wan tem a kin tel di wan den we de stodi bot di sta den fo pik di tem we a go wos pas ol, akodin to di tin den we de sho se di planet den de, en A go stil ebul fo du eni wok we a set fo misef. Na tru se di sakrifays we a kin get pan den kayn tem den de don bin don kam wit ekstra odinari problem den. Bot mi konvikshon don jostifay oltem: fet pan di divayn protekshon, en di rayt yus fo motalman in wil we God gi am, na fos den we rili bad pas eni wan we di "invest bol" kin geda.

Di sta we den rayt we den bon posin, a kam fo ondastrand, noto se man na popet fo in past. I mesej na sontin we de mek posin prawd; di evin sef de tray fo wek motalman in maynd fo fri from enitin we i no ebul fo du. God mek eni man as sol, we get dower wit wan wan, so i impotant fo di yunivasal strokcho, ileksef na di temporary wok we pila o parasayt de du. In fridom na di las wan en i kin apin wantem wantem, if i want; i no dipen pan di win den we posin kin win na do bot i dipen pan di win den we posin kin win insay.

Sri Yukteswar bin diskoba di metemat aplikeshon fɔ wan 24,000 ia ikwinɔkt saykl to wi presen ej. **16-4** Den sheb di saykl to wan Ascending Arc en wan Descending Arc, en eni wan pan den get 12,000 ia. Insay eni Ak, 4 *Yuga* ɔ Ej den kin fɔdɔm, we den kɔl *Kali* , *Dwapara* , *Treta* , en *Satya* , we kɔrɛkt wit di Grik aidia den we na Ayon, Brɔnz, Silva, en Golden Ej.

Mi guru bin disayd bay difren kolkyuleshon se di las *Kali Yuga* o Ayon Ij, na di Ascending Arc, bin begin lek AD 500. Di Ayon Ij, we tek 1200 ia, na wan span fo matirialism; i bin don lek AD 1700. Da ia de bin mek den begin fo yuz *Dwapara Yuga* , we na 2400 ia we den bin de yuz ilektrik en di divelopment den we get fo du wit atomik enaji, di tem we teligraf, redio, plen, en oda tin den we de pwel di spes bin de.

Di 3600 ia tem fo *Treta Yuga* go begin insay AD 4100; in ej go mak bay komon no bot telipatik komyunikeshon en oda tin den we de pwel tem. Insay di 4800 ia we *Satya Yuga* , las ej insay wan ak we de go op, di sens we man get go don divelop olsay; i go wok akodin to wetin God don plan.

Wan ark we de kam don fo 12,000 ia, we begin wit wan Golden Ej we de kam don fo 4800 ia, don begin **16-5** fo di wol; man de sink smol smol insay ignorance. Den saykl ya na di eternal rawnd dem fo *maya* , di kontrast en rilitiviti dem fo di fenomenal yunivas. **16-6** Man, wan bay wan, . ronawe from di krieshon in prizin we get tu tin den as i de wek fo no se i get wanwod we no get wanwod wit di Wan we mek oltin.

Masta no bin jos mek a ondestand di sta den bot di skripcho den na di wol mo en mo. We i put di oli teks den na di tebul we no get wan doti na in maynd, i bin ebul fo kot den wit di skel fo intuitive reasoning, en fo separet mistek en intapoleshon den we masta sabi bukman den de mek from di tru tin den we di profet den bin tok fos.

"Fiks posin in vishon na di end pan di nos." Dis inkorekt intapriteshon fo wan *Bhagavad Gita* stanza, **16-7** we boku pipul den we sabi bot di Ist en di wan den we de translet na di West bin gri wit, we den bin de yuz fo mek Masta tok bad bot am.

"Di rod fo yogi na singul inof as i de," i rimark. "Wetin mek yu fo advays am se i fo mek inself kros-ay bak? Di tru minin fo *nasikagram* na 'orijin fo di nos, noto 'end of di nos.' di nos de begin na di poynt bitwin di tu aybow, di sit fo spiritual vishon." **16-8** Bikos of wan *Sankhya* **16-9** aphorism, " *Iswar-ashidha* , "-Den no go ebul fo pul wan Masta fo di tin den we God mek" o "Den no pruv God," **16-10** -boku masta sabi bukman den kin kol di wan ol filosofi se noto God de.

Sri Yukteswar bin eksplen se: "Di vas noto nihilistic." "I jos min se to di man we no get layt, we dipen pan in sens fo ol di las jojment den, pruf fo God fo de we den no no en dat mek i no de. Tru tru *Sankhya* pipul den we de fala, wit sens we no de shek we den bon from mediteshon, ondestand se di Masta de en posin kin no."

Masta bin eksplen di Kristian Baybul wit fayn klia klia wan. Na from mi Indu guru, we di rol kol fo Kristian membaship no no, na in a lan fo no di men tin we de insay di Baybul we no de day, en fo ondestand di tru tin we de insay Krays in asesment-fo tru, di tin we no de chenj we no de chenj we i don eva tok we de mek a gladi pas olman: "Evin en di wol go pas, bot mi wod den no go pas."

Di big big masta den na India de shel den layf bay di sem tin den we God bin de tink  
bot we bin mek Jizos get layf; den man ya na in fambul den we den don prich:  
“Enibodi we du wetin mi Papa we de na evin want, di.”

na di sem tin na mi brōda, en mi sista, en mi mama." **16-12** Krays bin tōk se: "If una kontinyu fō tōk to mi wōd, una na mi disaypul den fō tru, en una go no di trut, en di trut go mek una fri." **16-13** Friman den ol, masta den fō densesf, di Yogi-Krays den na India na pat pan di brōda en sista den we no de day: di wan den we dōn get fridōm fō no bōt di Wan Papa.

"Di Adam en Iv stori nō ōndastand to mi!" A bin obshōb wit bōku ōt wan de insay mi fōs stres wit di alēgrōri. "Wetin mek Gōd nō jōs pōnish di tu pipul den we gilti, bōt i pōnish di inosent jenēreshōn den we nō bōn yet?"

Masta bin de enjoy mi maynd pas di we aw a nō bin no natin. " *Jēnesis* na dip simbolik, en den nō go ebul fō ōndastand am bay rial intapriteshōn," i eksplen. "In 'tri we de gi layf' na mōtalman bōdi. Di speshal kōd tan lēk tik we dōn tōn ōp, wit man in ia as in rut, en afferent en efferent nerves lēk branch. Di tik na di nervous system de bia bōku frut den we pōsin kin enjoy, ō senseseshōn fō si, sawnd, smel, test, en tōch. Insay den tin ya, mōtalman kin rayt fō indulj; bōt den bin fōgiv am di." eksperiēns fō seks, di 'apul' we de na di sentrōm fō di bōdi gadin **16-14**

"Di 'snek' de riprizent di kōyl-ap spēnal enēji we de mek di seks nev dēm. 'Adam' na rizin, en 'Iv' na fō fil. We di imōshōn ō Iv-kōnsens insay eni mōtalman de ōva pawa bay di seks impuls, in rizin ō Adam bak de sōkōm. **16-15**."

"Gōd mek di mōtalman speshal bay we i mek man en uman bōdi bi tru di pawa we i want; I gi di nyu speshal pawa fō mek pikin den we fiba." 'immaculate' ō divayn we. **16-16** Bikōs te naw, di we aw i bin de sho insef na di wan ol sol, na animal den nōmō i bin de du, we get instinkt en we nō get di tin den we pōsin kin ebul fō du fō ful rizin, Gōd mek di fōs mōtalman bōdi den, we den kōl Adam en Iv fō sho se i get sōntin fō du wit am. To dis, fō advantej ōpward evolushōn, I transfa di sol ō divayn esin fō tu animal den. **16-17** Insay Adam ō mōtalman, na rizin bin de bifo; insay Iv ō uman, filin bin de go ōp. So den bin ekspres di duality ō polarity we de ōndalayn di fenomenal wōl den. Rizin en filin de kontinyu fō de insay a ēvin fō gladi at we de wok togēda sote mōtalman maynd nō de trik di snek enaji we animal den kin get.

"So di mōtalman bōdi nō bin jōs kōmōt frōm di evolushōn frōm animal den, bōt na wan akt we Gōd mek speshal wan mek am. Di animal fōm den bin tu kruk fō sho ful divinity; di mōtalman bin speshal wan we den gi am wan big big mental kapasiti-di 'tawzin-petaled lotus' fō." di bren-as well as akyu wek okult sentr dēm na di spayna.

"Gōd, ō di Divayn Kōnshens we de insay di fōs tu we den mek, advays den fō enjoy ōl mōtalman sens, bōt nō fō put den kōnsentreshōn pan tōch sens. **16-18**." Den bin ban den tin ya fō mek den nō divelōp di seks ōgan den, we go mek mōtalman insay di inferiō animal we fō mek den bōn. Den nō bin lisin to di wōnin fō mek wi nō gi layf bak to di memori den we den bin de mēmba bōt animal den we den nō bin de tink

bɔt. We Adam ɛn Iv bigin fɔ bɔn pikin dɛn bak, dɛn bin fɔdɔm frɔm di kayn we aw  
dɛn bin de gladi fɔ go na ɛvin we di fɔs pafɛkt man bin gɛt.

"No ɔf 'gud ɛn wikɛd' de tɔk bɔt to di kosmik we de na di wɔl we gɛt tu tin dɛn fɔ du fɔ  
fɔs pɔsin fɔ du sɔntin. Fɔ fɔdɔm ɔnda di sway ɔf

*maya* tru di misyuz fɔ in filin ɛn rizin, ɔ Iv-ɛn Adam-kɔnshɛns, mɔtalman lɛf in rayt fɔ go insay di ɛvin gadin we divayn self-sufficiency. **16-19** Di pasɔnal risponsibiliti fɔ ɛvri mɔtalman na fɔ mek in ‘mama ɛn papa’ ɔ dual nature kam bak to wan wanwɔd ɔ Iden."

As Sri Yukteswar dɔn in tɔk, a luk wit nyu rɛspɛkt na di pej dɛn na *Jɛnsis* . A se,

"Dia Masta, fɔ di fɔs tɛm we a fil se a gɛt di rayt filial ɔbligayshɔn to Adam ɛn Iv!"

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16-1 : . Frɔm astronomik we de tɔk bɔt di sta dɛn rɛfrɛns dɛn in ol Indu pipul dɛn skripchɔ dɛn, . masta sabi bukman dɛn gɛt bin ebul to kɔrɛkt wan ascertain fɔ no wetin fɔ du di de dɛn we di wan dɛn we rayt di buk rayt. Di sayɛns no bɔt di rishi dɛn bin rili bɔku; insay di *Kaushitaki Brahmana* wi de si prɛsis astronomik pasej dɛn us sho dat in 3100. Di wan dɛn we de wok BC di Indu dɛn bin fa go bifo in astronomi, . us bin wan prektikal valyu fɔ disayd di fayn tɛm fɔ di sɛrimɔni dɛn we dɛn kin du fɔ luk di sta dɛn. Insay wan atikul we dɛn rayt insay *Is-West* , Febwari, 1934, dɛn gi dis sɔmari bɔt di *Jyotish* ɔ bɔdi fɔ di Vedik astronomik tritiz dɛm: "I gɛt di sayɛns lɔ we bin kip India na di fɔs ples pan ɔl di ol neshɔn dɛm ɛn mek am di meka fɔ pipul dɛm we de luk fɔ no. Di rili ol *Brahmagupta*." , . wan ɔf di *Jyotish bin de tɔk bɔt am* wok dɛn, . na wan astronomik we de tɔk bɔt di sta dɛn tritiz we dɛn kin rayt we dɛn de dil wit di tin dɛn we dɛn de du wit kayn tin dɛn we de apin as di ɛliosɛntrik moshɔn fɔ di planet dɛn bɔdi dɛn in wi solar we dɛn kin yuz fɔ mek di san sistɛm, di obliquity we pɔsin kin du ɔf di ɛkliptik, . di na di wɔl we gɛt sfɛrikal fɔm, di we dɛn bin de tink bɔt layt di mun, di wɔl in akshal rivɔlɔshɔn ɛvrɛde, di prɛzɛns fɔ fiks sta dɛn na di Milki We, di lɔ fɔ graviti, ɛn ɔda sayɛns tru tin dɛn we no bin de na di Westɛn wɔl te to di tɛm we Kɔpanikɔs ɛn Nyuton bin de."

I na naw pipul dɛn sabi am gud gud wan dat di we dɛn kɔl "Arabik langwej." nɔmba dɛn," no udat simbul dɛn go bifo matematiks na at, kam na Yurop insay di 9th sɛntinari, via di Arab dɛm, frɔm India, usay dɛn bin dɔn mek da sistɛm de fɔ noteshɔn trade trade. Mɔ layt pantap Na India in yon big sayɛnsman dɛn wetin yu gɛt go bi bin fɛn in Dɔktɔ. P. C. C.

. Ray in yon *Istri ɔf Indu pipul dɛn Kwɛstɔn* , ɛn insay Dɔktɔ B. N. Sil in *Pozitiv Sayns ɔf Di Ancient Indus*

16-2 : . Di blɛsin us de fɔ frɔm di na jɔs si ɔf wan sɛnt.

16-3 : . Wan ɔf di gyal pikin dɛn udat mi famili we dɛn dɔn pik as wan pɔsibul yawo fɔ mi, afta mared mi kɔzin, Prabhas Chandra Ghose bin de tɔk bɔt am.

16-4 : . WAN stori dɛn ɔf tɔtin atikul dɛn pantap di istri bɔt istri verifiyeshɔn fɔ chek ɔf Sri Yukteswar in yon *Yuga yuga* wetin pɔsin tink dɔn sho in di magazin

*Is-West* (Lɔs Anjɛlis) frɔm Sɛptɛmba, 1932, 2019. to Sɛptɛmba, 1933.

.16-5: Insay di ia 12,500 afta Krays

16-6 : . Di Indu pipul dɛn skripchɔ dɛn ples di gi di wɔl-ɛj as we de apin insay di *Kali we de na di wɔl Yuga yuga* ɔf wan bɔku lng pas dat ɔlsay na di wɔl saykl pas di simpul 24,000 ia ikwal saykl we Sri Yukteswar bin de wɔri bɔt. Di yunivasal saykl fɔ di skripchɔ dɛn na 4,300,560,000 ia, ɛn i de mɛzhɔ wan De fɔ mek ɔltin ɔ di lng layf we dɛn gi wi planet sistɛm in i na gi fɔm. Dis big nɔmba dɔn gi bay we di rishis dɛn na bay pantap wan padi biznɛs bitwin di lng di solar ia ɛn wan m ɔltipl fɔ Pi (3.1416, di rɛshɔn fɔ di sɛkshɔn to di dayamita fɔ wan sɛkɔl).

Di layf tɛm fɔ wan wan ol yunivas, . frɔm wetin to di ol pipul dɛn we de si tin, . na 314,159,000,000,000 pipul dɛn solar we ".dɛn kin yuz fɔ mek di san ia dɛn, ɔ "Wan Ej na Brahma we dɛn kɔl Brahma

Sayɛnsman dɛn lek di gi ɛj ɔf di dunya to bi bɔt tu bilyan bilyan ia dɛn, we dɛn de bays dɛn di tin dɛn we dɛn kin tɔk bɔt pantap wan stɔdi ɔf poket dɛn we gɛt lid dɔn go as wan rizɔlt ɔf redioaktiviti in rɔk dɛn. Di Indu pipul dɛn skripchɔ dɛn deklare dat wan dunya kayn as wi yon na we dɛn dɔn solv fɔ wan ɔf tu rizin dɛn: di pipul dɛn we de de as wan wan ol fɔ bi ɔ kpatakpata gud ɔ kpatakpata wikɛd. Di di wɔl-maynd so i de mek wan pawa we de rilis di kapchɔ atɔm dɛn we dɛn

.ol togɛda lek di wɔl

Dire di we aw den kin kol di wɔd den de wan wan tɛm we den dɔn pabliʃ bɔt wan imminent "dɔn ɔf di wɔl." Di tin we jɔs kɔmɔt prɛdikʃɔn ɔf doom na Rev. Chas bin gi am. G. Long we kɔmɔt na Pasadena, we bin sɛt di "Day of Judgment" na pɔblik fɔ Septɛmba 21, 1945. *Yunayted Pres* ripɔta den aks mi opinion; A bin eksplen se di saykl den na di wɔl de fala wan ɔda prɔgrɛs akɔdin to wan divayn plan. No dissolushɔn nɔ de na di wɔl we wi de si; tu bilyɔn ia we di ikwinɔkt saykl den we de go ɔp ɛn dɔrɔ, stil de fɔ wi planet di we aw i tan naw. Di figa dɛm we di rishi dɛm gi fɔ di difrɛn wɔl ej dɛm fɔ tek tɛm stɔdi na di Wɛst; di magazin we den kol *Time* (Disɛmba 17, 1945, pej 6) bin kol den "statistik den we de mek pɔsin fil".fayn



16-8 : . "Di layt of di bōdi na di yay: dat mek ustēm yu yon yay na nō mared, yu wan ol bōdi bak na ful-ḳp of layt; bōt we yu yon yay na wikēd, yu bōdi bak na ful-ḳp of daknēs. Tek lisin to yu dat mek dat di layt us na in yu bi nōto daknēs."- *Lyuk* 11: 34-35.

16-9 : . Wan of di siks sistem dēn of Indu pipul dēn mōtalman sens. *Sankhya we de na di wōl* de tich fainal fō fri pōsin pas nō of twenti fayv prinsipul dēm, we bigin wit *prakriti* ɔ nature ēn dōn wit *purusha* ɔ sol.

16-10 : . *Sankhya we de na di wōl*

*Afōrizm dēn* , . l:92. 16-11: *Matyu*

24: 35 .

16-12 : . *Matyu* 12:50.

16-13 : *Jōn* 8: 31-32. Sent Jōn bin testify se: "Bōt ɔl di wan dēn we welkōm am, i gi dēn pawa fō bi Gōd in pikin dēn, . ivin to dēn dat biliv pantap in nem (ivin to dēn udat de bin stat in di Krays Krays Kōnshēns)." - *Jōn* 1:12.

16-14 : . "Wi sōntēm it of di frut of di tik dēn of di gadin: bōt of di frut of di tik us na in di midul of di gadin, Gōd dōn se, "Una nō fō it am, una nō fō tōch am, so dat una nō go day." - *Jēnesis* 3: 2-3.

16-15 : . "Di uman udat yu givest to bi wit mi, i dōn gi mi of di tik, ēn a dōn du it. Di uman bin se, Di snek ful mi, ēn a it." - *Jēn* 3: 12-13.

16-16 : . "So Gōd we dēn mek man in in yon aydul, in di aydul of Gōd we dēn mek i in; man ēn uman we dēn mek i dēn. En Gōd dōn blēs dēn, ēn Gōd bin se to dēn, Bi we de frut frut ēn bōku bōku wan, . ēn fō ful-ḳp bak di dunya, ēn subdue it." - *Jēn* . 1: 27-28.

16-17 : . "En di Lōd Gōd fōm man of di dōst of di grōn, ēn bin de blo to in di nos dēn we de na di nos di briz we yu de blo of layf; ēn mōtalman bi sol we get layf." - *Jēn* 2:7.

16-18 : . "Naw di snek we dēn kōl snek (seks fō du mami ēn dadi biznēs fos) bin mō subtil pas ēni animal of di fil" (ēni ɔda sens of di bōdi). - *Jēneral* . 3:1.

16-19 : "En PAPA GōD plant wan gadin na di ist pat na lden; ēn na de i put di man we i mek." - *Jēn* . 2:8. "So PAPA GōD sēn am kōmōt na di gadin na lden fō go wok na di grōn usay dēn pul am kōmōt." - *Jēn* . 3:23. Di divayn man we Gōd mek fōs, in kōnshēns bin de na di wan yay we get pawa ɔlsay na in fōēd (we de go na di ist). Di ɔl-kriativ pawa dēn of in go, we de pe atēnshōn pan sōntin at dat ples, bin lōs to man ustēm i dōn stat to "till." di grōn" fō in bōdi we i tan.

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## CHAPTER: 1 . 17

### *Sasi En Di Tri Safaya dēn*

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"Bikōs yu ēn mi pikin tink so ay ay wan of Swami bin de tōk bōt am Sri Yukteswar, 1999. a go tek wan luk at in." Di

di toyn fə vɔys we Dɔktɔ Narayan Chunder Roy bin yuz bin sho se i de laf di we aw af-af pipul dən kin laf. A bin ayd mi vɛksteshən, insay di bɛst tradishən dən we di pɔsin we de tɔn mi bak pan Gɔd bin get.

Mi kɔmpin, we na bin veteriana ɔspitul, na bin pɔsin we dən bin dɔn kɔnfyus se nɔ biliv Gɔd. In yɔŋ bɔy pikin we nem Santosh bin dɔn beg mi fə mek a intres pan in papa. So faw mi invaluable aid bin don de likl na di invisible side.

Dɔktɔ Roy bin go wit mi di nɛks de fə go na di Serampore hermitage. Afta Masta bin dɔn gri fə mek i intavyu am fə shɔt tɛm, we dən bin mak fə di mɔst pat wit stoik silens na ɔl tu di say dən, di visitɔ bin kɔmɔt de wit brus.

"Wetin mek fə briŋ dayman na di ashram?" Sri Yukteswar luk mi wit kwɛstyɔn jɔs afta di domɔt dɔn lɔk pan di Kalkata skeptik.

"Sir! Di dɔktɔ de alayv bad bad

wan!" "Bɔt in wan shɔt tɛm i go bi

dɔn day."

A bin ɔsprayz. "Sir, dis go bi bad bad blow to im pikin. Santosh yet op fə taim to chenj im papa materialistic views. A de beg yu, Masta, to helep di man."

"Veri wɛl; fə yu sake." Mi guru in fes bin de impas. "Di praud ɔs dɔktɔ dɔn go fa fawe pan dayabitis, pan ɔl we i nɔ no am. Insay fayvtin dez i go tek am na in bed. Di dɔktɔ dən go gi am fə lɔs; in natura tɛm fə kɔmɔt na dis wɔl na siks wiks frɔm tide. Bɔt bikɔs ɔf yu intaseshən, pan da de de i go wɛl. Bɔt wan kɔndishən de. Yu fə mek i wɛr astrɔlɔjɪk bangle; i go du am." dawtlɛs ɔbjɛkt as vaylɛnt as wan pan in ɔs dən bifo ɔprɛshən!" Masta bin de laf.

Afta wan silens, we a bin de wɔnda aw mi ɛn Santosh go ebul fə yuz di arts fə cajolery di bɛst we pan di dɔktɔ we nɔ gri wit wetin dən de tɔk, Sri Yukteswar bin mek ɔda tin dən we i tɔk bɔt.

"As soon as di man get wɛl, advais am se im no go it mit. Im no go lisin to dis advais, bɔt, and insaid siks mun, jɔs laik se im de fil at im bes, im go drop dead. Ivun dat siks mun." ɛkstɛnshən fə layf na bikɔs ɔf yu beg nɔmɔ dən gi am."

Di nɛks de a bin tɛl Santosh se i fə ɔda wan armlet na di say usay dən de mek jɔy. I bin dɔn rɛdi insay wan wik, bɔt Dɔktɔ Roy nɔ bin gri fə put am.

"A de insay di bɛst wɛlbɔdi. Yu nɔ go ɛva impres mi wit dən astrɔlɔjɪk lay lay biliv ya." Di dɔktɔ luk mi wit fɛt-fɛt.

A memba wit enjoyment se Masta bin jostifay fo kɔmpia di man to ɔs we get balky. Wan ɔda sevin dez pas; di dɔktɔ we bin sik wantem wantem, bin gri wit ɔmbul fo wer di bangle. Tu wiks afta dat, di dɔktɔ we bin de de tel mi se in pasent in kes no get op. I bin gi ditil den we de mek posin fil bad bot di bad bad tin den we dayabitis don du.

a i bin shek mi ed. "Mi guru don bin se dat, afta wan sik we posin kin get we go las fo long tem wan mont, Dokto. Roy bin de du dat go bi wel."

Di dokto bin de luk mi wit ol in at. Bot i bin luk fo mi fo tu wiks afta dat, wit wan briz we bin de aks fo padi.

"Dokta Roy don mek i wel kompli wan!" i bin ala. "Na di kes we de amazing pas evri oda kes fo mai experiens. Neva bifo a si man we de dai sho dis kain kam bak we no de explikabl. Yu guru must rili bi hiling prophet!"

Afta wan intavyu wit Dokto Roy, we a ripit Sri Yukteswar in advays bot it we no get mit, a no si di man igen fo siks mont. I bin stop fo chat wan ivintem as a sidom na di piazza na mi famili os na Gurpar Road.

"Tel yu ticha se bay we a de it mit boku tem, a don get mi trenk bak olsay. In aidia den we no de na sayens bot it no don inflows mi." Na tru se Dokto Roy bin luk pikcho bot welbodi biznes.

Bot di neks de, Santosh kam ron kam to mi from in os na di neks blok. "Dis monin Papa drop day!"

Dis kes na bin wan pan di strenj eksperiens den we a bin get wit Masta. I men di veteriana sajin we bin ton agens am pan ol we i no bin biliv, en i bin mek di man in natura tem na di wol long fo siks mont, jos bikos a bin de beg am wit ol mi at. Sri Yukteswar bin boundless in in kainness wen we posin we de woship God kin pre kwik kwik wan.

Na bin di best ono we a bin get fo briji mi padi den na koleji fo kam mit mi guru. Boku pan den go ledom na sayd-at least na di ashram!-den fashon akademik klos we get fo du wit rilijon skepticism.

Wan pan mi padi den we nem Sasi, bin spen boku tem fo gladi fo di wik end den na Serampo. Masta bin lek di bobo bad bad wan, en i bin kray se in prayvet layf bin wayl en no oganayz.

"Sasi, unless yu rifom, wan yie afta yu go denja sik." Sri Yukteswar bin de luk mi padi wit lov veks. "Mukunda na di witnes: no se leta se a no won yu."

Sasi bin laf. "Masta, a go lef am to yu fo intres wan swit charity of cosmos insay mi yon sad kes! Mi spirit redi bot mi wil wik. Yu na mi wan sevɔ na di wol; a biliv pan eni oda tin."

"Na." lili yu fo wer wan tu karat we get tu karat blu safaya we den kol safaya. I go ep yu."

"A no kin ebul fo bay wan. Eni aw i bi, . valyu guruji, . if plaba kam, . a ful wan biliv yu

go protekt mi."

"In wan ia yu go bring tri safaya," Sri Yukteswar ansa kriptik wan. "Dem no go get  
eni yus da tem de."

Difren tin den we den bin de tok bot dis tok bin de apin oltem. "A no go ebul fo rifom!" Sasi go se wit komik despair. "En di trost we a get pan yu, Masta, valyu to mi pas eni ston!"

Afta wan ia, a bin de go fen mi guru na di Kalkata os fo in disaypul, Naren Babu. Arawnd ten oklok na monin, as mi en Sri Yukteswar bin sidom kwayet wan na di sekon flo palor, a yeri di front domot opin. Masta bin stret am stiff wan.

"Na dat Sasi," i rimark sirios wan. "Di ia don don nau; im tu lung dem don go. Im don ignore mai advais; tel am se a no wan si am."

A bin af-af we Sri Yukteswar bin step, so a ron go don di stej. Sasi bin de go

op. "O Mukunda! A do op se Masta de ya; a bin get wan hunch se i kin bi."

"Yes, bot i no want to bi disturb am."

Sasi bos kray en brus pas mi. I trowe insef na Sri Yukteswar in fut, en put tri fayn fayn safaya den de.

"Omniscient guru, di dokto den se a get galloping tuberculosis! Den no de gi mi long pas tri mont mo! A ombul fo beg yu ep; a no se yu kin men mi!"

"No bi let likl nau fo de wori ova yu laif? Depart wit yu jewels; dia taim of yusfulnes don pas." Don Masta bin sidom lek sfinks insay wan kwayet we no bin de taya, en di bobo bin de kray fo sori fo am.

Wan intuitiv konvikshon kam to mi se Sri Yukteswar bin jos de test di dip fet we Sasi get pan di divayn hiling pawa. A no bin soprayz wan awa afta dat we Masta ton wan sori-at luk pan mi padi we bin de butu.

"Gap, Sasi; na big big krach yu de mek na oda pipul den os! Riton yu safaya den to di joyla in os; na ekspens we no nid fo spen naw. Bot get astrolojik bangle en wer am. No fred; insay som wiks yu go wel."

Sasi in smayl bin de shayn in fes we get kray wata lek san we de kam wantem wantem oba wan land we don sod. "Gru we a lek, a go tek di meresin den we di dokto den gi mi?"

Sri Yukteswar in glans bin longanimous. "Jos lek aw yu want-drink den o trowe den; i de du." noto tin we impotant. I posibul fo mek di san en di mun chenj den pozishon pas fo mek yu day wit TB." I ad wantem wantem se, "Go naw, bifo a chenj mi maynd!"

Wit wan agitated bow, mi padi bin go kwik kwik wan. A bin go fen am boku tem

insay di neks wik den, en a bin soprayz fo si se in sik bin de wos mo en mo.

"Sasi." no kin ebul fo du dat las pas di net." Den wan ya wod den from in doko, . en di spektakl we den kin du of mi

padi, we naw ridyus klos to wan skel, sen mi posthaste na Serampore. Mi guru bin de lisin kol wan to mi ripot we bin de kray.

"Wetin du du yu kam naya to ambog mi? Yu get don don yeri mi mek sho se Sasi of in fo wel."

A butu bifo am wit big big fred, en ton bak go na di domot. Sri Yukteswar no tok eni wod fo pat, bot i sink insay saylens, in yay den we no wink opin af-af, den vishon ronawe go na oda wol.

A bin go bak wantem wantem na Sasi in os na Kalkata. Wit astonishment a fain mi padi sidon op, drink milk.

"O Mukunda! Na big big mirekul! Fo awa bifo a fil Masta in prezens na di rum; mi bad bad simptom den no de igen wantem wantem. A fil se tru in gudnes a don wel ol."

Insay som wiks, Sasi bin strong en in welbodi bin bete pas aw i bin de bifo. **17-1** Bot in singul riakshon to in welbodi bin get wan tin we no get tenki: i no bin de go fen Sri Yukteswar bak! Mi padi bin tel mi wan de se i rili rigret di we aw i bin de liv trade, so i shem fo fes Masta.

A bin jos ebul fo tok se di sik we Sasi bin get bin get difren difren tin den we bin mek i no want fo du sontin en i bin mek i no biev fayn.

Di fos tu ia we a bin de du mi kos na Skotish Choch Kolej bin de nia fo don. Mi klasrum atendans bin don rili spasmodic; wetin a bin de du smol stodi na fo mek pis wit mi famili nomo. Mi tu prayvet ticha den bin de kam na mi os oltem; A no bin de de oltem: A kin no at le dis wan tin we a kin du oltem na mi skul wok!

Insay India tu saksesful ia fo koleji de brij wan Intermediet Ats diploma; afta dat di student kin luk fo oda tu ia en in AB digri.

Di Intermediet Ats fainal egzamen den bin de kam bifo bad bad wan. A ronawe go na Puri, usay mi guru bin de spen som wiks. Vaguely hoping se i go sankshon mi no-appearance na di fainal, a bin tok bot di shem we a no bin redi.

Bot Masta bin smayl fo korej am. "Yu don du yu spiritual wok wit ol yu at, en yu no bin ebul fo ep fo lef yu koleji wok. Aplay yusef wit ol yu buk den fo di neks wik: yu go pas yu problem we yu no go ebul fo du."

A bin go bak na Kalkata, en a bin de stop ol di dawt den we a bin get wan wan tem wit provok we no bin de mek a fil bad. We a bin de stodi di mawnten we get buk den we bin de na mi tebul, a bin fil lek posin we de travul we don los na wan wildanes. We a bin de tink gud wan fo long tem, dat bin mek a get inspekshon we no bin de wok. Fo opin eni wan pan den buk at random, a bin stodi ol di pej den we lay so



exposed. Bikos a bin de du dis kos fo ettin awa evride fo wan wik, a bin de si misef  
se a get rayt fo advays ol di jenereshon den we de kam afta dat bot di art fo kram.

Di neks de den we a bin de na di egzam ol den, na bin jostis fo di we aw a bin de du tin we i bin tan lek se a no bin du natin. A pas ol di test den, pan ol we a pas wan ia brayt. Di kongrigeshon we mi padi en fambul den bin de gi mi bin miks wit ejakuleshon we bin de betray den soprayz.

We i kam bak from Puri, Sri Yukteswar bin gi mi wan fayn soprayz. "Yu Calcutta stodi don don naw. A go si se yu de du yu las tu ia yunivasiti wok rayt ya na Serampore."

A bin de konfyus. "Sir, no Bachelor of Arts kos de fo dis taun." Serampore Kolej, we na di wangren institiushon fo ay lanin, bin de gi tu ia kos nomo fo Intermediet At.

Masta bin smayl wit mischievously. "A tu old fo go de kolkt doneshon to establish AB kolej fo yu. A guess se a go get fo arenj di mata tru oda pesin."

Tu mont afta dat, Profeso Howells, we na di president fo Serampore Kolej, bin anawns na poblik se i don ebul fo geda buku moni fo gi kos fo 4 ia. Serampore Kolej bin bi branch aflieshon fo di Yunivasiti of Kalkata. Mi na bin wan pan di fos student den we inrol na Serampore as AB kandidet.

"Guruji, aw yu gud to mi! A don de want fo komot na Kalkata en de nia yu evride na Serampore. Profeso Howells no de drim aw i fo pe fo yu silent ep!"

Sri Yukteswar bin de luk mi wit mock severity. "Naw yu no go nid fo spen buku awa na tren; wetin na buku fri tem fo yu stodi! Sontem yu go bi less of las minit krama en mo bi skola." Bot som we aw i bin de tok no bin get konvikshon.

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17-1 : . Insay di 1936. Di ia 1936 a don yeri from wan padi dat Sasi bin stil in wel don welbodi.

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## CHAPTER: 1 . 18. 18

### ***WAN Mohammedan we den kol Mohammedan Wonder- Wokman we de wok***

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"Ia bifo, rait fo dis sem rum we yu de nau, wan Mohammedan wonda-woka du fo mirekul bifo mi!"

Sri Yukteswar na yu bin mek dis we de mek posin soprayz wod we in fos visit to mi nyu kwata den.

Wantem afta a go na Serampo Kolej, a bin don tek wan rum na wan boding os we bin de nia de, we den kol *Panthi* . Na bin wan ol os we den mek wit brik, en i bin de bifo di Ganges.

"Masta, wetin na coincidence! Den nyu wol ya we den don deket rili ol wit memori?" A luk rawnd mi rum we get simpul tin den wit ol mi intres we a wek.

"Na wan long stori." Mi guru bin smayl we i memba. "Di nem fo di *fakir* **18-1.** " na bin Afzal Khan. I bin don get in ekstra odinari pawa den tru wan chans we i mit wit wan Indu yogi.

"Son, a tosti; kam wit wata fo mi.' Wan *sannyasi* we bin koba wit dost bin aks Afzal dis rikwest wan de we i bin smol na wan smol vilej na di ist pat na Bengal.

"Masta, a am wan Mohammedan we den kol Mohammedan. Aw ebul yu, wan Indu, . gri wan drink from mi an den?"

"Yu trut de mek a gladi, mi pikin. A no de fala di ostracizing rules of ungodly sectarianism. Go; bring mi wata kwik.'

"Na Afzal in yon." we get respekt fo obe bin den bin bles am bay we wan we get lov luk kwik wan from di yoga we de du yoga.

"Yu poses gud karma from fos layf,' i observ solemnly. 'A go tich yu wan patikyula yoga we go gi yu komand oba wan pan di eria den we wi no de si. Di big pawa den we go bi yu yon fo eksesaiz fo fayn end; no eva yuz den selfishly! A si, alas! se yu don brij ova from di past som sid den fo destructive tendencies. No alaw den fo du am sprout bay we yu wata den wit fresh bad akshon den Di komplisiti we yu get di karma we bin don de bifo na so dat yu fo yuz dis layf fo mek di tin den we yu don du na yu yoga gri wit di ay ay gol den we yu don plan fo ep pipul den.'

"Afta we de tich posin di bin soprayz boy in wan at teknik, . di masta bin don los.

"Afzal bin fetful fo fala in yoga egzampul fo twenti ia. In mirekul tin den begin fo mek boku pipul den pe atenshon to am. I tan lek se wan spirit we no get bodi bin de wit am oltam we i kol 'Hazrat.' Dis tin we wi no de si bin ebul fo du di smol tin we FAKIR bin want.

"We Afzal no pe atenshon to in masta in wonin, i begin fo yuz in pawa den di rɔŋ we. Eni tin we i toch en afta dat i ripples, i no go te igen i no go get enitin fo du wit am. Dis tin we kin mek posin in at pwel kin mek di Mohammedan bi gost we den no kin gri wit!

"I bin de go na big big joyri sto dem na Kalkata wan wan tam, i bin de ripresent insecf as posin we posibul fo bay am. Eni joyri we i de handle go los jos afta i don komot na di shop."

"Boku tɛm, sɔm ɔndrɛd student dɛn bin de rawnd Afzal, we di op fɔ lan in sikrit dɛn bin de atrak am. Wan wan tɛm di *fakir* bin de invayt dɛn fɔ travul wit am. Na di relwe steshɔn i bin de manej fɔ tɔch wan rol tiket. Dɛn wan ya i bin de go bak to di klok, ɛn tɔk se: 'A dɔn chɛnj mi maynd, ɛn a nɔ go bay dɛn naw.' Bɔt we i go insay di tren wit in kɔmpin dɛn, Afzal go get di tiket dɛn we dɛn nid **18-2**

"Dis eksploits bin mek wan indignant uproar; Bengali jewelers and ticket-sellers bin de succumb to nervous breakdowns! Di polis we bin de tray fɔ arrest Afzal bin si se den nɔ ebul fɔ du natin; di *fakir* kin pul pruf we de mek pɔsin kɔndem jɔs bay we i se: 'Hazrat, tek dis go.'"

Sri Yukteswar grap frɔm in sidɔm ples en waka go na di bolkon na mi rum we de luk oba di Ganges. A bin fala am, a bin rili want fɔ yeri mɔ bɔt di Mohammedan Raffles we bin de mek a konfyus.

"Dis *Panthi* os bin bi mi padi in yon. I bin kam fɔ no Afzal en aks am ya. Mi padi bin invayt lek twenti neba den bak, inklud misef. A bin jɔs yɔŋ da tɛm de, en a bin fil wan layfly curiosity bɔt di bad bad *fakir*." Masta bin laf. "A tek di prekoshon fɔ no wear enitin we valiu! Afzal luk mi ova wit inquisitively, den remark:

"Yu get pawaful an. Go dɔŋ di gadin; tek wan smol smol ston en rayt yu nem pan am wit chalk; dɔn trowe di ston as fa as yu ebul insay di Ganges.'

"A obe. As di ston dɔn lɔs ɔnda fa fa wef, di Mohammedan adres mi bak:

"Fil wan pot wit Ganges bin de du am wata nia di bifo ɔf dis os.'

"Afta a bin bin kam bak wit wan bɔt ɔf wata, di *fakir we yu de du* kray, . 'Hazrat, . put di ston in di pot!'

"Di ston apia wan taim. A pul am fɔ di vessel and fain mai signature laik wen." Na mi bin dɔn rayt am.

"Babu, 18-3." wan pan mi padi den we bin de na di rum, bin wɛr wan ebi ebi antik gold wach en chen. Di *fakir* bin egzamin den wit bad bad admireshon. I nɔ tu te, den nɔ bin de!

"Afzal, . duya go bak mi we den valyu di tin we pɔsin fɔ get frɔm di prɔpati!' Babu bin lek in kray wata.

"Di Mohammedan bin stoically silent fɔ awhile, den se, 'Yu get faiv hundred rup fɔ aiyan sef. Briŋ am to mi, en a go tɛl yu usay fɔ fɛn yu tɛmpik.'

"Di distraught Babu bin kɔmɔt wantɛm wantɛm fɔ go na in os. I kam bak shot tɛm en gi Afzal di mɔni we den nid."

"Go na di smol briŋ nia yu os,' di *fakir* instrakt Babu. 'Kɔl Hazrat fɔ gi yu di wach en chen.'

"Babu." i bin rɔsh go. Pantap in go bak, i bin de wɛr wan smayl ɔf fil fayn en Nɔ valyu tin ilek.

"We a kɔmand Hazrat as dɛn tɛl mi,' i anɔys, 'mi wach kam fɔdɔm dɔŋ frɔm di ays insay mi raytan! Yu go shɔ se a lɔk di heirloom na mi sef bifo a jɔyn di grup bak we de ya!'

"Babu in padi dem, witnes dem fo di komikotrajedi fo di ransom fo wan wach, bin de luk Afzal wit veks. Naw i de tok placatingly."

"Duya nem eni drink yu want; Hazrat bin de du am go mek i."

"Wan nomba aks fo milk, oda wan fo frut jus. A no tu shok wen di unnerved Babu rikwest wiski! Di Mohammedan giv oda; di obliging Hazrat sen sial kontena dem sel dong di air and thudding to di floor. Evri man fain im desired drink."

"Di promis fo di nomba 4 spektakular feat fo di de bin rili gladi fo wi os: Afzal bin of fo saplae wan instantaneous lanch!

"Le wi oda di it den we dia pas ol,' Babu bin gi advays wit glomi. 'A want wan fayn fayn it fo mi fayv ondred rup! Den fo gi oltin pan gold plet!'

"As soon as eni man don tok wetin i lek, di *fakir* adres inself to di Hazrat we no de taya. Wan big rat bin apin; gold plet den we ful-op wit kari we den don pripia fayn fayn wan, hot *luchis*, en buku frut den we no de insay di sizin, land from noday na wi fut. Ol di it bin swit. Afta wi don it fo wan awa, wi begin fo komot na di rum. A. A big big noys, lek se den de geda dish den, mek wi ton rawnd Lo!

"Gruji," a intarop, "if Afzal bin ebul fo sikyuret tin den lek gold dish izi wan, wetin mek i bin want oda pipul den propati?"

"Di *fakir* no bin rili develop pan spiritual tin den." "Di masta sabi we i sabi wan patikyula yoga teknik bin gi am akses to wan astral plen usay enitin we i want kin apin wantem wantem. Tru di ejenshi fo wan astral biin, Hazrat, di Mohammedan kin kol." di atom dem fo eni tin from etirik enaji bay wan akt fo pawaful wil. Bot den kayn tin den ya we den kin mek wit astral kin donawe wit den; den no go ebul fo kip den fo long tem. Afzal bin stil de wet fo di wol jentri we, pan ol we i no bin izi fo get, i get no dependabl durability."

a bin laf. "I sef sontem de donawe wit am pas ol we no get eni akontabl!"

"Afzal noto bin man we God-rilayz," Masta kontinyu fo tok. "Mirakul den we de sote go en we go benifit pipul den na tru tru oli pipul den de du am bikos den don attun densef to di olman we mek oltin. Afzal na bin jos wan odinari man wit wan ekstra odinari pawa fo go insay wan subtil eria we motalman no kin go insay te i day."

"A ondestand naw, Guruji we get fo du wit am. Di afta-wol de apia to get som biev fayn tin den."

Masta bin gri. "A no eva si Afzal afta da de de, bot afta som ia, Babu kam na mi os fo sho mi nyuspepa akodin to di Mohammedan in poblik konfeshon. From am a lan di tru tin den we a jos tel una bot Afzal in fos initieshon from wan Hindu guru."



Di men tin we de insay di las pat pan di dokyument we den bin don pabliſh, as Sri Yukteswar bin memba, na dis: "Mi, Afzal Khan, de rayt den wod ya as akt fo penans en as wonin to di wan den we de luk fo." di we aw posin get pawa fo du mirekul. Fo long tem naw, a don de yuz di wondaful abiliti den we den gi mi tru God en mi masta in speshal gudnes. A bin dronk wit fo et misef, a bin de fil se a pas di odinari lo den we de sho se a biev. Mi de fo kont bin don rich.

"I no tu te yet we a mit wan ol man na wan rod we de na do na Kalkata. I bin de limp along wit pen, i bin de ker wan tin we de shayn we tan lek gold. A adres am wit gridi na mi at."

"A am Afzal bin de du dat Khan, 1999. di rili *fakir we yu de du* . Wetin get yu de?"

"Dis bol we den mek wit gold na mi wangren tin we a get; i no go intres fakir . A de beg yu, sa, fo men mi limp.'

"A toch di bol en waka go witout riply. Di ol man hobbul afta mi. I no tu te, i rayz wan ala se: 'Mi gold don go!'

"As a no pe atenshon, i tok wantem wantem wit wan stentorian voys we komot oddly from in frayl bodi:

"Du yu noto no mi?"

"A bin tinap we a no ebul fo tok, a bin soprayz fo si di tem we den bin kam fo no se dis ol kripul we no bin rili impotant noto oda posin pas di big sent we, long, long tem don pas, bin don bigin mi fo du yoga. I bin stret insef; in bodi bin strong en yoj wantem wantem."

"So!' Mi guru in yay bin de faya, 'A de si wit mi yon yay se yu de yuz yu pawa, noto fo ep motalman we de sofa, bot fo it am lek komon tifman A de pul yu majik gift den naw.

"A kol Hazrat wit voys we de mek a fil bad; fo di fos tem, i no apia to mi insay yay. Bot som dak vel bin komot insay mi wantem wantem; a si klia wan di blasfem na mi layf."

"Mi guru, a tank yu fo kam banish mi long delusion.' A bin de kray na in fut.

"Mi masta bin de si mi wit sori-at kwayet wan. 'A fil yu sinsi,' i se las las. 'Bikos of yu fos ia den we yu bin de obe strikt wan, en bikos of yu presen ripent, a go gi yu wan blesin. Yu oda pawa den no de igen naw, bot enitem we yu nid it en klos, yu kin stil kol Hazrat sakesful wan fo saplae den. Gi yusef wit ol yu at fo divayn.' ondestandin na di mawnten say den we posin kin get wanwod.'

"Mi guru den vanish; a bin lef to mi kray wata en riflekshon. Farewell, wɔl! A de go fo aks fo di fɔgivnɛs fo di Kɔsmik Bɛlov."

18-1 : . WAN Moslem pipul den yoga we de du yoga; from di Arabik langwej *faqir* , . po; fɔs we den aplay to dervish den we de na di bɔdi ɔnda wan vaw ɔf po.

18-2 : . Mi papa leta don tel mi dat in komni, di Bengali-Nagpo Relwe, . bin bin wan ɔf di fam den we den don du bad to na Afzal Khan rayt am.

18-3 : . a du noto memba di nem ɔf Sri Yukteswar in yon padi, . en mɔs tɔk bot to in simpul wan as "Babu". (Mista).

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## CHAPTER: 1 . 19

### ***Mi Masta, Insay di Kalkata, 1999. I de apia Insay di Serampore, we de na di wol***

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"Boku tem, a kin get dawt we no biliv se God de. Yet wan somishon we de mek a sofa kin mona mi sontende: sontem di sol posibiliti den we den no tap no de? Yu tink se motalman no de mis in rial destiny if i no ebul fo fen den?"

Den tok ya we Dijen Babu, we na mi rummet na di *Panthi* bodinghaus, bin kol am bikos a invayt am fo mit mi guru.

"Sri Yukteswarji go initiate yu insay *Kriya Yoga* ," a ansa. "I de kol di dualistic turmoil bay wan divain inner surety."

Da ivintem de, Dijen bin go wit mi fo go na di say usay den de kip animal den. We Masta bin de bifo mi padi bin get so spiritual pis dat i no tu te, i bin de kam fen am oltem. Di tin den we no impotant we posin kin wori bot evride no go du fo motalman; sens sef na angri we pipul den kin get. Insay Sri Yukteswar in wod den Dijen bin fen wan insentif to den tray den de-fos i bin de pen, don i no bin de tray fo fri-fo fen wan rial sef insay in bɔdi pas di shemful ego we posin bon fo som tem, we no kin rili boku fo di Spirit.

As mi en Dijen bin de du di AB kos na Serampore Kolej, wi bin get di abit fo waka togeda fo go na di ashram jos afta di klas don. Boku tem wi go si Sri Yukteswar tinap na in sekon flo bolkon, en i de welkom wi we wi de kam nia wi wit smayl.

Wan aftanun, Kanai, we na wan yonj man we de na di eria usay den de kip animal den, bin mit mi en Dijen na di domot wit nyus we bin mek wi at pwel.

"Masta na nɔto naya; i bin dɛn kɔl am to Kalkata bay we wan nɔ westɛm not."

Di nɛks de a bin gɛt wan post kad frɔm mi guru. I bin dɔn rayt se: "A go kɔmot na Kalkata Wednesde mɔnin." "Yu ɛn Dijen mit di nayn oklɔk tren na Serampore steshɔn."

Arawnd et-tati Wednesde monin, wan telipatik mesej from Sri Yukteswar bin flash insist wan na mi maynd: "A de delay; no mit di nayn oklok tren."

a we den kin tok bot di tin we jos komot advays den to Dijen, 1999. udat bin don dres we den dres fo lef.

"Yu en yu intuition!" Mi padi in voys bin edged in scorn. "A kin lek fo trost Masta in wod we i rayt."

A shrug mi sholda en sidom wit kwayet finality. Dijen bin de muf wit wamat, i mek fo di domot en lok am wit noys bien am.

As di rum bin dak, a muf nia di winda we de sho di strit. Di smol san layt bin go op wantem wantem te i shayn bad bad wan en di winda we get ayen bar bin donawe wit am kpatakpata. Agens dis dazlin bakgron, di klia matirializ figa fo Sri Yukteswar bin apia!

A bin konfyus te a soprayz, so a grap na mi chia en nil daj bifo am. Wit mi kostom we fo grit wit respekt na mi guru in fut, a toch in sus. Dis na bin wan pe we a sabi, we den mek wit kanvas we den day wit orenj, we den put rop pan den fut. In och swami klos bin brus pan mi; A no bin jos fil di we aw in klos bin tan, bot a bin fil bak di grit say we di sus den bin de, en di preshon we in fut finga den bin de pres insay den. A bin soprayz tumos fo tok wan wod, so a tinap en luk am wit kwestyon.

"A bin gladi se yu get mai telepathic mesej." Masta in voys bin kol, en i bin rili nomal. "A don don mi biznes naw na Kalkata, en a go rich na Serampo wit di ten oklok tren."

As a stil de luk mumu, Sri Yukteswar kontinyu fo tok se, "Dis noto aparishin, bot na mi bodi en blod fom. Den don komand mi from God fo gi yu dis eksperiens, we no kin apin so oltam na di wol. Mit mi na di steshon; yu en Dijen go si mi de kam to yu, we a dres lek aw a de dres naw. Wan kompin pasenja go bifo mi-wan smol boy we de ker silva." jug."

Mi guru put in tu an pan mi ed, wit wan blesin we a bin de grumbul. As i don wit di wod den, " *Taba Asi* ," **19-1** A yeri wan speshal sawnd we de rom. **19-2** In bodi begin fo melt smol smol insay di layt we de chuk am. Fos in fut en in leg den no bin de igen, don in bodi en ed, lek skrol we den de rol. Te to di las tam, a bin de fil in finga den de rest layt wan pan mi ia. Di layt we bin de shayn bin stop; natin no bin lef bifo mi pas di winda we get bar en wan layt we di san bin de shayn.

A bin kontinyu fo de na wan af-af we a bin de konfyus, en a bin de aks if a no bin don bi di viktim fo wan hallucination. I no tu te, wan Dijen we bin don fodom, kam insay di rum.

"Masta no bin de fo di nain oklok tren, no ivin di nain-tati." Mi padi bin mek in anonsment wit smol apojment eya.

"Kam den; a no se i go rich tən oklək." A tek Dijen in an ən rōsh am wit fos wit mi, ən a nō pe atēshōn to di tīn dēn we i de protest. Insay lēk tən minit so wi go insay di stēshōn, usay di tren bin dōn olrēdi de blo ən stōp.

"Di ol tren ful-ōp wit di layt fō Masta in aura! I de de!" A bin ala wit gladi at.

"Yu de drim so?" Dijen bin laf wit provok.

"Lē wi wet ya." A bin tēl mi padi dītil bōt di we aw wi guru go kam nia wi. As a dōn fō tōk bōt mi, Sri Yukteswar kam na mi yay, i wēr di sem klos we a bin dōn si shot tēm bifo dat. I waka sloslo afta wan smōl bōbō we ol silva jōg.

Fō smōl tēm, wan wēf we gēt kol fred bin pas tru mi, pan di strenj we a nō ēva si yet. A bin fil se di wōl we bin de lēk prōpati, we bin de insay di twenti ia, de slip pan mi; a bin de bak trade trade we Jizōs bin apia bifo Pita na di si?

As Sri Yukteswar, we na wan Yogi-Krays tide, rich di ples usay mi ən Dijen bin gēt rut we wi nō ebul fō tōk, Masta smayl to mi padi ən tōk se:

"A bin sēn yu wan mēsēj sēf, bōt yu bin nō ebul to grip i."

Dijen nō bin tōk natin, bōt i bin de luk mi wit dawt. Afta wi dōn eskort wi guru go na in ēmti ples, mi ən mi padi bin go na Serampo Kōlej. Dijen bin stōp na di strit, vēks bin de kōmōt na in ēvri pore.

"So! Masta bin sēn mi wan mēsēj! Stil yu we dēn ayd i! a tēl wan fō eksplēn!"

"A kin ēp am if yu mental miro de oscillate wit so restles we yu nō go ebul fō rējista wi guru in instrōkshōn dēn?" A bin ansa am.

Di vēks nō bin de igen na Dijen in fes. "A si wetin yu min," i se wit sōri-at. "Bot duya explein hau yu go sabi abaut di pikin wit di jug."

Bay di tēm we a dōn fō tōk bōt di fayn fayn we aw Masta bin apia na di bōding os da mōnin de, mi ən mi padi bin dōn rich na Serampo Kōlej.

Dijen se, "Di akōdin we a jōs yēri bōt wi guru in pawa dēn de mek a fil se eni yunivasiti na di wōl na jōs kindagarten."

Chapta 19 Futnot dēn

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19-1 : . Di Bengali "Gud-bay"; tru tru, i na wan op paradoks: . "Dōn a kam."

19-2: Di kōntribyushōn sawnd fō dimaterializeshōn fō di bōdi atōm dēm.

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## CHAPTER: 1 . 20

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### *Wi Du Noto Visit Kashmir na di kontri*

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"Papa, a wan invayt Masta en 4 padi dem fo go wit mi na di Himalayan fut-hil dem we a de du mi som vaykeshun. A kin get siks tren pas fo go na Kashmir en inof moni fo koba wi travul ekspens?"

Jos lek aw a bin de tink, Papa bin laf wit ol in at. "Dis na di nomba tri taim we yu giv mi di sem kok-and-bul tori. Yu no mek di sem rikwest las somaria, and di yie bifo dat? Na di las taim, Sri Yukteswarji no gri fo go."

"Na tru, Papa; a no no wetin mek mi guru no go gi mi in difinit wod bot Kashmir. **20-1.1.1.** Bot if a tel am se a don olredi sikyuret di pas den from yu, som kayn we a tink se dis tem i go gri fo mek di waka."

Papa no bin biliv da tem de, bot di neks de, afta som gud-gud gibs, i gi mi siks pas en wan rol we get ten-rup bil den.

"A no tink yu tiorikal wan travul nid den kayn gud prups den," i bin tok se, . "bot naya den de."

Da aftanun de a bin sho mi booty to Sri Yukteswar. Pan ol we i bin smayl we a si di zil we a get, in wod den no bin de komit: "A go lek fo go; wi go si." I no bin tok natin we a aks in smol disaypul we nem Kanai we bin de na di emti ples fo go wit wi. A bin invayt tri oda padi den bak- Rajendra Nath Mitra, Jotin Auddy, en wan oda bobo. Den bin set di de we wi go komot fo di neks Monde.

Satide en Sonde a bin de na Kalkata, usay den bin de selibret mared fo wan kozin na mi famili os. A rich na Serampore wit mi bag ali Monde monin. Rajendra mit mi na di domot we de na di emitaj.

"Masta na komot, de waka. I don no gri to go."

A bin fil bad en a bin trangayes di sem we. "A no go gi Papa di tod chans fo provok mi chimerical plan fo Kashmir. Kam; di oda wan den go go eni we."

Rajendra bin de tok bot am bin gri; a don go di ashram we den kol to fen wan savant.



Kanai, 1999. a don no, go noto tek di travul

we nɔ ɡɛt Masta, ɛn dɛn bin nid pɔsin fɔ kia fɔ di bag dɛn. A bin tink bɔt Behari, we bin de savant na mi famili os, we naw na wan skulmasta na Serampore de wok fɔ am. As a de waka kwik kwik wan, a mit mi guru bifo di Kristian chɔch nia Serampore Kɔt Haus.

"Usay de yu de go?" Sri Yukteswar in yon fes bin nɔ de smayl.

"Sir, a de hie se yu and Kanai no go tek di trip we wi don de plan. A de luk fɔ Behari. Yu go rimemba se las yie im bin so wori fɔ si Kashmir se im ivin offa to sav witout pe."

"A memba. Bot pan ɔl dat, a nɔ tink se Behari go rɛdi fɔ go."

A bin vɛks bad bad wan. "I jɔs de wet wit ɔl in at fɔ dis

chans!"

Mi guru bin bigin fɔ waka bak kwayɛt wan; I nɔ tu te, a rich na di skul masta in os. Behari, we bin de na di kɔt, bin grit mi wit wan fayn fayn wam we bin dɔnawe wantɛm wantɛm jɔs afta a tɔk bɔt Kashmir. Wit wan grɔmbul wɔd fɔ beg fɔ padi biznes, di savant lɛf mi ɛn go insay in bɔs in os. A wet fɔ af awa, ɛn a bin de fred fɔ mek a biliv se na bikɔs dɛn bin de pripia fɔ in trip na Behari in delay. Fainali a nak na di front doa.

"Behari bin kɔmɔt nia di bak stej lɛk tati minit so dɔn pas," wan man infɔm mi. Wan smɔl smayl bin de rawnd in lip dɛn.

A bin kɔmɔt de wit sɔri-at, ɛn a bin de wɔnda if mi invitesɔn bin tu fos ɔ if Masta in pawa we a nɔ bin si bin de wok. We a pas di Kristian chɔch, bak a si mi guru de waka sloslo kam nia mi. I nɔ wet fɔ yeri mi ripɔt, i ala se:

"So Behari we dɛn kɔl Behari go noto go! Naw, wetin de yu plan dɛn?"

A bin fil lɛk pikin we nɔ de du wetin rayt ɛn we dɔn mekɔp in maynd fɔ defy in papa we ɡɛt masta sabi buk. "Sar, a go aks mi ɔnkul fɔ lɛnt mi in savant, Lal Dhari."

"Si yu ɔnkul if yu want," Sri Yukteswar ansa wit wan chuckle. "Bot a hardly tink se yu go enjoi di visit."

A bin de fred bɔt a bin de tɔn agens mi, so a lɛf mi guru ɛn go insay Serampo Kɔt Haus. Mi ɔnkul we de na mi papa we nem Sarada Ghosh, we na ɡɔvmɛnt lɔya, bin wɛlkɔm mi wit lɔv.

"A de kɔmɔt tide wit sɔm padi dɛn fɔ go na Kashmir," a tɛl am. "Fo yiez a don de luk fɔ dis Himalayan trip."

"A gladi fo yu, Mukunda. Enitin de we a go du to mek yu joyn kom komfotabl?"

Dɛn wan ya kayn wɔd dɛn dɔn gi mi wan es of ɛnkɔrej dɛn. "Valyu onkul," a bin se, "ebul yu i kin bi se na so i bi sev

mi yu savant, . Lal Dhari?"

Di simpul tin we a bin aks fɔ bin ɡet di ifekt we atkwek bin ɡet. ɔnkul jomp so bad bad wan dat in chia tɔn, di pepa den we bin de na di tebul flay go ɔlsay, en in paip, we na wan long, kokonat stem hab-bobul, fɔdɔm na ɡrɔn wit wan big krak krak.

"Yu selfish yɔŋ man," i ala, i de shek shek wit wamat, "wetin na preposterous aidia! Udat go luk afta mi, if yu tek mi savant go wan pan yu plez jaunts?"

A ayd mi sɔprayz, we sho se di chenj we mi amiable ɔnkul chenj in frɔnt wantem wantem na bin jɔs wan ɔda enigma insay wan de we ful-ɔp fɔ devote to incomprehensibility. Di we aw a bin de rɔnawe frɔm di kɔt os ɔfis bin rili ala pas fɔ ɡet rɛspɛkt.

A go bak na di ɛmti ples, usay mi padi den bin de we den bin de op fɔ ɡɛda. Kɔnvikshɔn bin de gro pan mi se sɔm sufayf if ɛksɛsiding rikɔndite motive bin de bien Masta in abit. Rimorse bin seiz mi se a bin de tray fɔ stɔp mi guru in wil.

"Mukunda, yu nɔ go lɛk fɔ de wit mi fɔ sɔm tɛm mɔ?" Sri Yukteswar bin aks am.

"Rajendra en di ɔda wan den kin go bifo naw, en wet fɔ yu na Kalkata. Plenti tɛm go de fɔ kech di las ivintem tren we de kɔmɔt na Kalkata fɔ go na Kashmir."

"Sa, a nɔ kia fɔ yu to go nɔ yu," a bin se wit sɔri-at.

Mi padi den nɔ bin pe atɛnshɔn pan di tin we a tɔk. Den kɔl wan hackney kario en kɔmɔt wit ɔl di bag den. Mi en Kanai bin sidɔm kwayɛt wan nia wi guru in fut. Afta af awa we den nɔ tɔk natin, Masta ɡrap en waka go na di ples usay den de it na di sekɔn flɔ.

"Kanai, . duya sav Na Mukunda in yon it. In tren lif den nɔ go te."

We a ɡrap na mi blankit sit, a stɛp wantem wantem wit nɔys en wan bad bad tin we de mek mi bɛlɛ de rɔn. Di pen we a bin de chuk mi bin so tranga dat a bin fil se den dɔn trowe mi wantem wantem na sɔm ɛlfaya we ɡet fɛt-fɛt. We a bin de ɡrop blaynd wan to mi guru, a bin fɔdɔm bifo am, en ɔl di sayn den we de sho se di kɔlera we de mek a fred na Eshia bin atak mi. Sri Yukteswar en Kanai bin kɛr mi go na di sidɔm rum.

Racked wit agony, a kray, "Masta, a sɔrenda mi layf to yu;" bikɔs a bin biliv se fɔ tru, i bin de kɔmɔt na di shore den na mi bɔdi kwik kwik wan.

Sri Yukteswar na yu put mi ed pantap in fut, we yu de strok mi fɔɛd wit enjɛl den we pɔsin kin ɡet sɔri-at.

"Yu si nau wetin bin fɔ dɔn apin if yu bin de na di steshɔn wit yu padi dem," i se. "A

bin get fo luk afta yu dis strenj we, bikos yu chuz to doubt mai jojment fo tek di trip fo dis patikula taim."

A bin ɔndastand las las. Bikos big big masta den nɔ kin si se i fayn fo sho den pawa opin wan, na kɔzhɔl pɔsin we de wach ɔf di day's tin den we kin apin go get bin imajin dat den ɔda bin plenti kɔmɔn.

Mi guru in intavyu bin dɔn tu subtil fɔ mek dɛn sɔprayz. I bin dɔn wok in wil tru Behari ɛn mi ɔnkul Sarada ɛn Rajendra ɛn di ɔda wan dɛn so dat sɔntɛm ɔlman pas misɛf bin tink se di tin dɛn we bin apin dɔn bi lɔjik wan nɔmal.

As Sri Yukteswar nɔ ɛva fɔget fɔ fala in soshal ɔbligayshɔn dɛn, i tɛl Kanai fɔ go fɔ spɛshal pɔsin, ɛn fɔ tɛl mi ɔnkul.

"Masta," a bin protɛst, . "nɔmɔ yu kin mɛn mi. a am sɛf fa dɔn fɔ ɛni dɔktɔ."

"Pikin, na di Divain Mercy de protɛkt yu. Nɔ wɔri bɔt di dɔktɔ; i nɔ go fɛn yu na dis stet. Yu dɔn ɔlɛdi wɛl."

Wit mi guru in wɔd dɛn, di bad bad sɔfa bin lɛf mi. A bin sidɔm we a wik. I nɔ tu te, wan dɔktɔ kam ɛn tek tɛm chɛk mi.

"I tan lɛk se yu dɔn pas di wɔs tin," i se. "A go tek som spɛsimen wit mi fɔ laboratory test."

Di fala mɔnin di dɔktɔ we de mɛn pipul dɛn dɔn rich kwik kwik wan. a bin sidɔm ɔp, in gud spirit dɛn.

"Wɛl, wɛl, na ya yu de, de smayl ɛn chat lɛk se yu nɔ bin get ɛni klos kɔl wit day." I pat mi an saful wan. "A nɔ bin rili ɛkspekt fɔ fɛn yu layf layf wan, afta a dɔn diskɔba frɔm di spɛshal wan dɛn se yu sik na Eshian kɔlera. Yu laki, yɔŋ man, fɔ get guru we get divayn hilin pawa! A biliv am!"

A bin gri wit ɔl mi at. As di dɔktɔ bin de rɛdi fɔ go, Rajendra ɛn ɔdi kam na di domɔt. Di vɛks we dɛn bin get na dɛn fes bin chɛnj to sɔri-at as dɛn de luk di dɔktɔ ɛn afta dat dɛn de luk mi fes we wan smɔl.

"Wi bin vɛks ustɛm yu nɔ bin du am tɔn ɔp as bin gri at di Kalkata tren. Yu get bin sik?"

"Yɛs." A nɔ bin ɛbul fɔ lɛf fɔ laf as mi padi dɛn bin de put di bag na di sem kɔna we i bin de yɛstede. A kot: "Wan ship bin de we go na Spain; we i kam, i kam bak bak!"

Masta kam insay di rum. A alaw misɛf fɔ get fridɔm we pɔsin we dɔn wɛl, ɛn kech in an wit lɔv.

"Guruji," a se, "frɔm mi twɛlv ia, a dɔn mek bɔku tray fɔ rich di Himalayas we nɔ bin kɔmɔt fayn. A dɔn rili biliv se if una nɔ get blɛsin di Gɔd we nem Parvati **20-2.**" nɔ go tek mi!"

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20-1 : . Pan ɔl Masta dɔn fel to mek ɛni fɔ ɛksplɛn, in we pɔsin nɔ want fɔ du sɔntin to visit Kashmir na di kɔntri we dɛn wan dɛn tu sɔm tɛm dɛn kin bi se na bin fɔ no bifo tɛm se di tɛm nɔ bin dɔn rayp fɔ in sik de (luk [chaptɔ 22](#)).

20-2 : . Tru tru, "ɔf di mawnten dɛn." Parvati, 1999. na lay lay stori dɛn we dɛn ripɛsent as wan gal pikin ɔf Himavat na di wɔl ɔ di oli

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## CHAPTER: 1 . 21. Di wan den we de wok

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### *Wi Visit Kashmir na di kontri*

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"Yu strong naw fo travul. A go go wit yu go na Kashmir," Sri Yukteswar bin tel mi tu dez afta a don wel wit mirekul from Eshian kolera.

Da ivintem de wi pati we get siks pipul den bin go na di not. Di fos ples we wi bin stop fo enjoy wisef na Simla, we na wan siti we get kwin en we de rest na di tron we de na di il den we de na di Himalayas. Wi bin de waka waka na di stip strit den, en wi bin de admaya di fayn fayn tin den we wi de si.

"English strawberry for sale," wan ol uman kray, we i de skwatin na wan fayn fayn opin makit ples.

Masta bin want fo no bot di strenj smol smol red frut den. I bay wan basket we ful-op en gi am to mi en Kanai, we bin de nia de. A bin test wan beri bot a bin spit am kwik kwik wan na gron.

"Sa, wetin wan sawa frut! a ebul no eva lek strawberry den!"

Mi guru bin laf. "O, yu go laik dem-na Amerika. Na dina de, yu hostes go sav dem wit shuga and krim. Afta shi don mash di beri wit fok, yu go test dem and se: 'What delicious strawberry!' Don yu go memba dis de na Simla."

Di tin we Sri Yukteswar bin tok bin don los na mi maynd, bot i bin apia bak de boku ia afta dat, jos afta we a rich na Amerika. A bin de it dina na Misis Alis T. Esi (Sista Yogmata) in os na West Somvil, Masachuset. We den put wan dezat we get strawberry na tebul, mi ostɔ pik in fok en mash mi beri den, en ad krim en shuga. "Di frut na rather tart; a tink se yu go laik am fix dis we," shi remark.

A tek wan mot. "Wetin fayn fo strawberry!" A bin ala lawd wan. Wantem wantem mi guru in predikshon na Simla komot na di kev we no ebul fo ondastand fo memba. I bin de mek a soprayz fo no se long tem don pas we Sri Yukteswar in maynd we God-

tyun bin dɔn sensitiv wan fɔ no di program fɔ di kamik ivin dɛn we de waka waka na di ɛtɛ fɔ tumara bambay.



I no tu te, wi pati komot na Simla en go na Rawalpindi. Na de wi bin haya wan big landau, we tu os den bin de dro, en insay de wi begin fo travul fo sevin dez fo go na Srinagar, we na di kapital siti na Kashmir. Di sekon de we wi bin de travul fo go na di not, wi bin mek wi no di tru tru Himalayas. As di ayen wil den na wi kat bin de krak krak na di rod den we wam en we get ston, wi bin rili gladi fo di we aw wi bin de si di mawnten den we bin de chenj.

"Sa," Odi we nem Odi bin se to Masta, "A am big big wan enjoy fo enjoy den wan ya get glori di say den we den de sho di fim den in yu oli komni."

A bin fil wan throb fo gladi fo Odi in tenki, bikos a bin de akt as os fo dis trip. Sri Yukteswar bin kech mi tink; i ton to mi en wispa se:

"No flat yusef; Odi no de nia fo entre wit di fayn fayn tin den lek aw i de wit di prospekt fo lef wi fo long tem fo drink sigret."

A bin soprayz. "Sar," a se wit ondaton, "duya no brok wi wanwod wit den wod ya we no fayn. A no biliv se Odi de hank fo smok." **21-1** A bin de luk mi guru we no kin ebul fo stop mi wit fred.

"Veri wel; a no go se natin to Odi." Masta bin de laf. "Bot yu go soon si, wen di landau stop, se Auddy de kwik fo seiz im opotuniti."

Di kariot bin rich na wan smol caravan. As den de ker wi os den fo wata, Odi aks se, "Sa, yu min if a rayd fo som tem wit di drayva? A go lek fo get smol ays we de na do."

Sri Yukteswar na yu don gi alaw, bot bin tok to mi, "I want fresh smok en noto fresh briz."

Di landau begin fo go bifo bak wit noys oba di doti rod den. Masta in yay den bin de shayn; i instrakt mi se, "Kren op yu nek tru di kari doa en si wetin Auddy de du wit di air."

A obe, en a bin soprayz fo si Odi we i de pul ring den we get sigret smok. Mi glans to Sri Yukteswar bin bi apoloji.

"Yu rait, laik ol taim, sa. Auddy de enjoi puf along wit panorama." A bin de tink se na so i bi mi padi bin don get gift from di taksi drayva; A bin no se Odi no bin ker eni sigret from Kalkata.

Wi kontinyu fo waka na di labirint we, we wi bin de si fayn fayn wan wit riva den, vali den, ston den we de ron, en boku boku mawnten den. Evri net wi bin de stop na rustik inn den, en pripia wi yon it. Sri Yukteswar bin tek speshal kia pan mi it, en i bin de insist se a fo get laym jus ol di it den we a de it. A bin stil wik, bot a bin de impotent evride, pan ol we den bin mek di kat we bin de rotin strikt wan fo mek a no fil fayn.

Di gladi gladi we wi bin de wet fo wi bin ful-op wi at as wi de nia di sentral pat na Kashmir, we na paradays land we get lotus lek den, gadin den we de flot, os bot den we get kanopi we get gladi at, di Jhelum Riva we get boku boku brij den, en ples den we get flawa den, en ol den tin ya bin de rawnd di Himalayan majesty. Wi aproch to Srinagar bin tru wan

avenue fə tik den we lɒŋ en we de wɛlkəm pipul den. Wi bin ɛnjoy rum den na wan os we get tu stori en we de sho di fayn fayn il den. No wata we de rɒn nɔ bin de; wi bin de pul wi sapot frəm wan wɛl we bin de nia de. Di sɔmda wɛda bin fayn, wit wam de en kol smɔl net.

Wi bin mek wan pilgrimej to di ol Srinagar tempul we Swami Shankara bin de. As a de luk di mawnten-pik hermitage, tinap bold agens di skay, a fɔdɔm insay wan gladi gladi trance. Wan vishən bin apia bot wan big os we de ɔp wan il we de fa fawe. Di ay ay Shankara ashram bifo mi bin chenj to di strɔkcho usay, sɔm ia afta dat, a bin mek di Self-Realization Fellowship hedkwata na Amerika. We a bin fɔs go na Los Anjɛlis, en si di big bildin we de na di kres na Maunt Washinton, a bin no am wantəm wantəm frəm mi vishən den we a bin dɔn si fə lɒŋ tɛm na Kashmir en ɔdasay den.

Fə sɔm dez na Srinagar; dɔn go na Gulmarg ("mawnt rod den we get flawa den"), we ay siks tawzin fit. Na de a bin get mi fɔs rayd pan big ɔs. Rajendra bin rayd wan smɔl trot, . we in at bin de faya wit ambishən fə spid. Wi bin go na di Khilanmarg we bin rili stip; di rod bin de pas na wan big big forest, we get bɔku bɔku tik den we get mɔs, usay bɔku tɛm di rod den we get mist nɔ kin izi fə waka. Bot Rajendra in smɔl animal nɔ bin eva alaw mi ɔvasayz sted fə rɛst fə smɔl tɛm, ivin we i tɔn we de mek a sɔfa pas ɔl. On, on, Rajendra in ɔs nɔ bin taya, i nɔ bin no ɔltin pas di gladi at we den bin de get we den bin de kɔmpit.

Wi bin get blɛsin fə di res we wi bin de rɒn tranga wan bay we wi bin de si tin we bin mek wi blo. Fə di fɔs tɛm na dis layf, a bin de luk ɔlsay na di fayn fayn Himalaya den we get sno, we de ledɔm tay pan taya lɛk silhouettes of bigges polar bear den we de na di polar. Mi yay den bin de it wit gladi at pan mawnten den we get ays we nɔ get ɛnd, agens blu skay we get san.

A bin de rol wit gladi at wit mi yɔŋ kɔmpin den, we den ɔl wɛr ɔvakot, na di wayt slop den we de shayn. We wi bin de go dɔŋ wi si fa fawe wan big big kat we get yolo flawa den, we bin chenj di il den we nɔ bin de shayn ɔlsay.

Wi nɛks ɛkskurshən den na bin di fambul royal "pleasure gardens" fə di Emparɔ Jehangir, na Shalimar en Nishat Bagh. Di ol pales na Nishat Bagh, den bil am dairekt oba wan natura wata we de fɔdɔm. We den de rɔsh dɔŋ frəm di mawnten den, den dɔn rigul di wata we de rɒn tru sensful tin den fə mek i flɔ oba di tɛras den we get kɔlɔ en fə rɔsh insay watawɛl den midul di flawa bed den we de shayn. Di strim de go insay sɔm pan di pales rum den bak, en leta i de drɔp fayn fayn lɛk insay di lek we de dɔŋ. Di big big gadin den get rɔsh wit kɔlɔ- ros den we get wan duzin kɔlɔ, snapdragon, lavender, . pansy den, . pɔpi den we den kin mek. Wan ɛmirald we get ɛmirald we de rawnd am awtlayn na dɔn gi bay we simetrikal we get fə du wit am row den we de na di row den di *chinars* , **21-2** saypres, cheri tik den; biyɔn den, den get di wayt ɔstriti den we de na di Himalayas.

Den kin tek Kashmir greps as tin we nɔ bɔku na Kalkata. Rajendra, we bin dɔn de

promis insaf fo get rial festival we i rich na Kashmir, bin fil bad we i si se nobodi no get big vayn gadin de. Naw en naw a kin chaf am jocosely ova in baseless anticipation.

"O, a don bi so gorged wit greps a no ebul waka!" A go se. "Di greps we wi no de si de brew insay mi!" Leta a yeri se swit greps de gro boku boku wan na Kabul, we de na di west pat na Kashmir. Wi bin de korej wisef wit ayskrim we den mek wit *rabri*, we na wan milk we get boku kondens, en

we get flawa wit wan ol pistachio we den kol pistachio nat den.

Wi bin tek buku trip den na di *shikara* o haus bot den, we get kanopi den we den mek wit red embroyd, we get shed, en wi bin de ron along di kompleks chanel den na Dal Lek, we na wan netwok we get kanal den we tan lek spayda web we get wata. Na ya di buku buku gadin den we de flot, we den mek wit tik en doti kruk wan, kin mek posin soprayz, so i no kin gri fo di fos tem we yu si vejitebul en melon den we de gro midul big big wata. Wan wan tem posin kin si wan pesin, we no lek fo "rut to di gron," de pul in skwea plot fo "land" to nyu ples na di lek we get buku finga den.

Insay dis vali we get stori, posin kin si wan egzampul bot ol di fayn fayn tin den we de na di wol. Di Ledi na Kashmir get krawn na mawnten, i get garland na lek, en i get flawa sus. Leta, afta we a don go waka na buku fa fa kontri den, a bin ondestand wetin mek buku tem den kin kol Kashmir di ples we fayn pas ol na di wol. I get som pan di fayn fayn tin den we de na di Swis Alps, en di Loch Lomond na Skotland, en di fayn fayn English lek den. Wan Amerikin travulman na Kashmir fen buku tin fo memba am bot di rof rof fayn fayn ples den na Alaska en di Pikes Pik nia Denva.

As pipul den we de tek pat pan wan kontes fo biuti fayn fayn wan, a kin gi fo di fos prayz o di fayn fayn ples we den kin si Xochimilco na Meksiko, usay mawnten den, skay, en popla den kin sho densef na buku buku wata den we de midul di fish den we de ple ple, o di lek den we tan lek jolos na Kashmir, we den de gayd lek fayn fayn titi den bay di stern wach we den de wach di Himalayas. Den tu ples ya rili impotant na mi memori as di ples den we fayn pas ol na di wol.

Bot stil, a bin soprayz bak we a fos si di wondaful tin den we de na Yoloston Nashonal Pak en di Grand Kanion na Kolorado, en na Alaska. Sontem na Yoloston Pak na di wangren rijyon usay posin kin si buku buku giza den we de shot ay ay wan na di ays, we de du ia afta ia wit klok wok oltem. I opal en safaya pul en ot solfo spring, in bea en wayl animal den, de memba posin se na ya Nature lef wan speshal tin we i mek fos. Motoring along di rod dem na Wayoming to di "Devil's Paint Pot" we get ot bobbul doti, wit spring dem we de gurgling, vaporous fountains, en spouting geysers na ol di dairekshon dem, a bin dispoz fo se Yoloston fo get speshal prayz fo di speshal wan.

Di ol big big red wud den na Yosemite, we de strech den big big kolon den fa fawe na di skay we posin no go ebul fo ondestand, na gron natura katidral den we den mek wit skil divayn. Pan ol we fayn fayn ples den de fodom na di Ist, nobodi no de we fiba di fayn fayn ples den we de na Niagara nia di boda na Kanada. Di Mamot Kev den na Kentaki en di Karlsbad Kev den na Nyu Meksiko, we get buku buku kolo den we tan lek ays, na fayn fayn fayn fayn land den. Den long nidul den we get stalactite spires, we de hang na kev siling den en we den mek wit miro in onda gron wata den, . gi wan si smol of oda wol den as fansi na man.

Boku pan di Indu den na Kashmir, we pipul den sabi olsay na di wol fo den fayn fayn

tin den, den wayt lek di pipul den na Yurop en den get di sem tin den en di bon den we den mek; boku pan den get blu yay en blant ia. We den wer Westinian klos, den tan lek Amerika pipul den. Di kol Himalayas de protekt di Kashmiris from di sultry san en kip den layt di kompleks den we posin kin get. As wan travul den to di na di sawt pat en tropik wan latitud den na India, i kin si smol smol se di pipul den kin dak en dak.

Afta a spen gladi wiks na Kashmir, den fos mi fo go bak na Bengal fo di fol tem na Serampore Kolej. Sri Yukteswar bin stil de na Srinagar, wit Kanai en Odi. Bifo a go, Masta bin hint se in bodi go sofa na Kashmir.

"Sir, yu luk piksho fo helt," a protest. "Chans

de se a kin ivin komot na dis wol."

"Gruji!" A fodom na in fut wit wan say we a de beg am. "Duya promis se yu no go komot na yu bodi naw. A no redi atol fo kontinyu wit yu."

Sri Yukteswar no bin tok natin, bot i bin smayl to mi so sori-at dat a bin fil se a don get korej. A no bin want fo du dat, a lef am.

"Masta sik bad bad wan." Dis teligram from Odi bin rich to mi jos afta we a kam bak na Serampo.

"Sir," a waya mi guru frantically, "A aks fo yu promis fo no lef mi. Duya kip yu bodi; odasay, misef go day."

"Bi i as yu want." Dis bin Sri Yukteswar in yon ansa from Kashmir na di kontri.

Wan leta we Odi bin rayt bin kam insay som dez, en i bin tel mi se Masta don wel. We i kam bak na Serampo insay di neks tu wiks, a bin fil bad fo si se mi guru in bodi don ridyus to af di wet we i kin get.

I gud fo in disaypul den, . Sri Yukteswar na yu bon am boku of den sin den in di faya of in bad bad fiva na Kashmir. Di metafizikal metod fo foshal tontos fo sik na tin we di yoga dem we don advans boku boku wan no. Strong man kin ep posin we wik bay we i de ep fo ker in ebi lod; wan spiritual supaman ebul fo minimiz in disaypul den bodi o maynd lod bay we i de sheb di karma we den bin don du trade. Jos lek aw jentriman kin los som moni we i pe boku det fo in boy pikin we don los, en dis kin sev am from bad bad tin den we kin apin to in yon fulish, na so masta kin gri fo sakrifays som pat pan in jentri na in bodi fo mek di disaypul den no get bete problem. **21-3**

Bay sikrit we, di yogi de mek in maynd en astral motoka joyn wit di wan den we posin we de sofa get; di sik kin pas, ol o som pat pan am, to di sent in bodi. Bikos masta don avest God na di fizik fil, i no kin bisin igen wetin kin apin to da matirial fom de. Pan ol we i kin alaw am fo rejista wan patikyula sik fo mek oda pipul den fil fayn, in maynd no de eva afekt; i kin si insef se i laki fo ebul fo gi da kayn ep de.

Di posin we de woship God we don get di las sev insay di Masta de si se in bodi don du wetin i bin want fo du kpatakpata; afta dat i kin yuz am eni we we i tink se i fayn. In wok na di wol na fo mek motalman no fil bad, ileksef na tru tin den we get fo du wit God biznes o bay advays we i get wit sens o tru di pawa we i want o bay we i

de transfa sik na bōdi. We masta rōnawe go na di supamakit enitem we i want, i kin  
stil no no bōt di sofa we i de sofa na in bōdi; sōtēnde i kin du am



kin pik fə bia bədi pen stoik wan, as egzampul to disaypul dən. We yu put di sik dən we ɔda pipul dən get, yoga kin satisfy, fə dən, di karma lə fə kɔz ən ɛfekt. Dis lə de wok wit məkənikal ɔ matematiks; di we aw i de wok kin bi sayənsman dən we get sɛns fə chɛnj am sɛns.

Di spiritual lə nɔ se masta fə sik ɛnitem we i mən ɔda pɔsin. Di hilin ɔdinari wan kin apin tru di sent in nɔ bɔt difrɛn we dən fə mən am wantəm wantəm in us Nɔ wund to di spiritual tin dən pɔsin we de mən pipul dən na put an pan. Pantap at fə si ɔkashɔn dən, . bɔt, wan masta we want fə mək in disaypul dən evolushɔn kwik kwik wan, kin dən gri fə wok pan in yon bədi bəku pan dən karma we dən nɔ want.

Jizəs bin sho insɛf as fridəm fə fri bəku pipul dən sin. Wit in divayn pawa dən, **21-4** in bədi nɔ bin fə ɛva ebul fə day bay we dən nɛl am pan di krɔs if i nɔ bin gri fə wok wit di kɔsmik lə we nɔ klia bɔt wetin mək ən wetin apin. So i tek di bad tin dən we ɔda pipul dən kin du, mɔ di bad tin dən we in disaypul dən kin du. Dis we ya dən bin klin dən bad bad wan ən mək dən fit fə get di kɔnshɛns we de ɔlsay we leta kam dɔŋ pan dən.

Na masta we i nɔ insɛf nɔmɔ go ebul fə transfa in layf pawa, ɔ gi ɔda pipul dən sik dən to in yon bədi. ɔdinari man nɔ go ebul fə yuz dis yoga we fə mən pɔsin, ən i nɔ fayn fə mək i du dat; bikɔs inschrumɛnt we nɔ fayn fə mək pɔsin nɔ ebul fə tink gud wan bɔt Gɔd. Di Indu skripchɔ dən de tich se di fɔs tin we mɔtalman fə du na fə mək in bədi fayn; if nɔto dat, in maynd nɔ go ebul fə kɔntinyu fə de pan divoshɔnal kɔnsɛntreshɔn.

Bɔt wan maynd we rili strɔŋg kin pas ɔl di prɔblɛm dən we pɔsin kin get na in bədi ən i kin ebul fə nɔ Gɔd. Bəku oli pipul dən nɔ bin de pe atɛnshɔn to sik ən dən dən ebul fə du wetin Gɔd want. Sent Fransis we kɔmɔt na Asisi, sik dən bin de sɔfa bad bad wan, i mən ɔda pipul dən ən ivin gi layf bak to di wan dən we dən day.

A bin nɔ wan Indian sent, we wan tɛm, af pan in bədi bin get sɔl. In dayabitik kɔndishɔn bin so akyu dat ɔnda ɔdinari kɔndishɔn i nɔ bin ebul fə sidəm wan tɛm fə pas fayvtin minit. Bɔt di tin we i bin want fə du fə get tayt padi biznɛs wit Gɔd nɔ bin de ambɔg am. I pre se: "Masta, Yu go kam insay." mi brok brok tɛmpul?" Wit kɔmand fə wil we nɔ de stɔp, di sent bin ebul fə sidəm smɔl smɔl ɛvrɪde insay di lotus posishɔn fə ettin kɔntinyu awa, we de insay di ɛkstatik trans.

"ɛn," i tɛl mi, "we tri ia dən, a fɛn di Layt we nɔ get ɛnd de bɔn insay mi fɔm we dən brok. A gladi fə di gladi gladi splendo, a fɔget di bədi. Leta a si se i dən bi wan ol tru di Divayn Sɔri-at."

Wan istri hiling insident bɔt Kiŋ Baber (1483-1530), we bin mək di Mogul ɛmpaya na India. In pikin we nem Prins Humayun bin sik bad bad wan. Di papa bin pre wit pwɛl at fə mək i get di sik, ən fə mək in pikin nɔ day. Afta ɔl di dɔkto dən bin dən lɛf fə op, Humayun bin wɛl. Baber sik wantəm wantəm ɛn day wit di sɛm sik we bin dən

ambog in pikin. Humayun bin tek Baber in ples as Emparɔ na Industan.

Bɔku pipul den kin imajin se evri spiritual masta get, ɔ i fɔ get, di wɛlbodi ɛn trenk we Sando get. Di fɔ tink na nɔ get ɛni benifit. WAN sik pipul den bɔdi du nɔto sho dat wan guru na nɔto in toch

wit divayn pawa dem, eni mo pas layflong welbodi fo sho se posin get layt insay posin in at. Di kondishon fo di bodi we wi de si, in oda wod den, den no go ebul fo mek i bi test fo masta. In kwalifayeshon fo difrens fo de na in yon domeyn, di spiritual.

Boku pipul den we de luk fo tin den we den don konfyus na di West kin mek mistek tink se posin we sabi tok o rayt bot metafiziks fo bi masta sabi bukman. Bot di rishi den don tok se di asid test we masta kin du na di we aw man kin ebul fo go insay di say we i no ebul fo blo, en fo mek i kontinyu fo get di *samadhi we no brok* we na *nirbikalpa* . **21-5** Na bay den achivement ya nomo motalman go pruv se i don "masta" *maya* o di dualistic Cosmic Delusion. Na in wan kin se from di dip dip tin den we posin kin no se: " *Ekam sat* ,"-"Na wan nomo de."

"Di *Vedas* de deklare se di ignorant man we de rest satisfay wit fo mek di smol difrens bitwin di wan wan sol en di Suprim Self de ekspos to denja," Shankara di big monist don rayt. "Usay tu tin de bikos i no no natin, posin kin si oltin as difren from di Self. We den si oltin as di Self, den noto ivin atom oda pas di Self. . . ."

"As no go te as di no of di Rial don spring op, de kin bi No frut den of trade di tin den we posin kin du fo eksperiens, bicos fo di bodi we no rial, di sem we aw drim no kin de afta den wek."

Na big big guru den nomo ebul fo tek di karma we disaypul den get. Sri Yukteswar no bin fo don sofa na Kashmir pas i bin get rayt from di Spirit we de insay am fo ep in disaypul den da strenj we de. Na smol oli pipul den nomo bin eva get sens fo du wetin God tel den pas mi Masta we God don tyun.

Ustem a bin vencho wan som wod den of sori fo oba in i don wik nomba, mi guru bin se gladi gladi:

"I get in gud poynt; a ebul naw fo go insay som smol smol *ganjis* (ondashirt) we a no wer fo long long tem!"

We a de lisin to Masta in gladi gladi laf, a memba di wod den we Sent Fransis de Sales bin tok: "Sent we sori na sent we sori!"

.....  
21-1 : . I na wan mak of no get respekt, . in India, to smok in di de de of wan in yon elda den en di

wan den we de oba den. 21-2: Di Oriental plen tik..

21-3 : . Boku Kristian oli wan den, . de min Teriza Neumann bin de tok bot am (si [chapta 39](#)), . de sabi wit di metafizik transfa fo sik.

21-4 : . Krays Krays bin se, jos bifo i bin don lid go to bi den bin nel am pan di kros: "Tink pas olman." yu dat a no kin ebul fo du dat naw pre to mi Papa, en i fo naw gi mi mo pas twelv legion den of enjel den? Bot aw don fo di skripcho den bi fulfil, . dat so i fo bi?"- *Matyu* 26: 53-54.

21-5 : . Si chapta den [26](#) , [26](#) . [43](#). Na di [43](#) *not den* .

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## CHAPTER: 1 . 22. Na di 22

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### *Di At Of WAN Ston Aydul*

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"As Indu uman we de bien am, a no want fo komplem bot mi man. Bot a de rili want fo si am ton from di we aw i de tink bot propati. I gladi fo provok di pikcho den we oli pipul den de sho na mi meditashon rum."

Valyu broda, a get dip fet dat yu kin ep in. Go yu?"

Mi big sista we nem Roma bin de luk mi wit beg. A bin de go fo shot tem na in os na Kalkata we de na Girish Vidyaratna Len. In beg bin toch mi, bikos i bin don rili afekt mi layf pan God biznes, en i bin don tray wit lov fo ful-op di emti ples we bin lef na di famili we Mama day.

"Sista we a lek, fo tru a go du enitin we a ebul." A smayl, a bin rili want fo es di daknes we posin kin si klia wan na in fes, we difren from di we aw i kin sho se i get kol at en gladi at.

Mi en Roma bin sidom fo som tem en pre kwayet wan fo le wi gayd wi. Wan ia bifo dat, mi sista bin don aks mi fo mek a begin fo du *Kriya Yoga* , usay i bin de go bifo bad bad wan.

Wan inspekshon bin tek mi. "Tumara," a se, "A de go na di Dakshineswar tempul. Duya kam wit mi, en mek yu man mek i go wit wi. A fil se insay di vaybreshon den na da oli ples de, Divayn Mama go toch in at. Bot no diskloz wi objekt fo want am fo go."

Sista bin gri wit op. Di neks monin rili ali a bin gladi fo fen da Roma de en in man bin in fo redi fo du sontin fo di travul. As wi hackney we den kol karia we posin kin ker go i bin de rotin wit Opa Sekoral Rod to Dakshineswar, 1999. mi brodaenlo, Satish we den kol Satish Chandra bin de tok bot am Bose, . amused inself sef bay we den de provok di spiritual guru den bot di tin den we bin don apin trade, di tem we wi de naw, en di tin den we get fo apin tumara bambay. A notis se Roma bin de kray kwayet wan.



Fo no yusef Choch of Ol Rilijon den, . San Diego, 1999. Kalifonia



a tinap wit mi tu sista den, . Roma pipul den (at don go) en Nalini we de na di  
wɔl



Mi sista Uma, . as wan yon gal

"Sista, gladi at!" A bin de wispa. "No gi yu man di satisfayshon fo biliv se wi de tek in provok sirios."

"Mukunda, aw yu go admaya worthless humbugs?" Satish bin de tok. "SADHU in yon apinans kin mek posin veks. I kin tan lek skel, o i fat we no oli lek elifant!"

A ala wit laf. Di gud we aw a bin de biev bin de mek Satish veks; i bin ritaia en no tok natin. As wi taksi de go insay di Dakshineswar gron, i grin wit sori.

"Dis ekskurshon, . a le wi se, na wan skim to rifom mi?"

As a ton bak we a no ansa, i kech mi an. I se, "Yon Mista Monk, no foget fo mek di rayt arenjment wit di bigman den na di tempul fo mek den gi wi di it we wi de it na midde."

"A go meditate naw. No wori abaut yu lanch," a ansa shap shap. "Divayn Mama go luk afta am."

"A no trost Divayn Mama fo du wan tin fo mi. Bot a de ol yu ripotabl fo mi it." Satish in toyn den bin de tretin.

A go mi wan go na di ol we get kolon den we de bifo di big tempul we nem Kali, o Mama Nature. We a pik wan ples we get shado nia wan pan di pila den, en a arenj mi bodi di we aw a tinap lek lotus. Pan ol we na bin lek sevin oklok nomo, i no go te igen di monin san go mek pipul den sofa.

Di wol bin de go bak as a bin de lek fo woship God. Mi maynd bin de pan Godes Kali,

we in imej na Dakshineswar bin dɔn bi di speshal tin we di big masta, Sri, bin de  
wɔship Ramakrishna bin de tok bot am Paramhansa we dɛn kɔl Paramhansa. Insay di  
ansa to in we bin de fil bad dimand dɛn, . di ston aydul ɔf dis rili

təmpul bin bōku tēm dōn tek wan fō liv fōm ən bin tōk to dēn wit in.

"Saylent Mama wit ston at," a pre, "Yu bin ful-ōp wit layf bikōs Yu divōt we yu lēk Ramakrishna aks fō am; wetin mek Yu nō de lisin bak di kray we dis pikin we yu want fō kray de kray?"

Di zil we a bin want fō get bin bōku pasmak, ən dis bin get pis we kōmōt frōm Gōd. Bōt stil, we fayv awa dōn pas, ən di Gōd we a bin de imajin insay mi at nō bin du enitin, a bin fil bad smōl. Sōtēnde, na tēst we Gōd kin tēst fō delay fō mek di prea dēn kam tru. Bōt I kin dōn apia to di pōsin we de kōntinyu fō wōship Gōd pan eni we we i rili lēk. Wan Kristian we de wōship Gōd de si Jizōs; wan Indu kin si Krishna, ɔ di Gōd uman we nem Kali, ɔ wan Layt we de bōku if in wōship tek wan we we nō get pōsin.

A nō bin want fō opin mi yay, ən si se wan prist de lōk di tēmpul domōt dēn, fō fala wan kōstōm we dēn kin du na midde. A grap frōm mi sidōm ples we nōbōdi nō de ōnda di ɔl we opin ən we get ruf, ən step insay di kōt. In ston flo bin de bōn ōnda di san we de shayn midulnet; mi fut we nō get natin bin bōn wit pen.

"Divayn Mama," a silently remonstrate, "Yu nō kam to mi wit vishōn, ən naw Yu ayd na di tēmpul bien klos domōt. A bin want fō pre wan speshal prea to Yu tide fō mi brōda-in-law."

Dēn bin gri wit mi inward petition wantēm wantēm. Fōs, wan fayn kol wef bin kam dōŋ mi bak ən ōnda mi fut, ən i bin drēb ɔl di problēm dēn we a bin de fil. Dōn, a bin soprayz we di tēmpul bin big pasmak. In big domōt opin smōl smōl, ən yu si di ston figa fō Gōd uman we nem Kali.

Smōl smōl i chenj to wan we we get layf, ən i bin de smayl in nōd fō grit, ən i bin mek a gladi wit gladi at we a nō go ebul fō eksplen. I tan lēk se na mistik sirinj, dēn pul di briz na mi lōng; mi bōdi bin rili stil, pan ɔl we i nō bin de wok.

Wan gladi gladi we di kōnshēns big bin fala. A bin ebul fō si klia wan fō sōm mayl dēn oba di Ganges Riva na mi left, ən bien di tēmpul ən go insay di wan ol Dakshineswar ples dēn. Di wōl dēn na ɔl di bildin dēn bin de shayn klia wan; tru dēn a bin de wach pipul dēn we de waka go ən kam oba fa fa ak dēn.

Pan ɔl we a nō bin de blo fayn ən mi bōdi bin de na wan strenj kwayet stet, bōt stil a bin ebul fō muv mi an ən fut fri wan. Fō sōm minit dēn, a bin de tray fō lōk ən opin mi yay; insay eni wan pan di stet dēn A bin si klia wan di wan ol Dakshineswar panorama.

Spiritual sight, we tan lēk ekstrem rayt, de go insay ɔltin; di divayn yay de sēnt ɔlsay, di say we de rawnd am nō de enisay. A bin nō nyu wan, we a tinap de na di kōt we get san, se we mōtalman lēf fō bi Gōd in pikin we dōn lōs, we de insay wan wōl we wi de si rili drim, we nō get eni benifit lēk bōbul, i kin get bak in ples dēn we go de sote



go. If "escapism" na nid fɔ man, we kramp insay in smɔl pɔsin, ɛni rɔnawe kin kɔmpia wit di majesty fɔ ɔlsay?

Insay di mi oli ɛksperiens at Dakshineswar, 1999. di nɔmɔ ɛkstra ɔdinari wan- we dɛn dɔn mek big tin dɛn we pɔsin kin yuz bin di

têmpul ên di we aw di Gôd uman bin tan. Ol oda tin dên bin de apia insay in nômâl dimenshôn, pan ol we êni wan pan dên bin we dên dôn lûk in wan halo we dên kûl halo of mellow layt-wayt, . blu, ên pastel we dên kûl pastel renbo we get renbo hues. Mi bôdi bin tan lûk se to bi of ethereal we dên kin kûl drûg, rêdi to levitate. Ful wan no of mi matirial surroundings, a bin de luk arawnd mi ên tek sôm step dên witout disturb di kôntinyuiti fô di blisful vishôn.

Bien di têmpul wûl dên, a si mi brôda-in-law wantêm wantêm we i sidôm onda di branch dên we get chukchuk na wan oli *bêl tik* . A bin ebul fô no aw i bin de tink bot a no bin ebul fô tray tranga wan. Sômtêm we i bin de op onda di oli pawa we Dakshineswar bin get, in maynd bin stil get tin dên we no fayn bot mi. A tûn dairekt to di fayn fayn fôm we di Gôd uman get.

"Divayn Mama," a pre, "Yu no go chenj mi sista in man spiritually?" Di

fayn fayn figa, we no de tûk te naw, tûk las las: "Dên dôn gri fô yu!"

A bin luk Satish wit gladi at. I tan lûk se i no se sôm spiritual pawa de wok, i grap wit wamat frôm in sidôm ples na grûn. A si am de rûn bien di têmpul; i kam nia mi, ên shek in fist.

Di vishôn we bin de olsay bin dôn lûs. A no bin ebul fô si di Gôd we get glori igen; dên bin ridyus di ay ay têmpul to in ôdinari saiz, ên dên pul di transparency we i bin get. Agen mi bôdi bin swel onda di faya faya layt we di san de gi. A jomp go na di say we dên kin ayd na di ol we get pila dên, usay Satish bin rônata mi wit wamat. A luk mi wach. Na bin wan oklûk; di vishôn we Gôd bin si bin dôn tek wan awa.

"Yu smûl ful," mi brôda-in-law blûk, "yu dôn sidôm de krûs-lêg ên krûs-ay fô siks awa. A dôn go bak ên kam de wach yu. Usay mi it de? Naw di têmpul dôn lûk; yu no bin notis di ôtoriti dêm; wi lêf witout lanch!"

Di onô we a bin dôn fil we di Gôd uman bin de de bin stil de shayn insay mi at. A bin get maynd fô ala se, "Divayn Mama go fid wi!"

Satish bin de na say we i veks bad bad wan. "Wan têm ên fô ôltêm," i ala, "A go lûk fô si yu Divayn Mama de gi wi it ya witout arenjment bifo!"

In wûd dên bin no na in dên tûk ustêm wan têmpul prist krûs di kût we de na di kût ên bin jûyn wi.

"Sôn," i adres mi, "A dôn de wach yu fes de shayn fayn fayn wan insay di awa dên we yu de tink gud wan. A si yu pati kam dis mûnin, ên a fil se a want fô put bûku it fô yu lanch. I no gri wit di lû dên na di têmpul fô fid di wan dên we no de aks fô am bifo têm, bot a dôn mek êksephôn fô yu."

A tûl am tenki, ên luk Satish in yay stret. I bin flash wit filin, i put in yay dûng fô

ripent kwayet wan. We den gi wi wan fayn fayn it, ivin mango den we no de insay di sizin, a notis se mi brōda-in-law no bin want fo it. I bin konfyus, i bin de dayv dip dip wan insay di si we i bin de tink. We den bin de go bak na Kalkata, Satish, wit in fes we sof, .

wan wan tēm i bin de luk mi wit beg. Bōt i nō tōk wan wōd afta di tēm we di prist bin apia fō invayt wi fō it lēnch, lēk se i de ansa Satish in chalenj dairekt wan.

Di fala aftanun a bin go fēn dēn mi sista at i os. I grit am mi wit lōv. "Dia

brōda," i kray, "na mirekul! Las ivintēm mi man kray opin wan bifo mi."

"' *Devi we a lēk* ,' **22-1.**" i se, 'A gladi pasmak se dis rifōm we yu brōda in plan dōn mek dōn chenj. A go pul ol di bad tin dēn we a dōn du to yu. Frōm tinayt wi go yuz wi big bedrum jōs as ples fō wōship; yu smōl rum we yu de tink gud wan go chenj to wi ples fō slip. A rili sōri fō we a dōn provok yu brōda. Fō di shemful we aw a dōn de biev, a go pōnish misēf bay we a nō de tōk to Mukunda te a dōn go bifo na di spiritual rod. Dip wan a go luk fō di Divayn Mama frōm naw; sōmde a fō mōs fēn Am!'"

Afta sōm ia, a bin go fēn mi brōda in wēf na Dili. A bin rili gladi fō nō se i dōn du am divelōp bōku bōku wan pan self-rialisayshōn, ēn dēn bin dōn blēs am wit di vishōn fō Divayn Mama. We a bin de wit am, a notis se Satish bin de spen bōku pan evri nēt sikrit wan fō tink gud wan bōt Gōd, pan ol we i bin de sofa wit wan sirios sik, ēn i bin de enjoy fō mared di de na in ofis.

Di tinkin bin kam na mi maynd se mi brōda-in-law in layf nō go lōng. Roma go mōs dōn rid mi maynd.

"Dia brōda," i se, "A wēl, ēn mi man sik. Bōt pan ol dat, a want mek yu nō se, as Indu wēf we de gi in layf to Gōd, na mi go bi di fōs pōsin we go day. **22-2** I nō go te naw bifo a pas."

Bikōs a bin sōprayz fō si di bad bad wōd dēn we i bin de tōk, bōt stil a bin nō se dēn na tru. A bin de na Amerika we mi sista day, lēk wan ia so afta we i bin dōn tōk. Leta, mi smōl brōda we nem Bishnu bin gi mi di ditil dēn.

Bishnu tēl mi se: "Roma ēn Satish bin de na Kalkata di tēm we i day." "Dat mōnin de i dres in sēf wit in bridal fayn fayn tin dēn."

"'Wetin du dis speshal klos?' Satish we dēn kōl Satish bin aks.

"'Dis na mi las de fō sav yu na di wōl,' Roma ansa. Afta shōt tēm i gēt at atak. As in bōy pikin bin de rōsh fō go fō ēp, i se:

"'Son, nō lēf mi. I nō yus; a go go bifo dokta kam.' Afta tēn minit, we Roma bin ol in man in fut fō sho rēspēkt, ēn i bin nō se i lēf in bōdi, i gladi ēn i nō bin sofa.

"Satish, we de tōk bōt am." dōn bi rili pipul dēn we nō de tek wan pōsin betē pas oda pōsin afta in wēf in yon day," Bishnu we de na di wōl kōntinyu fō tōk. "Wan de i ēn a bin

luk at wan big we de smayl foto we den tek of Roma pipul den.

"Wetin mek yu de smayl?" Satish ala wantem wantem, lek se in wef bin de de, 'Yu tink se yu bin get sens fo arenj fo go bifo mi.

"Pan ol we dis tem Satish bin don wel from in sik, en i bin de enjoy fayn fayn welbodi, i day witout eni rizin jos afta in strenj tok bifo di foto."

Na so profet wan pas mi big sista we a rili lek we nem Roma, en in man Satish-in we chenj na Dakshineswar from odinari man we de na di wol to wan sent we no de tok.

.....  
22-1 : God uman.

22-2 : . Di Indu pipul den wef biliv i na wan sayn of spiritual tin den fo go bifo if i day bifo i maredman, as wan pruf of i loyal savis to am, o "day in harness."

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## CHAPTER: 1 . 23. Na di 23

### *a Get Mi Yunivasiti Kayn we*

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"Yu ignore yu teksbuk asaynment fo filozofi. No doubt se yu de dipen pan wan unlaborious 'intuition' to get yu tru di egzam. Bot unless yu aplay yu sef fo mo scholarly we, a go si se yu no pas dis kos."

Profeso D. C. Ghoshal we de na Serampore Kolej bin de adres mi tranga wan. If a no pas in las test we i rayt na klasrum, a no go fit fo tek di egzam den we go don. Na di fakulti na Kalkata Yunivasiti mek den tin ya, we de nomba Serampo Kolej pan in branch den we get fo du wit am. Student na Indian yunivasiti we no win wan sobjekt na di AB fainal, den fo egzamin am nyu wan pan ol in sobjekt den di neks ia.

Mi instrakta den na Serampore Kolej bin de trit mi fayn, noto we den no bin de trit mi wit wan amused tolerance. "Mukunda na bit ova-drunk wit rilijon." So we den bin de tok bot mi, den bin tek tem mek a no shem fo ansa kwestyon den we den kin aks na klas; den bin trost di las test den we den rayt fo pul mi komot na di list fo AB kandidat den. Di jojment we mi kompin student den pas, den bin sho am na den niknem fo mi-"Mad Monk."

A tek wan step we get sens fo mek di tretin we Profeso Ghoshal bin de tretin mi se a no go ebul fo du sens pan sens, no get pawa. We den bin de kam fo no di rizolt fo di las test den na poblik, a bin aks wan mi klasmet fo du dat go wit mi fo go na di profeso in stodi.

"Kam along; a want witnes," a tel mi kompin. "A go rili disapoynt if a no bin ebul fo pas di instrakta."

Profeso Ghoshal we de na di wol i bin shek in ed afta a bin bin aks wetin raytin i bin don gi mi pepa.

"Yu no de wit di wan dem we don pas," im tok wit triumph. I bin de ontin tru wan big pila we bin de na in tebul. "Yu pepa no de ya at ol; yu don fail, in eni kes, tru no apia fo di egzam."

a i bin de laf. "Sa, a bin de. Sontem a luk pas di pak misef?"

Di profeso, we no bin get plenti, bin gi in rayt; A bin fen mi pepa kwik kwik wan, usay a bin tek tem pul eni mak we de sho se a bi posin pas mi rol kol nomba. Di instrakta no bin won di "red flag" we mi nem get, i bin don gi ay raytin to mi ansa den pan ol we den no bin mek den fayn wit teksbuk kot den. **23-1**

We i si tru mi trik, i naw tenda, "Sheer brazen lak!" Im ad wit op se, "Yu sure se yu go fail fo di AB fainol."

Fo di test den na mi oda sobjekt den, a bin get som koch, mo from mi dia padi en kozin, Prabhas Chandra Ghose, **23-2** mi Onkul Sarada in pikin. A bin de step wit pen bot a bin ebul fo du am fayn fayn wan-wit di pas mak den we smol pas ol-thru ol mi las test den.

Naw, afta 4 ia na koleji, a bin fit fo sidom fo di AB egzam. Bot pan ol dat, a no bin de tink se a go yuz di ono. Di Serampore Kolej fainal na bin pikin ple we yu kompia am wit di stiff wan den we Calcutta Yunivasiti go set fo di AB digri. Di tem we a bin de go na Sri Yukteswar klos to evride, no bin don lef mi smol tem fo go insay di koleji ol den. Na de na mi prezens pas mi absens bin mek mi klasmet den ejakuleshon fo soprayz!

Di tin we a bin de du oltem na fo komot na mi baysikul lek nayn en tati oklok monin. Na wan an A go ker wan ofrin fo mi guru-som flawa den from di gadin na mi *Panthi* boding os. We Masta bin de grit mi fayn fayn wan, i bin de invayt mi fo kam it lench. A bin de aksept oltem wit alacrity, gladi fo ban di tink bot koleji fo di de. Afta som awa wit Sri Yukteswar, lisin to in sens we no get wan kompitishon, o ep fo du di wok den na ashram, a no kin want fo komot arawnd midnaye fo go na di *Panthi*. Wan wan tem a kin de wit mi guru ol net, en a kin gladi fo de tok to am so dat a no kin notis we

daknes chenj to do.

Wan net lek ilevin oklok, as a bin de wær mi sus 23-3 fo pripia fo di rayd fo go na di boding os, Masta bin aks mi sirios kwestyon den.

"Wetin yu AB egzam de stat?" "Fayv

dez afta dat, sa."

"A op yu de in fɔ rɛdi fɔ du sɔntin fɔ dɛn."

Transfiks wit alarm, a ol wan shuz na di ays. "Sir," a protest, "yu no aw mi de don pas wit yu pas wit di profesa dem. Aw a go enact farce by appearing fɔ dem difrent fainol dem?"

Sri Yukteswar in yay bin tɔn piercingly pan mi yon. "Yu fɔ apia." In tɔyn bin kol fɔ peremptory. "Wi no shud giv rizin fɔ yu papa and oda fambul dem to kritik yu preferens fɔ ashram laif. Jos promes mi se yu go de fɔ di egzam; ansa dem di bes we yu fit."

Kray wata we a nɔ ebul fɔ kɔntrol bin de kɔmɔt na mi fes. A bin fil se Masta in kɔmand nɔ mek sɛns, ɛn fɔ se in intres, fɔ se, i bin de let.

"A go apia if yu wish am," a se amidst sobs. "Bɔt no tɛm nɔ de fɔ pripia fayn fayn wan." ɔnda mi briz a bin de muf se, "A go ful-ɔp di sheet dɛn wit yu tichin dɛn fɔ ansa di kwɛstyɔn dɛn!"

We a go insay di ɛritaj di nɛks de di awa we a kin yuz ɔltɛm, a bin gi mi bɔkul wit wan patikyula sɔri-at we a kin kray. Sri Yukteswar bin laf pan mi woebegone air.

"Mukunda, di Masta don eva fail yu, fɔ egzamin o oda ples?" "No,

sa," a ansa wit wam wam. Memori dɛn we get tɛnki bin kam insay

wan wata we bin mek dɛn get layf bak.

"Nɔto les bɔt fɔ bɔn zil fɔ Gɔd dɔn mek yu nɔ ebul fɔ fɛn kɔleji ɔna," mi guru tɔk fayn fayn wan. Afta we i nɔ tɔk natin, i kot se, "'Una fɔ luk fɔ Gɔd in Kɪndɔm fɔs, ɛn in rayt we i du, ɛn dɛn go ad ɔl dɛn tin ya to una.'" **23-4**

Fɔ di tawzin tɛm, a fil se mi lod dɛn dɔn kɔmɔt bifo Masta. We wi dɔn fɔ it ali lanch, i tɛl mi fɔ go bak na di *Panthi* .

"Yu padi, Romesh Chandra Dutt, stil de liv fɔ yu bodin haus?" "Yɛs,

sa."

"Get in toɔh wit in; di Lɔd go push in to ɛp yu wit di egzamen dɛn."

"Veri wɛl, sa; bɔt Romesh bizi we nɔ kɔmɔn. Na in na di ɔna man na wi klas, ɛn i de



ker kos we ebi pas di oda wan den."

Masta wev na sayd mi di tin den we den no gri wit. "Romes, we de tok bot am." go fen tem fo yu. Naw go."

A rayd baysikul bak go na di *Panthi* . Di fös pösín we a mit na di boding os kompawnd na di masta sabi bukman we nem Romesh. I bin tan lek se in de den bin rili fri, i bin gri wit wetin a bin aks fo we a no bin get wanwöd.

"Na tru; a de na yu savis." I bin spen som awa den da aftanun de en di de den we bin de afta dat fo tren mi fo du difren tin den we a de du.

"A biliv se plenti kweshon dem fo English literature go bi senta fo di route of Childe Harold," im tel mi. "Wi fo get atlas wan tem."

A ron go kwik kwik wan na mi Onkul Sarada in os en lent wan atlas. Romesh bin mak di Yuropan map na di ples den we Bayron in lov travulman bin go.

WAN som in klasmet den bin bin gëda arawnd to lisin to di we den de tich pipul den. "Romesh, we de tok bot am." na fo advays yu rong," wan pan den koment to mi we wan seshon don. "Boku tem na fifti pasent pan di kwestyon den nomo na bot di buk den; di oda af go involv di wan den we rayt di buk den layf."

We a sidom fo di egzam insay English buk den di neks de, di fös tem we a luk di kwestyon den, mek a kray fo tel tenki, en wet mi pepa. Di klasrum monita kam na mi tebul en aks mi kwestyon wit sori-at.

"Mi guru bin don tok se Romesh go ep mi," a eksplen. "Luk; di very kweshon we Romesh dikte to mi de ya fo di egzamin sheet! Laki fo mi, na tu likl dem de." kweshon dis ia pan English oda pipul dem, we den layf rap insay dip misterí so fa as a de tink!"

Mi boding os bin de mek trobul we a kam bak. Di bobo den we bin don de provok Di we aw Romesh bin de koch bin luk mi wit soprayz, i bin lef smol fo mek a no yeri wit kongrigeshon. Insay di wik we den bin de du di egzam, a bin spen boku awa wit Romesh, en i bin mek kwestyon den we i tink se di profeso den go aks am. De to de, Romesh in kweshon dem bin de apia klos to di sem fom fo di egzamin sheet.

Di nyus bin de olsay na di koleji se sontin we tan lek mirekul de apin, en i bin tan lek se di sakrifays go bi fo di "Mad Monk" we no bin de tink. A no bin tray fo ayd di tru tin den bot di kes. Di lokal profeso den no bin get pawa fo chenj di kwestyon den, we na Kalkata Yunivasiti bin don arenj.

We a bin de tink bot di egzam we den bin de du insay English buk den, a kam fo no wan monin se a don mek sirios mistek. Den bin don sheb wan pat pan di kwestyon den to tu pat pan A o B, en C o D. Bifo a ansa wan kwestyon from eni pat, a no bin tek tem ansa ol tu di kwestyon den na Grup I, en a no bin tink bot enitin na Grup II. Di bes mak we a bin fit skor fo dat pepa go bi 33, tri smol pas di pas mak we na 36. A rosh to Masta en ton mi trobul den.

"Sar, a don mek wan blunder we no go fogiv. A no fit fo get di divayn blesin den tru Romesh; A no rili fit fo du am."

"Chier op, Mukunda." Sri Yukteswar in toyn den bin layt en i no bin bisin bot am. I poynt to di blu vault we de na di evin. "I posibul fo mek di san en di mun chenj den pozishon na di spes pas fo mek yu no ebul fo get yu digri!"

A bin komot na di emti ples wit mo kol at, pan ol we i bin tan lek se i no posibul fo tink bot dat pan matematiks A bin ebul fo pas. A luk wan o tu tem wit fred na di skay; di Masta fo De bin tan lek se i anko am fayn fayn wan na in kostom obit!

As a rich na di *Panthi*, a yeri wan klasmet in tok se: "A jos kam fo no se dis ia, fo di fos tem, den don put di mak we den nid fo pas na English buk den dog."

a bin kam insay di boy in yon rum wit kayn fas fas dat i bin luk op in wonin. a we den aks kweshon in wit ol den at.

"Long-hed monk," i se wit laf, "wetin mek dis soden intres pan skolastik tin? Wetin mek yu fo kray insay di ilevin awa? Bot na tru se den jos don put di pas mak dog to 33 poent."

Som gladi gladi lip den ker mi go insay mi yon rum, usay a sink to mi ni en prez di pafekt tin den we mi Divayn Papa get pan matematiks.

Evride a bin de gladi fo di konshens fo wan spiritual prezens we a bin de fil klia wan se i de gayd mi fo pas na Romesh. Wan impotent tin bin apin we get fo du wit di egzam insay Bengali. Romesh, we no bin toch bete bot da topik de, kol mi bak wan monin we a bin de komot na di boding os we a de go na di egzam ol.

"Romesh de we de ala fo yu," wan klasmet tel mi wit no peshent. "No kam bak; wi go let na di hall."

Fo ignore di advays, a don ron bak to di os.

Romesh tel mi se: "Di Bengali egzam kin izi fo mek wi Bengali boy pikin den pas am." "Bot a jos get wan hunch se dis yie di profesa dem don plan to massacre di studen dem by aks kweshon from wi old literature." Don mi padi bin tok smol bot tu stori den from Vidyasagar, we na wan bigman we bin de ep pipul den fo ep pipul den, in layf.

A tel Romesh tenki en kwik kwik wan baysikul go na di koleji ol. Di egzam pepa we den rayt insay Bengali bin pruv se i get tu pat. Di fos instrukshon na bin: "Rayt tu egzampul den bot di charity den na Vidyasagar." As a de transfa to di pepa di lore we a bin don get so i no tu te yet, a wispa som wod den fo tel tenki se a don lisin to Romesh in las minit kol. If a no bin no bot di benifit den we Vidyasagar de du to motalman (inklud misef las las), a no bin fo don pas di Bengali egzam. If a no bin

ebul fə du wan səbjekt, dən bin fə dən fos mi fə tinap fə egzam nyu wan pan ɔl di  
səbjekt dən di nəks ia. Wi ɔndastand se dis kayn op bin rili bad.

Di sekōn instrōkshōn na di sheet bin rayt se: "Rayt wan esay insay Bengali bōt di layf fō di man we dōn inspekt yu pas olman." Jentil rida, a nō nid fō tēl yu us man a pik fō mi tim. As A kōba pej afta pej wit prez fō mi guru, a smayl fō nō se mi prēdikshōn we a bin de muf de kam tru: "A go ful-ōp di sheet dēn wit yu tichin dēn!"

A nō bin dōn fil se a want fō aks Romesh kwestyōn bōt aw a bin de lan bōt sens. Bikōs a bin abop pan di lōng trenin we a bin dōn tren ōnda Sri Yukteswar, a nō bin tek tēm wit di eksplen dēn we dēn bin de eksplen di buk dēn we dēn bin de yuz fō tich. Di mak we pas ol we dēn gi eni wan pan mi pepa dēn na di wan we dēn bin get pan filōsofi. Mi mak pan ol di ōda sōbjekt dēn bin jōs de insay di pas mak.

I na wan enjoy to rēkōd dat mi we nō de tink bōt in sef nōmō padi Romesh we de na di wōl bin get in yon kayn we *cum laude* .

Papa bin smayl we a gradyuet. "A nō bin tink se yu go pas, Mukunda," i kōnfēs. "Yu de spen bōku tēm wit yu guru." Masta bin dōn rili nō di kōrēkt we aw mi papa bin de tōk bad bōt mi.

Fō lōng tēm naw, a nō bin sho se a go ēva si di de we AB go fala mi nem. A nō kin yuz di taytul we a nō de sho se na Gōd in gift, we dēn gi mi fō rizin dēn we nō klia smōl. Wan wan tēm a kin yeri kōleji man dēn de tōk se na smōl pan dēn kram nō bin de wit dēn afta dēn dōn gradyuet. Dat admeshōn de kōrej mi smōl fō mi akademik dēfisiens dēn we a nō get wan dawt.

Di de we a get mi digri frōm Kalkata Yunivasiti, a nil dōṅ na mi guru in fut ēn tēl am tēnki fō ol di blēsīn dēn we bin de flō frōm in layf insay mi yon.

"Get grap, Mukunda," i se wit induljēns. "Di Masta jōs si se i izi fō mek yu." wan gradyuet pas fō arenj di san ēn di mun bak!"

.....  
23-1 : . a mōs du Prōfēsō Ghoshal we de na di wōl di du wetin rayt of fō admit dat di strēs we dōn strēs padi biznes bitwin wi bin nōto fō get to eni fōlt of in, bōt na nōmō to mi absens dēn frōm klas dēn ēn nō pe atēnshōn to pōsin in dēn. Prōfēsō Ghoshal we de na di wōl bin, ēn na, . wan wōndaful bratō we get bōku tin dēn bōt sens. In leta ia wi kam to wan cordial andastandin..

23-2 : . Pan ol mi kōzin ēn a get di sem famili nem of Ghosh, . Prabhas bin de du am dōn dōn yus fō du am in sef sef to fō translet in nem insay English as Ghose; so a de fala in yon spēlin ya.

23-3 : . WAN disaypul oltem de pul di tin dēn we de apin in sus in

wan Indian pipul dēn hermitage we dēn kōl hermitage. 23-4:

*Matyu 6: 33* .

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## CHAPTER: 1 . 24. Di wan dæn we de wok

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### *a Fə bi WAN Mənk ɔf Di Swami bin de tək bət am ɔda*

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"Masta, mi papa don de wori fo mi to aksept eksekutiv posishun wit di Bengal-Nagpur Railway. Bot a don definitli rifuz am." A ad wit op se, "Sar, yu nɔ go mek mi mənɔk na di Swami ɔda?" A bin de luk mi guru wit beg. Insay di ia dæn we dən pas, fə mek a go tæst di dip tin we a dən mekɔp mi maynd fə du, i nɔ bin gri fə du dis sem tin we i aks fə. Bət tide, i smayl fayn fayn wan.

"Veri wel; tumara a go initiate yu fo swamiship." I kɔntinyu fə tək kwayet wan se, "A gladi se yu dən kɔntinyu fə want fə bi mənɔk. Lahiri Mahasaya bin de tək bɔku tɛm se: 'If yu nɔ invayt Gɔd fə bi yu sɔm Gɛst, I nɔ go kam insay di winta na yu layf.'"

"Dia masta, a nɔ bin ebul fə eva falt insay mi gol fə bi pat pan di Swami ɔda lɛk yu rɛspekt sɛf." A smayl to am wit lɔv we nɔ get wan mɛzhɔ.

"Enibɔdi we nɔ mared de kia fə di tin dæn we PAPA GɔD get, aw i go mek di Masta gladi, bət di wan we mared de kia fə di tin dæn we de na di wɔl, aw i go mek in wɛf gladi." **24-1** A bin dən stɔdi bət bɔku pan mi padi dæn layf we, afta dæn dən get sɔm kɔrɛkshən pan Gɔd biznɛs, dæn bin dən mared da tɛm de. We dæn bin dən lans na di si we get bɔku wok dæn na di wɔl, dæn bin dən fɔget di tin dæn we dæn bin dən disayd fə du fə tink gud wan.

Fə gi Gɔd sɛkɔn ples na layf, to mi, i nɔ bin izi fə tink bət. Pan ɔl we na in wangren ɔna di kɔsmɔs, we de shaw wi gift dæn frɔm layf to layf kwayet wan, wan tin stil de we I nɔ get, ɛn we ɛni mɔtalman at get pawa fə kip ɔ gi-man in lɔv. Di Wan we mek ɔltin, we i tek pen we nɔ get end fə kɔba wit mistəri In prezɛns insay ɛvri atɔm we Gɔd mek, i bin fə dən get bət wan tin we mek i want fə du sɔntin- wan sensitiv want fə mek mɔtalman de luk fə Am nɔmɔ tru fridɔm fə disayd fə du sɔntin. Wit us velvet glɔv fə ɛvri ɔmbul we I nɔ kɔba di ayen an fə ɔlman!

Di nɛks de na bin wan pan di de dæn we a nɔ go eva fɔget na mi layf. A mɛmba se na bin Tɔsde we di san bin de shayn insay Julay, 1914, sɔm wiks afta a dən gradyuet frɔm koleji. Na di insay balkɔn fə in Serampore hermitage, Masta bin dip wan nyu pat pan wayt silk insay wan day we dæn kɔl ocher, we na di tradishɔnal kɔlɔ fə di Swami ɔda. Afta di klos dən dray, mi guru drap am rawnd mi lɛk renunciate in klos.

"Somde yu go go na di West, usay dæn lɛk silk," i se. "As simbul, a don pik fo yu dis silk matiral insted of di kostom koton."

Insay India, usay mənɔk dæn kin gri se pɔsin po, wan swami we wɛr silk na sɔntin we nɔ kɔmɔn fə si. Bət bɔku pipul dæn we de du yoga kin wɛr klos dæn we dæn mek wit

silk, we kin mek som korent den we no klia na den bodi no pwel pas koton.

"A am averse to serimoni den," Sri Yukteswar na yu bin tok. "A go mek yu wan swami in di *bidwat we den kol*

(we nɔ ɡet sɛrɪmɒni) . we."

Di *bibidisa* ɔ di elaborate initiation in swamiship inklud faya sɛrɪmɒni, we dɛn kin du simbolik fyuneral rites. Dɛn sho di disaypul in bɔdi lɛk pɔsin we dɔn day, we dɛn bɔn am wit faya we ɡet sɛns. Dɔn dɛn kin gi di nyu swami we dɛn mek wan chant, lɛk:

"Dis *atma* na Brahma" **24-2** ɔ "Yu na Dat" ɔ "Mi na In." Bɔt Sri Yukteswar, bikɔs i lɛk fɔ du tin dɛn we simpul, i nɔ bin de du ɔl di fɔmal rilijɔn dɛn ɛn i bin jɔs aks mi fɔ pik nyu nem.

"A go gi yu di ɔnɔ ɔf we yu de pik i yusef," i bin se, we de smayl.

"Yogananda," a ansa, afta a tink fɔ smɔl tɛm. Di nem rili min "Blis ( *ananda* ) tru divayn union ( *yoga* )."

"Bi am so. We yu lɛf yu famili nem we na Mukunda Lal Ghosh, frɔm naw dɛn go kɔl yu Yogananda na di Giri branch na di Swami ɔda."

As a nil dɔɲ bifo Sri Yukteswar, ɛn fɔ di fɔs tɛm we a yɛri am de kɔl mi nyu nem, mi at bin ful-ɔp wit tɛnki. I bin dɔn wok tranga wan wit lɔv ɛn we i nɔ taya, fɔ mek di bɔbɔ Mukunda chɛnj sɔmde to di mɔnk Yogananda! A bin gladi fɔ siɲ sɔm vas dɛn frɔm di long Sanskrit chant we Lɔd Shankara bin de siɲ:

"Main, no intellekt, no ego, filin; Sky  
no earth nor metals na mi."  
Mi na Am, Mi na Am, Blesin Spirit, Mi na  
Am! No bɔn, no day, no kasta a ɡet; Papa,  
mama, a nɔ ɡet ɛni wan.  
Mi na Am, Mi na Am, Blesin Spirit, Mi na Am!  
Bifo di flay dɛn we fansi de flay, a nɔ ɡet  
fɔm, A de ɔlsay na ɔl layf;  
Bondage A nɔ de fred; Mi fri, ɛva fri, Mi na  
Am, Mi na Am, Blesin Spirit, Mi na In!"

Ɛvri swami de pan di ɔl monastik ɔda we Shankara bin ɔɡanayz insay in prɛsɛn fɔm.

**24-3** Bikɔs na fɔmal ɔda, wit wan layn we nɔ brok we ɡet oli ripɔtment dɛn we de wok as aktif lida dɛn, nɔbɔdi nɔ go ebul fɔ gi insɛf di taytul fɔ swami. I rayt fɔ ɡet am frɔm ɔda swami nɔmɔ; so ɔl di mɔnk dɛn kin tray fɔ no usay dɛn kɔmɔt na God in spirit frɔm wan kɔmɔn guru, we na Lɔd Shankara. We bɔku Katolik Kristian monastik ɔda dɛn kin prɔmis fɔ po, fɔ klin, ɛn fɔ obe di spiritual ticha, tan lɛk di ɔda fɔ Swamis.



Apat from in nyu nem, we kin don wit *ananda* , di swami tek wan taytul we de sho in fomal konekshon wit wan pan di ten sabdivishon den na di Swami Oda. Den *dasanami ya o*

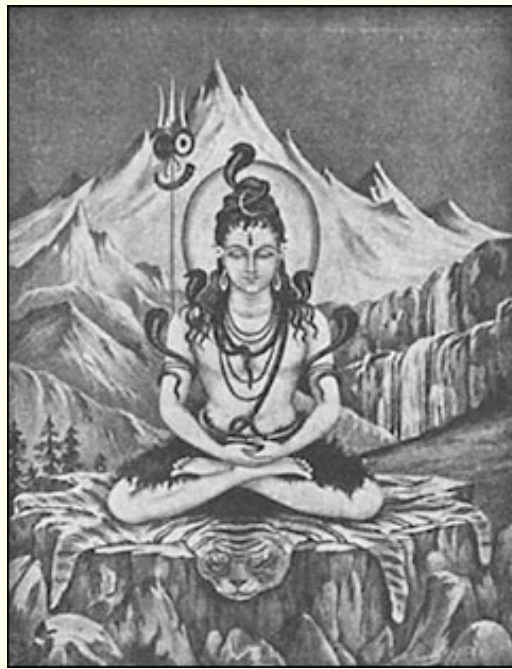
tæn agnomens inklud di *Giri* (mawnt), we Sri Yukteswar, en dat mek misef, de pan. Söm pan di öda branch den na di *Sagar* (si), *Bharati* (land), *Aranya* (forest), *Puri* (trakt), *Tirtha* (ples fō go wōship), en *Saraswati* (di sens we di tin den we Gōd mek get).

So di nyu nem we swami get get tu minin, en i ripresent fō get di bēst gladi at ( *ananda* ) tru sōm divayn kwaliti o stet-lōv, sens, devoshōn, savis, yoga-en tru wan harmoni wit nature, as den sho am insay in infinite vastness of oceans, mawnten, skay.

Di ideal fō sav ol mōtalman we nō de tink bōt dēnsēf nōmō, en fō lēf fō get tayt padi biznes en di tin den we den want fō du, de mek boku pan di swami den de du wok tranga wan fō ep pipul den en fō lan buk na India, o wan wan tēm na öda kōntri den. We swami nō de pe atēshōn to ol di bad we aw pipul den de tink bōt kasta, biliv, klas, kōlo, man o uman, o trayb, i de fala di lō den we mōtalman get fō bi brōda en sista den. In gol na fō get wanwōd wit Spirit. Imbuing in wek en slip kōnshēns wit di tink, "Mi na In," i de waka satisfay, insay di wōl bōt nōto pan am. So na so nōmō i go jōstify in taytul fō swami-wan we de tray fō ajōst to wanwōd wit di *Swa* o di Self. I nō nid fō ad se nōto ol swami den we get fōmal taytul kin ebul fō rich den ay gol.

Sri Yukteswar na bin swami en yoga. Swami, we fōmal wan na mōnk bikōs i get kōnekshōn wit di öda öda pipul den we bin de trade trade, nōto ol tēm i kin bi yogi. Enibōdi we de praktis wan sayens we fō kōntakt Gōd na yoga; i kin bi mared o i nō mared, i kin bi pōsin we de na di wōl o pōsin we get fōmal rilijōn tayt. I kin tink se swami kin fala di rod nōmō we dray rizin, we kol fō lēf fō du sōntin; bōt pōsin we de du yoga kin du wan patikyula tin we den kin du fō kōrēkt di bōdi en in maynd, en di sol kin fri. We yu nō tek natin fō natin pan imōshōnal grōn, o bay fet, yogi de praktis wan sirios egzampul we den dōn tēst gud gud wan we di fōs rishi den bin fōs map. Yoga dōn prodyuz, insay evri ej na India, man den we bi rili fri, tru tru Yogi-Krays.

Lēk eni öda sayens, yoga kin apin to pipul den we de na ol kayn klaymat en tēm. Di tiori we sōm rayta den we nō no natin dōn advays se yoga "nō fit fō pipul den na di West" na lay lay tin nōmō, en i sōri fō no se i dōn mek boku student den we get tru tru student den nō ebul fō fēn in bōku bōku blesin den. Yoga na we fō stōp di natura l trōbul we pōsin kin tink bōt, we öda we nō kin mek pōsin nō tek wan pōsin bētē pas öda pōsin ol mōtalman, ol di kōntri den, frōm we den si den tru tru Spirit. Yoga nō kin no wan bareri fō Is en West eni mō pas aw di san we de mēn en we ikwal. So lōng as mōtalman get maynd wit in tink den we nō de rest, so lōng, olman go nid fō du yoga o kōntrol.



*.bay we B. K. Mitra we nem Mitra in "Kalyana- Kalpatur" we de tok bot am-*

#### DI LORD IN IN TIN AS SHIVA we de na di wol

Noto istri posin lek Krishna, Shiva na di nem we den gi God insay di las aspek fo In tri-foi nature (Creator-Preserver-Destroyer). Shiva, di Annihilator of *maya* or delusion, na in di skripcho den sho as di Lord of Renunciates, di Kij fo Yogis. Insay Indu art den kin sho am oltem wit di nyu mun na In ia, en i wer wan garland we get snek den we get hud, we na di ol emblem fo bad tin we den don win en pafekt sens. Di "singl" yay fo oltin opin na In forest.

Di ol rishi Patanjali de difayn "yoga" as "kontrol fo di fluktueshon dem fo di maynd-tin." **24-4** In rili shot en masta sabi buk den, di *Yoga Sutras* , de mek wan pan di siks sistem den we Indu den de tok bot. **24-5** Difren from di Westinian sens, ol di siks Indu sistem den noto jos tiori bot prektikal tichin den. Apat from evri konsevabl ontolojik inkwyuizho, di siks sistem den de fomulayt siks difinit disiplen den we aim fo pul sofa fo oltem en di we aw posin kin get gladi at we no de chenj.

Di komon tred we de link ol di siks sistem den na di diklareshon se no tru tru fridom fo motalman no posibil if yu no no di oltimat Rial. Di leta *Upanishad den* de sopot di *Yoga Sutras* , we de pan di siks sistem den, as den get di we den we go wok fayn pas ol fo mek pipul den no di trut dairekt wan. Tru di prektikal tekNIK dem fo yoga, man de lef bien fo oltem di barent eria dem fo spekulayshon en no insay eksperiens di rial Esin.

Di *Yoga* sistem as Patanjali don sho am, den kol am di Eitfold Path. Di fos step den, (1) *yama* en (2) *niyama* , nid fo fala ten bad en gud gud abit den-fo avoyd fo wund oda pipul den, fo no tok tru, fo tif, fo no ebul fo kontrol inself, fo get gift (we de bring obligayshon); en fo klin bodi en maynd, fo satisfay, fo korekt yusef, fo stodi, en fo gi yu

layf to God.

Di neks tin den we yu fɔ du na (3) *asana* (rayt pozishən); di spenal kɔlɔm fɔ ol stret, en di bɔdi fɔ fɔm fɔ fɔm fɔ meditashən; (4) *pranayama* (kontrol fɔ *prana* , layf kɔrɛnt den we nɔ klia); en (5) *pratyahara* (we den pul di sɛns den frɔm tin den we de na do).

Di las tin den we yu fɔ du na di kayn we den we yu fɔ du yoga prɔpa: (6) *dharana* (fɔ kɔnsɛntret); fɔ ol di maynd to wan tink; (7) *dhyana* (we pɔsin de tink gud wan), en (8) *samadhi* (we pɔsin de si tin we i de tink pasmak). Dis na di Et-fɔd Path fɔ Yoga **24-6** we de lid pɔsin to di las gol fɔ *Kaivalya* (Absoluteness), wan wɔd we den kin put mɔ kɔmprehensif as "rialisayshən fɔ di Trut biyɔn ɔl intɛlektual apreshən."

Wan pɔsin kin aks se: "Uswan big pas dat, na swami ɔ na yogi?" If en we den rich di las wanwɔd wit Gɔd, di difrɛns den we de bitwin di difrɛn rod den nɔ de igen. Bɔt di *Bhagavad Gita* , sho se di we aw den de du yoga na ɔltin. I nɔ min jɔs fɔ sɔm kayn pipul den en sɔm kayn we aw pipul den kin biev, lɛk di smɔl wan den we kin lɛk fɔ liv monastik layf; yoga nɔ nid fɔ gɛt ɛni fɔmal aleji. Bikɔs di yoga sayɛns de satisfay wan yunivasal nid, i gɛt natura universal aplikebiliti.

Tru yoga kin kɔntinyu fɔ du in wok na di wɔl; na de i tan lɛk bɔta pan wata, en i nɔ tan lɛk di milk we kin izi fɔ dil wit mɔtalman we nɔ de kɔt en we nɔ gɛt disiplin. Fɔ du di wok we pɔsin fɔ du na dis wɔl na di ay rod fɔ tru, if di yogi, we de kɔntinyu fɔ gɛt maynd we nɔ de involv wit di tin den we i want fɔ mek i bisin bɔt insɛf, ple in pat as inschrument we Gɔd want.

Bɔku big big sol den de, we de liv na Amerikan ɔ Yuropan ɔ ɔda bɔdi den we nɔto Indu tide, pan ɔl we den nɔ ɛva yeri di wɔd den *yogi* en *swami* , den stil na tru tru ɛgzampul den fɔ den wɔd den de. Tru di savis we den de sav mɔtalman we den nɔ bisin bɔt, ɔ tru di masta we den de masta pan di tin den we den lɛk en di tin den we den de tink bɔt, ɔ tru di wan at we den gɛt fɔ lɛk Gɔd, ɔ tru den big pawa fɔ kɔnsɛntreshən, den na, insay wan we, yoga pipul den; den dɔn sɛt dɛnsɛf di gol fɔ yoga-sɛf- kontrol. Den man ya kin go ɔp mɔ if den tich den di patikyula sayɛns bɔt yoga, we kin mek i pɔsibul fɔ mek pɔsin in maynd en layf go bifo mɔ en mɔ.

Sɔm pipul den we de rayt na di Wɛst nɔ ɔndastand yoga, bɔt di wan den we de kɔndɛm am nɔ ɛva ɔndastand am i na di wan den we de du di wok. Pan bɔku du fayn tin tribute den to yoga sɔntɛm bi dɔn tɔk wan bay we Dɔktɔ. C. C. G. Jung, 1999. di wetin ɔlman sabi Swis pipul den saikɔlɔjis.

"We wan rilijɔn we de rikomɛnd insɛf as 'sayntis,' i kin sho se in pɔblik na di Wɛst. Yoga de fulfil dis ɛkspekteshən," na so Dɔktɔ Jung rayt. **24-7** "Kwik apat frɔm di charm fɔ di nyu wan, en di fascination fɔ di haf-ɔndastandin, gud rizin de fɔ mek Yoga gɛt bɔku pipul den we de fala am." I de gi di pɔsibiliti fɔ kontrol ɛkspiriɛns, en so i de satisfay di sayɛns nid fɔ 'fakt,' en apat frɔm dis, bikɔs ɔf in brayt en dip, in vɛnɛrabl ɛj, in tichin en di we aw i de du tin, we inklud ɛvri pat na layf, i prɔmis di pɔsibul den we den nɔ bin dɔn drim.

"Evri rilijon o filsofik prösis min saykolojik disiplin, dat na, wan we fo klin yu maynd.  
Di manifold, purely bodily procedures of Yoga 24-8." min bak fisiolojikaj hajens we  
bete pas odinari jimnastik en eksesaiz fo brith, bikos i noto jos mekanikal en sayens,  
bot i get filsofik bak; we i de tren di pat den na di bodi, i

de mek wanwɔd den wit di wan ol ɔf di spirit, as na plenti klia, fɔ sɔntende, in di *Pranayama we den kɔl Pranayama*

eksesaiz den usay *Prana we de na di wɔl* na ɔltu di briz we yu de blo en di ɔlsay na di wɔl dinamiks ɔf di cosmos we de na di wɔl.

"We di tin we di pɔsin de du na kɔsmik ivin bak, di ifekt we den de ɛksperiens na di bɔdi (di inɛvɛshɔn), de jɔyn wit di imɔshɔn fɔ di spirit (di yunivasal aydia), en kɔmɔt pan dis de divelɔp wan layf wan we nɔ tɛknik, ileksef na sayens, nɔ go ebul fɔ prodyuz. Yoga prektis nɔ go ebul fɔ tink bɔt, en i nɔ go wok bak, if i nɔ get di kɔnsɛpt den we Yoga de bays pan. I de jɔyn di bɔdi en di spiritual wit eni wan pan den." ɔda wan den insay wan we we rili komplɪt.

"Na di Is, usay den aidia en prɔsis ya dɔn divelɔp, en usay fɔ sɔm tawzin." ia wan tradishɔn we nɔ brok dɔn mek di spiritual fawndeshɔn den we nid, Yoga na, as a kin biliv wantɛm wantɛm, di pafɛkt en aprɔpriɛt we fɔ miks bɔdi en maynd togɛda so dat den go mek wanwɔd we nɔ izi fɔ aks kwɛstyɔn bɔt. Dis wanwɔd de mek wan saykolojik dispɔzishɔn we de mek pɔsibul intuishɔn den we pas kɔnshɛns."

Di Westinian de rili de nia we den go si se di sayens we de insay pɔsin in maynd fɔ kontrol inɛf impɔtant lɛk aw i nid fɔ win di tin den we Gɔd mek na do. Dis nyu Atɔmik Ij go si man den maynd soba en brayt bay di trut we sayensman den nɔ de agyu bɔt naw se matta na in rialiti wan kɔnsɛntret ɔf ɛnaji. Fayn pawa den we mɔtalman maynd get kin en den fɔ fri pawa den we big pas di wan den we de insay stɔn en metal, so dat di matirial atɔmik jayant, we den jɔs pul, tɔn pan di wɔl insay pwɛl pwɛl we nɔ get maynd. **24-9**

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24-1 : . a *Lɛta Fɔ Kɔrint* 7: 32- 33.

24-2 : . Tru tru, "Dis sol na Spirit." Di Di wan we pas ɔlman Spirit, di Den nɔ mek am, . na ɔltogɛda we nɔ get kɔndishɔn ( *neti, neti* nɔto dis, nɔto dat) bɔt den kin kɔl am bɔku tɛm insay *Vedanta* as *Sat-Chit-Ananda* , dat na, Bi-Intɛlijɛns-Blis.

24-3 : Sɔntende den kin kɔl am Shankaracharya. *Acharya* min "rilijɔn ticha." Shankara in deti na wan senta fɔ di ɔspitul skɔlastik cham-mɔt. WAN sɔm rɛkɔd den sho dat di we nɔ get wan kɔmpitishɔn monist bin liv frɔm 510. Na di 510 to 478. Na 478 BC; Westinian pipul den we de rayt bɔt istri asayn am to di let et sɛntiwɔd A.D. Rida den we intres pan Shankara in fambul ɛksplɔshɔn bɔt di *Brahma Sutras* go fen wan English transleshɔn we den tek tɛm translet insay Dɔkɔtɔ Pɔl Dusen in *System Of The Vedanta* (Chicago: Open Court Publishing Company, 1912). Shɔt ekstrakt den frɔm in raytin den go bi bin fen in *Den dɔn pik am I de wok ɔf Sri Shankaracharya we de na di wɔl* (Natesan bin tɔk bɔt am & . Kɔmni, Madras).

24-4 : . "*Chitta na fɔ tɔk.*" *vritti we den kɔl vritti nirodha*"-Yoga we yu de du *Sutra we den kɔl Sutra* 1:2. Na Patanjali in yon det na nɔ no, pan ɔl wan nɔmba ɔf masta sabi bukman den ples in in di sɛkɔn wan wan ɔndrɛd ia BC Di rishis den dɔn gi fɔ go bifo tritiz den pantap ɔl sɔbjɛkt den wit kayn tink gud wan dat di ia den we dɔn ol get bin we nɔ get pawa to ɔtmɔd den; stil, to di we de afta dat we pɔsin kin fred ɔf pipul den we de rayt bɔt istri, . di sages den bin mek Nɔ tray tranga wan to kam nia den yon deti den en pɔsin we i bi to den buk en magazin den de wok. Den dɔn no den tap bin nɔmɔ fɔ sɔm tɛm impɔtant as de flash ɔf di big Layf we nɔ get end; en da trut de nɔ de chenj, i nɔ pɔsibul fɔ mek den get tredmak, en den nɔ get den yon prayvet prɔpɔti.

24-5 : . Di siks ɔtodɔks pipul den sistem den ( *saddarsana* ) . de *Sankhya*, 1999. *Yoga*, 1999. *Vedanta*, 1999. *Mimamsa*, 2019. *Nyaya*, 1999. en *Vaisesika we de na di* . Di wan den we de rid fɔ a masta sabi bukman den ben go gladi in di tin den we nɔ klia en big ɔmɔs ɔf den wan ya ol fɔmyulashɔn den as we den sɔmariz, . in English, insay *Istri ɔf Indian Filɔsofi* , Vol. I, we Prof. Surendranath DasGupta rayt (Kambrij Yunivasiti Pres, 1922).

24-6 : . Noto to bi bin konfyuz wit di "Nobul." Eit-fol Rod" of Budis rilijon, . wan gayd to man in yon biev of layf, as de fala (1) Rayt Ideal den, . (2) . Rayt Di tin we mek posin want fo du scontin, . (3) . Rayt Tok, (4) . Rayt Du, (5) . Rayt Min of Di we aw den de liv, . (6) . Rayt Tray tranga wan, (7) Rayt Memba (fo di Self), (8) Rayt Rializashon ( *samadhi* ).

24-7 : . Dokto. Jung bin atend di Indian pipul den Sayens Kongres in 1937. Di ia 1937 en bin get wan onaful wan kayn we from di Yunivasiti na Kalkata.

24-8 : . Dokto. Jung na naya we de tok bot to *Hatha Yoga* , . wan speshal wan branch of na bodi di we aw posin de tinap en teknik den we den kin yuz fo welbodi en



fɔ liv lɔŋg. *Hatha* na de ɛp, ɛn de prodyuz spɛʃəl bɔdi rizɔlt dɛn, bɔt dis branch ɔf yoga na smɔl dɔn yuz bay we yoga .pipul dɛn bent pan fridɔm pan Gɔd biznɛs

24-9 : Insay Plato in *Timaeus* stori bɔt Atlantis, i tɔk bɔt di advans stet we di pipul dɛn we de de bin get fɔ no bɔt sayɛns. Dɛn biliv se di kɔntinent we bin lɔs bin dɔn lɔs lɛk 9500 bifo Krays tru wan bad bad tin we bin apin to di nature; bɔt sɔm pipul dɛn we de rayt bɔt metafizik, . stet dat di Di pipul dɛn na Atlantik bin dɔn pwɛl am as wan rizɔlt ɔf dɛn di we aw dɛn de yuz am di rɔŋ we ɔf atɔmik we dɛn kɔl pawa. Tu French di wan dɛn we de rayt dɛn jɔs dɔn mek wan *Bibliography Of Atlantis* , we get pas 1700 tin dɛn we dɛn rayt bɔt istri ɛn ɔda tin dɛn.

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## CHAPTER: 1 . 25. Na di 25

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### ***Brɔda Ananta ɛn Sista Nalini we de na di wɔl***

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"Ananta, we de tɔk bɔt am." nɔ kin ebul fɔ du dat tap; di sand dɛn ɔf in karma we dɛn kɔl karma fɔ dis layf get rɔn kɔmɔt."

Dɛn wɔd ya we a nɔ ebul fɔ stɔp bin rich na mi insay kɔnshɛns we a bin sidɔm wan mɔnin fɔ tink gud wan. Jɔs afta we a dɔn go insay di Swami ɔda, a bin go na di say we dɛn bɔn mi, we nem Gorakhpur, as mi big brɔda Ananta in gɔst. Wan sik we i bin get wantɛm wantɛm bin mek i nɔ de na in bed; A bin de nɔs am wit lɔv.

Di solemn inside pronouncement bin ful mi wit sori-at. A bin fil se a nɔ go ebul fɔ bia fɔ de na Gorakhpur fɔ lɔng tɛm, bɔt a si se dɛn pul mi brɔda bifo mi yay we a nɔ ebul fɔ du natin. We mi fambul dɛn bin de kɔndɛm mi we a nɔ bin ebul fɔ ɔndastand, a bin kɔmɔt na India wit di fɔs bɔt we bin de. I bin de krɔs along Bɔma ɛn di Chaina Si fɔ go na Japan. A bin kɔmɔt na di bɔt na Kobe, usay a bin spɛn sɔm dez nɔmɔ. Mi at bin tu ebi fɔ go waka na di say dɛn.

We dɛn bin de go bak na India, di bɔt bin tɔch na Shanghai. Na de Dɔktɔ Misra, we na di dɔktɔ we de mɛn di ship, bin gayd mi fɔ go na bɔku say dɛn usay dɛn kin sɛl tin dɛn fɔ no bɔt sɔntin, usay a kin pik difrɛn prɛzɛnt dɛn fɔ Sri Yukteswar ɛn mi famili ɛn padi dɛn. Fɔ Ananta a bay wan big bambu we dɛn kɔt. I nɔ tu te we di Chaynish selman gi mi di bambu sɔvɛnid, a drɔp am na grɔn, ɛn ala se, "A dɔn bay dis fɔ mi dia brɔda we dɔn day!"

Wan klia rializashɔn bin dɔn swip oba mi se in sol jɔs de fri insay di Infinite. Di souvenir bin krak shap ɛn simbolik wan we i fɔdɔm; amidst sobb, a rayt pan di bambu surface: "Fɔ mi fambul Ananta, naw dɔn go."

Di dɔktɔ we bin de wit mi, bin de wach dɛn tin ya we dɛn bin de du wit  
satonik smayl. "Sev yu kray wata," i rimark. "Wetin mek yu fɔ shed dɛn  
te yu shɔ se i dɔn day?"

We wi bot rich na Kalkata, Dōkto Misra bin go wit mi bak. Mi smōl brōda Bishnu bin de wet fō grit mi na di dok.

"A no se Ananta dōn kōmōt na dis layf," a tēl Bishnu, bifo i gēt tēm fō tōk. "Duya tēl mi, en di dōkto we de ya, we Ananta day."

Bishnu we de na di wōl we dēn gi di nem di det, us bin di rili de dat a bin dōn bay di sovenid dēn in Shanghai.

"Luk ya!" Dōkto Misra bin ejakul. "Nō mek eni wōd bot dis go rawnd! Di prōfeso dēn go de ad wan ia stōdi bot mental tēlipati to di mēdikāl kōs, we dōn olrēdi lōng inof!"

Papa bin og mi fayn fayn wan we a de go insay wi os na Gurpar Road. "Yu dōn kam," i se wit sōri-at. Tu big big kray wata bin kōmōt na in yay. Ōdinari wan we i nō bin de sho mi, i nō bin ēva sho mi dēn sayn dēn ya we de sho se i lēk mi. Na do di grev papa, insay i bin gēt di at we de mēlt of wan mama. Insay di ol in di tin dēn we dēn kin du wit di tin dēn we dēn de du wit di famili, in dual na mama en papa dēn pat bin i de sho klia wan .

Jos afta Ananta day, wan divayn mēn bin briŋ mi smōl sista Nalini bak frōm day in domot. Bifo a tēl di stori, a go tōk bot sōm pat dēn we i bin de liv trade.

Di rilayshonship bitwin Nalini en misēf we a bin smōl nō bin dōn bi di kayn we we go mek a gladi pas ol. A bin rili tan lēk pōsin; i bin tan lēk tin pas ol. Tru wan motiv we nō nō o "kōmpleks" we saykayatrist dēn nō go gēt eni prōblēm fō no, bōku tēm a bin de yus fō tiz mi sista bot in bōdi we i tan lēk pōsin we dōn day. In retorts bin ikwal permeated wit di callous frankness of extreme youth.

Sōntēnde, Mama kin kam insay, en dōn di pikin dēn agyument, fō sōm tēm, bay wan bōks we saful saful na mi yes, as di big yes.

Taym bin de pas; Nalini bin dōn prōmis fō mared to wan yōŋ dōkto we de wok na Kalkata, we nem Panchanon Bose. I bin gēt wan jenaros dowri frōm Papa, we dēn tink se (as a bin tōk to Sista) fō kōmpens di di oḱo fō in fate we i mek padi biznes wit motalman bin-pol.

Ekspen mared rite dēn we dēn kin du bin we dēn kin sēlibret in fō gēt tēm. Pantap di mared nēt, a bin jōyn di big en gladi gladi grup fō fambul dēn na di living rum na wi os na Kalkata. Di oḱo bin de ledōm pan wan big pilo we gēt gold brocade, en Nalini bin de na in sayd. Wan fayn fayn pepul silk *sari* <sup>25-1</sup> nō bin ebul, alas, fō ayd in angul oltogeda. A shel misēf bien di pilo fō mi nyu wan brōda-in-law en grin pan am wit padi biznes. I nō bin ēva si Nalini te di de we dēn bin gēt di mared sērimōni, we i bin dōn kam fō no wetin i de gēt na di mared lotri.

We Dōkto Bōs fil mi sōri-at, i pōynt Nalini we nō mek a no am, en wispa na mi yes se, "Se, wetin na dis?"

"Wetin du, Dokto," a ansa se, . "i na wan skel we den kol skel fo yu fo wach!"

Bikos mi en mi broda-in-law bin konfyus wit gladi at, i no bin izi fo mek wi kontinyu fo biev fayn bifo wi fambul den we bin geda.

As di ia den de go, Døktø Bøs bin lek wi famili, en den bin de kol am enitem we sik kam. Mi en in bin bi padi den kwik kwik wan, boku tem wi bin de jok togeda, en boku tem na Nalini na in wi bin de tok to.

Mi broda-in-law bin tok to mi wan de se: "Na medikal korios." "A don trai evritin fo yu slim sista-kod liva oil, bata, malt, oni, fish, mit, eg, tonik. Stil shi fail to bulge ivin wan-hundredth of an inch." Wi ol tu bin de laf.

Afta som dez a bin go na di Bose os. Di wok we a bin de du de tek som minit nomo; A bin de komot, a no notis, a bin tink, bay Nalini. As a rich na di front domot, a yeri in voys, i bin rili fayn bot i bin de komand.

"Broda, kam ya. Yu no go gi mi di slip dis tem. A want fo tok to yu." A bin go

op di stej fo go na in rum. A bin soprayz we i bin de kray.

I se, "Dia broda, le wi ber di ol hatch. A si se yu fut don tayt naw na di spiritual rod. A want fo tan lek yu pan oltin." I ad wit op se, "Yu don strong naw; yu kin ep mi? Mi man no de kam nia mi, en a lek am bad bad wan!

Bot stil mo a want fo go bifo pan God- rializashon, ivin if a fo de thin 25-2 en no at fo si."

Mi at bin rili toch mi at we i beg am. Wi nyu padi biznes bin de go bifo oltem; wan de i aks fo bi mi disaypul.

"Train mi eni we yu laik. A put mai trost fo God insted of toniks." I geda wan anful meresin en ton den donj di ruf dreyn.

As wan test of i fet, a don aks i to omit from i le yu bodi kam donj ol fish, bif, en eg den.

Afta som mont, we Nalini bin don fala di difren lo den strikt wan we a bin don tok bot, en i bin don fala in vegjetarian it pan ol we i bin get boku problem den, a bin go fen am.

"Sis, yu don de fala di spiritual injokshon den wit konshens; yu blesin don nia." A bin smayl wit mischievously. "Aw yu want fo bi-as fat lek wi anti we no si in fut fo long long tem?"

"No! Bot a long to bi as stout as yu de."

A bin ansa am wit sori-at. "Bay God in speshal gudnes, as a don de tok tru oltem, a de tok tru naw. 25-3." Tru di divayn blesin den, yu bodi go rili chenj from tide; insay wan mont i go get di sem wet we mi yon."

Den wod ya we komot na mi at bin kam tru. Insay tati dez, Nalini in wet ikwal to mi

yon. Di nyu rawndnes bin mek i fayn; in man bin rili lek am. Den mared, begin so

we nɔ fayn, . tɔn kɔmɔt to bi di bɛst we fɔ du dat gladi.

We a kam bak frɔm Jɛpan, a kam fɔ no se di tɛm we a nɔ bin de, Nalini bin ɡɛt tayfɔyd fiva. A rɔʃh go na in ɔs, ɛn a bin sɔprayz fɔ si se i dɔn ridyus to jɔs skel. I bin de na kɔma.

Mi brɔda-in-law bin tɛl mi se: "Bifo in maynd kɔnfyus bikɔs i sik, i bin de tɔk bɔku tɛm se: 'If brɔda Mukunda bin de ya, a nɔ bin fɔ de du dis.'" I ad wit pwɛl at se, "Di ɔda dɔktɔ dɛn ɛn misɛf si Nɔ op. Blɔd disɛntri we pɔsin kin ɡɛt dɔn sɛt insay, . afta i long bout wit tayfɔyd."

A bigin fɔ muv ɛvin ɛn di wɔl wit mi prea dɛn. We a bin de ɛngage wan Anglo-Indian nɔs, we bin ɡi mi ful kɔpɔreshɔn, a bin aplay to mi sista difrɛn yoga tɛknik dɛn fɔ mɛn. Di blɔd disɛntri nɔ bin de igen.

Bot Dɔktɔ Bose bin shek in ed wit sɔri-at. "I jɔs nɔ ɡɛt ɛni blɔd igen fɔ

shed." "She go rikova," a ansa wit stɔt. "Insay sɛvin dez in fiva go dɔn."

Afta wan wik, a bin gladi fɔ si Nalini opin in yay ɛn luk mi wit lɔv fɔ no. Frɔm da de de, i bin wɛl kwik kwik wan. Pan ɔl we i bin ɡɛt in wet bak, i bin ɡɛt wan sɔri skata fɔ in sik we bin dɔn lɛf smɔl fɔ kil am: in leg dɛn bin paralayz. Indian ɛn English spɛshal pipul dɛn bin kɔl am kripul we nɔ ɡɛt op.

Di wɔ we nɔ bin de dɔn fɔ in layf we a bin dɔn fɛt bay prea bin dɔn mek a taya. A bin go to Serampore fɔ aks Sri Yukteswar in ɛp. In yay dɛn bin sho se i rili sɔri fɔ am we a de tɛl am bot di prɔblɛm we Nalini bin ɡɛt.

"Yu sista in leg go bi nɔmal we wan mɔnt dɔn." I ad se, "Lɛ i wɛr, nia in skin, wan band wit tu-karat pal we nɔ ɡɛt pɔt, we dɛn ɔl wit klap."

a we dɛn butu misɛf at in fut wit gladi gladi fil fayn.

"Sar, yu na masta; yu wɔd fɔ mek i wɛl dɔn inɔf Bot if yu insist a go ɡɛt wan pal wantɛm wantɛm."

Mi guru bin nɔd. "Yes, du dat." I kɔntinyu fɔ tɔk kɔrɛkt wan bot di bɔdi ɛn maynd we Nalini ɡɛt, we i nɔ ɛva si.

"Sa," a aks, . "na." dis wan we de stɔdi bot di sta dɛn chɛk? Yu du nɔto no i bɔn pikin de ɔ awa."

Sri Yukteswar bin smayl. "Wan dip astrɔlɔji de, we nɔ de dipɛn pan di tɛstimoni fɔ kalɛnda ɛn klok. ɛni man na pat pan di Wan we mek ɔltin, ɔ Kɔsmik Man; i ɡɛt bɔdi we de na ɛvin ɛn bak wan pan di wɔl. Motalman yay de si di fizik fɔm, bot di yay we de insay de go insay mɔ dip, ivin to di yunivasal patɛn we ɛni man na wan impɔtant

en wan pat pan."

a bin kam bak to Kalkata en we den bay wan pal fo Nalini we de na di wol. WAN mont leta, i paralayz leg den bin



kpatakpata i don wel.

Sista bin aks mi fo tel mi guru tenki we i get from in at. I bin lisin to in mesej kwayet wan. Bot as a bin de tek mi lef, i mek wan koment we get bele.

"Boku dokto don tel yu sista se i no go eva ebul fo bon pikin. Ashu am se insay som ia i go bon tu gyal pikin."

Som ia den leta, to Nalini in yon gladi, i dol wan gal, bin fala am in wan som ia den bay we oda gal pikin.

"Yu masta don bles wi os, wi ol famili," mi sista se. "Di prezens fo dis kayn man na oli wan pan di wan ol India. Diya broda, duya tel Sri Yukteswarji se, tru yu, a ombul fo kont misef as wan pan in *Kriya Yoga* disaypul den."

.....  
25-1 : . Di wit fayn fayn tin den we den don drap dres of Indian pipul den uman den.

25-2 : . Bikos pas ol pipul den in India de stret kot, no de pin pan sontin plumpness we posin kin get na bin tink bot rili we posin want fo du.

25-3 : . Di Indu pipul den skripcho den deklare dat den wan den udat na di abit tok di trut go go bifo di pawa of we de mek posin bi sontin den wod den. Wetin den komand from den at go kam tru na layf.

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## CHAPTER: 1 . 26. Na di 26

### *Di Sayens Of Kriya na wan Yoga we den kin du*

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Di sayens bot *Kriya Yoga* , we den kin tok bot boku tem na den pej ya, bin kam fo no boku pipul den na India tide tru di inströment we Lahiri Mahasaya, mi guru in guru, bin yuz. Di Sanskrit rut fo *Kriya* na *kri* , fo du, fo akt en riak; di sem rut de insay di wod *karma* , we na di natura prinsipul fo koz en efekt. *Kriya Yoga* na so "union (yoga) wit di Infinite tru wan patikyula akshon o rite." Yogi we fetful fo fala in teknik kin fri smol smol from karma o di universal chen of causation.

Bikos of som ol yoga injokshon den, a no ebul fo gi ful eksplen bot *Kriya Yoga* na di pej den na wan buk we den mek fo di jeneral poblik. Di rial teknik fo lan from wan *Kriyaban* o *Kriya Yogi* ; na ya wan brayt refrens fo inof.

*Kriya na wan Yoga we den kin du* na wan simpul, saykofysiolojik we bay we us di

motalman blod na we den don pul di kabon

en den kin chaj am bak wit oksijen. di atom dem fo dis ekstra oksijen de transmöt to layf kōrant fo mek di bren en di spenal sentr dem jōs. **26-1** We di yogi stop di blod we de na di venōs, i kin ebul fo mek di tisu den nō rōtin o mek i nō rōtin; di wan we sabi du yoga kin chenj in sel den to klin enaji. Ilayja, Jizōs, Kabir en oda profet den na bin past masta den fo yuz *Kriya* o wan kayn we we tan lek dis, we den bin de yuz fo mek den bōdi dematerialize we den want.

*Kriya* na sayens we bin de trade trade. Lahiri Mahasaya bin get am frōm in guru, Babaji, we bin ridiskōba en klarify di teknik afta i dōn lōs insay di Dak Ej.

"Di *Kriya Yoga* we a de gi di wōl tru una insay dis nayntin senti wōd," Babaji tēl Lahiri Mahasaya, "na rivayval fo di sem sayens we Krishna bin gi, mileniōm den bifo, to Arjuna, en we leta Patanjali, en Krays, Sent Jōn, Sent Pōl, en oda disaypul den bin nō."

Krishna, we na di big big profet na India, bin tōk bōt *Kriya Yoga insay wan stanza na di Bhagavad Gita* : "We i de gi di briz we i de blo insay di briz we i de blo, en we i de gi di briz we i de kōmōt insay di briz we i de blo, di yogi de neutralize den tu briz ya; so i de fri di layf pawa frōm di at en briṅ am ōnda in kōntrol." **26-2** di intapriteshōn na: "Di yogi de arēst di rōtin na di bōdi bay we i ad layf fōs, en i de arēst di muteshōn den we de gro na di bōdi bay we i de *apan* (we i de pul kōrēnt). So i de neutralize di rōtin en gro, bay we i de kwayet di at, di yogi de lan layf kōntrol."

Krishna tōk bak bōt **26-3** dat na in, insay wan fōs inkarneshōn, we kōmyuniket di yoga we nō de pwel to wan ol illuminato, Vivasvat, we gi am to Manu, di big lijisleta. **26-4** Insef, bin tēl Ikshwaku, we na di papa fo di solar warrior dynasty na India. We den bin de pas so frōm wan to oda wan, di kiṅ in yoga bin de gayd di rishi den te di tēm we di tēm we pipul den bin want fo get prōpati kam. **26-5** Dōn, bikōs di prist den bin de kip sikrit en mōtalman nō bin bisin bōt am, smōl smōl pipul den nō bin ebul fo get di oli nō.

*Kriya Yoga* na in di ol sēj Patanjali, we na di fōs pōsin we de tōk bōt yoga, tōk bōt *Kriya Yoga*, we rayt se: " *Kriya Yoga* na fo kōrēkt yu bōdi, fo kōntrol yu maynd, en fo tink gud wan bōt *Aum* ." **26-6** Patanjali de tōk bōt Gōd as di rial Kōsmik Saund fo *Aum* we den yeri we den de tink gud wan. **26-7** *Aum* na di Krio Wōd, **26-8** di sawnd we di Vaybratory Motor de mek. Ivin di pōsin we bigin fo du yoga nō tu te, insay in at kin yeri di wōndaful sawnd we *Aum de mek* . We di pōsin we de wōship Gōd get dis gladi at enkōrejment pan Gōd biznes, i kin biliv se i rili de tōk to di say den we Gōd de.

Patanjali rifer sēkōn tēm to di layf-kōntrol o *Kriya* teknik so: "Libērēshōn kin akōmplit bay da *pranayama de* we den kin get bay we den nō jōyn di kōs fo inspekshōn en eksperiens." **26-9**

Sent Pōl bin nō *Kriya Yoga* , o wan we we rili fiba am, we i kin yuz fo chenj layf kōrēnt to en frōm di sens den. So i bin ebul fo se: "Fo tru, a de protest bay wi gladi-

at we a gæt pan Krays, *a de day evride* ." **26-10** We i bin de pul in bōdi layf pawa evride, i bin mek am jōyn bay we i de mek wanwōd wit yoga wit di gladi at (gladi we go de sote go) we di Krays kōnshens gæt. Insay da felicitous stet de, i bin de

wit konshens no of fo bi don day to di delusive di tin den we posin kin fil wol of *maya* .

Insay di fos stet den we God kin kontakt ( *sabikalpa samadhi* ) di posin we de wship am in konshens kin joyn wit di Kosmik Spirit; in layf fos de komot from di bodi, we de sho se i "ded," o i no de muv en i rigid. Di yogi rili no in bodi kondishon fo suspend animashon. As i de du am de go bifo to ay spiritual stet ( *nirbikalpa samadhi* ), bot, i de tok to God we i no de fiks in bodi, en insay in odinari wek konshens, ivin we i de du tranga wok den na di wol. **26-11**

" *Kriya Yoga* na wan inschrumment we motalman kin yuz fo mek motalman evolushon kwik," na so Sri Yukteswar eksplen to in student den. "Di yogi dem we bin de trade trade bin kam fo no se di sikrit fo di kosmik konshens get fo du wit di briz masta sabi buk. Dis na di kontribyushon we India get en we no de day to di wol in trös fo no. Di layf pawa, we odinari wan de absob fo mek di at-pomp kontinyu fo de, fo fri fo di ay aktiviti den bay wan we fo mek di briz kol en stil di dimand dem we no de stop."

Di *Kriya Yogi* de dayrekt in layf enaji na in maynd fo ron, op en don, rawnd di siks speshal senta den (medul, sevikal, dosal, lombal, sakral, en koksijel pleks) we korekt to di twelv astral sayn den na di zodiac, di simbolik Kosmik Man. wan af minit we di enaji de rivolyushon rawnd di sensitiv spenal kod fo man de ifekt soft progres insay in evolushon; dat af minit fo *Kriya* ikwal to wan ia we yu no go ebul fo du natin pan God biznes.

Di astral sistem fo motalman, wit siks (twelv bay polariti) insay konstelashon den we de ron rawnd di san fo di spiritual yay we sabi oltin, get fo du wit di fizik san en di twelv zodiak sayn den. So ol motalman de afekt wan yunivas we de insay en wan tin we de na do. Di rishi den we bin de trade trade bin kam fo no se di say we motalman de na dis wol en na evin, insay twelv ia saykl den, de push am fo go bifo pan in natura l rod. Di skripcho den aver se motalman nid fo get wan milyon ia fo nomal, sikles evolushon fo mek in motalman bren pafekt fo sho se i de tink bot di wol.

Wan tawzin *Kriya* we den praktis insay et awa de gi di yogi, insay wan de, di ikwal to wan tawzin ia we natura evolushon: 365,000 ia evolushon insay wan ia. Insay tri ia, wan *Kriya Yogi* kin so akomplit bay inteligent self-efot di sem rizolt we nature de brij kam insay wan milyon ia. Di *Kriya* shot kot, na tru, na di yoga pipul den nomo we don develop dip dip wan kin tek am. Wit di gayd we wan guru gi, den kayn yoga pipul ya don tek tem redi den bodi en bren fo get di pawa we den kin mek we den de praktis boku tem.

Di *Kriya* biginin de yuz in yoga eksasaiz fotin to twenti-eit tem nomo, tu tem evride. Boku yoga pipul den kin ebul fo get fridom insay siks o twelv o twenti-fo o foti-eit ia. Wan yogi we day bifo fo ajost to sontin ful-op rializashon de ker go wit in di gud karma we den kol karma of in trade *Kriya* tray fo du sontin; insay in nyu layf, den de mek i get wanwod fo go bifo pan in Gol we no get end.

Di bɔdi fɔ di avrej man tan lɛk fifti wat lamp, we nɔ go ebul fɔ tek di bilyɔn pipul dɛn wat pawa we dɛn wek bay we dɛn de praktis *Kriya pasmak* . tru sɔm sɔm ɛn rɛguler inkres pan di simpul ɛn "fulpruf" mɛtɔd dɛm fɔ *Kriya* , man in bɔdi de bi astrally transfɔm de bay de, ɛn i de fɔs fit fɔ ekspres di infinit pɔtenshal dɛm fɔ di kɔsmik ɛnɛji-di fɔs mɔtalman

wok tok of Spirit.

*Kriya Yoga* nɔ get natin fɔ du wit di ɛksesais dɛn we noto sayens fɔ blo we bɔku pipul dɛn we get zil we nɔ rayt de tich. Di tray we dɛn de tray fɔ fos dɛn fɔ ol dɛn briz na di long dɛn noto jos tin we noto fɔ natin bot i rili nɔ fayn. *Kriya* , na di ɔda say, de kɔm ɔn frɔm di biginin wit wan akses fɔ pis, ɛn wit soothing senseshɔn dɛm fɔ rigeneraytiv ifekt na di spayna.

Di yoga we dɛn bin de yuz trade trade kin chenj di briz to maynd. We pɔsin go bifo pan Gɔd biznɛs, i kin ebul fɔ no di briz as akt fɔ maynd-drim-briz.

Bɔku egzampul dɛn ebul bi dɔn gi ɔf di na matematiks padi biznɛs bitwin man in yon di rɛspiretɔri rɛt ɛn di vɛryushɔn dɛm na in stet dɛm fɔ kɔnsɛns. Pɔsin we in atɛnshɔn ful-ɔp, lek fɔ fala sɔm intelektual agyument dɛn we get wanwɔd, ɔ fɔ tray fɔ du sɔm tin dɛn we nɔ izi fɔ du ɔ we nɔ izi fɔ du na in bɔdi, i kin blo kwik kwik wan. Fiksiti fɔ pe atɛnshɔn de dipɛn pan fɔ blo sloslo; kwik ɔ nɔ ivin brith na wan tin we nɔ go ɛva apin wit di bad bad imɔshɔnal stet dɛm: fred, want, vɛks. Di mɔnki we nɔ de rɛst de blo di rit we na 32 tɛm insay wan minit, we difrɛn frɔm man in avrej na 18 tɛm. Di ɛlifant, tot, snek ɛn ɔda animal dɛn we dɛn notis fɔ dɛn long layf get rɛspiret ɔri rɛt we sɔmtɛm sɔmtɛm pas man in yon. Fɔ egzampul, di totɔ, we kin rich 300 ia, **26-12 ia** i de blo 4 tɛm nɔkɔ insay wan minit.

Di tin dɛm we pɔsin kin du we i de mek pɔsin yɔŋ bak na bikɔs i nɔ kin no bot in bɔdi ɛn brith fɔ sɔm tɛm. Di man we de slip kin bi yogi; ɛvri nɛt i nɔ no se i de du di yoga rite fɔ rilis insɛf frɔm di bɔdi identifikeshɔn, ɛn fɔ miks di layf fɔs wit di hilin kɔrant dɛm na di mɛn bren rijyɔn ɛn di siks sɔb-daynamos dɛm na in spɛnal sentr dɛm. So di pɔsin we de slip de dip we i nɔ no insay di rizɔva fɔ di kɔsmik ɛnaji we de sɔpot ɔl layf.

Di pɔsin we de du yoga bay insɛf kin du wan simpul, natura prɔses we i no se, noto we i nɔ no lek di pɔsin we de slip sloslo. Di *Kriya Yogi* de yuz in teknik fɔ satyuret ɛn fid ɔl in fizik sɛl dɛn wit layt we nɔ de rɔtin ɛn kip dɛn na magnet stet. Sayens wan i de mek briz nɔ nid fɔ de, we nɔ de prodyuz di stet dɛn we pɔsin kin slip ɔ we i nɔ no natin.

By *Kriya* , di layf pawa we de kɔmɔt nɔ de west ɛn abiuz insay di sɛns dɛm, bɔt dɛn de kɔnstrakt am fɔ riyunit wit di spɛnal ɛnɛji dɛm we sɔbtɛl. We dɛn de mek layf strɔng dis kayn we, di yogi in bɔdi ɛn in bren sɛl dɛn kin get ilɛktrik wit di spiritual ɛliks. So i de pul insɛf kɔmɔt pan di stɔdi we i dɔn stɔdi fɔ obe di lo dɛn we de na di wɔl, we kin jos kɛr am-bay we dɛn de yuz am fɔ go rawnd as dɛn de gi am bay di rayt it, di san layt, ɛn di tin dɛn we i de tink bɔt we get wanwɔd—to wan Gol we go tek wan milyɔn ia. i nid twelv ia nɔmal hɛlthful liv fɔ ɛfekt ivin sɔm sɔm chenj we dɛn kin si pan di bren strɔkchɔ, ɛn wan milɔn solar ritɔn dɛm dɛn de ɛksɛkt fɔ sufayf rifin di sɛribra tɛnɛment fɔ manifeshɔn fɔ di kɔsmik kɔnsɛns.

We i pul di kɔd fɔ briz we de tay di sol to di bɔdi, *Kriya* de sav fɔ mek di layf long ɛn mek di kɔnshɛns big te i nɔ get ɛnd. Di yoga we dɛn de du de win di tug ɔf wɔ bitwin di maynd ɛn di matter-bound senses, ɛn fri di devotee fɔ get bak in kiŋdɔm we go de sote go. I no se in rial nature nɔ tay bay fɪzɪkəl encasement ɔ bay breath, simbul fɔ di mortal slev to air, to nature in elemental compulsions.



Introspekshon, o "sidom na di saylens," na we we no get sayens fo tray fo fos di maynd en sens apat, we di layf pawa tay togeda. Di maynd we de tink gud wan, we de tray fo go bak to divinity, de dreg bak otem to di sens den bay di layf korent den. *Kriya*, we de kontrol di maynd *dairekt wan* tru di layf pawa, na di izi, ifektiv, en sayens we fo go nia di Infinite. Difren from di slo, no sho "bulok kat" tiolojikal rod to God, den kin jos kol *Kriya di "airplane" rod*.

Di yoga sayens de bays pan wan empirikal konsidareshon fo ol di kayn konsentreshon en meditashon egzampul den. Yoga de mek di posin we de woship am ebul fo of o on, we i want, layf korent from di fayv sens telifon den fo si, sawnd, smel, test, en toch. We di yogi get dis pawa we de mek posin no get konekshon wit sens, i kin si am se i simpul fo mek in maynd joyn an we i want wit di say den we God de o wit di wol we get tin den. Noto di layf pawa de briy am bak igen we i no want to di mundane sphere of rowdy sensations en restless tinkin. Masta fo in bodi en maynd, di *Kriya Yogi* las las i kin win di "las enimi," day.

So yu go it Day, we de it motalman: En Day wans day, nobodi no de day igen da tem de. **26-13**

Di layf fo wan advans *Kriya Yogi* no de afekt di ifekt den we di tin den we i don du trade, bot na di dairekshon den nomo from di sol. So di devote de avoyd di slo, evolushon monita den fo egoistic akshon, gud en bad, fo komon layf, cumbrous en snel-layk to di igl at.

Di supirior we fo liv sol de fri di yogi we, we den kot in ego-prizin, de test di dip briz we de olsay. Di slev we di natura liv na, difren from dat, set insay wan pace we de shem.

Fo konfom in layf to di evolushon oda, man no kin komand eni konseshon rosh from di nature bot, fo liv witout mistek agens di lo den fo in bodi en maynd endawment, stil nid fo lek wan milyon ia fo mek i tan lek motalman fo no di las fridom.

Di teliskopik we den we yoga pipul den de du, we de pul densef komot pan di tin den we den de no bot den bodi en maynd fo mek den get sol-individyualiti, so dat den de koment densef to di wan den we de yay wit rivolt fo wan tawzin tawzin ia. Dis nomba periferi de big fo di odinari man, we de liv insay wanwod noto ivin wit nature, let alone in sol, bot de pursue insted unnatural complexities, so we de mek posin veks in in bodi en tink di swit saniti den of nech. Fo in, tu tem den wan milyon ia no kin du fo fridom.

Gros man no kin rili no o no kin eva no se in bodi na kinjom, we Emparo Sol de gayd am na di tron na di kraynia, wit sobsemiari rijent den na di siks speshal senta o speshal no. Dis tiokrasi de go oba wan grup we de obe pipul den: twenti seven tawzin bilyan sel den-we get wan sho if otomatik intelijens we den de yuz fo du ol di wok den we di bodi de gro, chenj, en solv-en fifti milyon sabstratal tink, imoshon, en difrens

dén we de chenj chenj chenj na motalman kónshens insay wan avrej layf we na siksti  
ia. Enitin we tan lèk se di bōdi ɔ sɛribra sɛl dɛn dɔn tɔn agens Emparɔ Sol, we de sho  
as sik ɔ pwɛl at, na bikɔs dɛn nɔ de biɛn di sitizin dɛn we ɔmbul, bɔt na bikɔs dɛn nɔ  
de yuz am di rayt we trade ɔ naw man we gɛt in yon pɔsin ɔ fridɔm fɔ disayd fɔ du  
sɔntin, we dɛn gi am di sɛm tɛm wit wan sol, ɛn we nɔ go ɛva chenj.

We i de aydentify in sef wit shalo ego, man de tek am fo granted se na in de tink, want, fil, digest it, en kip in sef alayv, i no de eva admit tru riflekshon (na smol smol nomo go inof!) se insay in odinari layf i noto natin pas popet fo di tin den we i don du trade (karma) en fo di nature o envayroment. Di we aw eni man de biev, di we aw i de fil, di we aw i de fil, en di abit den, na di tin den we kin apin to am trade, ileksef na dis o na layf we i bin don liv bifo. Bot i ay pas den kayn inflowens den de in kin sol. Spurning di transitory trut en fridom, di *Kriya Yogi* pas pas ol di disapoyntment insay in Biin we no get enitin fo stop am. Ol di skripcho den se motalman noto bodi we de rotin, bot na sol we get layf; bay *Kriya* den gi am wan we fo pruv di tru tin we de na di skripcho.

*Century Of Verses* , se: "Ritual we de na do no go ebul fo pwel pipul den we no no natin, bikos den no de agens densef." "Di no we posin rili no nomo de pwel posin we no no natin. . . . No no go ebul fo spring op bay eni oda we pas fo aks kwestyon. 'Udat na mi? Aw den bon dis yunivas? Udat mek am? Wetin na in matirial koz?' Dis na di kain inkwairi we dem de rifer to." Di sens no get eni ansa fo den kwestyon ya; na dat mek di rishi den bin evolv yoga as di teknik fo aks kwestyon bot spiritual tin den.

*Kriya Yoga* na di rial "faya rite" we den kin prez boku tem insay di *Bhagavad Gita* . Di faya den we de mek posin klin na yoga, de mek posin get layt we go de sote go, en so den difren from di rilijon faya serimoni den we de na do en we no de wok bete, usay den kin bon di we aw pipul den de si di trut boku tem, to di wan den we den kin sin wit sirios sin, wit di insens!

Di advans yogi, we de kip ol in maynd, wil, en filin from lay lay aydentifikeshon wit di bodi want, we de joyn in maynd wit supamakoshos fos den na di speshal say den we den de woship, so i de liv na dis wol lek aw God don plan, noto bikos of di tin den we i want fo du trade o di nyu witles den we de sho se motalman get nyu tin den we de mek i want fo du soutin. Dis kayn yogi kin get fulfilment fo in Suprim Desire, sef na di las haven fo inexhaustibly blissful Spirit.

Di yogi de gi in labirintin motalman long to wan faya we de woship wan god we den don gi to di God we no get wan kompitishon. Dis na rili di tru yoga faya serimoni, we ol di tin den we posin bin want trade en di tin den we i want naw na fiul we lov we komot from God de it. Di Ultimate Flame de get di sakrifays fo ol motalman madnes, en motalman klin wit doti. In bon den pul ol di bodi we i want, in karma skel don blech insay di antiseptik san den we get sens, i klin las las, i no de du bad bifo motalman en di Wan we mek am.

We i de tok bot di we aw yoga kin wok fayn en we i kin yuz fo du tin, Lod Krishna prez di teknolajik yogi wit den wod ya: "Di yogi big pas di ascetics we de korekt bodi, i big ivin pas di wan den we de fala di rod fo sens ( *Jnana Yoga* ), o di wan den we de fala di rod fo akshon ( *Karma Yoga* ); bi yu, O disaypul Arjuna, yogi!" **26-14**

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26-1 : . Di fð mæmba sayensman, Dókt. Jðj W. Krayl ðf Klivlan, 1999. bin eksplen bifo wan 1940. Di ia 1940 mitin ðf di Ameríkin Asosieshön fð di Fð go bifo ðf Sayens di eksperiens ðen we ðen kin du bay we us i bin pruv dat ðl na bði di tisu ðen de ilektrik wan negetiv, eksept di bren en nev sèstem tisu ðem we de stil ilektrikal positifu biðs ðen de tek ðksijen we de gi layf bak pan mDr repid ret.

26-2 : . *Bhagavad we ðen kól*

*Bhagavad Gita* , . IV:29. 26-

3: 10. *Bhagavad we ðen kól*

*Bhagavad Gita we ðen kól*

*Gita* IV: 1-2.

26-4 : Di pɔsin we rayt di buk we nem *Manava Dharma Shastras* . Den institut den ya we den kɔl canonized common law de wok na India te tide. Wan French masta sabi bukman we nem Luis Jakɔliɔt, rayt se di de we Manu rayt “den lɔs insay di net we di tɛm bin de bifo di istri na India; ɛn Nɔ masta sabi bukman dɔn bin get maynd to nɔ gri in di taytul ɔf di pas ɔl ol pɔsin we de gi lɔ in di wɔl.” Insay di *La Baybul Dans L’inde* , pej 33-37, Jacolliot riprodyuz paralel tekstual refrens fɔ pruv se di Roman *Kɔd Fɔ Jastinian* de fala gud gud wan di *Laws Of Manu* .

26-5 : . Di stat ɔf di fɔ lɛk prɔpati di ej den, . frɔm wetin to Indu pipul den skripchɔ den we den de kɔl, . bin 3102. Di wan den we de wok BC Dis bin di biginin fɔ di Fɔ kam dɔɲ Dwapara na wan Ej (si [pej 174](#)). Naw masta sabi bukman den, . wit blithely fɔ biliv dat 10,000 pipul den ia den trade ɔl man den bin  
bin sink in wan barbarous Ston Ej, sɔmri wan pul as "myths" we den kin tɔk bɔt. ɔl rɛkɔd den ɛn tradishɔn den ɔf rili ol  
.sivilizayshɔn den na India, Chaena, Ijijpt, ɛn ɔda kɔntri den

26-6 : Patanjali in *Afɔrizm den* , II:1. We Patanjali bin de yuz di wɔd den we den kɔl *Kriya Yoga* , i bin de tɔk bɔt ɛni wan pan di wan den we den bin de tich di rayt we bay we Babaji, 1999. ɔ wan rili fiba to i. Dat i bin wan difinit wan teknik ɔf layf kɔntrol na pruv bay we Na Patanjali in yon *Afɔrizm* II:49.

26-7 : . Na Patanjali in yon *Afɔrizm den* , . I:27.

26-8 : . "In." di bigin bin di Wɔd, ɛn di Wɔd bin wit Gɔd, ɛn di Wɔd bin Gɔd. ....ɔl tin den bin bin mek bay we  
in; ɛn if i nɔ de, den nɔ mek ɛnitin we den mek."- *Jɔn* 1: 1-3. *Aum* ( *Om* ) we de insay di *Vedas* bin bi di oli wɔd *Amin* ɔf di Moslem den, . *Hum* ɔf di Di pipul den na Tibet, . ɛn *Amen* ɔf di Kristian den (i na minin in Ibru langwej fɔ bi *shɔ* , *fetful* ). "Den  
.tin ya di Emɛn, di fetful ɛn tru witnes, we na di biginin fɔ di tin den we Gɔd mek, se."- *Rɛvɛleshɔn* 3: 14

26-9 : . *Afɔrizm den* II: 49..

26-10 : . a *Lɛta Fɔ Kɔrint* 15:31. "Wi gladi gladi". na di kɔrɛkt transleshɔn; nɔto, as kin dɔn gi, "yu gladi gladi." Sent. Pɔl bin de tɔk bɔt di ɔlsay we di Krays kɔnshens de..

26-11 : . *Kalpa we yu de du* min tɛm ɔ aeon we den kɔl. *Sabikalpa we de na di wɔl* min tɔpik to tɛm ɔ chenj; sɔm link wit *prakriti we den kɔl prakriti* ɔ tin de kɔntinyu fɔ de.  
. *Nirbikalpa we de na di wɔl* min we nɔ de chenj, . we nɔ de chenj; dis na di di wan we ay pas ɔl stet ɔf *samadhi*

26-12 : . Frɔm wetin to di *Linkɔn Laybri ɔf Impɔtant Tin den* , p. 1030, 2019. di big big tortoise we den kɔl tɔtɔ tap bitwin 200 ɛn 300 ia.

26-13 : . Shekspia: *Sonet we den kɔl*

#146. 26-14: *Bhagavad Gita* , VI:

46 we de na di Baybul.

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## CHAPTER: 1 . 27. Na di 27

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***Fɔdɔm WAN Yoga we den kin du Skul Na Ranchi na wan***

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"Wetin du de yu averse to oganayzeshonal wok?"

Masta in yon kwestyon bin soprayz mi wan don bet. I na tru dat mi sikrit fo kondem posin at di tem bin dat

oganayzeshon den bin "honet den'." nest den."

"Na wok we no get tenki, sa," a ansa. "No mata wetin di lida du o no du, dem de kritik am."

"Yu want di ol divain *channa* (milk curd) fo yu sef onli?" Mi guru in retort bin kam wit wan stern glance. "Yu o eni oda posin go ebul fo get God-kontakt tru yoga if wan layn we get fri-an-at masta den no bin redi fo gi den no to oda pipul den?" I ad se, "God na di Oni, oganayzeshon na di hayv dem; ol tu nid fo de. Eni *fom* no get yus, fo tru, if yu no get di spirit, bot wetin mek yu no fo begin bizi ayv we ful-op wit di spiritual nektō?"

Di advays we i bin gi mi bin rili toch mi at. Pan ol we a no ansa na do, wan strong rizolt bin kam na mi brōst: A go sheb wit mi kōmpin den, so fa as lay na mi pawa, di tru tin den we no get shackling we a don lan na mi guru in fut. "Masta," a pre, "mek Yu Lōv shayn sote go na di oli ples fo mi devoshon, en mek a ebul fo wek da Lōv de na oda at den."

Wan tem bifo dis tem, bifo a joyn di monastik oda, Sri Yukteswar bin don tōk sōtin we a no bin de ekspekt.

"Aw yu go mis di kōmpin we uman get we yu ol!" i bin don tōk. "Yu no gri se di famili man, we de du yusful wok fo kia fo in wef en pikin den, so de ple fayn fayn wok na God in yay?"

"Sir," a bin don protest wit alarm, "yu no se mi want na dis layf na fo espouse onli di Cosmic Beloved."

Masta bin don laf so gladi dat a ondastrand se di tin we i bin si na jos fo test mi fet.

I bin don tōk sloslo se: "Mēmba se di posin we lef in wok na di wōl kin jostify insef bay we i tek sōm kayn wok to famili we big pas am fa fawe."

Di ideal fo get ol-sayd edyukeshon fo yōng pipul den bin don de nia mi at oltem. A bin si klia wan di dray rizulyt den we odinari instrōkshon kin get, we den jos aim fo divelōp bōdi en sens. Di tin den we pipul den kin du fo biev en di tin den we den kin du fo get tayt padi biznes wit God, we nobōdi no go ebul fo kam nia fo get gladi at if den no gladi fo am, bin don de yet we no de na di fōmal kōrikulu. A bin disayd fo mek wan skul usay yōng bōbō den go ebul fo bi man. Di fōs tin we a du fo du dat na wit sevin pikin den na Dihika, we na wan smol kōntri sayt na Bengali.

Afta wan ia, insay 1918, tru di fri-an we Shef Manindra Chandra Nundy, we na di Maharaja na Kasimbazar, bin gi mi, a bin ebul fo transfa mi grup we bin de gro fast fast go na Ranchi. Dis tōng we de na Bihar, we de lek tu ondrəd mayl frōm Kalkata, get wan pan di ples den we get welbōdi na India. Den bin chenj di Kasimbazar Pales

na Ranchi to di hedkwata fo di nyu skul, we a kol *Brahmacharya Vidyalaya* 27-1 in  
akodin to di edyukeshon ideal dem fo di rishi dem.

Den bush ashram den we den kin yuz bin bin di ol sidom ples den of de lan, sekyula en  
lek evin, fo di yong of



India.

Na Ranchi a bin oḡanayz wan eḡyukeshon program fo ol tu di grama en ay skul gred den. I bin get sobjekt den we get fo du wit agrikalchoral, industri, komeshon, en akademik tin den. Den bin tich di student den bak yoga konsentreshon en meditashon, en wan speshal sistem fo divelop bodi, "Yogoda," we a bin don fen in prinsipul den insay 1916.

We a no se motalman in bodi tan lek ilektrik bateri, a bin tink se den kin chaj am bak wit enaji tru di dairekt ejensy we motalman want. As no akshon, smol o big, posibul if i no *want*, motalman kin yuz in prayment muva, wil, fo ridyus in bodi tisu den we no get boku boku tin den o mashin eksesaiz. So a tich di Ranchi student den mi simpul "Yogoda" tekNIK den we di layf fos, we sentred insay man in medula oblongata, kin konsens en wantem wantem richaj from di saplai we no get limit fo kosmik enaji.

Di boy pikin den bin ansa dis trenin fayn fayn wan, den bin de divelop ekstra odinari abiliti fo shift di layf enaji from wan pat na di bodi to oda pat, en fo sidom pafekt poys we den bodi no izi fo tinap. **27-2** Den bin de du tin den we get trenk en bia we boku pawaful big pipul den no bin ebul fo ikwal. Mi smol broda, Bishnu Charan Ghosh, bin joyn di Ranchi skul; leta i bin bi wan bigman we sabi bot fizik kolcho na Bengal. In en wan pan in student den bin travul go na Yurop en Amerika, den bin gi egzibishin den bot trenk en skil we bin mek di yunivasiti savant den soprayz, inklud di wan den we bin de na Kolumbia Yunivasiti na Nyu Yok.

We di fos ia don na Ranchi, di aplikeshon fo admeshon bin rich tu tawzin. Bot di skul we da tem de na pipul den nomo we de liv de, na lek wan ondred nomo bin ebul fo tek pipul den. I no tu te, den ad instrokshon fo di de student den.

Insay di *Vidyalaya* a bin get fo ple papa-mama to di smol pikin den, en fo bia wit boku oḡanayzeshonal problem den. Boku tem a bin de memba Krays in wod den: "Fo tru, a de tel una se, nobodi no de we don lef in os, in broda o sista, o papa, o mama, o wef, o pikin, o." land den, fo mi sek, en di gospel in yon, bot i go get wan ondred tem naw insay dis tem, os en broda, sista, mama, pikin, en land, wit sofa; en na di wol we get layf we go de sote go." **27-3** Sri Yukteswar bin don eksplen den wod ya: "Di divot we de lef di layf-ekspiriens den we mared en famili get, en chenj di problem den we de na smol os en di smol smol wok den fo di big big rispansibiliti den fo savis to sosayti in jonaral, de du wan wok we boku tem kin kam wit sofa from wan wol we no ondastand, bot bak wit wan divayn insay satisfay."



*Yogoda Math* , fayn fayn emitaj fɔ Self-Rialiseseshɔn Feloʃship na Dakshineswar na di Ganges. Den bin bil am insay 1938 as yoga ritrit fɔ student den na Is en West.



Sentral bildin fɔ di *Yogoda Sat-Sanga Brahmacharya Vidyalaya* na Ranchi, Bihar, we den bin mek insay 1918 as yoga skul fɔ boy pikin den, wit grama en ay skul edyukeshɔn. Konekt wit am na di filantropik Lahiri Mahasaya Mishɔn.

Wan de, mi papa bin rich na Ranchi fɔ gi mi papa in blesin, we den no bin gri fɔ gi am fɔ long tem bikos a bin don du am bad bay we a no gri fɔ gi am wok wit di Bengal-Nagpur Relwe.

"Son," i se, "A don rikonsiliayt naw wit di tin we yu don pik na layf. I de gi mi gladi at fɔ si yu midul den yon pipul ya we gladi en we want fɔ du sɔntin; yu de ya pas fɔ de wit di figa den we no get layf we de na di temtebul den we de na di relod." I wef to wan grup we get duzin smol pikin den we bin de tag na mi il. I bin wach wit yay we de shayn se: "Na et pikin den nomo a bin get, bot a kin fil fɔ yu!"

Wit wan big frut gadin en twenti fayv fayn fayn ak den we wi bin get, di student den, ticha den, en misef bin enjoy boku gladi awa den fɔ wok na do na den fayn fayn say den ya. Wi bin get boku animal den we wi bin de men, en wan pan den na wan yon dia we di pikin den bin rili lek fɔ aydol. Misef bin lek di fawn sote a alaw am fɔ slip na

mi rum. We di layt de shayn, di smol tin kin tod na mi bed fo mek a kot mi na monin.

Wan de a bin gi di animal fid bifo tem pas aw a kin du, bikos a bin get fo atend som biznes na di tɔŋ we nem Ranchi. Pan ol we a bin de won di bobo den se den no fo fid di fawn te a kam bak, wan pan den no bin obe, .

en gi di pikin diya bōku bōku milk. We a kam bak na ivintem, sori nyus grit mi: "Di smol fawn don nia fo day, tru ova it."

A bin de kray, a put di animal we i tan lek se no get layf na mi lap. A bin pre wit sori-at to God fo mek i no get layf. Afta som awa, di smol tin opin in yay, tinap, en waka wik. Di wan ol skul bin de ala fo gladi.

Bot wan dip lesin bin kam to mi da net de, we a no go eva foget. A bin de wek wit di fawn te tu oklok, we a slip. Di dia apia na drim, en tok to mi:

"Yu de hol mi bak. Duya mek a go; mek a go!"

"Okay," a ansa na di drim.

a wek wantem wantem, en bin kray komot, "Boy pikin den, . di dia na de day!" Di pikin den i bin rosh to mi say.

A ron go na di kona na di rum usay a bin don put di animal we a lek. I mek las tray fo grap, stop nia mi, don i fodom na mi fut, en day.

Akodin to di mas karma we de gayd en rigul di destiny fo animal den, di dia in layf bin don, en i bin redi fo go bifo to wan ay fom. Bot bay di dip attachment, we a leta kam fo no se na selfish, en bay mi strong prea, a bin don ebul fo ol am insay di limits fo di animal fom we di sol bin de tray fo fri from. Di dia in sol bin mek in beg na drim bikos, if a no alaw mi fo du am wit lov, i no go go o i no go ebul fo go. As a gri so, i komot.

Ol di sori-at bin lef mi; A bin kam fo no bak se God want in pikin den fo lek oltin as pat pan Him, en no fo fil delusively se day don oltin. Di man we no no natin de si di wol nomo we de mek posin day, we de ayd, we i tan lek se i go sote go, in padi den we i lek. Bot di man we no de atak, di wan we lek oda pipul den as ekspreshon fo di Masta, ondastand se we den day di wan den we den lek don jos kam bak fo wan ples we den de blo fo gladi insay Am.

Di Ranchi skul bin gro from smol en simpul biginin to wan institiushon we pipul den sabi naw na India. Boku dipatment den na di skul get sopot from voluntia kontribyushon from di wan den we gladi fo mek di rishi den kontinyu fo lan buk. Onda di jeneral nem fo *Yogoda Sat- Sanga* , 27-4 den don mek branch skul den we de go bifo na Midnapore, Lakshmanpur, en Puri.

Di Ranchi hedkwata de kip wan Medikal Dipatment usay den de gi meresin en di savis den we dokto den de gi fri wan to di po pipul den na di lokal. Di nomba we den don trit don pas 18,000 pipul den wan ia. Di *Vidyalaya we de na di wol* don bin mek i na mak, . sef, in Indian pipul den kompitishon spot, . en insay di skolastik fild, usay boku Ranchi alumni den don difrens densef insay leta yunivasiti layf.

Di skul, naw in i na twenti-eit ia en di senta of boku tin den, 27-5 don bin den kin onɔ am

bay we bigman den we komot na di Is en di West bin kam fen den. Wan pan di fos big big pipul den we bin inspekt di *Vidyalaya* insay in fos ia na bin Swami Pranabananda, di Benares "sent wit tu bodi." As di big masta bin de wach di fayn fayn klas den we den kin get na do, we den kin get onda di tik den, en si na ivintem se yong bobo den kin sidom fo long tem we den no de mov fo tink gud wan bot yoga, i bin rili fil bad.

"Gladi de kam na mi at," i se, "fo si se Lahiri Mahasaya in ideal fo di rayt trenin fo yong pipul den de go bifo na dis institiushon. Mi guru in blesin de pan am."

Wan yong bobo we sidom nia mi bin vencho fo aks di big yogaman

wan kwestyon. "Sar," i se, "a go bi monk? Na fo God nomo mi

layf?"

Pan ol Swami bin de tok bot am Pranabananda we de na di wol bin smayl saful wan, . in yay bin we den kin pier di tumara bambay.

I ansa se, "Pikin, we yu big, wan fayn yawo de wet fo yu." Di bobo bin rili mared, afta we i bin don plan fo long tem fo go insay di Swami Oda.

Sontem afta we Swami Pranabananda bin don go na Ranchi, a bin go wit mi papa na di os na Kalkata usay di yogi bin de fo som tem. Pranabananda in predikshon, we den bin mek to mi buku ia bifo, kam rosh na mi maynd: "A go si yu, wit yu papa, leta."

As Papa de go insay di swami in rum, di big yogaman grap from in sidom ples en og mi mama en papa wit lov respekt.

"Bhagabati," i se, "wetin yu de du bot yusef? Yu no si yu boy pikin de ron go na di Infinite?" A bin blush fo yeri in prez bifo mi papa. Di swami kontinyu fo tok se, "Yu memba aw buku tem wi blesin guru bin de se: ' *Banat, banat, ban jai* .' **26-6** So kip *Kriya Yoga* we no de stop, en rich di divayn potal den kwik kwik wan."

Pranabananda in bodi, we bin don tan lek se i fayn en strong di tem we a bin de go to am fo di fostem we a bin rili wondaful na Benares, bin sho naw se i don ol, pan ol we di we aw i bin tinap bin stil tinap fayn fayn wan.

"Swamiji," a aks, luk stret na in yay, "duya tel mi di tru: Yu no de fil di advans fo ol? As di bodi de wik, di we aw yu de si God de sofa eni diminution?"

I bin smayl lek enjel. "Di Wan we a lek de wit mi pas eni oda tem naw." Di kompliit konvikshon we i bin get bin ambog mi maynd en mi sol. I kontinyu fo tok se, "A stil de enjoy di tu penshon den-wan from Bhagabati ya, en wan from op." We i poynt in

finga go na evin, di sent fɔdɔm insay wan gladi gladi, in fes layt wit wan divayn glɔ-  
wan bɔku ansa to mi kwestyɔn.

We a notis se Pranabananda in rum get bɔku plant dɛn ɛn paket dɛn we get sid, a aks  
wetin mek dɛn du am.

"A don komot na Benares fo oltem," i se, "en a de go naw na di Himalayas. Na de a go opin wan ashram fo mi disaypul den. Den sid ya go mek spinach en som oda vejitebul den. Mi dia wan den go liv simpul wan, spen den tem insay gladi gladi God-union. No oda tin no nid fo de."

Papa don aks in broda disaypul ustem i go go bak to Kalkata.

"No eva igen," di sent ansa. "Dis ia na di wan we Lahiri Mahasaya tel mi se a go lef mi Benares we a lek sote go en go na di Himalayas, de fo trowe mi motalman freym."

Mi yay ful-op wit kray wata we a si wetin i tok, bot di swami bin smayl kwayet wan. I memba mi bot wan smol pikin we de na evin, we sidom fayn fayn wan na di Divayn Mama in lap. Di lod we di ia den kin get no kin afekt wan big yogi fo get ol di pawa den we pas ol na spirit. I ebul fo mek in bodi nyu we i want; yet sontende i no kin bisin fo mek di ol we i de ol, bot i kin alaw in karma fo wok insef komot na di fizik plen, yuz in ol bodi as tin we de sev tem fo pul di nid fo wok aut karma insay nyu inkarneshon.

Mont den leta a mit wan ol padi, . Sanandan, 1999. udat bin wan of Pranabananda in yon tayt disaypul den.

"Mi adorable guru don go," im tel mi, amidst sobs. "I bin establish wan hermitage nia Rishikesh, en gi wi lov trenin. We wi bin rili setul, en mek rapid spiritual." progres na in komni, i bin promis wan de fo fid buku buku krawd from Rishikesh. A aks mi kwestyon wetin mek i bin want buku buku pipul den.

"Dis na mi las festival seremoni,' im tok. A no andastan di ful implikashon of im wod."

"Pranabanandaji ep fo kuk buku buku it. Wi bin fid lek 2000 gost dem. Afta di festival, i sidom na wan ay pletfom en gi wan inspekt semin na di Infinite. Na di end, bifo di luk fo tawzin pipul den, i ton to mi, as a sidom nia am na di dais, en tok wit pawa we no komon."

"Sanandan, . bi don pripia; a am de go to kik di frem. 27-7 ' .

"Afta wan stun silens, a kray lawd wan, 'Masta, no du am! Duya, duya, no du am!' Di krawd bin tay den tong, den bin de wach wi wit korios.

"No bi selfish,' i se, 'o kray fo mi. A don de sav una ol wit gladi at fo long tem; naw." gladi en wish mi Godspid. A kin go mit mi Kosmik Lov.' Insay wan wispa, Pranabanandaji ad se, 'A go bon bak jisno. Afta a don enjoy fo shot tem pan di Infinite Bliss, a go kam bak to di wol en joyn Babaji. 27-8 I no go te igen, yu go no ustem en usay den don koba mi sol insay nyu bodi.'



"I bin kray igen, 'Sanandan, . naya a kik di frem bay we di sekon *Kriya na wan Yoga we den kin du* . ' 27- 9

"I luk di si we get fes bifo wi, en gi blésin. We i dayrekt in yay insay to di spiritual yay, i no muv. We di krawd we bin konfyus bin tink se i de tink gud wan insay wan ekstatik stet, i bin don olredi komot na di tabanakul we get bodi en put in sol insay di kosmik vastnes. Di disaypul den toch in bodi, sidom na di lotus posture, bot na so i bi." noto di wam bodi igen, Na wan freym we bin don stif bin lef;

a bin aks usay Pranabananda we de na di wol bin to bi bon bak.

Sanandan ansa se, "Dat na oli trost we a no go ebul fo tok to enibodi." "Sontem yu kin fen oda we."

Afta som ia a bin diskoba from Swami Keshabananda **27-10** dat Pranabananda, som ia afta den bon am wit nyu bodi, bin don go na Badrinarayan na di Himalayas, en na de i joyn di grup fo oli pipul den we bin de rawnd di big Babaji.

27-1 : *Vidyalaya* , skul. *Brahmacharya* ya de tok bot wan pan di 4 stej den na di Vedik plan fo man in layf, as i kompres dat of (1) . di we no mared student ( *brahmachari* ) we den kol brahmachari ; (2) . di di posin we get di os wit di wan den we de na di wol di wok den we posin fo du ( *grihastha* ) we den kol grihastha ;

di hermit we get emit ( *vanaprastha* ) we den kol vanaprastha ; (4) . di bush posin we de liv de o posin we de . (3) waka waka, . fri from ol na di wol tin den we de mona pipul den ( *sannyasi* ). Dis ideal skim of layf, we noto boku boku wan we den bin si in naw India, stil don boku we de woship God pipul den we de fala am. Di 4 stej den de we den kin du .rilijon onda di dayrekshon fo wan guru fo ol den layf

27-2 : . WAN nomba of Amerikin student den bak get masta sabi bukman den difren difren *asanas den we den kin yuz* o di we aw posin de tinap, . de min Bernard bin de tok bot am Kol, 1999. wan instrakta na Los Anjelis fo di Self-Realization Fellowship tichin den.

27-3 : . *Mak* 10: 29- 30..

27-4 : . Yogoda: 1. *yoga* , . union, . wanwod, ikwilbori; *da* , . dat us de gi pipul den. Sat-Sanga we de na di wol: *bin sidom* , trut; *sanga* , . feloship fo get padi biznes. Insay di West, . to avoyd di yuz of wan Sanskrit nem, di *Yogoda we den kol Yogoda Sat-Sanga bin de du am* fo muv don bin bin kol di *Feloship fo Rilayz Misef* .

27-5 : . Di tin den at Ranchi na wan de we den tok bot mo ful wan in chapta 40 . Di Lakshmanpur na di kontri skul na in di ebul chaj of Mr. GC Dey, BA Di medikal dipatment na Dokto S. N. Pal en Sasi Bhusan Mullick de supavayz am fayn fayn wan.

27-6 : . Wan of Lahiri we de na di wol Na Mahasaya in yon best koment den, . don gi as enkorej den fo in student den we de . kontinyu. WAN fri transleshon na: "Striving, striving, wan de luk! di Divayn Gol!"

27-7 : . dat na, . gi op di bodi.

27-8 : . Lahiri we de na di wol Na Mahasaya in yon guru, . udat na stil fo liv. (Si chapta 33.) .

27-9 : Di sekon *Kriya* , as Lahiri Mahasaya bin tich, de mek di devotee we don masta am ebul fo komot en go bak to di bodi wit konshens at eni tem. Go bifo yoga pipul den yuz di sekon Kriya na wan teknik we di las komot of day, wan moment we den kin no bifo tem.

27-10 : . Mi mitin wit Keshabananda bin de du am na we den tok bot in chapta 42 .

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## CHAPTER: 1 . 28. Na di 28

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### *Kashi, 1999. Dɛn bɔn am bak Ɛn Dɛn dɔn fɛn am bak*

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"Duya du nɔto go to di wata. Lɛ wi fɔ was yu bɔdi bay we dip we dɛn de dip wi bokit dɛn."

A bin de adrɛs di yɔŋ Ranchi student dɛn we bin de go wit mi fɔ waka et mayl fɔ go wan il we de nia de. Di pɔnd we bin de bifo wi bin de invayt wi, bɔt wan bad bad tin bin dɔn kam na mi maynd.

Di grup we bin de rawnd mi bin fala mi egzampul fɔ dip bokit, bɔt sɔm bɔbɔ dɛn bin gri fɔ di tɛmt we di kol wata bin de tɛmpt dɛn. Jɔs afta dɛn dɔn dayv, big big wata snek dɛn bin de wig rawnd dɛn. Di bɔbɔ dɛn kɔmɔt na di pɔnd wit kɔmik alakriti.

Wi bin ɛnjɔy fɔ piknik lanch afta wi rich usay wi want fɔ go. A bin sidɔm ɔnda wan tik, ɛn wan grup we na student dɛn bin de rawnd mi. Finding mi in an inspiration mood, dem plied mi wit kweshon.

Wan yɔŋ man aks am se: "Duya tɛl mi, sa, if a go de wit yu ɔltɛm na di rod fɔ lɛf fɔ du sɔntin."

"Ah, . Nɔ," a ansa se, . "yu go bi na fos dɛn fɔ du am dɔn tek go to yu os, ɛn leta yu go mared."

Bikɔs i nɔ bin biliv, i bin mek wan big big protest. "Na if a dɔn day nɔmɔ dɛn go kɛr mi go na os." Bɔt insay sɔm mɔnt, in mama ɛn papa kam fɔ kɛr am go, pan ɔl we i bin de kray wit kray wata we i nɔ gri fɔ tek am; afta sɔm ia, . i bin rili mared.

Afta a ansa bɔku kwɛstyɔn dɛn, wan bɔbɔ we nem Kashi bin adrɛs mi. I bin ol lɛk twɛlv ia so, i bin sabi fɔ stɔdi, ɛn ɔlman bin lɛk am.

"Sa," i bin se, "wetin go bi mi wetin go apin?"

"Yu fɔ nɔ go te bi dɔn day." Di ansa dɔn kam frɔm mi lip dɛn wit wan i nɔ go ebul fɔ stop fos.

Dis tin we dɛn bin tɔk bɔt we a nɔ bin de ɛkspekt, bin mek a sɔprayz ɛn mek a fil bad ɛn ɔlman we bin de de bin mek a fil bad. Silently rebuking myself as an *enfant terrible* , a nɔ gri fɔ ansa ɔda kwɛstyɔn dɛn.

Pantap wi go bak to di skul, Kashi we yu de du dɔn kam to mi rum.

"If a day, yu go fɛn mi we a bon bak, ɛn briŋ mi bak to di spiritual rod?" I bin de kray.

A bin fil se a fɔ nɔ gri fɔ du dis tranga majik wok. Bɔt fɔ sɔm wiks afta dat, Kashi bin de pres mi wit dog. We a si am in maynd te i brok, a bin dɔn kɔrej am.

"Yes," a bin prōmis. "If di Na evin Papa de lent mōni In ep, a go tray to fēn yu."

Insay di sōma vaykashun, a bin bigin fō travul fō shōt tēm. A rigret se a nō ebul fō tek Kashi wit mi, a kōl am na mi rum bifo a kōmōt, en tek tēm tēl am fō de, agens ol di we aw pipul dēn de mek i biliv, insay di spiritual vaybreshōn dēn na di skul. Sōntēm a bin fil se if i nō go na os, i go avōyd di bad tin we bin de kam.

I nō tu te we a kōmōt de, Kashi in papa kam na Ranchi. Fō fayvtin dez i tray fō brok in pikin in wil, en eksplen se if Kashi go go na Kalkata fō 4 dez nōmō fō go si in mama, . afta dat, i bin ebul fō kam bak. Kashi bin kōntinyu fō nō gri. Di papa bin dōn se i go tek di bōbō away wit di ep we di polis dēn de ep. Di trētīn bin ambōg Kashi, we nō bin want fō bi di kōz fō eni bad bad pōblikity to di skul. I nō si oda tin fō du pas fō go.

A bin go bak na Ranchi sōm dez afta dat. We a yeri aw dēn dōn pul Kashi, a bin entrain wantēm wantēm fō go na Kalkata. Na de a bin enjōy wan os taksi. I rili strenj se as di motoka de pas pas di Howrah brij oba di Ganges, a si Kashi in papa en oda fambul dēn we wēr klos fō kray. We a de ala to mi drayva fō stōp, a rōsh kōmōt en luk di papa we nō get betē onō.

"Mista. Wan pōsin we kil pōsin," a bin kray sōm kayn we we nō mek sēns, . "yu get kil dēn mi boy!"

Di papa bin dōn olrēdi nō di bad tin we i du we i fos fō briṅ Kashi kam na Kalkata. Insay di smōl dez we di bōbō bin de de, i bin dōn it tin dēn we get dōti, i bin get kōlera, en i bin pas.

Mi lov fō Kashi, en di prōmis fō fēn am afta i day, net en de bin de mōna mi. I nō mata usay a go, in fes bin de shayn bifo mi. A bigin fō luk fō am we a nō go eva fōget, ivin as long tēm dōn pas we a bin de luk fō mi mama we dōn lōs.



Kashi, 1999. Ibs en d n d n f n am bak



Mi brɔda we nem Bishnu; Motilal Mukherji we kɔmot na Serampore, we na bin Sri Yukteswar in disaypul we bin rili go bifo; mi papa; Mista Rayt; misɛf; Tulsi Narayan Bose, ɛn di ɔda wan dɛn; Swami Satyananda we kɔmot na Ranchi



Wan grup we bin de na di 1920 Intaneshɔnal Kɔngres fɔ Rilijɔn Libal pipul dɛn na Boston, usay a bin gi mi fɔs tɔk na Amerika. (*Left to rayt*) Rev. Kle Makkɔli, Rev. T. Rɔnda Wiliams, Prɔfɛsɔ S. Ushigasaki, Rev. Jabez T. Sondaland, misɛf, Rev. Chas. W. Wendte, Rev. Samiɛl A. Eliot, Rev. Basil Martin, Rev. Christopher J. Strit, Rev. Samiɛl M. Krɔda dɛn.

A bin fil se inasmuch as God dɔn gi mi di fakulti fɔ rizin, a fɔ yuz am ɛn taks mi pawa dɛn to di best fɔ mek a ebul fɔ diskɔba di subtil lɔ dɛn we a go yuz fɔ no di astral usay di bɔbɔ de. I bin bi wan sol we de shek shek wit tin dɛn we nɔ fulɔp, a bin no-wan bɔku bɔku layt we bin de flɔt sɔmsay midul bɔku bɔku sol dɛn we de shayn na di astral rijyon dɛn. Aw a bin fɔ tune in wit am, bitwin bɔku bɔku layt dɛn we de shek shek fɔ ɔda sol dɛn?

Yuz yu wan sikrit yoga teknik, . a we den bin de brodkas mi lov to Na Kashi in yon sol  
pas di maykrofon of



di spiritual yay, di insay poynt bitwin di aybrōw dēn. Wit di antena fō di an en finga dēn we dēn es ɔp, . a bōku tēm tōn misef rawnd en rawnd, we de tray fō du dat to fō fēn di say we dēn de di we in us i bin dōn bōn bak as embryo. A bin op fō get ansa frōm am na di kōnsentreshōn-tyun redio na mi at. **28-1**

A bin fil intuitiv se i nō go te igen Kashi go kam bak na di wōl, en if a kōntinyu fō brodkas mi kōl to am nō stōp, in sol go ansa. A bin nō se di smōl smōl tin we Kashi kin sēn, a go fil na mi finga dēn, mi an dēn, mi an dēn, mi spayna, en mi nerv dēn.

A bin get zil we nō bin de stōp, a bin de praktis di yoga ɔltēm fō lek siks mōnt afta we Kashi day. We a bin de waka wit sōm mi padi dēn wan mōnin na di say we pipul dēn kin gēda na Bowbazar na Kalkata, a es mi an dēn di we aw a kin es mi. Na di fōs tēm dis, pipul dēn bin ansa. A bin gladi fō nō se ilektrik we de kōmōt na mi finga en mi an dēn. Dēn kōrēnt ya translet dēnsēf to wan ɔvapawa tink frōm wan dip rēs na mi kōnshēns: "Mi na Kashi; mi na Kashi; kam to mi!"

I bin lēf smōl fō lē pōsin yeri di tin we a de tink bot as a de pe atēnshōn pan mi at redio. In di karakta, smōl hoarse wispa fō Kashi, **28-2** A yeri in sōmōn bak en bak. A bin ol wan pan mi kōmpin dēn in an, we nem Prokash Das, **28-3** en smayl to am wit gladi at.

"I luk as pan ɔl a get we de na di say we dēn de Kashi!"

A bigin fō tōn rawnd en rawnd, to di enjoyment we mi padi dēn en di krawd we bin de pas bin de enjoy misef. Di ilektrik impuls dēn bin de tingled tru mi finga dēn nōmō we a fes wan rod we de nia de, we dēn kōl fayn fayn wan "Serpentine Lane." Di astral kōrēnt dēn bin dōn lōs we a tōn na ɔda say dēn.

"Ah," a ala, "Kashi in sol go mōs de liv na sōm mama in bēlē we in os de na dis len."

Mi en mi kōmpin dēn bin kam nia Spēntin Len; di vaybreshōn dēn we bin de na mi an dēn we bin es ɔp bin de strōng mō en mō, i bin de sho mō. I tan lēk se na magnet pul mi go na di rayt say na di rod. We a rich na di entre na wan patikyula os, a bin soprayz fō si se a dōn transfix. A nak na di domōt wit wan stet we a bin rili gladi, en a bin ol mi yon briz. A bin fil se di end dōn kam fō di lōng, tranga, en fō tru, a nō bin kōmōn fō fēn!

Wan savant bin opin di domōt, en i tēl mi se in masta de na os. I kam dōŋ di stej frōm di sēkōn flō en smayl to mi fō aks mi kwēstyōn. A nō bin rili nō aw fō freym mi kwēstyōn, wan tēm i bin rili impōtant en i nō bin get wan respekt.

"Duya tēl mi, sa, if yu en yu wēf get bin we yu de ēkspekt wan pikin fō bot siks mōnt dēn?"

"Yes, na so i bi." We i si se a na swami, wan renunciate we wēr di tradishōnal ɔrēnj

klos, i ad wit politiks se, "Pray infom mi aw yu no mi afekt."

Ustem i don yeri bot Kashi we yu de du en di promis a bin don gi, di bin soprayz man bin biliv mi stori.

"Den go bon yu man pikin we get fayn fayn bodi," a tel am. "I go get brayt fes, wit kawlik op in foed. In dispozishon go bi notably spiritual." A bin fil sho se di pikin we de kam go bia den tin ya we fiba Kashi.

Leta a bin go fen di pikin, we in mama en papa bin don gi am in ol nem Kashi. Ivin we i bin smol, i bin rili fiba mi dia Ranchi student. Di pikin sho mi wan wantem wantem; di atrakshon we bin de trade bin wek wit ridobl intensiti.

Afta som ia, di bobo we bin don pas ten ia bin rayt to mi, di tem we a bin de na Amerika. I bin eksplen se i rili want fo fala di rod we posin we don lef fo du wetin i want fo du. A dayrekt am to wan Himalayan masta we, te tide, de gayd di Kashi we den bon bak.

.....  
28-1 : Di wil, we den projekt from di say we de bitwin di aybrow den, na di yoga pipul den sabi am as di brodkas aparet fo tink. Ustem di filin na wit kol at konsentret pantap di at, i akt den as wan maynd redio, . en kin get di mesej den fo oda pipul den we komot fa o nia. Insay telipati di fayn fayn vaybreshon dem we de na wan posin in maynd de transmit tru di subtil vaybreshon dem fo astral eta en afta dat tru di gros earthly ether, we de mek ilektrik wev dem we, in turn, de translet densef to tink wev dem na di oda posin in maynd.

28-2 : . Evri sol in i na klin stet na posin we no oltin. Na Kashi in yon sol memba ol di karakta of Kashi, 1999. di boy, en na dat mek a bin de falamakata in voys we bin de ala lawd wan fo mek a ebul fo no.

28-3 : . Prokash we den kol Prokash Das na di gi dayrekt of wi Yogoda we den kol Yogoda Mats (emitaj) . at Dakshineswar bin de du am in Bengali.

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## CHAPTER: 1 . 29. Na di 29

### ***Rabindranath bin de tok bot am Tagore bin de tok bot am En a Kompia Skul den***

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"Rabindranath, we de tok bot am." Tagore bin de tok bot am bin tich wi to siñ, as wan komon fom of sef- tok, lek di bod den."

Bhola Nath, we na wan brayt fotin ia ol bobo na mi Ranchi skul, bin gi mi dis eksplen afta a bin don kompliment am wan monin fo di fayn fayn tin den we i bin de tok. Wit o atol provokeshon, di bobo ton wan tuneful strim. Bifo dis tem, i bin don go na di fambul Tagore skul we nem "Santiniketan" (Haven of Peace) na Bolpur.

"Di siŋ dem fɔ Rabindranath dɔn de na mi lip frɔm we a yɔŋ," a tɛl mi kɔmpin. "Ol Bengal, ivin di pipul dɛn we nɔ lan buk, kin gladi fɔ in ay ay vas."

Mi en Bhola bin siŋ togeda sɔm refrains frɔm Tagore, we dɔn sɛt to myusik tawzin Indian poem dɛn, sɔm ɔrijinal ɛn ɔda wan dɛn na hoary antiquity.

"A mit Rabindranath jɔs afta i dɔn gɛt di Nɔbɔl Prayz fɔ buk," a rimark afta di we aw wi de tɔk. "Dem bin drɔ mi fɔ go visit am bikɔs a bin admaya in ɔndadiplɔmatik kɔrej fɔ dispɔz in litreri kritik dɛm." A bin de laf.

Bhola we de na di wɔl we yu want fɔ no mɔ bin aks di stori.

"Di masta sabi bukman dɛn bin rili flay Tagore fɔ we i introduks nyu stayl insay Bengali poem," a begin. "I bin miks kolɔkɔl ɛn klasikal ɛksprɛshɔn, i ignore ɔl di prɛskrib limitɛshɔn dɛm we di pandit dɛm at. In siŋ dɛm de ɛmbodi dip filozofik trut insay imoshɔnal apil tɛm dɛm, wit sɔm rispek fɔ di akseptɛd literary fɔm dɛm."

"Wan kritik we gɛt pawa bin tɔk smɔl bɔt Rabindranath as 'pijin-poet we bin de sɛl in cooings insay print fɔ wan rup.' Bɔt Tagore in revaŋg bin de nia in an, di wan ol Westinian wɔl bin pe ɔmajɛshɔn na in fut jɔs afta i dɔn translet in *Gitanjali* ("Song Offerings") insay English Wan tren lod pan pɔndit dɛn, inklud in wan tɛm kritik dɛn, bin go na Santiniketan fɔ gi dɛn kɔngrigɛshɔn.

"Rabindranath bin risiv in ges dem onli afta wan intentionally long delay, en den hie dem prez in stoic silence. Fainali i ton agenst dem dem own habitual weapons of criticism."

"Jentilman dɛm,' i se, 'di sɛnt ɔna dɛm we una de gi ya, miks wit di putrid smɛl dɛm fɔ una past kɔntɛmpt. I pɔsibul se ɛni kɔnekshɔn de bitwin mi awɔd fɔ di Nɔbɔl Prayz, ɛn una akyu pawa dɛm we una gɛt wantɛm wantɛm fɔ tɛl tɛnki? Mi stil na di sem poet we nɔ bin gladi fɔ una we a bin fɔs ɔfred mi ɔmbul flawa dɛn na di shrine na Bengal.'

"Di nyuspepa dem publish wan akaunt of di bold chastisement we Tagore giv. A admaya di outspoken wod we wan man we no hipnotiz by flattery," a go on. "Na in sektri, Mista C. F. Andruz, bin introduks mi to Rabindranath na Kalkata, **29-1.**" we bin jɔs wɛr wan Bengali *dhoti*. I bin kɔl Tagore wit lɔv in *gurudeva*.

"Rabindranath bin risiv mi graciously. I emanated a soothing aura of charm, culture, and courtliness. We Tagore bin de ansa mi kwɛshɔn abaut im literary bakgron, Tagore tel mi se wan ol sos we im inspekshɔn, apat frɔm wi rilijon epik dɛm, na bin di klasikal poet, Bidyapati."

We dɛn mɛmba dɛn ya bin mek a begin fɔ siŋ Tagore in vɛshɔn fɔ wan ol Bengali siŋ, "Light the Lamp of Thy Love." Mi ɛn Bhola bin de siŋ wit gladi at we wi bin de waka waka oba di *Vidyalaya* grɔn.

Afta lek tu ia so we a bin mek di Ranchi skul, a bin gɛt invitɛshɔn frɔm

Rabindranath fɔ kam fɛn am na Santiniketan fɔ mek wi go tɔk bɔt wi edyukeshɔn  
gud gud wan. A bin go wit gladi at. Di pɔyt bin sidɔm na in stɔdi we a go insay; A  
bin tink da tɛm de, lɛk di fɔs mitin we wi bin get, se i bin rili strech wan mɔdel fɔ  
fayn fayn man we ɛni pɔsin we de peint kin want. In fes we dɛn kɔt fayn fayn wan,  
we na nobly patrician, bin get long ia ɛn biad we de flɔd. Big big yay dɛn we de mɛlt;  
wan ɛnjɛl smayl; ɛn a

voys we get kwaliti we tan lek flu we bin rili mek posin enjoy. I bin tinap tranga wan, i bin long, en i bin rili get sori-at, en i bin joyn wan sori-at we i bin get lek uman en di fayn fayn tin den we pikin kin du bay insef. No idealiz konsepsjon fo wan poyt kin fen mo fit embodiment pas dis ombul sij.

I no tu te, mi en Tagore bin dip insay wan komparativ stodi bot wi skul den, we den ol tu bin bil akodin to layn den we no komon. Wi bin diskoba buku tin den we fiba-instrukshon na do, simpul, buku skop fo di pikin in kriyativ spirit. Bot Rabindranath bin put buku stres pan di stodi bot buk en poem, en di we aw posin de sho insef tru myuzik en sij we a bin don olredi notis pan Bhola in kes. Di Santiniketan pikin den bin de wach som tem den we den no bin de tok natin, bot den no bin gi den eni speshal trenin fo du yoga.

Di poyt lisin wit flat atenshon to mi diskripsjon fo di enajiful "Yogoda" egzampul den en di yoga konsentreshon teknik den we den kin tich to ol di student den na Ranchi.

Tagore bin tel mi bot di we aw i bin de tray fo lan buk fos. "A ron from skul afta di faiv gred," im tok, de laf. A bin ebul fo ondestand wantem wantem aw den bin don ambog di fayn fayn tin den we i bin get we i bon wit poem di dreary, disciplinary atmosphere na wan skul rum.

"Na dat mek a opin Santiniketan onda di tik den we get shado en di glori den we de na di skay." I mek sayn to wan smol grup we de stodi na di fayn gadin fayn fayn wan. "Pikin de na in natura setin midul di flawa en sij bod dem. Na so nomo i go fulop fo sho di hidden rich we in wan wan endawment get. Tru edyukeshon no go eva kram en pomp from do; bifo dat." i fo ep fo brij di sens we no get end we de insay insef." **29-2**

A bin gri. "Di idealist en hiro-woship instinkt dem fo di yon wan den de angri pan wan speshal it we get statystik en kronolojik era dem."

Di poyt bin tok wit lov bot in papa, Devendranath, we bin inspekt di Santiniketan biginin.

Rabindranath tel mi se: "Papa bin prezent mi dis fayn fayn land, usay i bin don bil gost os en tempul." "A stat mi edukeshonal eksperiens hia fo 1901, wit onli ten boi. Di eit tausin pound we kom wit di Nobel Prize ol go fo di upkeep of di skul."

Di ol pa Tagore, 1999. Devendranath, we na 1999. no fa en big as "Maharishi" we de tok bot am. bin wan rili wondaful man, as posin kin kam fo no from in buk we nem *Autobiography*. Tu ia we i bin man, i bin spen fo tink gud wan na di Himalayas. Na in bak, den bin don selibret in papa, Dwarkanath Tagore, olsay na Bengal fo in munificent poblik benifit den. From dis tik we get nem, wan famili we get sens don komot. Noto Rabindranath nomo; ol in fambul den don difrens pan di we aw den de

mek tin dɛn. In brɔda dɛn, Gogonendra ɛn Abanindra, de pan di fɔs atis dɛn we ol **29-**  
**29 ia. 3. 3.** ɔf India; ɔda brɔda, Dwijendra, 1999. na wan we pɔsin de si dip dip wan  
pɔsin we sabi bɔt sayɛns, . at udat saful kɔl di bɔd dɛn ɛn di tin dɛn we de na di bush  
kin ansa.

Rabindranath bin invayt mi fɔ slip na di gɔst os. Fɔ tru, i bin rili fayn fɔ si, na  
ivintɛm, fɔ si di pɔsin we de rayt di poem sidɔm wit wan grup na di patio. Taym bin  
unfold bak: di



scene bifo mi bin tan lek di wan fo wan ol hermitage-di gladi gladi siŋ we in devotee den rawnd, ol aureoled in divane lov. Tagore bin de nit eni tay wit di kod den we de mek den get wanwɔd. I no bin eva tɔk se i de tɔk, i bin de drɔ en kech di at bay wan magnetizm we pɔsin no go ebul fo stop. Rare blossom of poesy blooming in the garden of the Lord, we de atrak ɔda pipul den bay wan natura l sent!

Insay in fayn fayn vɔys, Rabindranath bin rid to wi sɔm pan in fayn fayn poem den, we den jɔs mek. Bɔku pan in siŋ en ple den we i rayt fo mek in student den gladi, na Santiniketan den dɔn mek am. Di fayn fayn tin we in layn den, to mi, de insay in art fo tɔk bɔt Gɔd insay klos to evri wan stanza, yet i no kin tɔk bɔt di oli Nem. "Drunk wit di bliss of singing," i rayt, "A fɔget misef en kɔl yu padi we na mi masta."

Di neks de, afta a dɔn it, a tɛl di pɔsin we rayt di poem fayn fayn wan we a no bin want fo du am. A gladi se in smɔl skul dɔn gro naw to intanashɔnal yunivasiti, "Viswa-Bharati," usay masta sabi bukman den na ol di kɔntri den dɔn fɛn wan fayn ples.

"Usay di maynd no de fred en di ed de ɔp; Usay no fri;  
Usay di wɔl no dɔn brok brok brok brok wit smɔl smɔl wɔl den  
we den mek na os;  
Usay wɔd den kam kɔmɔt frɔm di dip ɔf trut;  
Usay we no de taya tray tranga wan strech den i na an den to pafɛkt  
pɔsin;  
Usay di klia strim fo rizin no lɔs in we insay di dray dɛzat sand  
we get day abit;  
Usay Yu de lid di maynd fo go bifo fo tink en du tin we de  
bɔku ɔltɛm;  
Insay da evin de we get fridɔm, mi Papa, mek mi kɔntri  
wek!" **29-4**

RABINDRANATH we de na di wɔl  
TAGORE, we de tɔk bɔt am

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29-1 : . Di Inglis rayta en pɔsin we de mek pɔblik, . tayt padi ɔf Mahatma we de na di wɔl Gandhi bin de tɔk bɔt am. Mista. Andruz na den kin ɔnɔ am in India fo in bɔku savis den to in adopt land.

29-2 : "Di sol we den dɔn bɔn bɔku tɛm, ɔ, lek aw di Indu den kin se, 'travel di rod fo egzistens tru bɔku bɔku bɔn den'." . . . de na natin ɔf us i dɔn nɔto we den dɔn get di no; No wanda dat i na ebul to memba . . . wetin i bin no trade. Fo aks en lanin na fo memba ɔl."- *Emerson* .

29-3 : . Rabindranath, we na 1999. sɛf, in in siksti ia, . bin put an pan in wan siris stɔdi ɔf pentin. Egzibishin den ɔf in "futuristic" we de tɔk bɔt. wok bin gi sɔm ia bifo dis tɛm na Yuropan kapital siti den en Nyu Yɔk.

29-4 : *Gitanjali* (Nyu Yɔk: Makmilan Kɔmni). Wan stɔdi we den tink gud wan bɔt di pɔyt go de insay *di buk we nem The Philosophy Of Rabindranath Tagore* , . bay we di we den kin sɛlibret masta sabi bukman, . sa S. Radhakrishnan we nem

Radhakrishnan (Makmilan, we de na 1918). ɔda eksplɔzitiɔri ɔmɔs na

B. K. Roy in yon *Rabindranath bin de tɔk bɔt am Tagore: Di Man En In Pɔym* (Nyu Jɔk: Dodd, 1999. Mead, 1999. 1915).  
*Buddha En Di Gɔspɛl Fɔ Budis rilijɔn* (Nyu Jɔk: Putnam in yon, . 1916), bay we di eminent Di wan dɛn we de na di Ist  
drɔin pawa, Ananda, we de tɔk bɔt am K. Kumaraswamy, 1999. gɛt wan nɔmba pan di pikchɔ dɛn we gɛt kɔkɔ we di pɔsin  
.we de rayt di poem in brɔda we nem Abanindra Nath Tagore bin mek

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## CHAPTER: 1 . 30. Di wan den we de wok

### *Di Lo Of Mirakul den*

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Wan bigman we rayt buk we nem Lio Tolstoy bin rayt wan fayn fayn stori we nem *The Three Hermits* . In padi Nikolas Roerich **30-1** don soma di stori, lek dis:

"Na wan ayland tri ol emit den bin de. Den bin so simpul dat di wangren prea we den bin de yuz na: 'Wi na tri; Yu na Tri-sori fo wi!' Big big mirekul den bin de apin insay dis naif prea.

"Di lokal bishop **30-2.**" kam fo yeri bot di tri emit den en den prea we den no gri wit, en disayd fo go fen den fo mek i go tich den di kanon invokeshon den. I rich na di ayland, tel di emit den se den beg fo go na evin no get respekt, en i tich den boku pan di kostom prea den. Don di bishop komot na wan bot. I si, afta di ship, wan layt we de shayn. As i de kam nia, i si di tri emit den, we bin ol den an en ron pan di wef fo tray fo rich di bot.

"'Wi don forget di prea den we yu tich wi,' den kray as den rich to di bishop, 'en wi don rosh fo aks yu fo ripit den.' Di bishop we bin de fred bin shek in ed.

"'Dia,' i ansa wit ombul, 'kontinyu fo liv wit una ol prea!'" Aw di

tri oli pipul den waka pan di wata?

Aw don du Krays Krays get layf bak in den bin nel am pan di kros bodi?

Aw don du Lahiri we de na di wol Mahasaya we de na di wol en Sri Yukteswar na yu pafom den mirekul den?

Sayens we de naw no get eni ansa yet; pan ol we wit di kam we di atomik bom kam en di wondaful tin den we de na reda, di say we di wol de tink don big wantem wantem. Di wod "impossible" de kam smol smol na di sayens wod den.

Di ol Vedik skripcho den de tok se di wol we wi de si de wok onda wan men lo we se *maya* , we na di prinsipul fo rilitiv en tu tin. God, we na di Wangren Layf, na wan

Absolut Yuniti; I no kin apia as di difren en difren tin den we posin mek we i mek pas nomo onda lay lay o

vel we nɔ rial. Dat kosmik ilyushɔn na *maya* . Ɛni big big tin we sayensman dɛn dɔn fɛn na di tɛm naw dɔn bi sɔntin we de sho se dɛn de tɔk dis simpul we aw dɛn de kɔl di rishi dɛn.

Nyuton in Lɔ fɔ Muv na lɔ fɔ *maya* : "To ɛvri akshɔn, ikwal ɛn kɔntrari riakshɔn de ɔltɛm; di mutual akshɔn dɛm fɔ ɛni tu bɔdi kin ikwal ɔltɛm ɛn dɛn kin dayrɛkt ɔpɔzit." So, akshɔn ɛn riakshɔn ikwal. "Fɔ get wan fɔs nɔ pɔsibul. I fɔ de, ɛn ɔltɛm de, wan pe fɔs we ikwal ɛn ɔpɔzit."

Fɔndament natura aktiviti dɛn ɔl de betray dɛn mayic ɔrijin. Fɔ ɛgzampul, ilɛktrishɔn na tin we de mek pɔsin nɔ want fɔ du sɔntin ɛn we de mek pɔsin atrak; in ilɛktron ɛn protɔn dɛn na ilɛktrik ɔpɔzit. Wan ɔda ɛgzampul: di atɔm ɔ di las patikyula tin na, lɛk di wɔl inɛf, magnet we get pɔzitiv ɛn nɛgitiv pol. Di ɔl fenomenal wɔl de ɔnda di inexorable sway of polarity; dɛn nɔ ɛva si ɛni lɔ bɔt fizik, kemistri, ɔ ɛni ɔda sayɛns we nɔ get prinsipul dɛn we de agɛns dɛnsɛf ɔ we difrɛn frɔm dɛnsɛf.

So, fizik sayɛns nɔ go ebul fɔ mek lɔ dɛn we de ausayd *maya* , di sem we aw Gɔd mek ɔltin ɛn aw dɛn mek am. Nature inɛf na *maya* ; natura sayɛns fɔ fɔs fɔ dil wit in ineluctable quiddity. Insay in yon domeyn, i de sote go ɛn i nɔ de dɔn; sayɛnsman dɛn we go kam tumara bambay nɔ go ebul fɔ du mɔ pas fɔ chɛk wan pat afta di ɔda wan pan in difrɛn difrɛn tin dɛn we nɔ get end. So sayɛns de kɔntinyu fɔ de chɛnj ɔltɛm, ɛn i nɔ ebul fɔ rich di las tin; fit fɔ tru fɔ fɔmulayt di lɔ dɛn fɔ wan kɔsmos we dɔn ɔlrɛdi de ɛn we de wok, bɔt we nɔ get pawa fɔ no di Law Framɛr ɛn Sole Operator. Dɛn dɔn no di wɔndaful tin dɛn we graviti ɛn ilɛktrishɔn de sho, bɔt wetin na graviti ɛn ilɛktrishɔn, nɔbɔdi we de day nɔ no. **30-3**



*.bay we B. K. Mitra we nem Mitra in "Kalyana- Kalpatur" we de tɔk bɔt am-*

## WAN GURU na di pɔsin EN DISKIPUL

Bush erimitaj den bin di ol sidɔm ples den ɔf de lan, sɛkyula en lek evin, fɔ di yɔŋ

we kómot na India. Na ya wan venerable guru, we de le pan wan wud meditashon elbow-prop, de initiate in disaypul insay di ogost misteri dem fo Spirit.

Fo win *maya* na di wok we di profet den we bin de insay di tawzin ia bin gi motalman. Fo rayz pas di tu tin den we God mek en fo si di wanwod we di Wan we mek oltin get, den bin de tink se motalman na di ay gol we i want fo du. Di wan den we de tay pan di kosmik ilyushon fo aksept in impotent lo fo polariti: flo en eb, rayz en fodom, de en net, gladi en pen, gud en bad, bon en day. dis saykli paten de asum wan som kayn anguishing monotony, afta motalman don go tru fo tawzin motalman bon dem; i begin fo put wan yay we get op pas di tin den we *maya de fos am* .

Fo cher di vel fo *maya* na fo chuk di sikrit fo di tin den we God mek. Di yogi we so denudes di universe na di onli tru tru monotheist. Ol di oda wan den de woship hiten imej den. So long as motalman de onda di tu tin den we God mek, di *Maya* we get Janus fes na in god uman; i no go ebul fo no di wangren tru God.

Di wol ilyushon, *maya* , na wan wan we den kol am *avidya* , we rili, "no-no," ignorance, delusion. *Maya* o *avidya* no go eva ebul fo pwel tru intelektual konvikshon o analisis, bot na tru fo rich di interio stet we *nirbikalpa samadhi* . Di profet den na di Ol Testament, . en pipul den we de si ol di land en ej den, bin de tok from da stet de we den bin de tink. Izikel se (43: 1-2): "Afta dat." i kam wit mi to di get, ivin di get dat de luk to di ist: en, luk, di glori fo di God fo Izrel bin komot na di ist pat, en in voys bin tan lek boku boku wata noys, en di wol bin de shayn wit in glori." Tru di divayn yay na di forest (ist), di yogi de sel in konsheens go olsay, i de yeri di Wod o Aum, divayn sawnd fo boku wata o vaybreshon we na di wangren rial tin fo krieshon.

Pan di trilyon mistek den we de na di wol, di wan we rili wondaful na layt. Difren from sawnd-wev, we di transmishon nid eya o oda matirial midia, layt-wev den kin pas fri wan tru di vaykum na di intastela spes. Ivin di hypothetical ether, we den ol as di intaplanetary medium of light in di undulatory tiori, den kin trowe am pan di Einsteinian gron se di joyometrikal propati dem fo spes de mek di tiori fo ether no nid. Onda eni wan pan den tu hypothesis ya, layt de stil bi di mos subtil, di friest from matirial dipenshon, pan eni natura manifesto.

Insay di big big konsephon dem fo Einstein, di velositi fo layt-186,000 mayl pan sekond-dominate di ol Tiori fo Rilativiti. I pruv wit matematiks se di velositi fo layt na, so fa as motalman in maynd we get end, na di wangren *konstant* na wan yunivas we no de chenj. Na di wan ol absolob fo layt-velositi dipen ol motalman standad fo tem en spes. Noto abstrakt eternal as wi don tink bot am te naw, tem en spes na rilitiv en fayn fayn tin den, we de pul den mezhoment validiti nomo we den de tok bot di yadstik fo layt-velositi. We den joyn spes as dimenshonel rilitiviti, tem don sorenada ol ol klem den to valyu we no de chenj. Taym don strip naw to in rayt nature-na simpul esin fo ambiguity! Wit som ikwal strok dem fo in pen, Einstein don ban from di

kosmos evri fiks rialiti pas di wan fo layt.

Insay wan tin we den mek leta, we na in Yunayted Fild Tiori, di bigman we sabi bot fiziks, de insay wan fomula we get fo du wit matematiks, di lo den bot graviti en fo ilektromagnetism. Ridjus di kosmik



strəkchɔ to vɛryushɔn pan wan singl lɔ, Einstein **30-4** rich akɔdin to di ej dɛm to di rishi dɛm we bin de prɛd wan tɛkstɔr fɔ krieshɔn-dat fɔ wan protean *maya* .

Na di epochal Tiori fɔ Rilativiti dɔn kam di mɛtemat pɔsibiliti fɔ ɛksplɔrɔ di ɔlɪmat atɔm. Naw big big sayɛnsman dɛn de tɔk wit maynd se nɔto jɔs se di atɔm na ɛnaji pas matirial, bɔt dɛn de tɔk se atɔm ɛnaji na impɔtant tin we pɔsin kin tink bɔt.

*wan buk we dɛn kɔl The Nature Of The Physical World* , se: "Di we aw pipul dɛn no klia wan se sayɛns bɔt fizik de tink bɔt wan wɔl we get shado na wan pan di impɔtant tin dɛn we dɔn apin." "In di wɔld of fiziks wi de wach shadograf pefomans of di drama of famili laif. Di shado of mai elbo de res fɔ di shado tebul as di shado ink de flow ova di shado pepa. Na ol simbolik, and as simbol di fiziks de lef am. Den kom di alchemist Mind we de transmyut di simbol dem. Fo put di konklushon krud, di tin of di wɔld na." maynd-

tin. ....Di rial tin we pɔsin kin du tin ɛn fil dɛn ɔf fos ɔf trade bɔdi wetin pɔsin tink de ɔltogɛda i nɔ get natin fɔ du wit am  
pas in so fa as di tin dɛn we pɔsin kin tink bɔt dɔn inɛf sɛf spun dɛn wan ya imajin dɛn.  
..... Di ɔda tin wɔl dɔn so bi wan wɔl we get shado. We wi de pul wi ilyushɔn wi dɔn pul di sɔbstans, bikɔs fɔ tru wi dɔn si se sɔbstans na wan pan di big wan pan wi ilyushɔn."

Wit di diskovri we dɛn jɔs dɔn fɛn di ilɛktron maykroskɔp, difinit pruf kam fɔ di layt-ɛsɛns fɔ atɔm ɛn fɔ di tu tin dɛn we di nature nɔ ebul fɔ rɔnawe. *Di Nyu Yɔk Tayms* bin gi dis ripɔt bɔt wan demonstreshɔn we dɛn bin mek insay 1937 bɔt di ilɛktron maykroskɔp bifo wan mitin we di Amerikan Aɛmbli bin get fɔ di Advansment fɔ Sayns:

"Di kristalin strəkchɔ fɔ tungsten, we dɛn bin no te naw indaykt wan bay we dɛn yuz X-ray nɔmɔ, bin tinap autlayn wit bold pan wan fluorescent skrin, we de sho nayn atɔm dɛn na dɛn kɔrɛkt pozishɔn na di spɛs lɛtis, wan kub, wit wan atɔm na ɛni kɔna ɛn wan na di sɛnt. Di atɔm dɛn we de na di kristal latis na di tungsten bin de apia na di fluorescent skrin as pɔynt dɛn fɔ layt, we dɛn ɛrenj insay jɔymɛtrik." patɛn we de ɛgens dis kristal kubik dɛn kin si di mɔlyul dɛn we de bɔn as layt we de dans, we fiba di say dɛn we di san de shayn pan wata we de muv .

"Di prinsipul fɔ di ilɛktron maykroskɔp bin fɔs fɛn am insay 1927 bay Doktɔ Klinton J. Davison ɛn Lɛsta H. Gɛma we de na di Bel Tɛlifon Laborɔtɔri, Nyu Yɔk Siti, we bin si se di ilɛktron get tu pɔsin we de tek pat pan di kwaliti fɔ ɔl tu wan patikyula ɛn wan wev. Di wev kwaliti bin gi di ilɛktron di kwaliti fɔ layt, ɛn dɛn bigin fɔ fɛn we fɔ 'fɔkus' ilɛktron dɛn insay wan we." we fiba di we aw layt de fos bay we dɛn yuz wan lens.

"Fɔ in diskvayri fɔ di Jekyll-Hyde kwaliti fɔ di ilɛktron, we kɔrɔbɔrɛt di prɛdikshɔn we De Broglie, we na French Nɔbɔl Prayz win fiziks, bin mek insay 1924, ɛn sho se di ɔl ɛria fɔ fizik nature bin get tu pɔsin, Dokta Davisson bin get di Nɔbɔl Prayz bak pan

fiziks."

Shɛf Jems Jins rayt insay wan buk we nem *The Mysterious Universe* , se: "Di wata we de kɔmot na di wol de go to wan rial tin we noto mɛkanikal; di yunivas begin fo luk mɔ lɛk big tin fo tink pas fo tan lɛk big mashin." So sayɛns we bin de insay di twenti ia de tan lɛk wan pej from di *Vedas we gɛt kɔlɔ* .

So, if i fo bi so, from sayens, le motalman lan di tru tin bot sens we se nobodi no de we get tin den fo du; in wop en wuf na *maya* , ilyushon. I mirages of rialiti ol brok don onda analisis. As wan bay wan di tin den we de mek posin fil fayn fo wan fizik kosmos de krash onda am, motalman no de si di aydol we i de abop pan, we i no de fala di lo we God gi am trade: "Yu no fo get eni oda god bifo Mi."

Insay in fambul iqwoj we de sho aw mas en enaji ikwal, Aynshtayn pruv se di enaji we de insay eni patikyula tin ikwal to in mas o wet we den multiply wit di skwea we di layt in velositi get. di rilis fo di atomik enaji dem de bon tru di annihilashon fo di matirial patikyula dem. Di "day" fo matta don bi di "bon" fo wan Atomik Ej.

Layt-velositi na matemat standad o konstant noto bikos absolob valyu de insay 186,000 mayl wan sekon, bot bikos no matirial bodi, we in mas de go op wit in velositi, no go eva ebul fo rich di velositi fo layt. Stet wan oda we: na wan matirial bodi nomo we in mas no get end go ebul fo ikwal to di velositi fo layt.

*. Dis Konsephon I de brij kam Wi To Di Lo Of Mirakul den*

Di masta dem we ebul fo materialize en dematerialize den bodi o eni oda tin, en fo muv wit di velositi fo layt, en fo yuz di kriyativ layt-ray dem fo brij insay instant visibiliti eni bodi we posin de sho insef, . get fulfil am di nid Einsteinian bin de du am kondishon: den mas no get end.

Di konshens fo posin we pafekt yogi no de tray fo no am wit wan smol bodi, bot wit di yunivasal strokcho. Graviti, ileksef na di "fos" we Nyuton o di Einsteinian "manifestation of inertia," no get pawa fo *kompel* masta fo sho di propati fo "weyt" we na di difrens graviti kondishon fo ol di matirial tin den. Di wan we no insef as di Spirit we de olsay, no de onda di rigidities fo wan bodi igen insay tem en spes. Den prizin "rings-pas-not" don giv-op to di solvent: "Mi na In."

"Fiat lux! En lait bin de." God in fos komand to in oda krieshon ( *Jenesis* 1: 3 ) bin brij di wangren atomik rialiti: layt. Na di bim dem fo dis immaterial medium ol di divain manifestations de apin. Di wan den we de woship God pan ol di ej den kin testify se God tan lek faya en layt. "Di Kin fo kin den, en di Masta fo di masta den; we jos get layf we no de day, we de na di layt we nobodi no go ebul fo kam nia." **30-5**

Wan yogi we tru pafekt meditashon don miks in konshens wit di Krieta, de si di kosmik esin as layt; to am no difrens no de bitwin di layt rayt den we de kompoz wata en di layt rayt den we de mek land. Fri from matirial-konshens, fri from di tri dimenshon dem na spes en di nomba 4 dimenshon fo tem, masta de transfa in bodi fo layt wit ikwal izi oba di layt rayt dem na di wol, wata, faya, o eya. Fo long tem fo pe atenshon pan di spiritual yay we de fri pipul den don mek di yogi ebul fo pwel ol di lay lay tin den we i de tink bot tin en in graviti wet; from da tem de i de si di yunivas as wan essentially undifferentiated mass of light.

"Optik." pikcho den," Døktø. L. T. Troland we den køl Troland of Havad de tøl wi, "de  
don bil op pantap di sem prinsipul as di

ordinari 'af-ton' engraving den; dat min se den mek dem wit som som dot dem ɔ stripl dem we tu som fo di yay fo no. di sensitiv we di retina de fil so boku dat wan vish nal

sensation can be produced by relatively few Quanta of the right kind of light." Tru wan masta in divayn no bot layt fenomena, i kin instantly projekt insay perceptible manifestation di ubiquitous layt atom. Di aktual fom fo di projekshon-ileksef na tik, meresin, motalman bodi-de in konfom wit yogi in pawa fo wil en fo si.

Insay man in drim-konshens, usay i don lus in slip in klat pan di egoistic limitations we de hem am rawnd evride, di omnipotence of in maynd get wan net demonstreshon. Lo! na de na di drim di padi den we don day fo long tem, di kontinent den we de fa pas ol, di wan den we don get layf bak, tinap tin den we i bin de si we i bin smol. Wit da fri en no kondishon konshens de, we olman sabi pan di tin den we de apin na drim, di masta we God don mek don mek wan link we den no eva kot. Inosent pan ol in yon motives, en yuz di kreativ wil we di Krieta gi am, yogi de arenj di layt atom den na di yunivas bak fo satisfay eni tru tru prea we posin we de woship God de pre. Na dis mek den mek motalman en di tin den we God mek: so dat i go grap as masta fo *maya* , en i no se i get pawa oba di wol.

"God se, "Le wi mek motalman lek wi, en le den get pawa." oba di fish na di si, en oba di bod den we de na di skay, en oba di kaw, en oba ol di wol, en oba ol di tin den we de krak we de krak na di wol." **30-6**

Insay di 1915, 2015. shot tem afta a bin bin kam insay di Swami bin de tok bot am Oda, a witnes wan si of fet-fet difrens den. Insay de di rilitiviti of motalman no bin klia wan bin stat; a klia wan we den kin tink bot di wanwod di Layt we de sote go bien di tu tin den we de mek posin fil pen we *maya de du* . Di vishon bin kam don pan mi as a sidom wan monin na mi smol op rum na Papa in os na Gurpar Road. Fo som mont, Wol Wo Wan bin don de apin na Yurop; A bin de tink wit sori-at bot di boku boku pipul den we bin day.

As a lok mi yay fo tink gud wan, mi konshens bin chenj wantem wantem to wan kapten we de oba wan ship we de fet wo in bodi. Di tenda we gon den bin de blo bin split di ays as den bin de chenj di shot bitwin di batri den we de na di sho en di kanon den we di ship bin de yuz. Wan big big shel bin bang di paoda magazin en cher mi ship. A jomp insay di wata, togeda wit di smol smol bot den we bin sev we di bom bin bon.

At de bit, a rich na di shore sef wan. Bot i sori fo no se! wan bulet we bin de ronawe bin don in flay we i bin de flay wit wamat na mi chest. A bin fodom de kray na gron. Mi ol bodi bin paralayz, bot stil a bin no se a get am as posin de no se in leg don go slip.

"At las di mistirios fut step fo Day don kech mi," a tink. Wit wan las sigh, a bin de

kam sink insay unconsciousness wen lo! A fain se a sidon fo di lotus posture fo mai Gurpar Road rum.

Hysterical tears bin de kòmɔt as a gladi fɔ strok ɛn pinch mi possession we a dɔn get bak-wan bɔdi fri frɔm ɛni bulet ol na di bɔdi. A bin de rɔk go ɛn kam, a bin de blo ɛn pul briz fɔ mek a sho se a de alayv. Amidst dis self-congratulations, agen a fain mai konsius transfa to di kapten ded bɔdi by di gory shore. Utter kɔnfyushɔn na mi maynd bin kam pan mi.

"Lod," a bin pre, . "am." a don day o get layf?"

Wan layt we bin de ple we bin de shayn bin ful-op di wan ol orayzin. Wan saful saful rumbling vaybreshon fom inself to wod den:

"Wetin layf o day get fo du wit Layt? Insay di imej fo Mi Layt a don mek yu. Di... relativities of layf en day na di cosmic drim. Luk yu posin we no de drim! Wek, mi pikin, wek!"

As step fo mek motalman wek, di Masta de inspekt sayensman den fo fen, di rayt tem en ples, di sikrit den bot di tin den we I mek. Boku tin den we den don fen tide de ep motalman fo ondestand di kosmos as difren we aw den de sho wan pawa-layt, we God in sens de gayd am. Di wondaful tin den we de na di muv pikcho, na redio, na telivishon, na reda, di foto- ilektrik sel-di ol-si "ilektrik yay," fo atomik enaji, ol na di ilektromagnetik tin we de apin na layt.

Di muv pikcho art kin sho eni mirekul. From di fayn fayn tin den we posin kin si, den no de ban eni wondaful tin fo trik fo tek pikcho. Yu kin si man in transparent astral bodi de rayz from in gros fizikal fom, i kin waka pan di wata, gi layf bak to di wan den we don day, rivens di natura sikyud fo di divelopment, en ple havoc wit tem en spes. We di posin we de tek di pikcho geda di layt pikcho den lek aw i want, i kin ebul fo du optik wondaful tin den we tru tru masta kin mek wit rial layt rayt.

Di pikcho den we get layf we de na di fim de sho boku tru tin den bot di tin den we God mek. Di Kosmik Dayreкто don rayt In yon ple den, en geda di big big kast fo di pejent fo di sentiment den. From di dak bot we go de sote go, I de ton In kriyaytiv bim tru di fim den we de afta di ej den, en den de trowe di pikcho den na di skrin na di spes. Jos lek aw di pikcho den we de muv-pikcho tan lek se den rial, bot na layt en shed nomo den joyin, na so di difren difren tin den we de olsay na di wol tan lek se den de ful pipul den. Di planet sfera dem, wit den boku boku fom dem fo layf, na natin pas figa dem na wan kosmik muvmment pikcho, we na tru fo som tem to fayv sens posibul dem as di sinima dem de kost pan di skrin fo man in konsbens bay di infinite kriyaytiv bim.

Wan posin we de wach di sinima kin luk op en si se ol di pikcho den we de na di skrin de apia tru di inströment we wan layt bim we no get pikcho de mek. Di kalaful yunivasal drama de komot di sem we from di wan wayt layt we wan Kosmik Sos get. Wit sens we posin no go ebul fo tink bot, God de stej wan enjoyment fo In motalman pikin den, we de mek den bi akto den en bak odiens na In planet tiyata.

Wan de, a go insay wan os usay den de mek fim den fo wach wan nyusri bot di say den we den bin de fet na Yurop. Den bin stil de fet Wol Wo Wan na di West; di nyusril bin rikodo di kil we den kil pipul den wit so rial tin we A bin komot na di tiyata wit at we bin de wori.

"Lod," a bin pre, . "wetin du dost Yu alaw kayn de sofa?"

A bin soprayz bad bad wan we wan ansa kam wantem wantem lek wan vishon bot di rial Yuropian fet-fet ples den. Di bad bad we aw den bin de fet, we bin ful-op wit di wan den we don day en we de day, bin pas fa fawe pan di bad bad we aw den bin de fet



eni ripotment of di nyuzriel.

"Luk gud gud wan!" Wan saful vøys bin tøk to mi insay kònshens. "Yu go si se dis scene we dem de enact nau fo France no bi enitin bot ple of chiaroscuro. Na di kosmik moshon piksho, as rial and as unreal laik di theatre newsreel we yu jos si-na ple insaid ple."

Mi at nò bin stil get kòrej. Di divayn vøys bin kòntinyu fò tøk se: "Krieshòn na layt en shado ol tu, odasay no pikchò nò pòsibul. Di gud en bad fò *maya* fò eva chenj in suprimi. If gladi at nò bin de stop ya na dis wòl, yu tink se motalman go eva luk fò oda pòsin? If i nò sofa i nò kin rili bisin fò mèmbe se i dòn lèf in os we go de sote go. Pen na sòntin we pòsin kin mek fò mèmbe. Di we fò ronawe na tru sens! Di tragedy of death nòto rial tin, di wan dèn we de shek shek pan am tan lèk akto we nò natin we de day pan fred we dèn faya am pas blank katrij Mi bøy pikin dèn na layt pikin dèn;

Pan ol we a bin dòn rid skripchò stori dèn bot *maya*, dèn nò bin dòn gi mi di dip sens we bin kam wit di pòsin in vishòn dèn en di wòd dèn we dèn bin de tøk fò kòrej mi. Wan in valyu dèn kin chenj bad bad wan we i kin dòn biliv se di tin dèn we Gød mek na jos wan big pikchò we de mov, en nòto insay de, bot pas de, in yon rial tin de.

As a dòn fò rayt dis chapta, a sidòm na mi bed insay di lotus posture. Tu lamp dèn we get shed nò bin de shayn betè na mi rum. We a es mi yay op, a notis se di siling get smòl smòl layt dèn we get mòstad kòlò, we de shayn en shek shek wit wan layt we tan lèk redio. Bòku bòku pensil rayt, lèk ren sheet, bin gèda insay wan shaft we transparent en tòn pan mi kwayèt wan.

Wantem wantem mi fizik bòdi lòs in gros en tòn to astral tèkstòr. A fil wan flotin senseshòn as, we a jos tòch di bed, di bòdi we nò get wet de shift smòl en chenj chenj to lèft en rayt. A luk rawnd di rum; di fònicha en di wòl dèn bin tan lèk aw dèn kin du, bot di smòl layt bin dòn so bòku dat pipul dèn nò bin de si di siling. A bin de wònda.

"Dis na di kosmik mov pikchò mèkanism." Wan vøys bin de tøk lèk se i kòmòt insay di layt. "Shed in bim pan di wayt skrin na yu bed sheet, i de prodyuz di pikchò fò yu bòdi. Luk, yu fòm nòto natin pas layt!"

A bin de luk mi an dèn en mov dèn bak en bien, bot stil a nò bin ebul fò fil dèn wet. Wan gladi gladi we bin rili gladi mi. Dis kosmik we de na di wòl branch of layt, we de blo as mi bòdi, i bin tan lèk se wan lèk evin replika di layt bim dèn we de kòmòt na di projekshòn bot na wan sinima os en we de sho lèk pikchò dèn na di skrin.

Fò long tèm, a bin de si dis mov pikchò we de sho mi bòdi na di tiyata we nò get betè layt na mi yon bedrum. Pan ol we a dòn si bòku bòku vishòn dèn, nòbòdi nò bin eva

si am pas dis. As di ilyushon we a bin de tink bot wan solid bodi bin de don  
kpatakpata, en mi rializashon de dip se di men tin fo ol di tin den na layt, a luk op to  
di throbbing strim fo layftrons en tok wit beg.

"Divayn Layt, duya pul dis, mi ombul bodi pikcho, insay Yusef, ivin lek aw faya bin  
dro llayja go op na evin."

I klia se dis prea bin mek wi soṗrayz; di bim bin dɔn lɔs. Mi bɔdi bigin fɔ get in nɔmal wet bak ɛn sink na di bed; di bɔku bɔku layt dɛn we de shayn na di siling bin de shayn ɛn nɔ de igen. I tan lek se mi tɛm fɔ kɔmɔt na dis wɔl nɔ bin dɔn rich.

"Apat frɔm dat," a bin tink wit flɔsɔfɪk, "di prɔfɛt Ilayja go rili nɔ gladi fɔ di presumpshɔn we a de tink bɔt!"

30-1 : . Dis wetin ɔlman sabi Rɔshian langweɟ pɔsin we de drɔ ɛn pɔsin we sabi bɔt sayɛns dɔn bin fɔ liv fɔ bɔku ia dɛn in India nia di Himalayas na di mawnten dɛn. "Frɔm di pik dɛn we de ɔp kam rivyu," i dɔn dɔn rayt. "In." kev dɛn ɛn pan di di samit dɛn bin liv di rishis dɛn. Oba di sno bin de kam pik dɛn ɔf di Himalayas de bɔn wan brayt glɔ, brayt pas sta dɛn ɛn di fayn fayn laytin dɛn we de flash."

30-2 : . Di stori sɔntɛm get wan istri bɔt istri besis fɔ du sɔntin; wan ɛditorial not infɔm wi dat di bishɔp mit di tri mɔnk dɛn we i bin de tek bɔt frɔm Akenjɛl fɔ go na di Slɔvetski Monasti, we de na di say we di Dvina Riva de kɔmɔt.

30-3 : Marconi, di big invintɔ, bin mek dis admeshɔn fɔ sayɛns inadequacy bifo di finalities: "Di inability." ɔf sayɛns to sɔlv layf na absɔlɔb wan. Dis trut go bi fɔ tru fred bin i nɔtɔ fɔ fet. Di sikrit ɔf layf na fɔ tru di prɔblɛm we de kɔntinyu fɔ de pas ɔl we dɛn dɔn ɛva put bifo mɔtalman tink."

30-4 : . WAN ɛp to di we dɔn tek bay we Na Einstein in yon bɔku sens na dɔn gi bay we di trut dat i na wan fɔ ɔl yu layf disaypul ɔf di bigman we sabi bɔt sayɛns we nem Spinoza, we in wok we pipul dɛn sabi pas ɔl na *Ethics Demonstrated In Geometrical Order* .

30-5 : . a *Timoti* 6: 15- 16.

30-6 : . *JENESIS* 1:26.

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## CHAPTER: 1 . 31. Di wan dɛn we de wok

### *Wan Intavyu Wit Di Oli Mama*

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"Revend Mama, yu prɔfɛt-man bin baptayz mi we a bin smɔl. Na mi mama ɛn papa ɛn mi yon guru Sri Yukteswarji in guru. So yu go gi mi di ɔnɔ fɔ yeri sɔm tin dɛn we apin na yu oli layf?"

A bin de adres Srimati Kashi Moni, we na Lahiri Mahasaya in layf kɔmpin. We a fɛn misɛf na Benares fɔ shot tɛm, a bin de fulfil wan long we a bin want fɔ go fɛn di venerable lady. I bin wɛlkɔm mi fayn fayn wan na di ol Lahiri os we de na di Garudeswar Mohulla sekshɔn na Benares. Pan ɔl we i bin dɔn ol, i bin de blo lek lotus, ɛn i bin de mek wan sent we get fɔ du wit God biznɛs kwayɛt wan. I bin get midul bɔdi, in nek bin slɛnd ɛn in skin bin fayn. Big big yay dɛn we bin de shayn bin

mek in fes we tan lek mama sof.

"Pikin, . yu de welkəm naya. Kam ɔpstayd."

Kashi Moni bin lid di rod fɔ go na wan rili sməl rum usay, fɔ sɔm tɛm, i bin dɔn de wit in man. A bin fil se a get ɔnɔ fɔ si di oli ples usay di masta we nɔ get wan kɔmpitishɔn bin dɔn put in sef dɔŋ fɔ ple di mɔtalman drama bɔt mared. Di uman we ɔmbul bin mek sayn to mi fɔ go na wan pilo sidɔm ples nia in sayd.

I bigin fɔ tɔk se: "I bin tek sɔm ia bifo a kam fɔ no di kayn we aw mi man tan lɛk Gɔd." "Wan nɛt, insay dis sem rum, a bin drim wan klia drim. Gloriful enjɛl dɛn bin de flɔt wit grɛs we nɔbɔdi nɔ go ebul fɔ imajin oba mi. Di tin we a si bin rili rial we a wek wantɛm wantɛm; di rum bin strenj wan ɛnvɔlɔp wit layt we de shayn."

"Mi man, we bin de insaid lotus posture, bin de levitate fɔ di senta of di rum, enjɛl we bin de wɔship am wit di supplicating dignity of palm-fold hands we de beg am. A bin sɔprayz pasmak, a bin biliv se a stil de drim."

"'Uman,' Lahiri Mahasaya se, 'yu nɔ de drim. Fɔ lɛf yu slip sote go ɛn sote go.' As i de kam dɔŋ na grɔn sməl sməl, a butu na in fut.

"'Masta,' a kray, 'agayn ɛn bak a de butu bifo yu! Yu go fɔgiv mi fɔ we a dɔn tek yu as mi man? A de day wit shem fɔ no se a dɔn de slip insay ignorance nia di sayd fɔ wan we divayn wek. Frɔm dis nɛt, yu nɔto mi man igen, bɔt mi guru. Yu go aksept mi insignifikant sef as yu disaypul?' **31-1**

"Di masta tɔch mi saful saful. 'Sakred sol, grap. Dɛn aksept yu.' I mek sayn to di enjɛl dɛn se: 'Duya una butu to ɛni wan pan dɛn oli oli wan dɛn ya.'

"We a dɔn dɔn mi ɔmbul genuflections, di enjɛl dɛn vɔys dɛn bin de sawnd togɛda, lɛk kɔrɛkt wan frɔm wan ol skripchɔ."

"'Kɔnsɔt fɔ di Divayn Wan, yu get blɛsin. Wi de salut yu.' Dɛn butu na mi fut ɛn lo, dɛn fɔm dɛn we de shayn bin dɔn dak.

"Mi guru dɔn aks mi to get initiashɔn to *Kriya na wan Yoga we dɛn kin du* .

"'ɔf kɔz,' a bin ansa. 'A am Sori nɔto to get bin i na blɛsin bin in mi layf.'

"'Di tɛm nɔ bin rayp.' Lahiri Mahasaya smayl wit kɔrej, 'Bɔku pan yu karma a dɔn ɛp yu kwayɛt wan fɔ wok aut.'

"I tɔch mi fɔɛd. Bɔku bɔku layt we de rɔn bin apia; di raytin bin de fɔm in sef sməl sməl insay di opal-blu spiritual yay, we dɛn ring wit gold ɛn we de sentrɛd wit wan wayt pentagonal sta."

"Penet yu konshens tru di sta insay di kinđom fo di Infinite.' Mi guru in vɔys bin get nyu not, we saf lek myuzik we de fa.

"Si afta si brok as we de na di si surf pantap di shores of mi sol. Di panorama we yu kin si sfera den don

melt insay wan si we get gladi-at. A bin los misef insay blesin we bin de oltem. We a kam bak afta som awa fo no bot dis wol, di masta gi mi di teknik fo *Kriya Yoga* .

"From da net de, Lahiri Mahasaya no eva slip na mi rum igen. En, afta dat, i no eva slip. I bin de na di front rum don, wit in disaypul den de en net."

Di uman we get nem bin fedom en no tok natin. We a no di speshal we aw i get padi biznes wit di fayn fayn yoga, a bin don tray fo aks fo mek den memba am mo.

"Son, yu gridi. Bot pan ol dat yu go get wan stori mo." I bin smayl wit shem. "A go konfes wan sin we a komit agens mi guru- man. Som mont afta mi initieshon, a begin fo fil folor en neglected. Wan monin Lahiri Mahasaya enta dis smol rum fo kam tek wan atikul; a fala am kwik kwik wan. Overcome by violent delusion, I address him scathingly."

"Yu de spen ol yu tem wit di disaypul den. Wetin bot yu risponsibiliti fo yu wef en pikin den? A rigret se yu no intres fo gi mo moni fo di famili."

"Di masta glan pan mi fo smol tem, don lo! i no de igen. A bin fred en fred, a yeri wan voys de ala from evri pat na di rum:

"I na ol natin, no yu si? Aw ebul wan natin lek mi mek jentri fo yu?"

"Guruji,' a kray, 'A de beg fo fogiv mi wan milyon tem! Mi sinful yay no go ebul fo si yu igen; duya apia insay yu oli fom."

"A de ya.' Dis riply kam from oba mi A luk op en si di masta materialize in di di briz, in ed de toch di siling. In yay den bin tan lek faya we de mek posin blaynd. Apat from misef wit fred, a ledom de kray na in fut afta i don kwayet wan kam don na gron.

"Uman,' i se, 'luk di divayn jentri, noto di smol tinsel na di wol. Afta yu don get insay tros, yu go si se outward supply de kam oltem.' I bin tok bak se, 'Wan pan mi spiritual boy pikin den go mek tin fo yu.'

"Mi guru in yon wod den natin no de fo du am don kam tru; wan disaypul don du lef wan boku boku wan nomba fo wi famili."

A tel Kashi Moni tenki fo we i tel mi bot in wondaful eksperiens den. **31-2** Di neks de a go bak na in os en enjoy fo tok bot tin den we get sens fo som awa wit Tincouri en Ducouri Lahiri. Den tu oli pikin den ya we na India in big yogaman bin fala in fayn fayn fut step den gud gud wan. Den tu man ya bin fayn, den bin long, den bin get trenk, en den bin get boku biad, den bin get saf saf voys en den bin de biev lek aw den bin de du tin trade trade.

Noto in wɛf nɔmo na bin Lahiri Mahasaya in disaypul; boku boku ɔda wan dɛn bin de, ɛn mi mama bin de pan dɛn. Wan tɛm, wan uman chela bin aks di guru fɔ in foto. I gi am a



print, . we i de tok, . "If yu deem i wan protekshon, . don i na so; if noto dat i na nomo wan pikcho."

Afta som dez, dis uman en Lahiri Mahasaya in gyal pikin bin apin fo de stodi di *Bhagavad Gita* na wan tebul we den bin de hang di guru in foto bien. Wan big big briz we get ilektrik bin brok aut wit big big wamat.

"Lahiri Mahasaya, protekt wi!" Di uman den butu bifo di pikcho. Laytnin bin slap di buk we den bin de rid, bot di tu pipul den we bin de woship God no bin wund.

Di chela eksplen se: "A bin fil lek se den don put ays rawnd mi fo mek a no wam di wam we de bon."

Lahiri Mahasaya bin du tu mirekul den we get fo du wit wan uman disaypul we nem Abhoya. In en in man we na wan loya na Kalkata, bin begin wan de fo mek Benares go fen di guru. Den bin delay fo ker den kariot bikos buku buku trafik den bin de travul; den rich na di Howrah men steshon nomo fo yeri di Benares tren de wispa fo komot.

Abhoya, 1999. nia di tiket fo di tiket ofis, don tinap kwayet wan.

"Lahiri Mahasaya, a de beg yu fo stop di tren!" i bin pre kwayet wan. "A no go ebul fo sofa di pen fo delay fo wet oda de fo si yu."

Di wil den na di tren we bin de snor bin kontinyu fo muf rawnd en rawnd, bot nobodi no bin de go bifo. Di injinia en di pasenja den bin kam daj na di pletfom fo go wach di tin we de apin. Wan English gad fo relod bin kam nia Abhoya en in man. Kontribyushon to ol di tin den we bin don apin bifo, i bin volontia fo du in savis.

"Babu," na so . i bin se, "gi mi di moni. a go bay yu tiket den we yu get na di bot."

As di man en in wef sidom en get di tiket den so, di tren go bifo smol smol. Bikos di injinia en di pasenja den bin de fred, den klaym bak na den ples, den no bin no aw di... tren begin, en wetin mek i bin don stop fos.

We Abhoya rich na Lahiri Mahasaya in os na Benares, i butu kwayet wan bifo di masta, en tray fo toch in fut.

"Kompoz yusef, Abhoya," i rimark. "Aw yu lek fo mona mi! I tan lek se yu no bin fo don kam ya bay di neks tren!"

Abhoya bin go na Lahiri Mahasaya wan oda tem we i no go eva forget. Dis tem, i no bin want am fo beg am wit tren, bot wit di stok.

"A de pre yu fo bles mi so dat mi nayn pikin go liv," na so i se. "Den don bon et bebi den to mi; ol den day jos afta den bon den."

Di masta bin smayl wit sori-at. "Yu de kam pikin go tap. Duya fala mi advays den

saful saful. Di pikin, we na gyal pikin, go bōn na nēt. Si se di ɔyl lamp de kontinyu fō bōn te do klin. Nō slip en so alaw di layt fō ɔt."

Abhoya in pikin na bin gyal pikin, we dēn bōn na nēt, jōs lēk aw di guru we sabi ɔltin bin dōn si am. Di mama tēl in nōs fō kip di lamp ful-ɔp wit ɔyl. Dēn tu uman ya bin kip di wach we dēn bin de wach kwik kwik wan te to ali mōnin, bōt leta dēn bin slip. I bin lēf smōl fō lē di ɔyl na di lamp dōn; di layt bin de flik smōl smōl.

Di bedrum domōt nō bin lōk en flay opin wit wan bad bad sawnd. Di uman dēn we bin sōprayz bin wek. Dēn yay dēn we bin de sōprayz bin si di we aw Lahiri Mahasaya tan.

"Abhoya, luk, di layt dōn lēf smōl fō dōn!" I pōynt to di lamp, we di nōs bin rōsh fō ful-ɔp bak. As i bōn bak brayt brayt wan, di masta nō de igen. Di domōt bin lōk; di latch bin de afik witout visible agency.

Abhoya in yon di nōmba nayn pikin bin sev; in 1935, 2019. ustēm a bin mek aks, i bin stil fō liv.

Wan pan Lahiri Mahasaya in disaypul dēn, we na di vengerabl Kali Kumar Roy, bin tēl mi boku fayn fayn tin dēn bōt in layf wit di masta.

Roy bin tēl mi se: "Bōku tēm a bin de bi gōst na in os na Benares fō sōm wiks wan tēm." "A bin observ se bōku sent figa dēn, *danda* 31-3." swamis, kam na di kwayet na nēt fō sidōm na di guru in fut.

Sōtende, dēn kin de tōk bōt pōynt dēn we dēn kin tink bōt en we dēn de tōk bōt sens. We do klin, di gōst dēn we dēn bin de ɔp bin de kōmōt. A bin si we a bin de go fēn dēn se Lahiri Mahasaya nō bin ledōm fō slip wan tēm.

Roy bin kontinyu fō tōk se: "Insay di fōs tēm we a bin de kip kōmpin wit di masta, a bin get fō fēt wit di ɔpōzishōn we mi bōs bin de agens mi." "I bin steep insay matiralism."

"A nō want rilijōn fanatiks na mi staf,' i go de swē. 'If a eva mit yu charlatan guru, a go gi am sōm wōd dēn fō memba.'

"Dis alarming threat fail to intarop mi regular program; a bin de spend klos evri ivintēm fō mai guru in prezens. Wan nēt mi employa bin fala mi en rōsh rud wan insay di parlor. I nō get wan dawt se i bin ful-ɔp fō bent fō tōk di pulverizing wōd dēn we i bin dōn prōmis. I nō tu te we di man sidōm insef, na so Lahiri Mahasaya adres di smōl grup we get lēk twelv disaypul dēn."

"Go yu ɔl lēk to si wan pikcho?"

"We wi nod, i aks wi fō dak di rum. 'Sidōm bien unasef insay wan sēklo,' i se, 'en

put una an oba di man we de bifo una in yay.'

"A no bin sapraiz to si se mi employa tu de folo, aldoi im no want, di masta in dairekshon. Fo som minit Lahiri Mahasaya aks wi wetin wi de si."

"'Sar,' a ansa, 'wan fayn uman apia. I wer *sari we get red boda* , en tinap nia wan plant we tan lek elifant ia.' Ol di oda disaypul den bin tok bot di sem tin, di masta ton to mi bosman.

"'Yes.' I klia se di man bin de tray tranga wan wit di filin den we nyu to in nature, 'A don de spend mi moni fo am, pan ol we a get gud wef a de shem fo di rizin den we mek a kam ya.

"'If yu liv gud moral layf fo siks mun, a go aksept yu.' Di masta bin ad wit mistek se, 'If noto dat a no go nid fo initiate yu.'

"Fo tri mont mi bos no bin de temt am; don i begin bak fo get in fos rileschon wit di uman. Tu mont afta dat i day. Na so a kam fo ondestand mi guru in voyl profesi bot di improbabiliti fo di man in initieshon."

Lahiri Mahasaya bin get wan padi we boku pipul den sabi, we nem Swami Trailanga, we den bin se i ol pas tri ondreð ia. Boku tem, di tu pipul den we de du yoga kin sidom togeda fo tink gud wan. Trailanga in nem so boku dat na smol Indu den nomo go dinay se i posibul fo tok tru insay eni stori bot in wondaful mirekul den. If Krays kam bak na di wol en waka na Nyu Yok strit den, de sho in pawa we God get, i go mek pipul den gladi di sem we aw Trailanga bin mek boku boku ia bifo we i bin de pas na di len den we pipul den kin boku na Benares.

Boku tem den bin de si di swami de drink, we no get eni bad tin fo du, di poyzin den we de kil pas ol. Boku boku pipul den, inklud som we stil de alayv, don si Trailanga de flot na di Ganges. Fo som dez togeda i kin sidom pantap di wata, o i kin de ayd fo rili long tem onda di wef. Wan komon tin we den kin si na di Benares bathing *ghats* na di swami in bodi we no de mov pan di ston slab den we de blist, we de olsay na di Indian san we no get sori-at. Na den feats ya Trailanga bin tray fo tich man dem se yoga in layf no de dipen pan oksijen o odinari kondishon en prekoshon. Ileksef i bin de op wata o onda am, en ileksef in bodi de ledom na di faya faya layt we di san de shayn, di masta pruv se i de liv bay wetin God de tink: day no bin ebul fo toch am.

Di yoga bin big noto jos pan God biznes, bot pan in bodi. In wet bin pas tri ondreð paund: wan paund fo eni ia na in layf! As i no bin de it bete, di sikrit de boku. WAN bot masta kin izi fo ignore ol di ospitul lo den bot welbodi biznes, we i want fo du dat fo som speshal rizin, boku tem na wan we no klia we na in sef nomo no. Gret sent den we don wek from di cosmic mayic drim en riliys dis wol as aydia na di Divayn Maynd, kin du wetin den want wit di bodi, we den no se na jos wan manipulatable form of condensed or frozen energy. Pan ol we sayensman den we de stodi bot tin den don ondestand naw se matirial noto natin pas enaji we don kol, fo long tem naw, masta sabi bukman den we get ful layt don pas from tiori to praktis na di say we den de kontrol tin den.

Trailanga bin de kontinyu fo de komplit nyud oltəm. Di polis den we den bin de mona na Benares bin kam fo si am as pikin we get problem we de konfyus. Di natura swami, lek di fostem Adam we bin de na di gadin na Idən, no bin no atol se in nekəd. Bot di polis den bin rili no bot dat, en den bin put am na jel we no bin get serimoni. Jeneral shem bin apin; di big big bodi fo

I nɔ tu te, dɛn si Trailanga, insay in ɔspitul ɔl, na di prizin ruf. In sɛl we dɛn stil lɔk fayn fayn wan, nɔ bin sho ɛnitiɪn fɔ sho aw i go rɔnawe.

Di ɔfisa dɛn na di lɔ we nɔ bin get betɛ maynd bin du dɛn wok wan tɛm bak. Dis tɛm dɛn bin put wan gad bifo di swami in sɛl. Mayt bak ritaia bifo rait. I nɔ tu te, dɛn bin si Trailanga we i bin de waka na di ruf we i nɔ bin de tink bɔt ɛnitiɪn. Jɔstis na blaynd; di polis dɛn we bin get sens bin disayd fɔ fala am ɛgzampul.

Di big yogaman bin kip wan abit fɔ sɛt mɔt. **31-4** Pan ɔl we Trailanga bin get rawnd fes ɛn in belɛ we tan lɛk barel, wan wan tɛm nɔmɔ Trailanga bin de it. Afta wiks we i nɔ it, i kin brok in fast wit pɔtful milk we dɛn dɔn klab we di wan dɛn we de wɔship Gɔd kin gi am. Wan tɛm, wan man we nɔ biliv, bin mekɔp in maynd fɔ mek Trailanga kɔmɔt na do as charlatan. Dɛn bin put wan big bokit we get kalsiɔm-laym miksɔp, we dɛn kin yuz fɔ wayt di wɔl, bifo di swami.

"Masta," di matiralist se, wit mock reverence, "A don bring yu som klab milk. Duya drink am."

Trailanga nɔ bin shem fɔ drayn, te to di las drɔp, di kɔntena we ful-ɔp wit laym we de bɔn. Insay som minit dɛn, di pɔsin we du di bad bin fɔdɔm na grɔn wit pen.

"ɛp, swami, . ɛp!" i bin kray. "A am pantap faya! Fɔgiv mi wikɛd test!"

Di bigman we de du yoga bin brok in abit fɔ sɛt mɔt. "Skɔfa," i se, "yu nɔ bin no we yu ɔfred mi pɔyzin se mi layf na wan wit yu yon. ɛkspekt fɔ mi no se Gɔd de insay mi belɛ, lɛk insay ɛvri atɔm we Gɔd mek, di laym bin fɔ dɔn kil mi. Naw we yu dɔn no di divayn minin fɔ bumerang, nɔ ɛva ple trik pan ɛnibɔdi igen."

Di we dɛn dɔn klin fayn fayn wan sina, . i dɔn wɛl bay we Trailanga in yon wɔd dɛn, slunk we i bin de du we nɔ get betɛ trenk go.

Di rivɛlɔshɔn ɔf pen nɔ bin bi biɔs ɔf ɛni volishɔn ɔf di masta, bɔt i bin kam tru unerring aplikɛshɔn ɔf di lɔ ɔf jɔstis we de ɔpɔld kriɛshɔn in fast swing ɔb. Man dɛn we get Gɔd- rializashɔn lɛk Trailanga de alaw di divayn lɔ fɔ wok wantɛm wantɛm; dɛn dɔn ban fɔ ɔltɛm ɔl di thwarting kros kɔrɛnt dɛn fɔ ego.

Di ɔtomɛtik ajɔstment dɛn we dɛn kin mek fɔ du wetin rayt, we dɛn kin pe bɔku tɛm wit kɔyn we wi nɔ bin de ɛkspekt lɛk aw i bin apin to Trailanga ɛn in yon pɔsin we go kil, kin mek wi nɔ vɛks kwik kwik wan fɔ di we aw mɔtalman nɔ de trit dɛn fayn.

"Venjɛns na mi yon; a go pe bak, na so PAPA GɔD se." **31-5** Wetin pɔsin nid fɔ get di shot tin dɛn we i get? di yunivas de plan fɔ pe bak. Dɔl maynd de diskredit di pɔsibiliti fɔ divayn jɔstis, lov, fɔ no ɔltin, fɔ no day. "Airy skripchɔ konjekshɔn dɛn!" Dis insensitiv viewpoint, we nɔ de fred bifo di kosmik spektakl, de wek wan tren we de apin we de briɲ in yon wek.

Krays bin tɔk bot di pawa we di spiritual lo get ɔlsay na di tɛm we i bin win Jerusɛlɛm. As di disaypul dɛn ɛn di krawd bin de ala fɔ gladi, ɛn ala se, “Pis de na ɛvin, ɛn glori de na di ay ples,” sɔm Faresi dɛn bin de kɔmplɛn bot di spɛktakl we nɔ get wan rɛspɛkt. Dɛn bin protɛst se: “Masta, kɔrɛkt yu disaypul dɛn.”



Jizos ansa am se: "A de tæl una se if den pipul ya nɔ tɔk natin, di ston den go ala wantem wantem." 31-6

We Krays bin de kɔs di Faresi den, i bin de sho se di jɔstis we God de gi noto sɔntin we nɔ de na di wɔl, en pɔsin we get pis, pan ɔl we den dɔn kɔt in tɔŋ kɔmɔt na in rut, i go stil fɛn in tɔk en in difens na di bedrɔk fɔ di tin den we God mek, di ɔda we we de ɔlsay na di wɔl.

Jizos bin de se, "Yu tink se fɔ mek pipul den we get pis nɔ tɔk natin? As well may you hope to throttle the." God in vɔys, we in yon ston den de siŋ in glori en in ɔlsay. Yu tink se pipul den nɔ fɔ sɛlibret fɔ ɔnɔ di pis we de na evin, bɔt den fɔ jɔs gɛda bɔku bɔku wan fɔ ala fɔ fɛt wɔ na di wɔl? Dɔn, una Faresi den, una fɔ rɛdi fɔ pwɛl di fawndeshɔn den na di wɔl; bikɔs noto pipul den nɔmɔ we ɔmbul, bɔt na ston ɔ dɔti, en wata en faya en briz we go rayz agens una, fɔ witnɛs bɔt di wanwɔd we i dɔn ɔda."

Wan tɛm, den bin gi di yogi we tan lɛk Krays, we nem Trailanga, in gudnɛs to mi *sajo mama* (maternal ɔnkul). Wan mɔnin, ɔnkul si di masta we bɔku bɔku pipul den we de wɔship God bin de rawnd am na wan Benares ghat. I bin ebul fɔ ed in we nia Trailanga, we i tɔch in fut wit ɔmbul. ɔnkul bin sɔprayz fɔ si se i fri wantem wantem frɔm wan sik we nɔ de mɛn we de mek i fil pen. 31-7

Di onli disaypul we den sabi we de alayv fɔ di big yogaman na wan uman, Shankari Mai Jiew. Na wan pan Trailanga in disaypul den gyal pikin, en i bin get di swami in trenin frɔm we i smɔl. I bin liv fɔ fɔti ia na wan sirɔs kev den we de na di Himalayas we bin de in wan nia Badrinath, Kedarnath, Amarnath, en Pasupatinath. Di *brahmacharini* (uman ascetic), we den bɔn insay 1826, dɔn pas di senti ia mak naw fa fawe. Bɔt i nɔ dɔn ɔl, i dɔn kip in blak ia, in tit den we de shayn, en in wɔndaful ɛnaji. I kin kɔmɔt na in say we i de fa evri sɔm ia fɔ atɛnd di *mela* ɔ rilijɔn fɛa den we den kin get ɔltɛm.

Dis uman sent bin de go na Lahiri Mahasaya bɔku tɛm. I dɔn tɔk se wan de, na di Barakpur sɛkshɔn nia Kalkata, we i bin sidɔm nia Lahiri Mahasaya in sayd, in big guru Babaji kwayɛt wan go insay di rum en ɔl tɔk wit den ɔl tu.

Wan tɛm, in masta Trailanga, we bin lɛf in ɔspitul silɛns, bin ɔnɔ Lahiri Mahasaya rili pɔynt na pɔblik. Wan disaypul na Benares nɔ bin gri wit dis.

"Sa," i bin se, "wetin du du yu, wan swami en wan lɛf fɔ du sɔntin, . sho kayn rɛspɛkt to wan pɔsin we get ɔs?"

"Mi pikin," Trailanga ansa, "Lahiri Mahasaya tan lɛk divayn kitin, we de de ɛnisay we di Kɔsmik Mama dɔn put am. Pan ɔl we i de dutiful fɔ ple di pat fɔ wan wɔl man, i dɔn get da pafɛkt self- rializashɔn de we a dɔn lɛf ivin mi loincloth fɔ!"

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31-1 : . Wan na we dɛn mɛmba naya ɔf Milton in yon layn: "I fɔ Gɔd nɔmɔ, i fɔ Gɔd

in am." 31-2: Di venerable mama bin pas na Benares insay 1930.

31-3 : . Wokman, we de sho sɔntin we de sho wetin fɔ du di spaynal kɔd, . we dɛn kin kɛr go ritual wan bay we sho ɔda tin dɛn we dɛn kin du ɔf mɔnk dɛn.

31-4 : . I bin wan *muni* , . wan monk udat na so i de wach *mauna* , . spiritual tin den set mɔt. Di Sanskrit rut *muni* na akin to Grik langwej *monos* , "alone, single," frɔm we den pul di Inglish wɔd den *monk*, *monism*, ɛn ɔda tin den.

31-5 : . *Leta Fɔ Rom* 12:19.

31-6 : . *Lyuk* 19: 37- 40.

31-7 : . Di tap ɔf Trailanga na wan ɛn ɔda rili masta den mɛmba wi ɔf Jizɔs in . wɔd den: "ɛn den wan ya sayn den fɔ fala den we biliv; Insay di mi nem (di Krays Krays no) den fɔ plasta kɔmɔt debul den; den fɔ tɔk wit nyu langwej den we den kin tɔk; den go tek snek den; ɛn if den drink ɛnitin we de kil, i nɔ go du den bad; den go le an pan di wan den we sik, ɛn den go wɛl."- *Mak* 16: 17-18.

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## CHAPTER: 1 . 32. Na di 32

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### *Rama bin de du am Is Dɔn es Frɔm Di Dɔn day*

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"Naw wan shɔ man bin sik, we den gi di nem Lazarɔs. Ustɛm Jizɔs dɔn yeri dat, i bin se, Dis sik we pɔsin kin get na

nɔto to day, bot fɔ di glori ɔf Gɔd, dat di Pikin ɔf Gɔd sɔntɛm bi we den get glori na dat mek."''' **32- 1. Di wan den we de wok**

Sri Yukteswar bin de ɛksplen di Kristian skripchɔ den wan mɔnin we di san bin de shayn na di bolkon na in Serampore emitaj. Apat frɔm sɔm pan Masta in ɔda disaypul den, a bin de wit wan smɔl grup we na mi Ranchi student den.

"Insay dis pat Jizɔs kɔl inɛf Gɔd in Pikin. Pan ɔl we i bin rili get wanwɔd wit Gɔd, in refrens ya get dip impersonal minin," mi guru ɛksplen. "Gɔd in Pikin na di Krays ɔ Divayn Kɔnshɛns insay mɔtalman. *Nɔbɔdi nɔ* go ebul fɔ gi Gɔd glori. Di wangren ɔno we mɔtalman kin pe in Krieta na fɔ luk fɔ am; mɔtalman nɔ go ebul fɔ glori wan Abstrakshɔn we i nɔ no. Di 'glori' ɔ nimbus we de rawnd di ed fɔ di oli wan den na simbolik witnes fɔ den *kapasiti* fɔ gi divayn ɔmajɛ."

Sri Yukteswar bin kɔntinyu fɔ rid di wɔndaful stori bot Lazarɔs in layf bak. We i dɔn, Masta nɔ tɔk natin fɔ long tɛm, di oli buk opɛn na in ni.

"Mi sɛf bin get di ɔno fɔ si wan kayn mirekul we tan lek dis." Mi guru bin dɔn tɔk wit solemn unction. "Lahiri Mahasaya bin gi layf bak to wan pan mi padi den frɔm di day."

Di yɔŋ bobo den we bin de nia mi bin smayl wit big intres. Naf di bobo bin de insay mi, tu, fɔ enjoy nɔto jɔs di filosofi bot, mɔ, ɛni stori we a go ebul fɔ mek Sri Yukteswar tɔk

bot in wɔndaful tin ɛksperiens dɛn we dɛn kin ɡet wit in guru.

"Mi ɛn mi padi Rama nɔ bin separet," Masta bigin. "Bikɔs i bin de shem ɛn i nɔ bin de tink bot ɔda pipul dɛn, i bin pik fɔ go fɛn wi guru Lahiri Mahasaya nɔmɔ insay di awa dɛn we midnajt ɛn do, we di krawd we na di disaypul dɛn we de na di de nɔ bin de. As Rama in tayt padi, a bin de sav as spiritual vent we i bin de yuz fɔ mek di jɛntri we i ɡet pan in spiritual sens. A bin fɛn inspekshɔn insay in fayn padi biznɛs." Mi guru in fes bin sof wit mɛmori dɛn.

Sri Yukteswar kɔntinyu fɔ tɔk se: "Dɛn put Rama pan wan bad bad tɛst wantɛm wantɛm." "I bin ɡet di sik we dɛn kɔl Eshian kɔlera. As wi masta nɔ ɛva ɔɡɛns di savis we dɔktɔ dɛn de gi am we i sik bad bad wan, dɛn kɔl tu spɛshal pipul dɛn. Amidst di frantik rɔsh we a bin de rɔsh fɔ minista to di man we bin dɔn bit, a bin de dip fɔ pre to Lahiri Mahasaya fɔ ɛp. A rɔsh go na in os ɛn sob di stori."

"Di dɔktɔ dɛn de we yu de si Rama bin de du am. I go bi wɛl.' Mi guru bin smayl wit gladi at.

"A bin kam bak wit wan layt at to mi padi dɛn bedsayd, . nɔmɔ to fɛn in in wan de day stet.

"I nɔ go ebul fɔ las pas wan ɔ tu awa,' wan pan di dɔktɔ dɛn tɛl mi wit wan say we de sho se i nɔ ɡet op. Wan ɔda tɛm a rɔn go na Lahiri Mahasaya kwik kwik wan."

"Di dɔktɔ dɛn na man dɛn we ɡet kɔnshɛns. A sho se Rama go wɛl.' Di masta dismis mi blithely.

"Na Rama in ples a fain se di tu dokta dem don go. Wan bin don lef mi wan not: 'Wi don du wi bes, bot im kes no get op.'

"Mi padi na bin rili di pikchɔ fɔ wan man we de day. A nɔ bin ɔndastand aw Lahiri Mahasaya in wɔd dɛn nɔ go ebul fɔ kam tru, yet di si we a si Rama in layf we de go dɔŋ kwik kwik wan bin de kɔntinyu fɔ tɔk to mi maynd se: 'Oltin dɔn dɔn naw.' Tos so pan di si dem fɔ fet ɛn fred dawt, a minista to mi padi as a ebul I wek insɛf fɔ ala:

"Yukteswar, . rɔn to Masta ɛn tɛl in a am dɔn. Aks in to bles mi bɔdi bifo i na las rite dɛn.'

Wit dɛn wan ya wɔd dɛn Rama bin de du am i bin de swet i bin rili bad ɛn dɔn gi ɔp di gost. **32- 2. Di wan dɛn we de wok**

"A kray fɔ wan awa bay in fɔm we i lɛk. Oltɛm na posin we lɛk kwayɛt, naw i dɔn rich di utter stilness of death. Wan ɔda disaypul kam insay; A aks am fɔ de na di os te a kam bak. Haf-dazed, a trudged bak to mi guru."

"Aw na Rama bin de du am naw?' Lahiri we de na di wɔl Na Mahasaya in yon fes bin we ɡet wreath in de smayl.

"Sε, i nɔ go te igen yu go si aw i de,' a blɔk wit filin. 'Insay sɔm awa yu go si in bɔdi, bifo dɛn kɛr am go na di ples usay dɛn de bɔn pikin.' A brok dɔŋ ɛn kray opin wan.

"Yukteswar, . kɔntrol yusef. Sidɔm wit kol at ɛn tink gud wan.' Mi guru lɛf fɔ wok to *samadhi* . Di

aftanun en net bin de pas insay kwayet we no bin brok; A bin tray tranga wan fo mek a get maynd bak insay mi at, bot a no bin ebul.

"Na do Lahiri Mahasaya glan pan mi wit korej. 'A si se yu stil de distob. Wetin mek yu no eksplen yestede se yu bin de ekspekt se a go gi Rama tanjibul ep insay di fom fo som meresin?' Di masta poynt to wan lamp we tan lek kop we get kruk kasto oyl 'Ful smol botul from di lamp put sevin drop insay Rama in mot.'

"Sa,' a we den de tok bad bot, . 'i don bin don day from yestide 12 oklok. Of wetin yuz na di oyl naw?"

"No eva tink; jos du wetin a aks.' Lahiri Mahasaya in gladi at no bin ebul fo ondastrand;

"A fain mai padi bodi rigid fo di death-clasp. A no pe eni atenshon to im ghashly kondishon, a opin im lips wit mai rait finga and a manej, wit mai lef han and di helep of di kok, to put di oil drop by drop ova im clenched tits."

"As di sevin drop toch in kol lip, Rama bin de shek shek bad bad wan. In mosul den bin de shek shek from ed to fut as i sidom op de wonda."

"A si Lahiri Mahasaya insay layt we de bon,' i kray. 'I shayn lek di san. "Grap; lef yu slip," i komand mi. "Kam wit Yukteswar fo si mi."

"A no bin biliv mi yay we Rama dres insef en i bin strong afta da bad bad sik de fo waka go na wi guru in os. Na de i butu bifo Lahiri Mahasaya wit kray wata fo tel tenki."

"Di masta bin nia insef sef wit gladi gladi. In yay bin de twinkled at mi mischievously.

"Yukteswar,' i se, 'fo tru, from naw yu no go forget fo ker wit yu wan botul we get kasto oyl! Enitem we yu si bodi, jos gi di oyl! Wetin mek, sevin drop lamp oyl fo mos fodom di pawa we Yama get!' **32-3**

"Gruji, . yu de fo provok posin mi. a no ondastrand; duya poynt komot di necho of mi mistek.'

"A bin tel yu tu tem se Rama go wel; yet yu no bin ebul fo biliv mi gud gud wan,' Lahiri Mahasaya eksplen. 'A no bin min se di dokto den go ebul fo men am; a bin rimark nomo se den bin de de. No koz konekshon no bin de bitwin mi tu stetment den. A no bin want fo intafya wit di dokto den; densef fo liv.' Insay voys we de mek gladi gladi, mi guru ad se, 'No oltem se di Paramatman we no de don **32-4** kin men enibodi, dokto o no dokto.'

"A si mi mistek,' a gri wit rigret. 'A no naw se yu simpul wod de bien di wan ol

kosmos."



As Sri Yukteswar don di wɔndaful stori, wan pan di pipul den we bin de lisin we bin spɛl bin venchɔ wan kwɛstyɔn we, frɔm we i bin smɔl, i bin ɔndastand tu tu tɛm.

"Sa," i bin se, "wetin du don du yu guru yuz kastɔ ɔyl?"

"Pikin, fɔ gi di ɔyl nɔ bin gɛt eni minin pas se a bin de ɛkspɛkt sɔntin we matirial ɛn Lahiri Mahasaya bin pik di ɔyl we de nia de as ɔbjɛktiv simbɔl fɔ wek mi big fet. Di masta alaw Rama fɔ day, bikɔs a bin don pat pan am dawt. Bɔt di divayn guru bin no se bikɔs i bin don se di disaypul go wɛl, di hiling fɔ tek ples, pan ɔl we i fɔ mɛn Rama fɔ day, a sik kin ɔltɛm bi fayn!"

Sri Yukteswar na yu dismis am di smɔl grup, ɛn i mek sayn mi to wan kɔba sidɔm ples at in fut.

"Yogananda," i se wit graviti we nɔ kɔmɔn, "yu don de rawnd yu frɔm we den bɔn yu wit dairekt disaypul den fɔ Lahiri Mahasaya. Di big masta bin liv in sublaym layf insay pat pan am, ɛn i nɔ gri tranga wan fɔ alaw in pipul den fɔ bil eni ɔganayzeshɔn rawnd in tichin den. I mek, pan ɔl dat, wan impɔtant prɛdikshɔn."

"'Lɛk fifti ia afta a day,' i se, 'mi layf go rayt bikɔs ɔf dip intres pan yoga we di West go sho. Di yoga mɛsej go rawnd di wɔl, ɛn ɛp fɔ mek den mek da brɔdaship de bitwin mɔtalman we de kɔmɔt frɔm di we aw pipul den de si di Wan Papa dairekt wan.'

Sri Yukteswar bin kɔntinyu fɔ tɔk se: "Mi pikin Yogananda, yu fɔ du yu pat fɔ mek pipul den no bɔt da mɛsej de, ɛn fɔ rayt da oli layf de."

Fifti ia afta we Lahiri Mahasaya day insay 1895, i bin don insay 1945, we na di ia we den don fɔ rayt dis buk we de naw. A nɔ go ebul fɔ stɔp fɔ si di coincidence we di ia 1945 don kam bak wan nyu ej-di tɛm fɔ rivɔlɔshɔnari atɔmik ɛnaji den. ɔl di maynd den we de tink bɔt tin den kin tɔn lɛk aw i nɔ ɛva bi bifo to di prɔblɛm den we kin apin kwik kwik wan we na pis ɛn brɔda ɛn sista, so dat di kɔntinyu fɔ yuz pawa we den de yuz den bɔdi nɔ go drɛb ɔl man den wit di prɔblɛm den.

Pan ɔl we mɔtalman ɛn di tin den we den de du kin donawe wit tɛm ɔ bɔm, di san nɔ de shek shek we i de go; di sta den kin kip den wach we nɔ de chɛnj. Den nɔ go ebul fɔ stɔp ɔ chɛnj di lɔ we de na di wɔl, ɛn i go fayn fɔ mek mɔtalman put inɛf insay wanwɔd wit am. If di kɔsmɔs de agens pawa, if di san nɔ de fɛt wit di planɛt den bɔt i ritaia di rayt tɛm fɔ gi di sta den den smɔl pawa, wetin go bɛnifit wi fist we den sɛn bay post? Fɔ tru, eni pis go kɔmɔt pan am? Nɔto kruk bɔt gud wil de arm di universal sinews; wan mɔtalman we gɛt pis go no di frut den we nɔ gɛt ɛnd fɔ win, we swit pas ɛni ɔda tin we den mɛn na di grɔn we gɛt blɔd.

Di Lig ɔf Neshɔn den we go wok fayn go bi natura, lig we nɔ gɛt nem fɔ mɔtalman at. Di brayt sɔri-at ɛn sɛns we den nid fɔ mɛn di prɔblɛm den we de apin na dis wɔl nɔ go ebul fɔ kɔmɔt frɔm we pɔsin jɔs tink bɔt difrɛn tin den we mɔtalman gɛt wit sɛns, bɔt

i no go kōmōt frōm we i no bōt di wangren wanwōd we mōtalman gēt-in fambul wit  
Gōd. Toward realization of the world's highest ideal-pis tru brōdaship-may yoga, . di  
sayns fō pōsin in yon kōntakt wit di Divayn, we spred in tēm to ɔl man na ɔl di kōntri  
dēn.

Pan ol we India in sivilizayshon na ol pas eni oda wan, na smol istri pipul den nomo don notis se di tin we i du fo liv na di kontri noto aksident, bot na lojik tin we apin insay di devoshon to tru tin den we go de sote go we India don gi tru in best man den na evri jenereshon. Bay sheer kontinyuiti fo bi, bay intransitiviti bifo di ej-kin dosti masta sabi bukman den kin rili tel wi omos?-India don gi di ansa we fit pas ol fo eni pipul to di chalenj we tem get.

Di Baybul stori **32-5** fo Ebraam in beg to di Masta se den fo sev di siti na Sodom if den ebul fo fen ten man den we de du wetin rayt de, en di ansa we God gi am se: "A no go pwel am fo ten pipul den sek," get nyu minin insay di layt we India don ronawe from di foget we Babilon, Ijipt en oda pawaful neshon den we bin de insay in tem bin don foget. Di Masta in ansa sho klia wan se land no de liv bay di tin den we i don du wit propati, bot i de liv bay di masta wok den we i mek fo motalman.

Mek den yeri di divayn wod den bak, insay dis twenti sentiword, we den day tu tem wit blod bifo af pas: No neshon we go ebul fo mek ten man den, we big na di Joj we No Brib in yay, no go no se den don donawe wit den. We India lisin to den kayn konishon ya, i don pruv se i no get sens agens di tawzin koni koni we den we don de insay di tem. Masta den we de no densef insay evri ondrad ia don mek in gron oli; di sensman den we tan lek Krays tide, lek Lahiri Mahasaya en in disaypul Sri Yukteswar, kin grap fo tok se di sayens bot yoga impotant pas eni matirial we fo go bifo fo mek motalman gladi en fo mek wan neshon liv long.

Na smol tin den nomo de bot Lahiri Mahasaya in layf en in tichin we i bin de tich olsay na di wol don eva komot na print. Fo tri dikos na India, Amerika, en Yurop, a don si dip en tru tru intres pan in mesej fo fri yoga; wan stori we den rayt bot di masta in layf, ivin lek aw i bin don tok, den nid am naw na di West, usay pipul den no no bete bot di layf we di big big yoga pipul den we de du tide de liv.

Den no rayt natin bot di guru in layf pas wan o tu smol smol buk den insay English. Wan bayografi insay Bengali, *Sri Sri* **32-6** *Shyama Charan Lahiri Mahasaya , bin apia insay 1941. Na mi disaypul, Swami Satyananda, we fo long tem don bi di acharya* (spiritual preceptor) na wi *Vidyalaya na Ranchi*, rayt am . A don translet som pat den from in buk en a don put den insay dis pat we de tok bot Lahiri Mahasaya.

Na insay wan Brahmin famili we bin de woship God we komot from trade trade, den bon Lahiri Mahasaya Septemba 30, 1828. Di say we den bon am na di vilej we nem Ghurni we de na di Nadia distrikt nia Krishnagar, Bengal. Na bin Muktakashi in yon boy pikin, we na bin di sekon wef fo di Gaur Mohan Lahiri we den bin rili respekt. (In fos wef, afta we i bon tri boy pikin den, bin don day we i bin de go fo go woship God.) Di bobo in mama bin day we i bin smol; na smol tin nomo den no bot am pas di tru tin we sho se i bin rili lek di Masta Shiva, **32-7** di skripcho den we den kol "King of Yogis."

Di bobo we nem Lahiri, we den gi in nem na Shyama Charan, bin spen in fɔs ia den na di gret gret granpa den os na Nadia. We i ol tri ɔ 4 ia, den bin de si am boku tem we i sidom ɔnda di san den di we aw posin we de du yoga kin tinap, en in bɔdi kin ayd ɔlsay pas in ed.

Di Lahiri estate bin pwel insay di winta insay 1833, we di Jalangi Riva we bin de nia de chenj in rod en los insay di dip dip pat den na di Ganges. Wan pan di Shiva tempul den we di Lahiris den bin bil bin go insay di riva wit di famili os. Wan posin we de woship God bin sev di ston imej fɔ Lɔd Shiva from di wata we bin de rɔn en put am na wan nyu tempul, we pipul den sabi naw as di Ghurni

Shiva we de na di wɔl Ples.

Gaur Mohan Lahiri ɛn in famili bin kɔmɔt na Nadia ɛn kam de na Benares, usay di papa bin bil wan Shiva tɛmpul wantɛm wantɛm. I bin de kɔndɔkt in os di we aw di Vedik dɛn bin de kɔrɛkt am, ɛn i bin de du sɛrimɔni wɔship ɔltɛm, i bin de du tin dɛn we i bin de du fɔ ɛp ɔda pipul dɛn, ɛn i bin de stɔdi di skripchɔ dɛn. Bɔt i bin jɔs ɛn i bin opin in maynd, i nɔ bin ignore di benifit kɔrɛnt we di aidia dɛn we de naw get.

Di bɔbɔ we nem Lahiri bin tek lesin dɛn insay Hindi ɛn ɔdu na Benares stɔdi-grup dɛn. I bin go na wan skul we Joy Narayan Ghosal bin de kɔndɔkt, ɛn i bin get instrɔkshɔn insay Sanskrit, Bengali, French, ɛn English. We di yɔŋ yogi bin de yuz inɛf fɔ stɔdi di *Vedas gud gud wan* , i bin de lisin wit ɔl in at to di skripchɔ dɛn we Brahmin dɛn we lan buk bin de tɔk bɔt, ɛn wan pan dɛn na wan man we sabi bɔt Marhatta we nem Nag-Bhatta.

Shyama Charan na bin yɔŋ pɔsin we get gud at, we bin ɔmbul, ɛn we bin get maynd, ɛn ɔl in kɔmpin dɛn bin lɛk am. Bikɔs i bin get bɔdi we fit, brayt, ɛn pawaful, i bin sabi swim ɛn i bin sabi fɔ swim bɔku tin dɛn.

Insay 1846, Shyama Charan Lahiri bin mared to Srimati Kashi Moni, we na Sri Debnarayan Sanyal in gyal pikin. Wan mɔdel Indian uman we de wok na os, Kashi Moni bin gladi fɔ du in wok na os ɛn di tradishɔnal we di pɔsin we get os fɔ du fɔ sav di gɔst dɛn ɛn di po pipul dɛn. Tu oli bɔy pikin dɛn, Tincouri ɛn Ducouri, bin blɛs di union.

We Lahiri Mahasaya bin ɔl 23 ia, insay 1851, i bin tek di post fɔ bi akauntant na di Military Engineering Department na di English gɔvmɛnt. I bin get bɔku prɔmɔshɔn dɛn di tɛm we i bin de sav. So i nɔ bin jɔs bi masta bifo God in yay, bɔt i bin bi sakrifays bak na di smɔl mɔtalman drama usay i bin ple in giv-ɔp rol as ɔfis woka na di wɔl.

As dɛn bin de chɛnj di ɔfis dɛn na di Ami Dipatment, dɛn bin transfa Lahiri Mahasaya to Gazipur, Mirjapur, Danapur, Naini Tal, Benares, ɛn ɔda say dɛn. Afta in papa day, Lahiri bin get fɔ tek di wan ɔl rispɔnsibiliti fɔ in famili, fɔ we i bay wan kwayɛt os na di Garudeswar Mohulla neba na Benares.

Na insay in tati tri ia we Lahiri Mahasaya bin si se di rizin we mek dɛn bɔn am bak na di wɔl, apin. Di faya we bin ayd wit ashis, we bin de smɛl fɔ long tɛm, bin get in chans fɔ bɔn insay faya. Wan divayn dikri, we de rɛst pas di yay we mɔtalman de si, de wok mistek fɔ mek ɔltin kam na do fɔ sho inɛf di rayt tɛm. I mit in bigman guru, Babaji, nia Ranikhet, ɛn na in bigin fɔ du *Kriya Yoga* .

Dis fayn tin we apin nɔ bin apin to am nɔmɔ; na bin fayn tɛm fɔ ɔl di mɔtalman, bɔku pan dɛn bin get di ɔnɔ leta fɔ get di gift we de mek dɛn sol wek we na *Kriya* . Di ay ay art fɔ yoga we bin dɔn lɔs, ɔ we dɔn lɔs fɔ long tɛm, bin de kam bak na do. Bɔku man ɛn uman dɛn we bin tɔsti pan God biznɛs bin dɔn fɛn dɛn we fɔ go na di kol wata we

dēn kōl *Kriya Yoga* . Jōs lek aw i bin de na di Hindu lay lay stori, usay Mama Ganges bin de gi in divayn draft to di dray devotee Bhagirath, na so di selestial flod we *Kriya bin* de rōn bin rol frōm di sikrit fastnes dēn na di Himalayas en go na di doti haunts fō motalman.

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WAN kolera we den kol kolera sofa na boku tem korekt en ful wan no rayt op .10 :32-2

.to di tem of day. 32-3: Di god fo day

Tru tru, "Suprim." .10 :32-4

.sol." 32-5: *Jenesis* 18: 23-32

*Sri* , . wan prefiks we de bifo minin "oli wan," . na joun (boku tem tu tem o tri tem) to nem den of rili Indian pipul .10 :32-6  
.den ticha den

Wan pan di trinita fo God-Brahma, Vishnu, Shiva-we in yunivasal wok na, rispektful wan, di wan fo krieshon, kip, :32-7  
en disolshon-restorashon. Shiva (sontende den kin spel am Siva), we den kin sho na lay lay stori den as di God fo di Wan  
den we No Get, . de apia in vishon den to In di wan den we de wship God onda difren difren aspek den, . kayn as  
.Mahadeva, 1999. di we get mat we get ia Ascetic, en Nataraja, di Kosmik Dansa

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## CHAPTER: 1 . 33. Di wan den we de wok

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### ***Babaji, 1999. Di Yogi-Krays we de du tin Of Naw India***

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Di not pat na di Himalaya krag nia Badrinarayan stil get blesin bikos Babaji, we na di guru fo Lahiri Mahasaya, de liv. Di masta we de fa from oda pipul den don kip in bodi fo long long tem, sontem fo long long tem. Di Babaji we no day na *avatara* . Dis Sanskrit wod min "descent"; in rut den na *ava* , "down," en *tri* , "fo pas." Insay di Indu skripcho den, *avatara* de sho se God de kam don to bodi.

Sri Yukteswar bin eksplen to mi se: "Di spiritual stet we Babaji get pas di tin we mortalman no ebul fo ondestand." "Di dwarfed vishon fo man no kin ebul fo pier to in transcendental sta. Wan de tray fo natin ivin fo pikcho di avatar in attainment. I no posibul fo tink."

Di *Upanishad* den don klas ol di stej den we posin kin get fo go bifo pan God biznes.

Wan *siddha* ("pafekt pɔsin") dɔn go bifo frɔm di stet we wan *jivanmukta* ("fri we i de liv") to di wan we wan *paramukta* ("suprem fri"-ful pawa oba day); di las wan dɔn rɔnawe kɔmɔt kpatakpata di mayic thralldom ɛn in riinkarnashɔnal rawnd. So di *paramukta* nɔ kin kam bak to bodi we pɔsin kin si; if i du dat, i na avatar, we God dɔn pik fɔ gi blesin dɛn we pas ɔl na di wɔl.

Wan avatar we dɛn kɔl na nɔ get enitin fɔ du wit pɔsin to di ɔlsay na di wɔl moni biznɛs; in klin bɔdi, we pɔsin kin si as wan layt aydul, na fri



from eni det to nature. Di kozhəl luk kin si natin we ekstra ɔdinari insay wan avatar in fom bot i nɔ de cast eni shado ɔ mek eni futprin na grɔn. Den tin ya na pruf den we de sho se ɔsin nɔ get daknes en i nɔ get enitin fɔ du wit tin den. Dis kayn Gɔd-man nɔmɔ no di Trut we de bien di rilitiviti fɔ layf en day. Omar Khayyam, we den nɔ ɔndastand so bad bad wan, bin sij bot dis man we dɔn fri insay in skripchɔ we nɔ de day, we nem di *Rubaiyat* :

"Ah, Mun fɔ mi Gladi we nɔ no wane, Di Mun fɔ Evin de rayz wan tɛm bak; Aw ɔltɛm i go rayz afta dis i go luk Tru dis sem Gadin afta mi-in vain!"

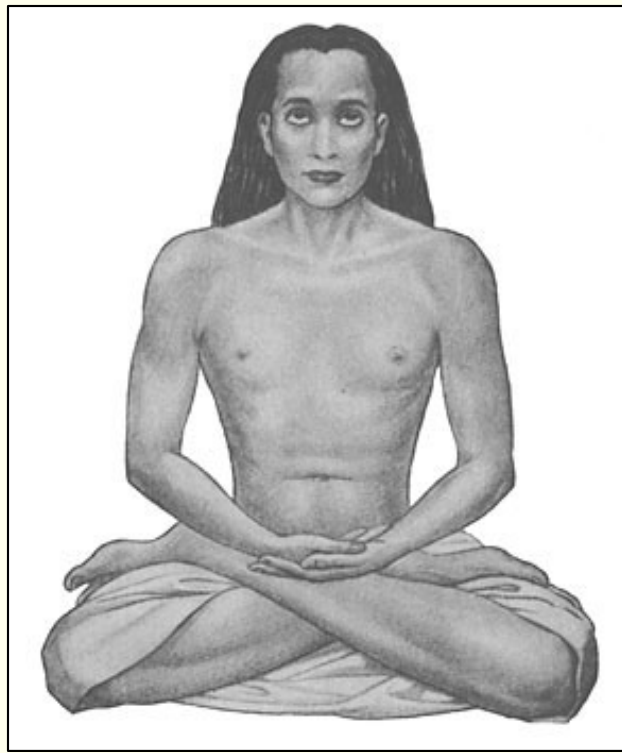
Di "Moon of Delight" na Gɔd, eternal Polaris, anachronous nɔ eva. Di "Moon of Heav'n" na di autward cosmos, fettered to di law of periodic recurrence. I bin dɔn solv in chen den sote go bay di Pashian siman tru di we aw i bin no inɛf. "Aw ɔltɛm i go rayz afta dat . . . afta mi-in fɔ natin!" Dis frustrashɔn fɔ fɛn wan frantik yunivas fɔ wan absoliut ɔmishɔn!

Krays bin sho in fridɔm ɔda we: "Wan lɔ ticha kam en tɛl am se, "Masta, a go fala yu enisay we yu go. En Jizɔs tɛl am se, "Fɔks den get ol, en bɔd den we de na evin get nɛst; bot Mɔtalman Pikin nɔ get usay fɔ le in ed." **33-1**

Spacious wit fɔ de ɔlsay, . ebul Krays Krays fɔ tru bi bin fala am pas in di we de ɔlsay Spirit?

Krishna, Rama, Buddha, en Patanjali na bin sɔm pan di ol Indian avatar den. Bɔku bɔku poem buk den we de insay Tamil dɔn gro ɔp rawnd Agastya, we na wan Sawt Indian avatar. I bin du bɔku mirekul den insay di ɔndrɛd ia bifo en afta di Kristian tɛm, en den se i stil get in bɔdi ivin te tide.

Babaji in mishɔn na India dɔn bi fɔ ɛp prɔfɛt den fɔ du den spɛshal dispɛns. So i kwalifay fɔ di skripchɔ we den kɔl *Mahavatar* (Great Avatar). I dɔn tɔk se i bin gi yoga initieshɔn to Shankara, we bin de trade trade fɔ di Swami ɔda, en to Kabir, we na bin fambul sent we bin de insay di midul ivul. In chif disaypul insay di nayntin ia na bin, as wi no, Lahiri Mahasaya, . rivayvalist fɔ di *Kriya* art we dɔn los.



BABAJI, 1999. DI MAHAVATAR we den kol MAHAVATAR  
*Guru we de na di wol of Lahiri we de na di wol Mahasaya we de na di wol*

a get bin ep wan posin we de dro to dro wan tru we tan lek posin of di rili Yogi-Krays  
we de du tin of naw India.

Di *Mahavatar* de insay komyunion wit Krays oltem; togeda den de sen vaybreshon fo fridom, en den don plan di spiritual teknik fo sev fo dis ej. Di wok we den tu masta den ya we get ful layt de du-wan wit di bodi, en wan we no get am-na fo mek di neshon den lef fo fet wo fo kil densef, fo et den kompın den bikos den komot na difren trayb, fo mek pipul den no get wanwod wit rilijon, en di bad bad tin den we pipul den kin du fo lek propati. Babaji no gud gud wan bot di tin den we de apin tide, mo di inflens en komplisiti den we di Westen sivilizayshon get, en i no se i nid fo spre di self-libereshon den fo yoga ikwal wan na di West en na di Is.

Dat no histri riferens de fo Babaji no nid fo sapraiz wi. Di big big guru no eva apia opin wan insay eni ondred ia; di misinterpreting glare of publicity no get ples na in milenial plan den. Lek di Krieta, di wangren bot we no de tok natin Pawa, Babaji de wok na wan ombul daknes.

Gret profet den lek Krays en Krishna kin kam na di wol fo wan patikyula en spektakular rizin; den kin komot de jos afta den don du am. Oda avatar den, lek Babaji, de ondatak wok we na bin bisin mo bot di slo we motalman bin de go bifo pan evolushon insay di boku boku ia pas eni wan we rili impotant insay istri. Den kayn masta den ya kin koba densef oltem from di bad bad poblik yay, en den get di pawa fo bi posin we posin no de si we den want. Fo den rizin ya, en bikos den kin jos tel den disaypul den fo set mot bot den, boku pipul den we get ay ay spirit pan God

biznes stil nɔ no na di wɔl. A giv in dis pej dɛm pan Babaji jɔs wan hint fɔ in layf-onli  
sɔm fact dɛm we i si se i fit ɛn ɛp fɔ mek dɛn gi am na pɔblik.

No limiting trut dɛn bɔt Na Babaji in yon famili ɔ di say we dɛn bɔn am, . valyu to di  
annalist in yon at, get ɛva bin

we den dɔn fɛn. Bɔku tɛm, in tɔk na Hindi, bɔt i kin tɔk izi wan insay ɛni langweɟ. I dɔn tek di simpul nem we na Babaji (papa we den rɛspɛkt); ɔda taytul den fɔ rɛspɛkt we Lahiri Mahasaya in disaypul den gi am na Mahamuni Babaji Maharaj (suprem ɛkstatik sent), Maha Yogi (greatest of yogas), Trambak Baba ɛn Shiva Baba (taytul den fɔ avatar den fɔ Shiva). Yu tink se i impɔtant fɔ mek wi nɔ no di patronymic fɔ wan masta we den fri na di wɔl?

Lahiri Mahasaya bin se: "ɛnitɛm we ɛnibɔdi tɔk di nem Babaji wit rɛspɛkt, da devotee de kin atrak spiritual blɛsin wantɛm wantɛm."

Di guru we nɔ day nɔ get ɛni mak we de sho se i dɔn ol na in bɔdi; i tan lɛk se i nɔ pas yɔŋ posin we ol twenti fayv ia. Babaji in fayn skin, we get midul bɔdi ɛn ayt, ɛn in fayn ɛn strong bɔdi de mek wan layt we posin kin si. In yay den dak, den kol, ɛn den get sori-at; in long ia we de shayn, get kɔpa kɔlɔ. Wan rili strenɟ tin na dat Babaji get wan ɛkstra ɔdinari ɛksaktɔ we fiba in disaypul Lahiri Mahasaya. Di sem tin so strɛch dat, insay in leta ia den, Lahiri Mahasaya go dɔn pas as di papa fɔ di Babaji we luk yɔŋ.

Swami bin de tɔk bɔt am Kebalananda, 1999. mi sent pipul den Sanskrit ticha, dɔn spɛn sɔm tɛm wit Babaji we de na di wɔl in di Himalayas na di mawnten den.

"Di masta we nɔ get wan kɔmpin de muf wit in grup frɔm wan ples to ɔda ples na di mawnten," Kebalananda tɛl mi. "In smɔl band get tu Amerikan disaypul den we dɔn go bifo. Afta Babaji dɔn de na wan lokaliti fɔ sɔm tɛm, i se: '*Dera danda uthao*.' ('Lɛ wi es wi kamp ɛn stik.') I kin kɛr wan simbolik *danda* (bambu stik) na di sayn fɔ muf wit in grup wantɛm wantɛm to ɔda ples I nɔ kin yuz dis we fɔ travul wit astral ɔltɛm.

"Babaji kin si ɔ no ɔda pipul den nɔmɔ we i want. Den no am se i get." bin apia insay bɔku difrɛn we den smɔl to difrɛn pipul den we de wɔship Gɔd-sɔntende den nɔ bin get biad ɛn mɔstaz, ɛn sɔntende den bin de wit den. As in bɔdi we nɔ de rɔtin nɔ nid ɛnitin fɔ it, di masta nɔ kin it ɔltɛm. As sɔshal kɔtisti to disaypul den we kin kam fɛn am, wan wan tɛm i kin tek frut, ɔ rays we den kuk wit milk ɛn bɔta we den dɔn klarify.

Kebalananda bin kɔntinyu fɔ tɔk se: "Tu wɔndaful tin den we apin na Babaji in layf, a sabi am." "In disaypul den bin sidɔm wan net rawnd wan big faya we bin de bɔn fɔ wan oli Vedik sɛrimɔni. Di masta bin kech wan tik we de bɔn wantɛm wantɛm ɛn layt wan nak di bare sholda fɔ wan chela we bin de nia di faya."

"Sa, aw wikɛd!" Lahiri we de na di wɔl Mahasaya, 1999. udat bin gi, bin mek dis fɔ mek pipul den nɔ gri wit wetin den de tɔk.

"Yu bin fɔ dɔn si am bɔn to ashis bifo yu yay, akɔdin to di lɔ we i bin dɔn mek fɔ in past karma?"

"Wit dis wod Babaji put in hiling han pan di chela in disfigured sholda. 'A don fri yu tinayt from penful day. Di karmic law don satisfai tru yu smol sofa wit faya.'

"Wan oda tem, Babaji in oli seklo bin de ambog we wan strenja kam. I bin don klaym wit wondaful skil to di ledj we no bin de nia di masta in kamp."

"'Sir, yu must bi di big Babaji.' Di man in fes bin layt wit respekt we nobodi no go ebul fo tok bot, 'Fo mont den we a don de tray fo luk fo yu midul den ston den ya we de protekt yu.'

"Ustem di rili guru bin mek No ansa, di man poynt to di we get rok chasm we den kol chasm at in fut.

"If yu no gri wit mi, a go jomp from dis mawnten. Laif no get eni oda valyu if a no ebul fo win yu gayd to di Divayn.'

"Jump den,' Babaji se unemotionally. 'A no fit aksept yu fo yu prezant stet of divelopment.'

"Di man trowe inself oba di klif wantem wantem. Babaji instrakt di disaypul den we bin shok fo kam tek di strenja in bodi. We den kam bak wit di mangled fom, di masta put in divayn an pan di day man. Lo! i opin in yay en butu inself ombul wan bifo di wan we get ol di pawa."

"Yu don redi naw fo bi disaypul.' Babaji bin de shayn wit lov pan in chela we don get layf bak, 'Yu don get maynd fo pas wan test we no izi fo yu, naw yu na wan pan wi ship den we no de day.' Don i tok in ospitul wod den fo komot, *'Dera danda uthao'* ;

Wan avatar de liv insay di Spirit we de olsay; fo am no distans no de we invas to di skwea. So, na wan rizin nomo go mek Babaji kontinyu fo get in bodi from wan ondrad to di oda: di want fo gi motalman wan konkrit egzampul bot in yon posibul den. Bin man no eva vouchsafed wan glimpse of Divinity in di flesh, i go kontinyu fo opreshon bay di hevi mayic delusion se i no go ebul fo transfa in mortality.

Jizos bin no from di biginin aw in layf go apin; i pas tru eni ivin noto fo inself, noto from eni karma kompalsion, bot fo di oplifment fo motalman we de tink gud wan nomo biin den. In 4 ripota-disaypul den, Matyu, Mak, Lyuk, en Jon, bin rekod di drama we nobodi no go ebul fo tok bot fo benifit di jenereshon den we go kam.

Fo Babaji, 1999. bak, de na No rilitiviti of trade, gi, tumara bambay; from di bigin i don no ol di pat den na in layf. Bot stil, bikos i gri fo mek pipul den no ondastand am, i don ple boku tin den we i de du we i de liv in layf we i de liv bifo wan o boku witnes den. Na so i kam fo bi se wan Lahiri Mahasaya in disaypul bin de we Babaji bin si se di tem don rayp fo mek i prich se i posibul fo mek in bodi no day. I bin tok dis promis bifo Ram Gopal Muzumdar, se i go don fo mek pipul den no am fo di inspekshon fo oda at den we de luk fo. Di big wan den kin tok den wod en tek pat pan di tin den we i tan lek se natin no de apin, jos fo di gud fo motalman, ivin lek aw Krays bin se:

"Papa . . . A bin no se yu de yeri mi oltem: bot *bikɔs ɔf di pipul den we tinap nia a bin tɔk am*, so dat den go biliv se na yu sɛn mi." **33-2** We

mi visit na Ranbajpur wit Ram Gopal, "di sent we nɔ de slip," **33-3** i bin tɔk bɔt di wɔndaful stori bɔt di fɔs tɛm we i mit wit Babaji.

"Sontende a kin lɛf mi isol kev fɔ sidɔm na Lahiri Mahasaya in fut na Benares," na so Ram Gopal tɛl mi. "Wan midnajt as a bin de tink kwayɛt wan insay wan grup we gɛt in disaypul dɛn, di masta mek wan sɔprayz rikwest."

"Ram." Gopal, '. i bin se, 'go at wan tɛm to di Dasasamedh bin de du dat fɔ was yu bɔdi *ghat* .'

"I nɔ tu te, a rich di say we nɔbɔdi nɔ de. Di nɛt bin brayt wit mun layt ɛn di sta dɛn we de shayn. Afta a dɔn sidɔm na peshɛnt saylɛns fɔ sɔm tɛm, dɛn drɔ mi atɛnshɔn to wan big big ston slab nia mi fut. I bin de go ɔp smɔl smɔl, ɛn sho wan kev we de ɔnda grɔn. As di ston bin de balans insay sɔm we we a nɔ no, di drap fɔm fɔ wan yɔŋ uman we lɛk pɔsin we pas am bin de." levitated from the cave high into the air We wan saf halo bin de rawnd am, i bin de kam dɔŋ bifo mi ɛn tinap we nɔ de muv, i bin de insay wan insay stet fɔ gladi-at.

"Mi na Mataji, **33-4** di sista fɔ Babaji. A dɔn aks am ɛn bak Lahiri Mahasaya fɔ kam na mi kev tinayt fɔ tɔk bɔt wan tin we rili impɔtant.'

"Wan nebulous layt bin de flɔt kwik kwik wan oba di Ganges; di strenj luminescence bin de riflekt insay di opaque wata. I bin de kam nia ɛn nia te, wit wan blaynd flash, i apia pas." di sayd fɔ Mataji ɛn kɔndens inɛf wantɛm wantɛm insay di mɔtalman fɔm we na Lahiri Mahasaya. I butu wit ɔmbul na di uman sent in fut.

"Bifo a dɔn wɛl frɔm mi kɔnfyus, a bin wɔnda mɔ fɔ si wan sɛklɔ mas fɔ mistik layt we de travul na di skay. We a de kam dɔŋ kwik kwik wan, di flaming whirlpool nia wi grup ɛn matirial inɛf insay di bɔdi fɔ wan fayn yɔŋ man we, a ɔndastand wan tɛm, na Babaji. I bin tan lɛk Lahiri Mahasaya, di wangren difrɛns na dat Babaji bin tan lɛk se i yɔŋ pasmak, ɛn." bin gɛt lɔng ia we brayt.

"Lahiri Mahasaya, Mataji, ɛn misɛf bin nil dɔŋ na di guru in fut. Wan ethereal sensation of beatific glory thrilled ɛvri fayv na mi bi as a de tɔch in divayn bɔdi."

"Blɛsin sista,' Babaji se, 'A de intend fɔ shed mi fɔm ɛn plɔmp insay di Infinite Current.'

"A don olredi glimps yu plan, beloved masta. A bin wan tok about am wit yu tinait. Wetin mek yu shud komot fo yu bodi?' Di uman we get glori bin luk am wit beg.

"Wetin na di difrɛn if a wɛr wan we pɔsin kin si ɔ we pɔsin nɔ de si wev pantap di si ɔf mi Spirit?"

"Mataji ansa wit wan kwayɛt flash ɔf wit. 'Guru we nɔ de day, if i nɔ mek ɛni difrɛns,

den duya nɔ ɛva lɛf yu fɔm.' **33-5**

"Bi i so,' Babaji we de na di wol bin se solemnly. 'A go nɔ ɛva lɛf mi bɔdi bɔdi. I go  
ɔltɛm fɔ kontinyu we pɔsin kin si



to at le smol pipul den na dis wol. Di Masta don tok wetin i want tru yu lip den.'

"As a de lisin wit fred to di tok bitwin den ay ay pipul ya, di big guru ton to mi wit wan benign jes."

"No fred, Ram Gopal,' i se, 'yu bles fo bi witnes na di say we dis promis we no de day.'

"As di swit melodi fo Babaji in voys de fade, in fom en di wan fo Lahiri Mahasaya bin de levitate smol smol en muf bak oba di Ganges. Wan aureole we get dazlin layt bin de tempul den bodi as den de los na di skay na net. Mataji in fom bin de flot to di kev en kam don; di ston." slab klos insef, lek se i de wok pan wan leva we posin no de si.

"Infinitely inspired, a wend mi we bak to Lahiri Mahasaya in ples. As a de butu bifo am fo di ali dohn, mi guru smayl to mi andastan."

"A gladi fo yu, Ram Gopal,' i se. 'Di want fo mit Babaji en Mataji, we yu don de tel mi boku tem, don fen las las wan oli fulfilment.'

"Mi kompin disaypul den bin tel mi se Lahiri Mahasaya no bin muf komot na in dais from ali ivintem bifo."

"I bin gi wan fayn fayn tok bot di layf we no de day afta yu don komot fo go na di Dasasamedh *ghat* ,' wan pan di chelas den tel mi. Fo di fos tem we a fulop fo no di trut na di skripcho vas den we se man we de no insef kin apia na difren say den na tu o mo bodi den di sem tem.

"Lahiri Mahasaya leta eksplen to mi boku metafizikal poynt den bot di hidden divayn plan fo dis wol," na so Ram Gopal don. "God don pik Babaji fo de na in bodi fo di tem we dis patikyula wol saykl de. Ej den go kam en go- stil di masta we no de day, 33-6." beholding di drama of di centuries, go de na dis stej terrestrial."

Chapta 33. Di wan den we de wok Futnot den

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.*Matyu* 8: 19- 20 .10 :33-1

.*Jon* 11: 41- 42 .10 :33-2

33-3 : . Di we de olsay yoga we de du yoga udat we den bin si dat a don fel to butu bifo di Tarakeswar bin de du am shrine we den kin yuz fo wship ( chapta 10 13 ).

33-4 : . "Oli." Mama." Mataji we den kol Mataji bak don bin liv pas di fo long long tem; i na lek as fa go bifo na spiritual tin den as i broda. I stil de gladi pasmak na wan kev we ayd onda gron nia di Dasasamedh *ghat* .

33-5 : . Dis scontin de memba wi wan of Thales, we nem Thales. Di rili Grik langwej posin we sabi bot sayens bin tich dat de bin No difren bitwin layf en day. Wan kritik aks se, "Wetin mek yu no de day?" Thales ansa se: "Bikos i no mek eni difrens."

33-6 : . "Fɔ tru, . fɔ tru, . a se to yu, If wan man kip mi we de tɔk (fɔ kontinyu we nɔ brok in di Krays Krays No), i fɔ

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## CHAPTER: 1 . 34. Di wan dɛn we de wok

### ***Fɔ mek tin dɛn we pɔsin kin du WAN Palɛs na di os Insay di Di Himalayas na di mawnten dɛn***

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"Di fɔs mitin we Babaji bin get wit Lahiri Mahasaya na wan stori we de mek pɔsin in at gladi, ɛn na wan pan di smɔl wan dɛn we de gi wi wan ditayl glimpse fɔ di guru we nɔ de day."

Dɛn wɔd ya na bin Swami Kebalananda in fɔs wɔd fɔ wan wɔndaful stori. Di fɔs tɛm we i tɔk bak bot am a bin rili spɛl. Bɔku ɔda tɛm dɛn, a bin de kɔs mi ɔmbul Sanskrit ticha fɔ ripit di stori, we leta Sri Yukteswar bin tel mi wit di sem wɔd dɛn. Dɛn tu Lahiri Mahasaya disaypul ya bin dɔn yɛri di wɔndaful stori dairekt frɔm dɛn guru in lip.

"Mi fes mitin wit Babaji tek ples fɔ mai tati tri yie," Lahiri Mahasaya bin don tok. "In di ɔtom 1861 a bin steshɔn na Danapur as govment akauntant na di Military Engineering Department. Wan mɔnin di ɔfis manija kɔl mi."

"Lahiri,' im se, 'telegram jos kom from wi men ofis. Yu get fɔ transfa to Ranikhet, wia wan ami post 34-1.' na naw dɛn de mek am.'

"Wit wan savant, a setul fɔ di 500 mayl trip. We a travul wit hos and buggy, wi rich in tati dez fɔ di Himalayan sait of Ranikhet. 34-2."

"Mi ɔfis wok nɔ bin tranga; a bin ebul fɔ spɛn bɔku awa de waka waka na di fayn fayn il dɛm. Wan rɔmɔr bin rich to mi se big big sent dɛn de blɛs di rijyɔn wit dɛn prezɛns; a bin fil wan strɔng want fɔ si dɛn. We a bin de rɔn wan ali aftanun, a bin soprayz fɔ yɛri wan vɔys we de fa de kɔl mi nem. A kɔntinyu fɔ klaym di mawnten we de go ɔp wit trɛnk. A. A. A." smɔl nɔ bin izi fɔ mi we a tink se sɔntɛm a nɔ go ebul fɔ tray mi step dɛn bifo daknes dɔn kam dɔŋ di jɔŋgrɔn.

"A bin dɔn rich wan smɔl klia ples we in sayd dɛn bin get bɔku bɔku kev dɛn. Na

wan pan di rɔk ledj dɛn, wan yɔŋ man we bin de smayl bin tinap, i bin de es in an fɔ  
wɛlkɔm. A notis wit sɔprayz se, pas in ia we gɛt kɔpa kɔlɔ, i bin gɛt wan wɔndaful  
tin we fiba mi."

"Lahiri, . yu gɛt kam!" Di sent we dɛn adres mi wit lɔv in Hindi we dɛn kɔl Hindi. 'Rest  
naya in dis kev. I

bin a udat bin kəl yu.'

"A bin kam insay wan nit sməl grotto we dən kəl grotto us we de insay bōku we dən mek wit wul blankit dən en wan sōm *kamandulus we dən kəl kamandulus* (we de beg bol dən).

"Lahiri, . du yu mēmba dat sidōm ples?' Di yoga we de du yoga pōynt to wan we dən fold kōba in wan kōna.

"No, sa.' Som dazed fō di strenj we mi adventure, a ad se, 'A mos komot nau, bifo nait a get biznis fō moning fō mai ofis.'

"Di mistiriōs sent ansa insay English se, 'Dən briŋ di ofis fō yu, en nōto yu fō di ofis.'

"A bin mumu se dis fōrest asketik nō fō jōs tōk English bōt i fō parafrāz Krays in wōd dən bak. 34-3. "

"A si se mi telegram tek efekt.' Di tin we di yogi tōk nō bin izi fō mi .

"A tōk bōt to di tēligrām dat dən kəl am yu to dən wan ya fa say pat dən. I bin a udat silently suggest to the mind of yu supia ofisa se dən fō transfa yu to Ranikhet. We pōsin fil in wanwōd wit mōtalman, ol in maynd kin bi transmit steshōn dən we i kin wok pan go.' I ad saful wan se, 'Lahiri, fō tru, i tan lēk se yu sabi dis kev?'

"As a de menten wan kōnfyus silens, di sent kam nia en nak mi saful wan pan di... fōed. We i tōch am wit magnetik, wan wōndaful kōrēnt bin swip tru mi bren, en fri di swit sid-mēmōri dən we a bin get trade.

"A mēmba!' Mi vōys bin af-af chok wit gladi-at sobs, 'Yu na mi guru Babaji, we dōn bi mi yon oltem Scenes of the past derise vividly in my mind; As tin dən we a nō ebul fō tōk bōt bin de ambōg mi, a bin de kray en og mi masta in fut.

"Fō pas tri dikōs a dōn wet fō yu ya-wet fō yu fō kam bak to mi!' Babaji in vōys bin de ring wit selestial lōv 'Yu slip go en lōs insay di trōbul wef dən na di layf we pas day. Di majik stik we yu karma get bin tōch yu, en yu nō bin de igen! Pan ol we yu lōs mi yay, a nō ēva lōs yu yay! A bin de ronata yu oba di astral si we de shayn usay di enjēl dən we get glori de travul. Tru dak, storm, upheaval, en layt a bin fala yu, lēk mama bōd we de gayd in pikin dən. As yu liv yu mōtalman tēm fō belē-layf, en kōmōt as bebi, . mi yay bin de ēva de pan yu. We yu bin kōba yu sməl sməl fōm insay di lotus posture ōnda di Nadia sand dən we yu bin sməl, a bin de de we wi nō bin de si! A dōn peshēnt, mōnt afta mōnt, ia afta ia, a dōn de wach una, de wet fō dis pafekt de. Naw yu de wit mi! Lo, na yu kev de ya, we yu lēk trade! A dōn kip am klin en rēdi fō una oltem. Na yu oli *asana* - blanket, usay yu kin sidōm ēvride fō ful yu at we de bōku wit Gōd! Luk de yu bol, frōm we bōku tēm yu bin de drink di nēktō we a bin dōn pripia! Si aw a dōn kip di kōp we dən mek wit kōpa brayt brayt wan, .

dat yu sɔntəm drink igen frɔm dat, frɔm dat! Mi yon, du yu naw ɔndastand?'

"Mi guru, wetin a go se?' A bin de grɔmbul wit brok at, 'Usay pɔsin dɔn ɛva yeri bɔt dis kayn lɔv we nɔ de day?' A bin de luk lɔng ɛn gladi at pan mi trɔs we go de sote go, we na mi guru na layf ɛn day.

"Lahiri, yu nid fɔ klin. Drink di ɔyl we de insay dis bol ɛn ledɔm nia di riva.' Babaji in prektikal sɛns, a bin de tink wit wan kwik, smayl we de mɛmba mi, bin ɛva de bifo.

"A obe in dairekshɔn. Pan ɔl we di ays Himalayan nɛt bin de kam dɔŋ, wan kɔmfɔt wam, wan insay raytin, bigin fɔ puls insay ɛvri sɛl na mi bɔdi. A bin sɔprayz. Di ɔyl we a nɔ bin no bin endued wit wan kɔsmik ɔt?

"Bita briz bin de wip rawnd mi na daknɛs, de ala wan faya faya chalenj. Di kol wevlet dɛn na di Gogash Riva bin de lap naw ɛn afta dat oba mi bɔdi, dɛn bin de strɛch na di rɔk bank. Tayga dɛn bin de ala nia de, bɔt mi at nɔ bin de fred; di raytin fɔs we dɛn jɔs dɔn mek insay mi bin de gi wan ashurant fɔ protɛkshɔn we nɔ go ebul fɔ atak mi. Bɔku awa dɛn bin de pas kwik kwik wan; mɛmori dɛn bin de fade." ɔf ɔda layf wev dɛnsɛf insay di prɛsɛn briliant patɛn fɔ riyunin wit mi divayn guru.

"Mi solitary musings bin de intarap wit di sawnd we di fut step we de kam nia. Fo dak, wan man han bin helep mi saful saful fo tinap mi fut, and giv mi som dray klos."

"Kam, brɔda,' mi kɔmpin bin se. 'Di masta de wet fɔ am yu.'

"I bin lid di we tru di fɔrɛst. Di somber nɛt bin layt wantɛm wantɛm bay wan stedi luminosity we bin de fa."

"Kin dat bi di san rayz?' a bin aks. 'Fɔ tru di wan ol nɛt dɔn nɔto bin pas?'

"Di awa na midnayt.' Mi gaydman laf saful wan 'Yɔnda layt na di glo fɔ wan gold pales, we di Babaji we nɔ get wan kɔmpitishɔn dɔn mek am tide, wan tɛm yu bin de sho se yu want fɔ ɛnjoy di fayn fayn tin dɛn we de na wan pales, naw i de fri yu frɔm di bond dɛn we karma get.' **34-4 I ad se, 'Di fayn fayn pales go bi di say we yu go bigin fɔ du Kriya Yoga** tinayt . ɔl yu brɔda dɛn we de ya jɔyn fɔ welkɔm dɛn, ɛn dɛn kin gladi we yu dɔn fɔ lɔng tɛm we yu bin dɔn kɛr yu go na ɔda kɔntri. Luk!'

"Wan big big pales we get gold we de shayn bin tinap bifo wi. I bin ful-ɔp wit boku boku jɔlɔs dɛn, ɛn i bin de midul gadin dɛn we dɛn dɔn mek fayn fayn wan, i bin de sho wan fayn fayn tin we nobɔdi nɔ ebul fɔ kɔmpia. Sent dɛn we get ɛnjɛl dɛn fes bin de nia get dɛn we de shayn, we di rubi dɛn we de shayn bin rɛd af-af."

Dɛn bin put dayamɔn, pal, safaya, ɛn ɛmirald dɛn we get big saiz ɛn we de shayn insay di arch dɛn we dɛn bin de dres.

"A fala mi kōmpin go insay wan big risepshon hal. Di smel we insens en ros den bin de smel bin de swet na di ays; di lamp den we nō bin get betε kolo bin de shayn. Smol grup den we bin de woship God, som den bin fayn, som den bin get dak skin, den bin de siŋ myuzik, o sidom na di we aw den de tink gud wan, en den bin de insay wan pis we de insay. Wan gladi gladi we bin de shayn bin de olsay na di atmosfes."

"Fest yu yay; enjoy di atis fayn fayn tin den we de na dis pales, bikos na fo ono yu nomo den don mek am.' Mi gaydman bin smayl wit sori-at as a de tok som ejakuleshon den fo wonda.

"Broda,' a se, 'di fayn fayn tin we dis strokcho fayn pas di say we motalman de imajin. Duya tel mi di sikrit bot aw i komot.'

"A go gladi fo mek yu no mo.' Mi kompin in dak yay den bin de shayn wit sens 'In rialiti natin no de we posin no go ebul fo eksplen bot dis matirializeshon Di wan ol kosmos na sontin we posin kin tink bot di Wan we mek oltin. Dis ebi ebi klod we de na di wol, we de flot na di spes, na God in drim. I mek oltin komot na In konshens, ivin lek aw motalman insay in drim konshens de bon en mek wan krieshon get layf wit in kricho den.

"God fos mek di wol as aydia. Don i mek am kwik; enaji atom den kam. I kodinet di atom den insay dis solid sfera. Ol in molyul den de ol togeda bay wetin God want. We i pul wetin i want, di wol bak go skata to enaji. Enaji go solv insay konshens; di wol-aydia go donawe wit objektiviti.

"Di sobstans fo wan drim de ol insay matirializayshon bay di sabkoshos tinkin fo di posin we de drim. We den pul da kohiv tink de insay wek, di drim en in eliment den de solv. Man de lok in yay en erekt wan drim-krieshon we, we i wek, i no de tray fo mek i no get enitin fo du wit am. I de fala di divayn archetypal paten. Semweso, we i wek insay cosmic consciousness, i go effortlessly dematerialize di ilyushon dem fo di kosmik drim.

"Bikos Babaji bi wan wit di Wil we no get end we de du oltin, i kin kol di eliment atom den fo kam togeda en sho densef pan eni we. Dis gold pales, we den mek wantem wantem, na rial, ivin lek aw dis wol na rial. Babaji mek dis palatial manshon komot na in maynd en i de ol in atom den togeda bay di pawa we in wil get, ivin lek aw God mek dis wol en i de menten am intakt.' I ad se, 'We dis strokcho don sav in purpose, Babaji go dematerialize am.'

"As a bin de silent wit fred, mi gayd bin mek wan swip jes. 'Dis shimmering palas, superbly embellished wit jewels, no bi bild by human effort or wit laboriously mined gold and gems. I tinap solidly, a monumental challenge to man. 34-5.' Enibodi we no se insef na God in pikin, ivin lek aw Babaji don du, kin rich eni gol bay di pawa den we no get end we ayd insay am. Wan komon ston kin lok insay insef di sikrit fo di wondaful atomik enaji; 34-6 ivin so, posin we de day na pawaful tin we God get.'

"Di sej pik wan fayn fayn vays from wan tebul we bin de nia de we in handel bin de bon wit dayamon. 'Wi big guru mek dis pales bay we i mek boku boku fri kosmik rayt den strong,' i kontinyu fo tok. 'Toch dis vays en in dayamon den; den go satisfay ol di test den we posin kin get we i de fil.'



"A we den bin de chek di flawa pot, en bin pas mi an oba di fayn rum-wol den, . tik wit gold we de shayn. Eni wan pan di jolos den we bin skata buku buku wan bin fit fo mek kin geda am. Dip satisfayshon bin de olsay na mi maynd. Wan want we de onda wata, we ayd insay mi sabkoshens from layf den

naw dɔn, i bin tan lek se sem tɛm gladi at ɛn we dɛn dɔn ɔt.

"Mi stet kɔmpin bin lid mi tru ɔnate arch ɛn kɔridɔ dɛn insay wan sirɔs chɛmba." we dɛn mek bɔku tin dɛn lek aw empara in os bin de. Wi bin go insay wan big big ɔl. Insay di midul, wan gold tron bin tinap, we get jɔlɔs dɛn we de shed bɔku bɔku kɔlɔ dɛn we de shayn. Na de, insay lotus posture, di supɾem Babaji bin sidɔm. A nil dɔŋ na di flo we de shayn na in fut.

"'Lahiri, yu stil de fest pan yu drim want fo golden pales?' Mi guru in yay dɛn bin de shayn lek in yon safaya dɛn. 'Wek! ɔl yu na di wɔl we pɔsin tɔsti de bɔt to bi dɛn dɔn kil am sote go.' I bin de grɔmbul sɔm mistik wɔd dɛn fɔ blɛs. 'Mi pikin, grap. Risiv yu initieshɔn fɔ go na God in kiŋdɔm tru *Kriya Yoga* .' "

"Babaji stret in an; wan *homa* (sakrifays) faya bin apia, we frut ɛn flawa dɛn rawnd am. A bin get di fri yoga tɛknik bifo dis ɔlta we de bɔn."

"Dɛn bin dɔn di rites insay di ali do. A bin fil se a nɔ nid fɔ slip insay mi ekstatik stet, ɛn a bin de waka rawnd di pales, ful-ɔp ɔlsay wit trɔs ɛn prɛshɔ *objets d'art* ." We a de kam dɔŋ di fayn fayn gadin dɛn, a notis, nia de, di sem kev dɛn ɛn di mawnten led dɛn we nɔ get natin we yestede nɔ bin dɔn bost se dɛn nɔ de nia di pales ɔ di tɛras we get flawa.

"We a go bak insay di pales, we a bin de shayn fayn fayn wan insay di kol Himalayan san layt, a bin de luk fɔ mi masta in prezɛns. I bin stil sidɔm na tron, bɔku kwayɛt disaypul dɛn bin de rawnd am."

"'Lahiri, . yu de angri.' Babaji we de na di wɔl ad, . 'Tayt yu yay.' "

"We a opin dɛn bak, di enchantin pales ɛn in fayn fayn gadin dɛn bin dɔn lɔs. Mi yon bɔdi ɛn di fɔm dɛn fɔ Babaji ɛn di klasta fɔ chelas ɔl bin dɔn sidɔm naw na di bare." grɔn na di rayt say we di pales we dɔn lɔs bin de, we nɔ de fa frɔm di say dɛn we di san de shayn na di say dɛn we dɛn kin go insay di stɔn dɛn we get stɔn dɛn. A mɛmba se mi gayd bin dɔn rimark se di pales go dematerialized, its kapchɔ atɔm dɛn we dɛn fri insay di tink- ɛsin we i bin kɔmɔt frɔm. Pan ɔl we a bin sɔprayz, a bin de luk mi guru wit trɔst. A nɔ bin no wetin fɔ ɛkspekt nɛks pan dis de fɔ mirekul.

"'Di rizin we mek dɛn mek di pales, dɛn dɔn sav am naw,' Babaji ɛksplen. I es wan ɔti bɔtul frɔm di grɔn. 'Put yu an de ɛn get ɛni it we yu want.' "

"As a tɔch di brayt, ɛmti bol, i bin kam ful-ɔp wit ɔt bɔta-fried *luchis* , kari, ɛn swit mit dɛn we nɔ bɔku. A ɛp misɛf, a si se di bɔtul dɔn ɛva ful-ɔp. We a dɔn fɔ it a luk rawnd fɔ wata. Mi guru pɔynt to di bol bifo mi. Lo! di it bin get." bin dɔn lɔs; insay in ples, wata bin de, we klia lek se i kɔmɔt na mawnten.

"'Na smɔl pipul dɛn nɔmɔ we de day no se God in kiŋdɔm inklud di kiŋdɔm we tin

dɛn we de apin na di wɔl,' na dat Babaji bin tɔk. 'Di divayn eria de go te to di wan  
dɛn we de na di wɔl, bot di las wan, bikɔs na lay lay tin, i nɔ go ebul fɔ inklud di men  
tin we de apin.'

"Wan we a lɛk guru, . las nɛt yu we dɛn sho fɔ mi di link ɔf fayn in evin ɛn dunya!" a

i bin de smayl we i memba di pales we bin don lós; fò tru, no simplul yogi nò bin don eva get initieshon fò di ògòst misterì den fò Spirit bitwin di say den we de rawnd mò impreshonal lòjishon! A bin de luk am wit kwayet wan we rili difren fròm di tin den we de apin naw. Di gaunt gròn, di skyey ruf, di kev den we de gi primitiv shelta-òl bin tan lek wan fayn natura setin fò di serafik sent den we bin de rawnd mi.

"A sidòm da aftanun de pan mi blankit, we den oli wit asosieshon den we a don no bot layf we don pas. Mi divayn guru kam nia en pas in an oba mi ed. A go insay di *nirbikalpa samadhi* stet, a nò brok insay in gladi at fò sevin dez. A de kròs di strata we de afta densesf fò no bot misef, A bin go insay di rial say den we nò get day. Òl di delusive limiteshon den bin dròp away; mi sol bin ful-òp pan di òlta we go de sote go fò di Kòsmik Spirit. Di de we mek et a fòdom na mi guru in fut en beg am fò kip mi nia am òltem na dis oli wildanes.

"'Mi pikin,' Babaji se, as i embras mi, 'yu rol fò dis inkarneshon fò ple na wan stej we de na do. Prenatally blessed by many lifes of lonely meditation, yu must now mingle in the world of men.'

"'Wan dip rizin de ònda di trut se yu nò mit mi dis tem te yu don òlredi bi man we mared, wit smòl biznes rispònsibiliti. Yu fò put yu tinkin fò jòyn wi sikrit band na di Himalayas na sayd; yu layf de na di krawd mats, we de sav as egzampul fò di ideal yogi-hausholda.

"'Di kray we bòku man en uman den we de na di wòl we kònfyus de kray nò fòdom we den nò yeri na di Gret Wan den yes,' i kòntinyu fò tók. 'Den don pik yu fò brin spiritual kòrej tru *Kriya Yoga* to bòku pipul den we de luk fò am wit òl den at. Di bòku bòku pipul den we famili tayt en ebi ebi wok den na di wòl de sofa go tek nyu at fròm yu, we na posin we get os lek densesf. Yu fò gayd den fò si se na di ay ay yogic attainments are not barred to the family man Ivin na di wòl, di yogi we fetful fò du in rispònsibiliti, we nò get in yon rizin ò attachment, de tred di shò rod fò mek i get sens.

"'No nid nò de kòmpel yu fò kòmòt na di wòl, bikòs insay yu don òlredi skata in evri karmik tay. Nòto dis wòl, yu fò de insay am yet. Bòku ia stil de we yu fò du yu famili, biznes, sivik, en spiritual wok den wit kònshens. Wan swit nyu briz fò divayn op go go insay di dray at den fò di wòl man den. Fròm yu balans layf, den go òndastand se fridòm na dipen pan di tin den we de insay, pas di tin den we de na do.'

"Aw rimot bin tan lek se mi famili, di òfis, di wòl, as a de lisin to mi guru na di ay Himalayan solitudes. Yet adamantine trut bin ring insay in wòd dem; a submissively gri fò lef dis blesin haven fò pis. Babaji instròkt mi di òl rigid rul dem we de gayd di transmishon fò di yoga art fròm guru to disaypul."

"'Best di *Kriya* ki òl to kwalifay chelas,' Babaji se. 'Di wan we pròmis fò sakrifays òl in di fens.' òf di Lek evin na fit to unravel di fainal misterì den òf layf pas di sayens òf

tink dip.'

"Enjel guru, as yu don olredi favoret motalman bay we yu gi layf bak to di *Kriya* art we don los, yu no go inkrisayz da benifit de bay we yu rilaks di strikt rikwayment fo bi disaypul?' A bin de luk am

we den de beg am na Babaji. 'A de pre mek yu alaw mi fo komyuniket *Kriya* to ol di wan den we de luk fo, pan ol we fos den no go ebul fo promis densef fo kompli insay renens. Di man en uman den we den bin de mek sofa na di wol, we di tri tem sofa bin de ronata den, 34-7 nid speshal enkorejment. Den no go eva tray fo waka na di rod fo fridom if den no gri fo tek *Kriya* initieshon from den.'

"'Bi am so. Di divain wish don sho tru yu.' Wit dis simpul wod den, di guru we get sori-at bin dreb di strong tin den we den bin don mek fo protekt *Kriya* from di wol fo long long tem 'Gi *Kriya* fri wan to ol di wan den we ombul fo aks fo ep.'

Afta yu don set mot, Babaji ad se, 'Ripet to eni wan pan yu disaypul den dis majestik" promis from di *Bhagavad Gita: "Swalpamasya Dharmasya, Trayata Mahato Bhoyat"* -"Ivin smol smol pan di prasis fo dis rilijon go sev yu from bad bad fred en big big sofa.'" 34-8

"As a nil don di neks monin na mi guru in fut fo in fayvel blesin, i si se a no want fo lef am dip."

"'No separeshon no de fo wi, mi pikin we a lek.' I toch mi sholda wit lov, 'Enisay we yu de, enitem we yu kol mi, a go de wit yu wantem wantem.'

"A bin korej mi wit in wondaful promis, en rich wit di nyu gold we God-sens we den don fen, a go don di mawnten. Na di ofis mi kompini wokman den bin welkom mi, we fo ten dez bin de tink se a don los na di Himalayan jongron. I no tu te, wan leta kam from di ed ofis."

"'Lahiri fo go bak na di Danapur 34-9." ofis,' na so i rid. 'In transfa to Ranikhet bin apin bay mistek. Den fo don sen oda man fo tek di wok den we den kin du na Ranikhet.'

"A smayl, de tink bot di hiden kros korent den we de insay di ivintens den we bin don mek a rich dis ples we de fa pas ol na India."

"Bifo a go bak na Danapur, a bin spen som dez wit wan Bengali famili na Moradabad. Wan pati we get siks padi den bin geda fo grit mi. As a de ton di tok to spiritual topik den, di posin we bin de invayt mi bin si wit pwel at:

"'O, in den wan ya de den India na pipul den we no get natin of oli pipul den!'

"'Babu,' a bin protest wit wam wam, . 'of koz de de stil rili masta den in dis land!'

"In a mood of exalted fervor, a bin fil impelted fo rilet mi mirekul expiriens dem fo di Himalayas. Di smol kompini bin politely incredulous."

"'Lahiri,' wan man se wit kol at, 'yu maynd don de anda strain fo dem rarefied mawnten airs. Dis na som de drim we yu don rikont.'

"Bonin." wit di zil of trut, a bin tok no fo get tink. 'If a kol in, mi guru go

sho rayt in dis os.'

"Intres bin de shayn na evri yay; i no bin wonda se di grup bin rili want fo si wan sent we de mek posin insef bi so strenj we. A no bin want fo du dat, a aks fo wan kwayet rum en tu nyu wul blankit den."

"'Di masta go materialize from di ether,' a se. 'Remain silently outside the doa; I go soon call you.'

"A sink insay di meditatif stet, ombul wan kol mi guru. I no tu te, di rum we bin dak ful-op wit wan dim aural moonlight; di luminous figa fo Babaji komot."

"'Lahiri, yu de kol mi fo trifle?' Di masta in yay bin strong, 'Trut na fo di wan den we rili want fo no mo, i izi fo biliv we posin si natin no de fo dinay. Di wan den we de win di dawt we den kin get we den lek fo get propati, fit fo get tru tin we pas wetin posin want en na in kin fen am.' I ad sirios wan se, 'Le mi go!'

"A fodom wit beg na in fut. 'Oli guru, a rialize mi sirios mistek; a ombul fo aks fogiv. Na fo mek fet pan den spiritually blinded maynd ya a vencho fo kol yu. Bikos yu don graciously apia na mi prea, duya no komot de witout bestow a blessing to mi padi dem. Unbelievers though they be, at least they were willing to investy the truth of my." strenj tin den we den kin tok.'

"'Veri wel; a go de fo som tem. A no de wish se yu wod diskredit bifo yu padi dem.' Babaji in fes bin don sof, bot i ad saful wan se, 'Fo naw, mi pikin, a go kam we yu nid mi, en noto oltem we yu kol mi **34-10**' .

"Tens silens bin de rul fo di smol grup wen a opin di doa. As if a no de trost dia sense, mai padi dem de luk di lustrous figa fo di blanket sit."

"'Dis na mas-hipnotism!' Wan man bin laf klia wan se 'Nobodi no bin fo don go insay dis rum if wi no no!'

"Babaji advans wit smayl en mek sayn to eni wan fo toch di wam, solid bodi na in bodi. Dobt don komot, mi padi den butu na gron wit awed ripent."

"'Le *halua* **34-11.html** una fo redi.' Babaji bin mek dis rikwest, a bin no, fo mek di grup biliv mo bot in fizik rialiti. We di porit bin de bol, di divayn guru bin de tok fayn fayn wan. Great bin di metamorphosis of dis doubting Thomases to devout Sent Pol. Afta wi don it, Babaji bin bles wi ol tu wan bay wan. Wan flash bin kam wantem wantem; wi witnes di instantaneous dechemicalization of di ilektronik elements na Babaji in bodi to wan spread vaporous layt. Di God-tuned wil pawa fo di masta bin don los in grasp pan di eta atom den we den ol togeda as in bodi; wantem wantem di trilyon smol smol spak den we de mek pipul den liv long bin don go na di wata we no get end.



"Wit mi yon yay a get don si di posin we win di wo of day.' Maitra, 1999. **34-12** wan of di grup, bin tok

wit rɛspɛkt. In fes bin chenʝ wit di gladi at we i bin ʝet we i wek i nɔ tu te yet. 'Di supɾem guru bin de ple wit tɛm ɛn ples, lɛk aw pikin de ple wit bɔbul. A dɔn si wan wit di ki dɛn na ɛvin ɛn di wol.'

"I nɔ tu te, a kam bak na Danapur. A bin ankɔr fayn fayn wan insay di Spirit, bak a tek di bɔku bɔku biznɛs ɛn famili ɔbligayshɔn dɛn we pɔsin we ʝet os ʝet."

Lahiri Mahasaya bin rilet bak to Swami Kebalananda ɛn Sri Yukteswar di stori bɔt wan ɔda mitin wit Babaji, ɔnda sikɔstɛms we mɛmba di guru in pɾomis: "A ʝo kam ɛnitɛm we yu nid mi."

"Di scene na bin *Kumbha Mela* na Allahabad," Lahiri Mahasaya tɛl in disaypul dɛn. "A bin don ʝo de fo shot vaykeshun from mai ofis duti. As a de waka waka midul di throng of monks." ɛn sadhus we bin kɔmɔt fa fawe fo atɛnd di oli festival, a notis wan ascetic we dɛn dɔn smɛl ashis we bin ol wan bol fo beg. Di tinkin bin kam na mi maynd se di man na ipokrit, . de wɛr di na do simbul dɛn ɔf fo lɛf fo du sɔntin nɔ wan kɔrɛspɔndɛns insay gras we pɔsin kin ʝet.

"No sooner a pas di ascetic, mai astounded ai fol fo Babaji. Im bin de nil fo front of wan matted-haired anchorite."

"'Gruji!' a we dɛn mek kwik kwik wan to in say. 'Sa, wetin de yu de du naya?'

"'A de was dis renunciate in fut, ɛn afta dat a ʝo klin in kuk tin dɛn.' Babaji we de na di wol smayl to mi lɛk smɔl pikin; A bin no se i de intimate se i nɔ want mek a kɔrɛkt ɛnibɔdi, bɔt fo si di Masta as pɔsin we de liv ikwal na ɔl di bɔdi-tɛmpul dɛn, ilɛksɛf na man dɛn we pas am ɔ we nɔ impɔtant. Di big guru ad se, 'We a de sav sadhus we ʝet sɛns ɛn we nɔ no natin, a de lan di big big kwaliti dɛn, we de mek Gɔd gladi pas ɔl ɔda pipul dɛn- fo ɔmbul.'"

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34-1 : . Naw wan soja di say usay dɛn de mɛn di sik dɛn. Bay we 1861. Di ia 1861 di British pipul dɛn Gɔvment bin dɔn bin stat sho telegraf kɔmyunikeshɔn dɛn.

34-2 : . Ranikhet, 1999. in di Almora bin de du distrikt ɔf Yunaytɛd Pɾɔvins dɛn, . na we de na di say we dɛn de at di fut ɔf Nanda, we de tɔk bɔt am Devi, 1999. di di wan we ay pas ɔl Himalayan pik (25,661 fit) na British India.

34-3 : . "Di Sabat de bin bin mek fo man, ɛn nɔto man fo di sabat."- *Mak* 2:27.

34-4 : . Di karmik we dɛn kɔl karmic lɔ we dɛn nid fo du dat ɛvri mɔtalman want fɛn kpatakpata fulfilment. Want na so di chen us bin de tay man to di wil we dɛn bɔn bak.

34-5 : .

Wetin na wan mirekul?-'Tis wan kɔs,"  
'Tis wan implisit satire pantap  
".mɔtalman

34-6 : . Di wetin pɔsin tink ɔf di atɔmik we den kol bildin ɔf tin bin we den eksplen in di ol Indian pipul den *Vaisesika bin de du am* en *Nyaya* tritiz den. "De de big wol den ɔl we den put am go insay di di wan den we get ol den ɔf eni atom, . difren difren tin den as di motes in wan di san bim." - *Yoga Vasishtha we de na di wol*.

34-7 : . Bɔdi, maynd, ɛn spiritual tin dɛn de sɔfa; we dɛn sho se, . rispektful wan, . in sik, in saykolojik tin dɛn we nɔ fayn fɔ du ɔ "kɔmpleks," ɛn insay sol-ignorance.

34-8 : . Chapta II:40.

34-9 : . WAN tɔŋ nia Benares we de na di wɔl.

34-10 : . Insay di di rod to di I nɔ get ɛnd, . ivin we get layt masta dɛn lɛk Lahiri we de na di wɔl Mahasaya we de na di wɔl sɔntɛm sɔfa frɔm wan pasmak ɔf zil, . ɛn bi sɔbjɛkt to kɔrɛkt. Insay di di *Bhagavad we dɛn kɔl Bhagavad Gita*, . wi rid bɔku pasej dɛn usay di lɛk ɛvin guru Krishna bin de tɔk bɔt am giv fɔ pɔnish pɔsin to di prins fɔ di wan dɛn we de wɔship Gɔd, we nem Arjuna.

34-11 : . WAN pap bin mek ɔf krim ɔf wit we dɛn dɔn frit in bɔta, ɛn we dɛn dɔn bɔyl wit milk.

34-12 : Di man, Maitra, we Lahiri Mahasaya de tɔk bɔt ya, afta dat, i bin rili go bifo pan fɔ no inɛf. a mit Maitra we de na di wɔl shɔt tɛm afta mi we dɛn gradyuet frɔm ay skul; i bin go fɛn dɛn di Mahamandal bin de du am hermitage we dɛn kɔl hermitage in Benares we a bin de de. I bin tɛl mi da tɛm de bɔt Babaji in materialization bifo di grup na Moradabad. Maitra ɛksplen to mi se: "As a rizulta fɔ di mirekul, a bi Lahiri Mahasaya in disaypul fɔ ɔl mi layf."

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## CHAPTER: 1 . 35. Di wan dɛn we de wok

### *Di I tan lɛk Krays Layf ɔf Lahiri we de na di wɔl Mahasaya we de na di wɔl*

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"Na so i fɔ mek wi du ɔl wetin rayt." **35-1** Insay dɛn wɔd ya to Jɔn we de baptayz, ɛn we i aks Jɔn fɔ baptayz am, Jizɔs bin de gri se in guru get rayt frɔm Gɔd.

Frɔm wan stɔdi we dɛn bin de stɔdi di Baybul wit respekt frɔm di say we di pipul dɛn na di Ist bin de si, **35-2** ɛn frɔm intuitional perception, a biliv se Jɔn di Baptist na bin, insay past layf, di guru fɔ Krays. Boku pat dɛn de na di Baybul we de sho se Jɔn ɛn Jizɔs we dɛn bin get las bɔdi, na bin Ilayja ɛn in disaypul Ilaysha. (Na dɛn spɛlin ya na di Ol Testament. Di Grik transletɔ dɛn bin spɛl di nem dɛn as Ilayja ɛn Elizios; dɛn de bak insay di Nyu Testament insay dɛn chenj dɛn ya.)

Di ɛnd sɛf fɔ di Ol Testament na predikshɔn bɔt Ilayja ɛn Ilaysha we go bɔn bak:

"Luk, a go sɛn Ilayja di prɔfɛt to yu bifo di big ɛn fred de kam fɔ di Masta." **35-3** Na so Jɔn (Ilayja), we dɛn sɛn "bifo PAPA GɔD kam . . .," dɛn bɔn am smɔl bifo dat fɔ sav as pɔsin we de tok bɔt Krays. Wan ɛnjɛl apia to Zakaraya di papa fɔ testify se in pikin Jɔn we de kam nɔ go bi ɔda pɔsin pas Ilayja (Ilayja).

"Bɔt di enjɛl bin se to in, Fred nɔto, Zakaraya: fɔ yu prea we yu de pre na dɔn yeri; ɛn yu wɛf Ilizabet we nem Ilizabet

fə bja yu wan pikin, . en yu shalt kəl in nem Jən. ....En boku of di pikin den of Izrəl i go tən to PAPA GŌD we na den Gŏd. En i go go bifo am **35-4** *insay di spirit en pawa we Ilayja bin get* , fə tən di papa den at to di pikin den, en di wan den we nŏ de obe to di sɛns we di wan den we de du wetin rayt get; fə mek pipul den rɛdi fə di Masta." **35-5** Tu tɛm Jizŏs bin tŏk klia wan se Ilayja (Ilayja) na Jən: "Ilayja dŏn kam, bŏt den nŏ bin no am. ....Dŏn di disaypul den."

ɔndastand se i tŏk to den bŏt Jən we de baptayz." **35-6** Bak, Krays se: "Bikŏs ɔl di prŏfɛt den en di lŏ bin prŏfɛsi te Jən. En if una want am, dis na Ilayja we get fə kam."

**35-7** Ustɛm Jən dŏn dinay dat i bin Ilayja (Ilayja), . **35-8** i bin min dat in di ɔmbul garb of John i nŏ kam igen na di outward elevation fə Ilayja di big guru. Insay in fŏs bŏdi i bin dŏn gi di "mantle" fə in glori en in spiritual jɛntri to in disaypul Ilaysha. "En Ilaysha se, "A beg yu, mek tu pat pan yu spirit de pan mi. En im se, "Yu don ask wan tranga tin yu. . . . En i tek Ilayja in *klos* we fŏdŏm pan am." **35-9**

Di wok den we den bin de du bin tən bak, bikŏs den nŏ bin nid Ilayja-Jən igen fə bi di ostensibul guru fə Ilaysha-Jizŏs, we naw dŏn pafɛkt insay divayn rializashŏn.

We Krays bin chenj in bŏdi na di mawnten **35-10** na in guru Ilayas, wit Mozis, we i si. Agen, insay in awa we i bin de pan di krŏs, Jizŏs ala di divayn nem: " *Ilay, Ilay, lama sabaktani?* dat min se, Mi Gŏd, mi Gŏd, wetin mek yu lɛf mi? Sŏm pan di wan den we tinap de, we den yɛri dat, se, "Dis man de kəl Ilayja. . .Lɛ wi si if Ilayja." gŏ kam to sev in." **35- 11**

Di bond we go de sote go bitwin guru en disaypul we bin de bitwin Jən en Jizŏs bin de bak fə Babaji en Lahiri Mahasaya. Wit tɛnda solicitude di daylɛs guru swim di Lethean wata we swirl bitwin di las tu layf den na in chela, en gayd di stɛp den we di pikin tek en afta dat di man Lahiri Mahasaya tek. Na we di disaypul rich in tati-t ia na in Babaji si se di tɛm dŏn rayp fə opin wan fə mek i mek di link we den nŏ eva kŏt bak.

Dŏn, afta den mit fə shot tɛm nia Ranikhet, di masta we nŏ bin de tink bŏt inɛf nŏmŏ bin drɛb in disaypul we i rili lɛk frŏm di smŏl grup we bin de na di mawnten, en fri am fə go na wan ɔda wŏl mishŏn. "Mi pikin, a go kam ɛnitɛm we yu nid mi." Us pŏsin we lɛk pŏsin we de day go gi da prŏmis de we nŏ get end?

Di sosayti in jŏnaral nŏ bin no, wan big spiritual renaissance bigin fə flŏ frŏm wan rimot kŏna na Benares. Jos lɛk aw den nŏ go ebul fə stop di sent we flawa den get, na so Lahiri Mahasaya, we bin de liv kwayɛt wan lɛk pŏsin we fayn fə get os, nŏ bin ebul fə ayd di glori we i bŏn wit. Smŏl smŏl, frŏm ɔlsay na India, di divotee-bi den bin de luk fə di divayn nɛktŏ fə di masta we dŏn fri.

Di English ɔfis supavayso na bin wan pan di fŏs wan den we notis wan strenj transendant chenj na in wokman, we i kəl am wit ɔl in at "Ecstatic Babu."

"Sir, yu luk laik se yu sad. Wetin bi di trobul?" Lahiri Mahasaya bin aks dis sori-at kwestyon wan monin to in bosman.

"Mi wef in England na kritikal wan sik. a am cher bay we wori."

"A go get yu som wod about am." Lahiri Mahasaya bin kōmōt na di rum en sidōm fō shot tēm na wan ples we nōbōdi nō de. We i kam bak, i smayl fō kōrej am.

"Yu wēf de impōtant; i de rayt lēta to yu naw." Di yogaman we sabi ōltin bin kot sōm pat dēn pan di misēf.

"Ecstatic Babu, a don sabi se yu no bi ordinari man. Yet a no fit biliv se, at wil, yu fit banish taim and spes!"

Di lēta we dēn bin dōn prōmis bin dōn rich. Di supavayso we bin sōprayz bin si se nōto jōs di gud nyus bōt in wēf we dōn wēl, bōt i bin gēt di sem wōd dēn we, sōm wiks bifo dat, Lahiri Mahasaya bin dōn ripit.

Di wēf kam na India sōm mōnt afta dat. I bin go na di ōfis, usay Lahiri Mahasaya bin sidōm kwayet wan na in tebul. Di uman bin kam nia am wit rēspēkt.

"Sar," i se, "na yu fōm, we dēn halo insay glori layt, we a bin si mōnt bifo nia mi sik bed na Lōndōn. Na da tēm de a bin wēl ōl! Jōs afta dat, a bin ebul fō tek di long ocean voyage to India."

De afta de, wan ō tu pipul dēn we de wōship Gōd bin de beg di sublaym guru fō mek dēn bigin *Kriya*. Apat frōm dēn spiritual wok dēn ya, en to di wan dēn we i bin de du fō in biznēs en in famili layf, di big masta bin rili intres pan ēdyukeshōn. I bin ōganayz bōku stōdi grup dēn, en i bin ple wan aktif pat fō mek wan big ay skul gro na di Bengalitola sēkshōn na Benares. Di tōk dēn we i bin de tōk ōltēm bōt di skripchō dēn bin kam fō bi in " *Gita* Asembli," we bōku pipul dēn we de luk fō di trut bin rili want fō atēnd.

Bay dēn difrēn tin ya, Lahiri Mahasaya bin tray fō ansa di kōmōn chalenj: "Afta pōsin dōn du in biznēs en soshal wok, usay na di tēm fō divoshōnal mēditēshōn?" Di layf we di big os-guru bin liv wit wanwōd, bin bi di silent inspekshōn fō tawzin at dēn we bin de aks kwēstyōn. Bikōs di masta bin de gēt smōl mōni nōmō, i nō bin de spēn bōku mōni, i nō bin de mek lēk se i gēt sēns, en ōlman bin ebul fō gēt am, en i bin de kontinyu fō waka na di wōl di we aw i bin de liv en gladi at.

Pan ōl we Lahiri Mahasaya bin sidōm na di Sit we di Wan we pas ōlman bin si, i bin sho rēspēkt to ōl man, ilēksef dēn gēt difrēn wok dēn we dēn gēt. We di wan dēn we de wōship am bin de salut am, i bin de butu to dēn.

Wit ōmbul we tan lēk pikin, bōku tēm di masta bin de tōch ōda pipul dēn fut, bōt i nō bin de alaw dēn fō gi am di sem ōnō, pan ōl we da kayn butu de to di guru na wan ōl Ist pipul wetin kōmōn.

Wan impōtant tin na Lahiri Mahasaya in layf na in gift fō *Kriya* initieshōn to di wan dēn we ōlman gēt fet. Nōto Indu dēn nōmō, bōt Moslem en Kristian dēn bin de pan in disaypul dēn we bin de bifo. Monist en dualist, di wan dēn we gēt ōl kayn fet ō we nō



get eni fet we den don establish, di wan den we de olsay na di wol bin de tek den en inströk den we den nɔ tek wan posin betɛ pas ɔda posin. Wan pan in chelas den we bin rili advans na bin Abdul Gufoor Khan, a Mohammedan we den kɔl Mohammedan. I sho big maynd pan di pat pan Lahiri Mahasaya se, pan ɔl we na bin ay kasta Brahmin, i bin tray ɔl wetin i ebul fɔ solv di rigid kasta bigotry we bin de insay in tɛm. Di wan den we kɔmɔt na evri waka na layf bin fɛn ayd ɔnda di masta in yon we de olsay wing den. Lek ɔl Na God inspekt am prɔfɛt den, . Lahiri we de na di wol

Mahasaya we de na di wɔl dɔn gi nyu op to di pipul dɛn we dɛn dɔn pul kɔmɔt na di kɔntri ɛn dɛn dɔn trowe am dɔŋ ɔf sosayti.

"Memba ol taim se yu no bi enibodi, and nobodi no bi yu. Riflek dat som de." yu go get fɔ lef ɔltin na dis wɔl wantɛm wantɛm-so mek Gɔd no am naw," di big guru tel in disaypul dɛn. "Pripiya yusef fɔ di astral joyn we de kam fɔ day bay we yu de rayd ɛvrɪde insay di balyɔn we Gɔd-perception. Tru delusion yu de si yusef as bɔndɛl bɔdi ɛn bon, we at best na nɛst fɔ trɔbul. **35-12** Tink gud gud wan, so dat yu go si yusef kwik kwik wan as di Infinite Essence, fri frɔm ɛvri kayn misɛf. I lef fɔ bi prizina na di bɔdi; yuz di sikrit ki fɔ *Kriya* , lan fɔ rɔnawe go insay Spirit."

Di big guru bin ɛnkɔrej in difrɛn student dɛn fɔ fala di gud tradishɔnal disiplin we dɛn yon fet get. We Lahiri Mahasaya bin de stres di ɔl-inkluziv nature fɔ *Kriya* as prɛktikal tɛknik fɔ fri, afta dat Lahiri Mahasaya bin gi in chelas frɪdɔm fɔ ɛksprɛs dɛn layf in kɔnfɔm wit envayrɔment ɛn fɔ briŋ ɔp.

"Moslem fɔ du in *namaj* **35-13.**" wɔship 4 tɛm ɛvrɪde," di masta bin tɔk. "Fɔ tɛm ɛvrɪde wan Indu fɔ sidɔm fɔ tink gud wan. Kristian fɔ go dɔŋ na in ni 4 tɛm ɛvrɪde, pre to Gɔd ɛn afta dat i fɔ rid di Baybul."

Wit sensful sens, di guru bin de gayd in pipul dɛn fɔ go na di rod dɛn we *Bhakti* (devoshɔn), *Karma* (akshɔn), *Jnana* (waiz), ɔ *Raja* (royal ɔ kɔmplit) *Yogas* , akɔdin to ɛni man in natura tendencies. Di masta, we bin de slo fɔ gi in permishɔn to di wan dɛn we de wɔship Gɔd we want fɔ go insay di fɔmal rod fɔ bi mɔnk, bin de wɔn dɛn ɔltɛm fɔ tink gud wan fɔs bɔt di austerities fɔ di monastik layf.

Di big guru bin tich in disaypul dɛn fɔ avɔyd fɔ tɔk bɔt di skripchɔ dɛn bay we dɛn de tɔk bɔt di tiori. "Na in nɔmɔ get sens." udat devote dɛn insɛf sɛf to we yu no se, . nɔto ridin nɔmɔ, di ol rivyu dɛn," i bin se. "Sɔlv ɔl yu prɔblɛm dɛn tru meditashɔn. **35-14.**" Ekschenj rilijɔn spɛkulayshɔn dɛn we nɔ get bɛnɪfit fɔ rial Gɔd-kɔntakt. Klia yu maynd pan dogmatik tiolojikal debris; let in di fresh, we de mɛn wata dɛn we pɔsin kin no dairekt wan. Attune yusef to di aktif insay Gayd; di Divayn Voys get di ansa to ɛvri dilema na layf. Though man in ingenuity fɔ get imsef fɔ trɔbul de apin fɔ bi ɛndlɛs, di Infinite Succor nɔ less resourceful."



LAHIRI we de na di wɔl MAHASAYA  
*Disaypul ɔf Babaji we de na di wɔl*

*en Guru we de na di wɔl ɔf Sri Yukteswar na yu*

Den bin sho se di masta de ɔlsay wan de bifo wan grup we na di disaypul den we bin de lisin to di we aw i bin de eksplen di *Bhagavad Gita* . As i bin de eksplen di minin fɔ *Kutastha Chaitanya* ɔ di Krays Kɔnshens insay ɔl di krieshon den we de shek shek, Lahiri Mahasaya bin blo wantem wantem en ala se:

"A am we pɔsin de drawn in di bɔdi den ɔf boku sol den ɔf di kost ɔf Japan!"

Di neks monin di chelas den rid wan nyuspepa stori bɔt aw boku pipul den we den ship bin don fɔdom di de bifo nia Japan day.

Boku tem, den bin de mek Lahiri Mahasaya in disaypul den we bin de fa fawe no bɔt in prezens we bin de kɔba am. "A de eva wit di wan den we de praktis *Kriya* ," i tɔk wit kɔrej to chelas we no bin ebul fɔ de nia am. "A go gayd yu to di Kɔsmik ɔm tru yu enlarging perceptions."

Wan pɔsin we de wɔship God bin tel Swami Satyananda se, bikɔs i no bin ebul fɔ go na Benares, pan ɔl dat, i bin don get presis *Kriya* initieshon insay wan drim. Lahiri Mahasaya bin don apia fɔ instrɔk di chela fɔ ansa in prea den.

If disaypul no du enitin we i fɔ du na di wɔl, di masta go kɔrekt am saful wan en kɔrekt am.

Wan tem, Sri Yukteswar bin tel mi se: "Lahiri Mahasaya in wɔd den bin saful en i bin de men, ivin we den fos am fɔ tɔk opin wan bɔt wan chela in folt den." I ad wit sori-at

se, "No disaypul nɔ ɛva rɔnawe pan wi masta in barb." A nɔ bin ebul fɔ ɛp fɔ laf, bot a bin tru tru fɔ mek Sri Yukteswar biliv se, shap ɔ

noto, in evri wɔd bin myuzik to mi yes.

Lahiri Mahasaya tek tɛm gred *Kriya* to 4 prɔgrɛsiv initiaʃən dɛn. **35-15** I bin gi di tri ay tɛknik dɛn nɔmɔ afta di pɔsin we de wɔʃip am dɔn sho se i dɔn go bifo pan Gɔd biznɛs. Wan de wan patikyula chela, we bin biliv se dɛn nɔ de evalyu in valyu di rayt we, bin gi vɔys to in yon nɔ satisfay.

"Masta," i bin se, "fɔ tru." a am rɛdi naw fɔ di sɛkɔn initiaʃən."

Na dis tɛm di domɔt opɪn fɔ admit wan ɔmbul disaypul, Brinda Bhagat. Na bin Benares postman.

"Brinda, sidɔm nia mi ya." Di big big guru bin smayl to am wit lɔv. "Tɛl mi, yu rɛdi fɔ di sɛkɔn tɛknik fɔ *Kriya* ?"

Di smɔl postman bin fol in an dɛn fɔ beg. "Gurudeva," i se wit alarm, "no mɔ initiaʃən, duya! Aw a go asimilet eni ay tichin? A dɔn kam tide fɔ aks yu blɛsin, bikɔs di fɔs divayn *Kriya* dɔn ful mi wit so intoxication dat a nɔ ebul fɔ deliv mi leta dɛn!"

"Brinda dɔn ɔlɛdi swim na di si we Spirit de." We Lahiri Mahasaya tɔk dɛn wɔd ya, in ɔda disaypul eng in ed.

"Masta," i bin se, "A si a get bin wan pɔ wokman, . fɔ fɛn tin dɛn fɔlt wit mi tul dɛn."

Di postman, we na bin man we nɔ bin lan buk, bin leta divelɔp in sɛns tru *Kriya* sote wan wan tɛm masta sabi bukman dɛn bin de tray fɔ ɛksplɛn am pan pɔynt dɛn we get fɔ du wit di skripçɔ dɛn. Inosent ɔl tu pan sin ɛn sintaks, smɔl Brinda bin get nem pan di domeyn fɔ lanin pandit dɛn.

Apat frɔm di bɔku bɔku Benares disaypul dɛn we Lahiri Mahasaya bin get, bɔku bɔku pipul dɛn bin kam to am frɔm fa fa say dɛn na India. Insef bin travul go na Bengal bɔku tɛm, ɛn i bin go fɛn in tu bɔy pikin dɛn in fadenlɔ dɛn os. So Bengali bin blɛs am bikɔs i bin de de, ɛn i bin get ɔni kɔm wit smɔl smɔl *Kriya* grup dɛn. Mɔ na di distrikt dɛn na Krishnagar ɛn Bishnupur, bɔku pipul dɛn we nɔ de tɔk natin te tide dɔn kip di kɔrɛnt we wi nɔ de si we de mek pipul dɛn tink gud wan bɔt Gɔd biznɛs, de flo.

Pan bɔku oli pipul dɛn we bin get *Kriya* frɔm Lahiri Mahasaya, dɛn kin tɔk bɔt di bigman we nem Swami Vhaskarananda Saraswati we kɔmɔt na Benares, ɛn di Deogarh ascetic we get ay ayt, we nem Balananda Brahmachari. Fɔ sɔm tɛm, Lahiri Mahasaya bin de wok as prayvet ticha to Maharaja Iswari Narayan Sinha Bahadur we kɔmɔt na Benares in pikin. We di maharaja nɔ di masta in spiritual tin dɛn, ɛn in bɔy pikin bak, bin tray fɔ mek dɛn bigin *Kriya* , jɔs lɛk aw di Maharaja Jotindra Mohan Thakur bin du.

Boku pan Lahiri Mahasaya in disaypul den we get pawa na di wɔl bin want fɔ mek di *Kriya* sɛklɔ boku bay we den de mek pipul den no bɔt den. Di guru nɔ bin gri fɔ gi am di rayt fɔ du dat. Wan chela, di kiŋ dɔktɔ to di Lɔd fɔ Benares, bin bigin wan ɔganayz ɛfɔt fɔ mek di masta in nem spre as "Kashi Baba" (Exalted One of Benares). **35-16** Agen di guru bin ban am.

"Le di sent fɔ di *Kriya* flawa fɔ waf natin, witout ɛni displei," i tok. "In sid dɛn go tek rut na di grɔn we get at dɛn we get fayn fayn tin dɛn fɔ du na God in yay."

Pan ɔl we di big masta nɔ bin tek di we aw dɛn de prich tru di modan we aw oganayzeshɔn de yuz, ɔ tru di printin mashin, i bin no se di pawa we in mesej get go go ɔp lek wata we nɔ go ebul fɔ fet, ɛn we go mek motalman in maynd ful-ɔp wit in yon pawa. Di chenj ɛn klin layf fɔ di wan dɛn we de wɔship God na bin di simpul garanti fɔ di layf we nɔ de day we *Kriya get* .

Insay di 1886, 1999. twenti fayv ia dɛn afta in Ranikhet bin de du am initiashɔn, . Lahiri we de na di wɔl Mahasaya we de na di wɔl bin lef fɔ wok pantap wan penshɔn.

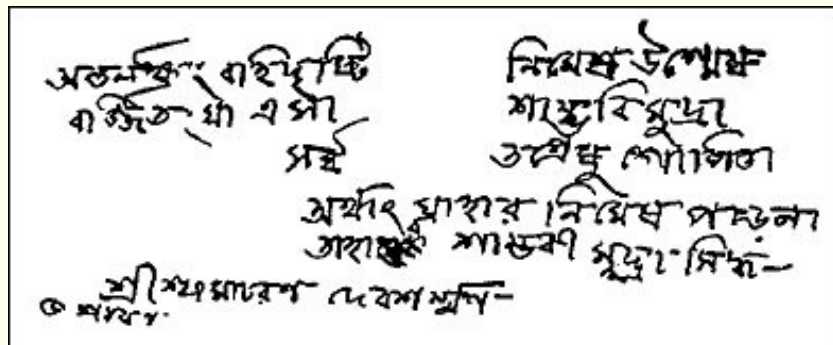
**35-17** Bikɔs i bin de na di de, di disaypul dɛn bin de luk fɔ am ɔltɛm. Di big guru naw bin de sidɔm kwayet bɔku tɛm, i lok insay di kwayet lotus pozishɔn. I nɔ bin de kɔmɔt na in smɔl ples usay dɛn de kip tin dɛn, ivin fɔ waka ɔ fɔ go na ɔda say dɛn na di os. Wan kwayet strim we get chelas bin kam, we nɔ bin de stop, fɔ wan *darshan* (oli si) fɔ di guru.

Fɔ mek ɔl di wan dɛn we bin de wach di fim bin sɔprayz, di we aw Lahiri Mahasaya bin de liv in bɔdi we i bin dɔn yus fɔ du, bin sho di tin dɛn we pas motalman lek we i nɔ de blo, we i nɔ de slip, we i nɔ de blo ɛn at bit, we in yay nɔ de blink fɔ long tɛm, ɛn we i get dip aura fɔ pis. No visitɔ nɔ bin kɔmɔt de we dɛn nɔ bin get spirit ɔp; ɔl bin no se dɛn dɔn get di blesin we tru tru God in blesin de gi dɛn kwayet wan.

Di masta naw alaw in disaypul, Panchanon Bhattacharya, fɔ opin wan "Arya Mishɔn Instityushɔn" na Kalkata. Na ya di oli disaypul bin spre di mesej bɔt *Kriya Yoga* , ɛn redi fɔ pɔblik benifit sɔm yoga ebul **35-18** merɛsin dɛn we dɛn kin yuz.

Fɔ fala di kɔstɔm we dɛn bin de du trade, di masta bin de gi pipul dɛn injɔnal wan *neem* **35-19** ɔyl fɔ mɛn difrɛn sik dɛn. We di guru aks wan disaypul fɔ distil di ɔyl, i kin izi fɔ du di wok. If ɛni ɔda posin tray, i go get strenj problem dɛn, ɛn i go si se di ɔyl we dɛn de yuz fɔ mek merɛsin dɔn lef smɔl fɔ le i dɔn afta we i dɔn go tru di we aw dɛn fɔ mek am.

I klia se di masta in yon blesin bin wan nid di tin we dɛn kin yuz fɔ mek di it.



Lahiri Mahasaya in an raytin ɛn sayn, insay Bengali skript, dɛn sho am ɔp. Di layn

den kin apin insay wan leta to wan chela; di big masta intaprit wan Sanskrit vas lek  
dis: "Di wan we don rich." wan stet we in yaylid no de blink, don ajost *Sambhabi  
Mudra* ."

*Sri.* " *Shyama we de na di wol Charan we de na di wol Deva we de na di*" (*den sayn am*)  
." *wol Sharman*

Di Arya we de na di wol Wok Institiushon bin ondatak di buk en magazin den of boku of  
di guru in yon skripcho den



koment den we den kin gi. Lek Jizos en oda big big profet den, Lahiri Mahasaya insef no bin rayt eni buk, bot difren disaypul den bin rayt en arenj di we aw i bin de eksplen di tin den we bin de insay di Baybul. Som pan den volontia amanuenses ya bin get mo sens pas oda wan den fo gi korekt wan di dip sens we di guru get; bot stil, we wi kont ol di tin den we den bin de tray fo du, bin komot fayn. Tru den zil, di wol get koment den we no get wan kompitishon we Lahiri Mahasaya rayt bot twenti siks ol skripcho den.

Sri Ananda Mohan Lahiri, we na di masta in granpikin, don rayt wan smol buk we intrestin bot *Kriya*. Sri Ananda bin rayt se: "Di teks fo di *Bhagavad Gita* na pat pan di big epik, di *Mahabharata*, we get som knot- poynt den ( *vyas-kutas* )." "Kip den knot-point den de we no get kwestyon, en wi no de si natin pas lay lay stori den we get wan kayn we we posin kin ondestand en we izi fo ondestand. Kip den wan de." knot-points unexplained, en wi don los wan sayens we di Is don kip wit peshent we pas motalman afta we wi don tray fo tray fo du boku boku tawzin ia. **35-20** Na di koment den we Lahiri Mahasaya bin rayt we bin brij kam layt, klia from alegori, di rial sayens bot rilijon we den bin don so klewa fo put am na say we pipul den no de si am na di ridl we get leta den we de na di skripcho en pikcho den. Noto jos jugleri fo wod den we posin no ebul fo ondestand igen, di fomula den we no get minin fo woship Vedik, di masta don pruv se den ful-op wit sayens minin. . . .

"Wi no se man kin oltem no ebul fo du enitin agens di insurjent sway fo di bad pawa, bot den kin mek den tin ya no get pawa en man no kin fen eni motive insay den indulgence we i dawn pan am wan konshens fo supirios en las gladi gladi tru *Kriya*. Na ya di giv-op, di negashon fo di lowa pason den, de sinkroniz wit wan tek-ap, di asesment fo wan beatitude. Witout dis kayn kos, ondreð of." moral maxims we de ron insay jos negatif tin den no get yus to wi.

"Wi eagerness fo di wold aktiviti kil in wi di sense of spiritual awe. Wi no fit komprehend di Gret Laif bihain ol nem and fom, jos bikos saiens bring hom to wi hau wi fit." yuz di pawa den we di tin den we God mek get; dis famili we i sabi don mek pipul den no lek in oltima sikrit den. Wi rileschon wit nature na wan we get prektikal biznes. Wi kin provok am, so fo se, fo no aw den go yuz am fo du wetin wi want; wi de yuz in enaji den, we wi no no yet usay i komot. Insay sayens wi rilayshon wit nature na wan we de bitwin man en in savant, o insay filosofik sens i tan lek posin we den kapcho na di witnes boks. Wi de kros-egzamin am, chalenj am, en minit wej in pruf den na motalman skel we no ebul fo mezho in valyu den we i ayd. Na di oda say, we di sef de insay komyunion wit wan pawa we ay pas am, di nature de obe otometik wan, witout stres o stres, di wil fo motalman. Dis komand we no de tray fo komand di tin den we God mek, na in di wan we no de ondestand tin den we posin get, kol am 'mirekul'.

"Di layf fo Lahiri Mahasaya bin set egzampul we chenj di mistek we pipul den bin de tink se yoga na mistirios prosis. Olman kin fen we tru *Kriya* fo ondestand in rayt rilayshon wit di nature, en fo fil spiritual respekt fo ol di tin den we de apin, ileksef na

mistik o we de apin evride, pan ol we di matter-of-factness of physical science. **35-21**

Wi fo memba se wetin na bin mistik wan tawzin ia bifo naw no de so igen, en wetin na mistek naw kin bi sontin we posin kin ondastand di lo wan ondrad ia afta dat. Na di Infinite, di Ocean of Power, we de na di bak pan ol di manifesto den.

"Di lo fo *Kriya Yoga* na sote go. I tru lek matematiks; lek di simpul lo den fo ad en pul, di lo of *Kriya na wan* kin no eva bi don pwel am. Bon to ashis we de na di ashis ol di buk den pantap matematiks, .

di wan den we get sens go fen den kayn tru tin den de bak oltem; pwel ol di oli buk den bot yoga, in fawndeshonal lo den go komot enitem we tru tru yogi apia we kompres insay insef klin devoshon en bikos of dat, klin no."

Jos lek aw Babaji de pan di big big avatar den, na *Mahavatar* , en Sri Yukteswar na *Jnanavatar* o Inkarnation of Wisdom, na so Lahiri Mahasaya kin jos kol *Yogavatar* , o Inkarnation of Yoga. Bay di standad dem fo ol tu di kwalitatif en kwantiti gud, i bin elevet di spiritual level na sosayti. Bikos Lahiri Mahasaya get pawa fo mek in tayt disaypul den big lek Krays en fo mek pipul den no di trut olsay na di wol, i de pan di wan den we de sev motalman.

In speshal we as profet de pan in prektikal stres pan wan difinit we, *Kriya* , we opin fo di fos tem di domot den fo fridom fo du yoga to ol man. Apat from di mirekul den we i bin du na in yon layf, fo tru, di *Yogavatar* bin rich di say we ol di wondaful tin den we i bin de du fo ridyus di tin den we bin de apin trade trade fo mek yoga wan ifektiv simpul tin we no pas di odinari ondastandin.

We Lahiri Mahasaya bin de tok bot mirekul den, i bin de tok boku tem se, "Di opareshon fo di lo den we no klia we pipul den injonal no no, no fo tok bot am na poblik o pablich am witout diskrimineshon we den fo du." If insay den pej ya a don tan lek se a no de fala in wod den we i de won, na bikos i don gi mi wan tin we de mek a fil fayn. Don bak, we a de rikodo di layf fo Babaji, Lahiri Mahasaya, en Sri Yukteswar, a don tink se i fayn fo lef boku tru mirekul stori den, we den no bin fo don ebul fo put insay if den no rayt, bak, wan eksplenayshon volyum fo abstruse filosofi.

Nyu op fo nyu man den! Di *Yogavatar bin pred se*: "Divayn union na sontin we posin kin du bay we i tray fo insef, . en na noto dependant pantap tiolojikal wan tin den we posin biliv o pantap di no rizin go of wan Kosmik we den kol Diktato."

Tru yus fo di *Kriya* ki, pipul den we no ebul fo briq densef fo biliv pan di divinity fo eni man go si las las di ful divinity fo densef.

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35-1 : . *Matyu* 3:15.

35-2 : Boku pat den na di Baybul sho se pipul den bin ondastand en gri wit di lo we se posin kin don bak. Riinkarnashonal saykl dem na mo rizin eksplishon fo di difren stet dem fo evolushon we motalman de, pas di komon Westinian tiori we de tek am se sontin (konshens fo egoiti) komot from natin, bin de wit difren digri dem of lustihood fo tati o naynti ia den, en don bin kam bak to di fostem los. Di we posin no go ebul fo tink bot nech of kayn wan void na problem fo mek di at fo wan Skulman we bin de insay di midul ivul, gladi.

35-3 : . *Malakay* 4:5.

35-4 : . "Bifo in," dat na, . "bifo di Masta."

35-5: *Lyuk* 1: 13-17.

*.Matyu 11: 13- 14 .10 :35-7*

*.Jɔn 1:21 .10 :35-8*

*.II Kij dɛn 2: 9- 14 .10 :35-9*

35-10 : . *Matyu* 17:3.

35-11 : . *Matyu* 27: 46- 49.

35-12 : . "Aw bōku sōm kayn we den of day de in wi bōdi den! Natin na insay de bōt day." -*Martin Luther, 1999. in "Tebul- Tōk."*

35-13 : . Di chif prea we yu de pre of di Mohammed den, . kin we den bin de ripit 4 ɔ fayv tēm den enide.

35-14 : . "Luk trut in tink dip, nōto in moldy buk den. Luk in di skay to fen di mun, nōto in di pond."- *Pashian Prōvab.*

35-15 : . As *Kriya na wan Yoga we den kin du* na ebul of bōku sabdivishōn den, . Lahiri we de na di wōl Mahasaya we de na di wōl wit sēns we den sif kōmōt 4 stēp den us i we den no bōt fō bi di wan den we get di impōtant maro, en we bin get di ay valyu insay rial prōsis.

35-16 : . Ōda taytul den we den gi am pantap Lahiri we de na di wōl Mahasaya we de na di wōl bay we in disaypul den bin *Yogibar we den kōl Yogibar* (we big pas ɔl of pipul den we de du yoga), . *Yogiraj we de na di wōl* (kīr of yoga pipul den), en *Munibar* (we big pas ɔl di ōda wan den we oli), we a dōn ad *Yogavatar* (we den mek yoga insay bōdi).

35-17 : . I bin dōn gi, ɔl togēda, . tati fayv ia den of savis in wan dipatment of di govment.

35-18 : Bōku bōku tin den we den no bōt ebul de insay di ol Sanskrit triti den. Den bin yuz Himalayan evbōdi fō wan tritment fō mek pōsin yōrj bak we bin mek di wōl pe atēshōn to am insay 1938 we den yuz di we fō du tin pan Pundit Madan Mohan Malaviya, 1938. 77 ia ol man Vayz-Chansel of Benares we de na di wōl Indu pipul den Yunivasiti. To wan wōndaful lēvul, di fō mēmba masta sabi bukman bin get am bak insay 45 dez in wēlbōdi, trēnk, mēmemori, nōmal yay; indikashōn fō wan tōd set of tit bin apia, we ɔl di wrinkles den bin dōn lōs. Di ebul we den kin yuz fō mēn animal den tritment, no as *Kaya na Kalpa* , . na wan of 80. Na di 80 fō mek pōsin yōrj bak di we aw den de du tin we den dōn tōk bōt in Indu pipul den *Ayurveda we den kōl Ayurveda* ɔ sayēns bōt mēresin. Pundit Malaviya bin get di tritment na Sri Kalpacharya Swami Beshundasji in an, we se 1766 na in bōn ia. I get dōkyument den we pruv se i dōn pas 100 ia; *Associated Press* rīpōta den bin tōk se i luk lēk 40 ia so.

Di Indu buk den we den bin de rayt trade trade bin sheb mēdikāl sayēns to 8 branch den: *salya* (ɔpareshōn); *salakya* (sik we de ɔp di nek); *kayachikitsa* (mēresin rayt); *bhutavidya we den kōl bhutavidya* (maynd sik den); *kaumara* (kia fō yu of pikin we i bin smōl); *agada* (tōksikōlōji); *Rasayana* (we de liv lōng); *Vagikarana* (tonik) we den kin yuz fō mek tin den. Vedic dōkto den bin de yuz dilik ɔspitul inschrumēt den, yuz plastic ɔpreshōn, ɔndastand wēlbōdi biznēs di we aw den de du tin to kontrakt di di tin den we kin apin of pōyzin gas, . we den bin de du Sizarian den sēkshōn den en bren ɔpreshōn, bin sabi fō dinaymayz drōgs. Hippocrates, we na bin fambul dōkto we bin de insay di 5th sentinari bifo Krays, bin lēnt .bōku pan in materia medica frōm Indu sōs dēm

35-19 : Di Ist Indian margosa tik. Naw pipul den dōn no di valyu we i get fō mēn pipul den na di Wēst, usay di bita *nim* bak na dōn yuz as wan tonik, . en di ɔyl frōm sid den en frut dōn bin bin fēn of di wan we pas ɔl valyu in di tritment of lēprōsi en ōda sik den.

35-20 : "Bōku sil den we den jōs dig frōm akīɔɔɔjik sayt den na di Indus vali, we den se insay di tōd milēniom." BC, 1999. sho figa den sidōm ples in fō tink gud wan di we aw pōsin de tinap naw dōn yuz in di sistēm of Yoga, 1999. en warrant fō di pōsin di inference dat ivin da tēm de sōm pan di rudiments fō Yoga bin dōn ɔlredī no. Wi nō go ebul fō pul di kōnklushōn we nō rizinōs se den dōn de praktis sistametik introspekshōn wit di ep fō di we den we den dōn stōdi na India fō fayv tawzin ia. India dōn bin mek sho valyu rilijōn di we aw pipul den de tink of maynd en we get ēthikal nōshōn den us de in tu nō de, at lili

insay di waid we aw den de yuz den fō liv. Wan pan den tin ya dōn bi fō tolēreshōn pan kwēshōn den bōt intēlektual biliv-doktrin- dat na wōndaful tin to di Wēst, usay fō bōku bōku ia, heresy-hunting bin kōmōn, en blōd wō bitwin nēshōn den dōn sēktri pipul den rivalri den bin frēkuēt."-Ekstrakt den frōm wan atikul bay we Prōfēsō W. Nōman we nem Nōman Brawn in di Sōntēm, 1939. Di ia 1939 tin na di *Bulletin* of di American Council of Learned Societies, we de na Washinton, D.C

35-21 : Wan tink ya bōt wetin Carlyle bin si insay *Sartor Resartus*: "Di man we nō ebul fō wōnda, we nō kin abit fō wōnda (en wōship), na in na bin prēsident fō bōku bōku Royal Societies en i bin kēr .....di epitom we den kōl epitom of ɔl

laboratori den en di say den we den kin wach tin den, . wit den rizōlt den, in in nō mared ed,-na bōt wan bay tu of  
".spektaklōs den bien us de na nō get yay

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## CHAPTER: 1 . 36. Na di 36

### *Na Babaji in yon Bisin Insay di Di West*

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"Masta, don du yu eva mit Babaji na?"

Na bin wan kol kol sɔmda net na Serampo; di big big sta den na di tropiks bin de shayn oba wi ed as a sidɔm nia Sri Yukteswar in sayd na di sɛkɔn stori bolkon na di emitaj.

"Yes." Masta bin smayl we i aks mi dairekt kwɛstyɔn; in yay den bin de shayn wit respekt. "Tri tɛm a don get blesin we a si di guru we no day. Wi fɔs mitin na bin Allahabad na wan *Kumbha Mela* ."

Di rilijɔn fɛa den we den kin get na India frɔm trade trade, den kin kol den *Kumbha Melas* ; den don kip di tin den we den don plan fɔ du fɔ Gɔd biznɛs na di bɔku bɔku pipul den we de si den ɔltɛm. Di Indu den we de wɔship Gɔd kin gɛda bɔku bɔku wan evri siks ia fɔ mit bɔku bɔku sadhus, yoga, swami, ɛn ɔlkayn ascetics. Boku pan den na emit den we no de eva kɔmɔt na den say den we pipul den no de de pas fɔ atɛnd di *mela den* ɛn gi den blesin to man ɛn uman den we de na di wɔl.

Sri Yukteswar bin kontinyu fɔ tɔk se: "A no bin bi swami di tɛm we a mit Babaji." "Bot a bin don ɔlredi get *Kriya* initieshɔn frɔm Lahiri Mahasaya. I ɛnkɔrej mi fɔ atɛnd di *mela* we bin de kɔnvɛnshɔn insay Janwari, 1894 na Allahabad. Na mi fɔs ɛkspiɾiɛns fɔ wan *kumbha* ; A bin fil smɔl dazed bay di krawd ɛn surge we di krawd bin de mek. Insay mi lukin luk rawnd a no si ɛni layt fes fɔ wan masta. We a de pas wan brij na di bank na di Ganges, A notis wan pɔsin we a sabi tinap nia de, ɛn in beg bol don es.

"'O, dis fɛa noto natin pas wan chaos we nɔys ɛn beg pipul den de mek,' a tink wit pwɛl at. 'A de wɔnda if Westinian sayɛnsman den, we de pɛshɛnt fɔ mek di say den we pipul den sabi fɔ di prɛktikal gud fɔ mɔtalman, big, no de mek Gɔd gladi pas den pipul ya we no de du natin we de se den rilijɔn bot we de pe atɛnshɔn pan alms.'

"Mi smol smol riflɛkshɔn pan soshal rifɔm bin intarap bay di vɔys fɔ wan lɔng sannɪyasi we bin stɔp bifo mi."

"'Sar,' i se, 'wan sent de kol yu.'

"'Udat na in?'

"Kam en si fo yusef."

"We i de shem." fala dis lakɔnik we den kɔl advays, a nɔ go te bin fɛn misɛf nia wan tik  
udat branch den bin

shelta wan guru wit wan atraktiv grup fo disaypul den. Di masta, we na wan brayt figa we no komon, wit spak dak yay, grap we a de kam nia mi en og mi.

"Welkom, Swamiji,' i se wit lov. "Se,' a

ansa wit empeshment se, 'A *noto* swami.'

"Di wan den we God tel mi fo gi di taytul "swami" no de eva trowe am.' Di sent bin tok to mi simpul wan, bot dip konvikshon fo tru bin ring insay in wod den, a bin koba insay wan wef we bin de mek a get blesin na God in yay wantem wantem, we a bin de smayl we a bin de op wantem wantem insay di ol monastik oda, **36-1** A butu na di fut fo di posin we i klia se big en enjel we tan lek motalman we bin don ono mi so.

"Babaji-bikos na tru tru i-moshon mi to wan sidom ples nia am onda di tik. I bin strong en yon, en i bin tan lek Lahiri Mahasaya; yet di sem tin no bin strikt mi, pan ol we a bin don yeri boku tem bot di ekstra odinari similitu den we di tu masta den luk. Babaji." get pawa we i go yuz fo mek eni patikyula tin we posin tink bot no kam na in maynd. I klia se di big big guru bin want mek a bi pafekt natura we i de nia am, noto fo fred pasmak fo no udat i bi.

'? Wetin du yu tink of di *Kumbha we de na di wol Mela*'"

"A bin rili disapoynt, sa.' A ad kwik kwik wan se, "Te di tem we a mit yu, i tan lek se sent en dis krawd no de togeda.'

"Pikin,' di masta se, pan ol we i tan lek se a bin don nia tu tem in yon ej, 'fo di folt dem fo di boku pipul dem, no joj di wan ol. Oltin na di wol get miks abit, lek wan miks we den miks wit san en shuga. Bi lek di waes ant we de tek di shuga nomo, en lef di san we den no toch. Pan ol we boku sadhu den we de ya stil de waka waka wit debul, yet di *mela* get blesin som man den we get fo du wit God- rializashon.'

"In." wetin yu tink of mi yon mitin wit dis we den de op masta, a fas fas bin gri wit in fo wach.

"Sar,' a bin koment, 'A don de tink bot di sayens man dem na di West, we big fa fawe pan sens pas boku pipul dem we bin geda ya, we de liv na fa fa Yurop en Amerika, we de tok se den biliv difren tin den, en we no no di rial valyu dem fo den kayn *mela dem* lek di wan we de naw. Na den man den we go benifit boku if den mit wit di masta den na India. Bot, pan ol we den ay pan sens, boku pipul den na West kin mared fo rank fo lek propati. Oda wan den we get nem pan sayens en sens, no no di impotant wanwod we rilijon get. Di tin den we den biliv kin bi tin den we no go ebul fo solv we kin mek den no get wanwod wit wi sote go.'

"A si se yu intres pan di West, en bak di Is.' Babaji in fes bin de shayn wit aproval.



"Ist en West fɔ mek wan golden midul rod fɔ aktiviti en spirituality we den jɔyn,' i kontinyu fɔ tɔk. 'India get bɔku tin fɔ lan frɔm di West pan matirial divelɔpmɛnt; in ritɔn, India kin tich di yunivasal we den we di West go ebul fɔ bays in rilijɔn biliv pan di fawndeshɔn den we nɔ de shek fɔ yoga sayɛns.'

"Yu, Swamiji, get pat fɔ ple insay di kam harmoniɔs ekshɛnj bitwin Orient en Oksident. Sɔm ia afta dat a go sɛn yu wan disaypul we yu kin tren fɔ yoga disimineshɔn na di West. Di vaybreshɔn de de fɔ bɔku sol den we de luk fɔ spiritual tin den kin kam lɛk flɔd to mi. A si pɔtneshɛl sent den na Amerika en Yurop, we de wet fɔ wek.'"

Na dis pɔynt in in stori, Sri Yukteswar na yu tɔn in luk ful wan pantap mi yon.

"Mi pikin," i se, as i de smayl na di mun layt, "yu na di disaypul we, ia bifo, Babaji bin prɔmis fɔ sɛn mi."

A bin gladi fɔ no se Babaji bin dɔn dayrɛkt mi stɛp den to Sri Yukteswar, bɔt stil i bin at fɔ mi fɔ imajin misɛf na di rimot West, fa frɔm mi guru we a lɛk en di simpul ɛmti pis.

"Babaji den tɔk bɔt di *Bhagavad Gita* ," Sri Yukteswar bin kontinyu fɔ tɔk. "I bin sɔprayz fɔ no se i sho bay sɔm wɔd den fɔ prez se i no di tru se a dɔn rayt intapriteshɔn pan difrɛn *Gita* chapta den."

"At mi rikwest, Swamiji, duya tek ɔda wok,' di big masta se. 'Yu nɔ go rayt wan shot buk bɔt di ɔndalayn besis wanwɔd bitwin di Kristian en Indu skripchɔ dɛm? Sho bay paralel refrɛns dɛm se di inspekt bɔy pikin dɛm fɔ Gɔd dɔn tɔk di sem trut dɛm, we naw dɔn ɔbskɔr bay mɔtalman in sɛktri difrɛns.'

"Maharaj,' na di . **36-2** a bin ansa diffidently, . 'wetin wan tɛl! Fɔ a bi ebul to fulfil i?'

"Babaji laf saful saful. 'Mi pikin, wetin mek yu de dawt?' i bin tɔk wit kɔrej, 'Fɔ tru, Udat in wok na ɔl dis, en Udat na di wan we de du ɔl di tin den we a de du, i go bi tru.'

"A bin si misɛf se di sent in blɛsin den dɔn gi mi pawa, en a gri fɔ rayt di buk. A fil se a nɔ want fɔ se di pat-awa dɔn rich, a grap frɔm mi sidɔm ples we get lif."

"Yu sabi Lahiri?' **36-3** di masta aks. 'I na big big sol, noto so? Tɛl am bɔt wi mitin.' Dɔn i gi mi mɛsej fɔ Lahiri Mahasaya.

"Afta a don butu wit ɔmbul fɔ fayvel, di sent smayl fayn fayn wan. 'We yu buk dɔn, a go pe yu visit,' i prɔmis. 'Gud-bay fɔ di prɛsɛn.'

"A kɔmɔt na Allahabad di nɛks de en entrain fɔ Benares. We a rich na mi guru in os, a tɔn di stori bɔt di wɔndaful sent na di *Kumbha Mela*."

"O, yu no bin no am?' Lahiri Mahasaya in yay bin de dans wit laf 'A si se yu no bin ebul, bikos na in na mi guru we no get wan kompitishon, di selestial Babaji!'

"Babaji! A ripit, awestruck, 'Di Yogi-Krays Babaji! A kin jos memba di tem we don pas en de wan tem mo na in fes, fo sho mi devoshon na in lotus fut!'

"No eva maynd,' Lahiri we de na di wol Mahasaya we de na di wol bin se we de korej posin. 'I don bin promis to si yu igen.'

"Gurudeva, di divayn masta aks mi fo gi yu mesej. "Tel Lahiri," i se, "se di pawa we den don kip fo dis layf naw don los; i don nia fo don."

"We a tok den enigmatik wod ya, Lahiri Mahasaya in figa bin de shek shek lek se laytin korent toch am. Insay wan instant oltin bot am bin fodom kwayet; in fes we bin de smayl bin ton stern we nobodi no go biliv. Lek wud statu, we somber en we no de mov na in sidom ples, in bodi." bin kam fo bi posin we no get kolo. A bin fred en a bin konfyus. A no eva si dis gladi gladi sol de sho dis kayn bad bad graviti na mi layf. Di oda disaypul den we bin de de bin de luk am wit fred.

"Tri awa pas in utter silence. Den Lahiri Mahasaya begin bak in natura, gladi gladi, en tok wit lov to eni wan pan di chelas. Olman swet wit rilif."

"A rialize by mai masta in riakshon se Babaji in mesej don bi unmistakable signal by." we Lahiri Mahasaya bin ondastrand se i no go te igen in bodi no go get posin fo rent. In wondaful silens pruv se mi guru bin don kontrol in bi wantem wantem, kot in las kod fo atak di matirial wol, en ronawe to in aydentiti we de liv oltem insay Spirit. Di tin we Babaji tok bin don bi in we fo se: 'A go de wit yu oltem.'

"Pan ol we Babaji en Lahiri Mahasaya bin sabi oltin, en den no bin nid fo tok to densef tru mi o eni oda intamedieri, boku tem di big wan den kin kondem fo ple pat pan di motalman drama. Wan wan tem den kin transmit den profesi den tru mesenja den insay wan odinari we, so dat di las fulfilment fo den wod den go mek den get mo divayn fet insay wan big seklo pan man den we leta lan di." stori.

"I no tu te, a komot na Benares, en begin fo wok na Serampore pan di skripcho raytin den we Babaji bin aks fo," Sri Yukteswar kontinyu fo tok. "No sooner we a don begin mi wok, a bin ebul fo kompoz wan poem we dem dediket to di guru we no de day. Di melodious lain dem bin flow effortlessly from mi pen, no mata se a neva bifo a trai Sanskrit poem."

"In." di kwayet of net a bizi misef oba wan kompia of di Baybul en di skripcho den di Sanatan Dharma we den kol *Sanatan Dharma* . **36-4** We a kot di wod den we di blesin Masta Jizos bin tok, a sho se in tichin den na wan wit di tin den we di *Veda den don sho* . A bin fil fayn we den bin don mi buk insay a shot tem; A bin kam fo no se dis blesin we a bin get kwik kwik wan na bikos of di gudnes we mi *Param-Guru-*

*Maharaj bin gi mi . **36-5*** Di chapta den bin fɔs kɔmɔt na di *Sadhusambad* jɔnal; leta wan pan mi Kidderpo disaypul den bin print den prayvet wan as buk.

"Di mōnin afta a dōn dōn mi litreri ɛfot," Masta kontinyu fō tōk, "A go na di Rai." Ghat ya fō was na di Ganges. Di ghat bin nō gēt pōsin; A bin tinap fō sōm tēm, ɛn enjoy di pis we di san bin de gi. Afta a dōn dip insay di wata we de shayn, a bigin fō go na os. Di wangren sawnd we bin de na di saylens na di wan we mi klos we dōn drēb wit Ganges, we de swish- swash wit ɛvri stēp. As a de pas pas di say we di big banyan tik bin de nia di riva in say, wan strōng tin bin mek a luk bak. Na de, ōnda di shed fō di banyan, ɛn sōm disaypul dēn bin de rawnd am, di big Babaji bin sidōm!

"'Grit, Swamiji!' Di masta in fayn fayn vōys bin ring fō mek a nō se a nō de drim 'A si se yu dōn dōn yu buk fayn fayn wan As a bin prōmis, a de ya fō tēl yu tēnki.'

"Wit at we de bit fast, a butu misɛf ful wan na in fut. 'Param-guruji,' a se wit beg, 'yu ɛn yu chelas nō go ōnō mi os we de nia mi wit yu prezens?'

"Di suprēm guru smayl nō gri. 'Nō, pikin,' i se, 'wi na pipul dēn we lēk di say we tik dēn de ayd; dis ples rili kōmfyut.'

"'Duya tarry fō sōm tēm, Masta.' A bin de beg am wit beg se 'A go kam bak wantēm wantēm wit sōm speshal swit mit dēn.'

"We a kam bak insay sōm minit wit wan dish we gēt fayn fayn tin dēn, lo! di lordly banyan nō bin de shel di sēlestial grup igen. A bin de luk ōlsay na di ghat, bōt insay mi at a bin nō se di smōl band dōn ōlredi rōnawe pan ɛtērik wing."

"A bin rili fil bad. 'Ivin if wi mit bak, a nō go bisin fō tōk to am,' a bin ashu misɛf. 'I nō bin du gud fō lēf mi wantēm wantēm.' Dis na bin wamat fō lōv, fō tru, ɛn nōto pas dat.

"Afta sōm mun a go visit Lahiri Mahasaya fō Benares. As a enta im smol parlor, mai guru smayl fō grit."

"'Wēlkōm, Yukteswar,' i se. 'Yu jōs mit Babaji na di treshōld na mi rum?'

"'Wetin mek, nō,' a ansa wit sōprayz."

"'Kam na ya.' Lahiri Mahasaya tōch mi jisnō na mi fōəd wan tēm a si, nia di domōt, di fōm fō Babaji, we de blo lēk pafekt lotus;

"A mēmba mi ōl bad bad tin, ɛn a nō butu. Lahiri Mahasaya luk mi wit sōprayz. "Di divayn guru bin de luk mi wit yay we nō ebul fō ōndastand. 'Yu de veks pan mi.'

"'Sar, wetin mek a nō fō bi?' A ansa se: 'Na di ays yu kam wit yu majik grup, ɛn insay di tint ays yu dōn lōs.'

"'A tēl yu se a go si yu, bōt a nō tok hau long a go de.' Babaji laf saful wan .

"A bin satisfay wantem wantem wit dis eksplen we nɔ de mek a fil fayn. A nil dɔŋ na in fut; di suprem guru pat mi fayn fayn wan na mi sholda."

"'Pikin, yu fɔ tink gud wan mɔ,' i se. 'Yu yay nɔ get fɔlt yet-yu nɔ bin ebul fɔ si mi ayd bien di san layt.' Wit dis wod dem fɔ di vois of wan selestial flute, Babaji disappear in di hidden radiance.

"Dat na bin wan pan mi las visit to Benares fɔ si mi guru," Sri Yukteswar dɔn. "Ivin as Babaji bin dɔn tɔk bifo tɛm na di *Kumbha Mela*, di hausholda-inkarneshɔn fɔ Lahiri Mahasaya bin de kam dɔn. Insay di sɔma 1895 in stalwart bɔdi bin divelɔp wan smɔl bɔyl na di bak. I bin de protest agens lans; i bin de wok aut insay in yon bɔdi di bad karma fɔ sɔm pan in disaypul dɛn. Fɔ dɔn, sɔm chelas bin kam fɔ rili insist; di masta." ansa am klia wan se:

"'Di bɔdi dɔn to fɛn wan mek to go; a go bi we dɛn gri wit to ilek yu want to du.'

"Sɔm tɛm afta dat di guru we nobɔdi nɔ ebul fɔ kɔmpia bin giv ɔp in bɔdi na Benares. Nɔ nid igen fɔ luk fɔ am na in smɔl palɔr; a de si ɛvrɪde na mi layf blesin bay in gayd we de ɔlsay."

Afta sɔm ia, frɔm Swami Keshabananda in lip, **36-6** wan disaypul we dɔn go bifo, a yeri bɔku fayn fayn tin dɛn bɔt di day we Lahiri Mahasaya day.

"Fɔ sɔm dez bifo mi guru lɛf in bɔdi," Keshabananda tel mi, "i matirializ inɛf bifo mi as a sidɔm na mi ɛmitaj na Hardwar."

"'Kam at wan tɛm to Benares.' Wit dɛn wan ya wod dɛn Lahiri we de na di wɔl Mahasaya we de na di wɔl bin dɔn lɔs.

"A entrain kwik kwik wan fo Benares. Na mai guru haus a fain plenti disaypul dem we don asembl. Fo awa dat de **36-7.**" di masta bin eksplen di *Gita*; dɔn i tɔk to wi simpul wan.

"'A am de go os.'

"Sobs." ɔf pen we pɔsin kin fil brok kɔmɔt lek wan i nɔ go ebul fɔ stɔp torrent we de rɔn.

"'Bi kɔrej; a go rayz bak.' Afta dis tɔk, Lahiri Mahasaya tɔn in bɔdi tri tɛm insay wan sɛklo, i fes di not insay in lotus posture, ɛn i go insay di las *maha- samadhi* wit glori **36-8**

"Lahiri Mahasaya in fayn fayn bɔdi, we di divɔt dɛn so dia, dɛn bin bɔn am wit solemn." householder rites at Manikarnika Ghat by the holy Ganges," Keshabananda continued. "Di nɛks de, na ten oklɔk na mɔnin, we a bin stil de na

Benares, mi rum bin ful-ṣp wit wan big layt. Lo! bifo mi bin tinap di bōdi ɛn blōd fōm  
fō Lahiri Mahasaya! I bin tan lɛk in ol bōdi, pas nōmō i bin tan lɛk se i yōŋ ɛn i bin de  
shayn mō. Mi divayn guru bin tōk to mi.

"Keshabananda,' i se, 'na mi. Fròm di atòm den we dòn skata na mi bòdi we den dòn bòn, a dòn gi layf bak to wan fòm we den dòn rimòdel. Mi os òlda wok na di wòl dòn dòn; bót a nò de kòmòt na di wòl òltogèda. Fròm naw a go spèn sòm tèm wit Babaji na di Himalayas, en wit Babaji na di kòsmos.'

"Wit sòm wòd den fò bles mi, di masta we pas òlman bin lós. Wan wòndaful inspekshòn bin ful mi at; a bin es òp insay Spirit ivin lèk aw Krays en Kabir in disaypul den bin de **36-9.**" we den bin dòn de luk den guru den we de alayv afta den dòn day na den bòdi.

"We a go bak na mi isol Hardwar hermitage," Keshabananda bin kòntinyu fò tók, "A bin ker wit mi di oli ashis fò mi guru. A nò se i dòn rònawe pan di spatio-temporal kech; di bòd we de òlsay dòn fri. Bót stil i bin kòrej mi at fò enshrine in oli remains."

Wan òda disaypul we bin get blesin we i si in guru we bin get layf bak na di oli pòsin we nem Panchanon Bhattacharya, we bin mek di Kalkata Arya Mishòn Instityushòn.

### **36-10**

A bin go fèn Panchanon na in os na Kalkata, en a bin lisin wit gladi at to di stori bót di bòku ia we i bin de wit di masta. Fò dòn, i tèt mi bót di wòndaful tin we apin na in layf.

Panchanon se, "Na ya na Kalkata, na tèn oklòk na mònin we afta den bòn am, Lahiri Mahasaya bin apia bifo mi wit layf glori."

Swami Pranabananda, di "sent wit tu bòdi," in sef bin tèt mi di ditel den bót in yon èkspiriens we pas òl.

"Fò sòm dez bifo Lahiri Mahasaya lèt in bòdi," Pranabananda tèt mi di tèm we i bin go na mi Ranchi skul, "A bin get leta fròm am, we bin de aks mi fò kam wantèm wantèm na Benares. Bót a bin delay, en a nò bin ebul fò kòmòt wantèm wantèm. As a bin de midul mi travul pripiament, lèk tèn oklòk na mònin, a bin gladi wantèm wantèm fò si di... shayn figa fò mi guru.

"'Wetin du òri to Benares?' Lahiri we de na di wòl Mahasaya we de na di wòl bin se, we de smayl. 'Yu fò fèn mi de Nò lóng pas dat.'

"As di impòtant tin fò in wòd den de kam pan mi, a de kray wit mi at, a biliv se na vishòn nòmò a de si am."

"Di masta kam nia mi wit kòmòt. 'Na ya, tòch mi bòdi,' i se. 'A de liv, lèk òltèm. Nò kray; a nò de wit yu sote go?'"

Fròm den tri big disaypul ya den lip, wan stori bót wòndaful trut dòn kòmòt: Na di mònin awa fò tèn, di de afta den dòn sèn Lahiri Mahasaya in bòdi to di faya, di

masta we dɔn get layf bak, insay rial bɔdi bɔt we dɔn chenʒ in bɔdi, bin apia bifo tri disaypul dɛn, ɛn ɛni wan pan dɛn bin de na difrɛn siti.

"So ustɛm dis we kin kɔrɔpt fɔ get put pantap we nɔ de rotin, . ɛn dis pɔsin we de day fɔ get put pantap



we no de day, don di wɔd we den rayt, "Day don swela fo win." O day, usay yu sting de? O grev, usay yu win?" **36-11**

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36-1 : . Sri Yukteswar na yu bin leta fɔmal wan initiated to di Swami bin de tɔk bɔt am ɔda bay we di *Mahant bin de du*

*am* (monasti ed) ɔf Buddh Gaya. 36-2: "Great King"-na taytul fɔ rɛspekt.

36-3 : . WAN guru kin de tɔk bɔt to in yon disaypul simpul wan bay we in nem, we den no de du am eni taytul. So, Babaji we de na di wɔl bin se "Lahiri," na so . nɔto "Lahiri Mahasaya."

36-4 : . Tru tru, "sote go rilijɔn," di nem don gi to di bɔdi ɔf Vedik di tin den we den de tich. *Sanatan Dharma we den kɔl Dharma* don kam to bi we den kɔl *Indu rilijɔn* frɔm di tɛm ɔf di Grik den udat we den don pik di pipul den pantap di bank den ɔf di riva Indus we den kɔl Indus as *Indoos* , . ɔ *Indu den* . Di wɔd *Indu* , we wi tɔk am di rayt we, i min di wan den nɔm we de fala *Sanatan Dharma* ɔ Indu rilijɔn. Di wɔd *Indian* de aplay ikwal to Indu en Mohammedan en ɔda *pipul den we de* na di grɔn na India (en bak tru di konfyus jiografik mistek we Kɔlɔmbɔs bin mek, to di Amerikan Mɔngolid aborijinial den).

Di ol nem fɔ India na *Aryavarta* , we min se, "di say we di Aryan den de." Di Sanskrit rut fɔ *arya* na "we fit, oli, nobul." Di leta etnɔlɔjik misyuz fɔ *Aryan* fɔ sho nɔto spiritual, bɔt bɔdi, kwaliti, bin mek di big Orientalist, . Maks Muller, 1999. to se kwayet wan: "To mi wan etnɔlɔjis we de stɔdi bɔt pipul den udat de tɔk ɔf wan Aryan we nem Aryan res, Aryan we nem Aryan blɔd, Aryan we nem Aryan yay en ia, na big sina lek langweyman we de tɔk bɔt dolichocephalic dikshɔnari ɔ  
".brachycephalic grama

36-5 : . *param-guru we den kɔl param-guru* na tru tru "guru" we de tɔk bɔt suprem". ɔ "guru" we de tɔk bɔt sote," we de sho wetin de apin wan layn ɔ sɔkseshɔn ɔf ticha den. Babaji, 1999. di

.*guru* ɔf Lahiri we de na di wɔl Mahasaya, 1999. bin di *param-guru we den kɔl param-guru* ɔf Sri Yukteswar na yu

36-6 : . Mi visit to Na Keshabananda in yon ashram we den kɔl na we den tɔk bɔt pantap pp. 405- 408, en ɔda pipul den.

36-7 : . Septemba 26, 26 . 1895. Di ia 1895 na di det pantap us Lahiri we de na di wɔl Mahasaya we de na di wɔl don go in bɔdi. Insay di wan sɔm mɔ de den i go don rich in batde we mek siksti-ɛit ia.

36-8 : Fɔ fes di nɔt, en fɔ tɔn di bɔdi tri tɛm, na pat den pan wan Vedik rite we masta den we no bifo tɛm we den kin yuz di fainal awa na bɔt to protest fɔ di bɔdi bɔdi. Di las tink dip, we us di masta de jɔyn togɛda inɛf na di Kɔsmik AUM, den kɔl am di *maha* , ɔ big, *samadhi* .

36-9 : Kabir na bin big siksti senti wɔd sent we bɔku pipul den we bin de fala am bin get Indu en Mohammedan den. Na da tɛm de ɔf in day, di disaypul den den bin de agyu oba di we ɔf we de kɔndɔkt di bɛrin serimɔni den. Di bin vɛks bad bad wan masta bin ros frɔm in fainal slip, en don gi in advays den. "Af-af ɔf mi de kɔntinyu fɔ de fɔ bi bin bɛr bay we di Moslem pipul den rites;" i bin se, "Iɛ den bɔn di ɔda af wit wan Indu sakrament." Don i bin lɔs. We di disaypul den opin di kɔfin we bin get in bɔdi, den nɔ fɛn natin pas wan fayn fayn champak flawa den we get gold kɔlɔ. Di Moslem den we de rɛspekt in oli ples te tide, bin bɛr af pan den pipul ya wit obe.

Insay di in yɔɔg Kabir bin de du am bin bin kam nia am bay we tu disaypul den udat bin want minit pɔsin wit sens gayd wit di  
:mistik rod. Di masta bin ansa jɔs se

"!Rod presupposes fa; If I bi nia, No rod nid pas ɔl yu at ɔl. Fɔ tru i mek mi smayl To yeri ɔf wan fish insay wata tɔsti"

36-10 : . Panchanɔn we de na di wɔl bin stat, in wan sevintin-eka gadin at Deogarh, we de na di wɔl in Bihar, 1999. wan tempul we get wan ston statyu na Lahiri Mahasaya we de na di wɔl. ɔda statyu ɔf di rili masta don bin set bay we disaypul den in di smɔl parlor ɔf in Benares we de na di wɔl os.

36-11 : . a *Leta Fɔ Kɔrint* 15: 54- 55.

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## CHAPTER: 1 . 37. Na di 37

### *a Go To Amerika*

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"Amerika! Fɔ tru, den pipul ya na Amerika pipul den!" Dis na bin mi tink as wan panoramic vision of Western fes bin pas bifo mi inward view.

A bin de tink gud wan, a bin sidom bien som boks den we get doti na di stoa rum na di Ranchi skul. I no bin izi fɔ fen prayvet ples insay den bizi ia den de wit di yɔŋ wan den!

Di vishon bin kontinyu; wan boku boku pipul den, **37-1** de luk mi gud gud wan, swip lek akto akodin to di stej fɔ konsheens.

Di domot na di stoa rum opin; as a kin du, wan pan di yɔŋ bobo den bin don fen

di say we a bin de ayd. "Kam ya, Bimal," a kray wit gladi at. "A get nyus fɔ yu: di

Masta de kol mi fɔ kam na Amerika!" "To Amerika?" Di bobo eko mi wod den wit

wan toyn we min se a don se "to di mun."

"Yes! A de go fɔ diskoba Amerika, lek Kolombos. I bin tink se i don fen India; fɔ tru, karmic link de bitwin den tu land den de!"

Bimal bin ronawe go; i no tu te, di nyuspepa we get tu leg bin tel di wan ol skul. **37-2** A kol di fakulti we bin konfyus en gi di skul fɔ in chaj.

"A no se yu go kip Lahiri Mahasaya in yoga ideal dem fɔ edyukeshon eva to di fos," a se. "A go rayt yu boku tem; if God gri, somde a go kam bak."

Kray wata bin tinap na mi yay as a de luk las luk pan di smol bobo den en di san san ak den na Ranchi. Wan patikyula tem na mi layf bin don lok naw, a bin no; from da tem de a go de na fa fa kontri den. A bin entrain fɔ go na Kalkata som awa afta mi vishon. Di neks de a bin get inviteshon fɔ bi di deleget from India fɔ wan Intaneshonal Kongres fɔ Rilijon Libal pipul den na Amerika. I bin fɔ gɛda da ia de na Boston, onda di ospitul fɔ di American Unitarian Association.

Mi ed in wan whirl, . a bin aks komot Sri Yukteswar na yu in Serampore, we de na di wol.

"Gruji, dem jos invayt mi fo adres wan rilijos kongres fo Amerika. A go go?"

"Ol di domot den opin fo yu," Masta ansa am simpul wan. "Na naw o i no eva bi."

"Bot, sa," a bin se in dismay, . "wetin du a no bot poblik we yu de tok? I kin te get a don gi wan lekshon, .

en nɔ ɛva in English."

"English ɔ Nɔ English, yu wɔd dɛn pantap yoga fɔ bi dɔn yeri in di West."

A bin laf. "Wɛl, dia guruji, a nɔ tink se di Amerika pipul dɛn go lan Bɛngali! Duya blɛs mi wit wan push oba di ɔda tin dɛn we de ambɔg di English langwej." **37-3**

We a brok di nyus bɔt mi plan to Papa, i bin rili sɔprayz. To am, i bin tan lɛk se Amerika rili fa; i bin de fred se sɔntɛm i nɔ go ɛva si mi igen.

"Aw yu go go?" i aks am tranga wan. "Udat go faynans yu?" As i bin dɔn gɛt lɔv fɔ pe di spɛns fɔ mi edyukeshɔn ɛn mi wan ol layf, i nɔ gɛt wan dawt fɔ se i bin op se in kwɛstyɔn go mek mi prɔjek stɔp ɛn shem.

"Di Masta go mɔs gi mi mɔni." As a de mek dis ansa, a tink bɔt di sem kayn we we a bin dɔn gi mi brɔda Ananta we de na Agra fɔ lɔng tɛm. A nɔ bin gɛt boku lay lay tɔk, a ad se, "Papa, sɔntɛm Gɔd go put am na yu maynd fɔ ɛp mi."

"Nɔ, nɔ ɛva!" I i bin glan wit yu yay at mi wit sɔri-at.

So a bin sɔprayz we Papa gi mi, di nɛks de, wan chɛk we dɛn mek fɔ boku mɔni.

I se, "A de gi yu dis mɔni, nɔto insay mi kapasiti as papa, bɔt as fetful disaypul fɔ Lahiri Mahasaya." Go dɔn to dat fa Westinian land; prɛd de di we nɔ gɛt wanwɔd di tin dɛn we dɛn de tich ɔf *Kriya na wan Yoga we dɛn kin du* ."

A bin rili tɔch mi at fɔ si di spirit we Papa bin de tink bɔt we i nɔ bin de tink bɔt inɛf nɔmɔ bin ebul fɔ put in yon tin dɛn we i want kwik kwik wan. Di jɔs rializeshɔn bin dɔn kam to am insay di nɛt bifo dat se nɔ ɔdinari want fɔ travul fɔ ɔda kɔntri nɔ bin de mek a travul.

"Sɔntɛm wi nɔ go mit igen na dis layf." Papa we bin ol siksti sɛvin dis tɛm, bin tɔk wit sɔri-at.

Wan we pɔsin kin ɔndastand fɔ kɔndɛm pɔsin we dɛn aks fɔ am mi to ansa, "Fɔ tru." di Lɔd go briŋ wi togɛda wan tɛm mɔ."

As a bin de go bifo fɔ pripia fɔ lɛf Masta ɛn mi yon land fɔ go na di shore dɛn na Amerika we a nɔ no, a nɔ bin fred smɔl. A bin dɔn yeri boku stori dɛn bɔt di we aw pipul dɛn na di West bin de lɛk prɔpati, wan we rili difrɛn frɔm di spiritual bakgrɔn na India, we bin ful-ɔp wit di aura we di oli pipul dɛn bin de mek fɔ lɔng lɔng tɛm. "Wan Oriental ticha we go dea di Wɛstɛn ays," a bin tink, "fɔ bi hardy pas di trial dɛm fɔ ɛni Himalayan kol!"

Wan ali mɔnin a bigin fɔ pre, wit wan strɔng maynd fɔ kontinyu, fɔ ivin day de pre, te

a yeri Gɔd in vɔys. A bin want In blɛsin ɛn ashurant se a nɔ go lɔs misɛf insay di fɔg dɛn fɔ di mɔdan utilitarianism. Mi at bin dɔn sɛt fɔ go na Amɛrika, bɔt i bin rili strɔng fɔ yeri di kɔrej we Gɔd gi mi.

A bin de pre en pre, en a bin de stop fo kray. No ansa no kam. Mi silent petishon bin de go op insay excruciating crescendo te, na midde, a don rich wan zenith; mi bren no bin ebul fo bia di preshon we a bin de sofa igen. If a kray wan tem mo wit wan dip we de go op pan mi insay pawa, a a bin fil lek se mi bren go split. Na da tem de, wan posin nak na do na di vestibul we de nia di Gurpar Road rum we a bin sidom insay. We a opin di domot, a si wan yong man we wer smol klos we posin we don lef fo du sontin kin wer. I kam insay, lok di domot bien am en, we i no gri fo mek a sidom, i sho wit wan say se i want fo tok to mi we i tinap.

"I fo bi Babaji!" A bin tink, a bin de daz, bikos di man we bin de bifo mi bin get di ficha den we wan yong Lahiri Mahasaya get.

I ansa mi tinkin. "Yes, na mi na Babaji." I bin de tok fayn fayn wan insay Hindi. "Wi Papa we de na evin don yeri yu prea. I komand mi fo tel yu: Fo fala wetin yu guru tel yu en go na Amerika. No fred; yu go protekt yu."

Afta we Babaji bin stop fo tok fayn fayn wan, i tok to mi bak. "Yu na di wan we a don pik fo spre di mesej fo *Kriya Yoga* na di West. Long tem don pas we a mit yu guru Yukteswar na wan *Kumbha Mela* ; a tel am da tem de a go sen yu to am fo tren."

A no bin ebul fo tok, a bin chok wit divoshonal awe we i bin de de, en a bin rili toch mi at fo yeri from in yon lip den we i bin don gayd mi to Sri Yukteswar. A ledom butu bifo di guru we no de day. I bin get sori-at fo es mi op na gron. We i bin de tel mi boku tin den bot mi layf, afta dat i bin gi mi som tin den fo misef, en tok som sikrit profesi den.

" *Kriya Yoga* , di sayens teknik fo mek God-rilayz," i bin don tok wit sori-at, "go don skata na ol di kontri den, en ep fo mek di neshon den get wanwod tru motalman in yon, transendant we fo si di Papa we No get End."

Wit wan luk we get wondaful pawa, di masta mek mi ilektrik bay we a si in kosmik konshens. Insay shot tem, i begin fo go na di domot.

I se: "No tray fo fala mi." "Yu no go ebul fo du am." "Duya,

Babaji, no go fa!" A bin de kray boku boku tem. "Tek mi wit

yu!" We i luk bak, i ansa se, "Noto naw. Som oda tem."

Bikos a bin de fil bad, a no bin lisin to di wonin we i bin gi mi. As a de tray fo ronata am, a kam fo no se mi fut den don rut tranga wan na gron. From di domot, Babaji gi mi las luk wit lov. I es in an op bay we i de bles am en waka go, mi yay bin de pan am wit long long tem.

Afta sɔm minit, mi fut dɛn bin fri. A sidɔm ɛn go insay wan dip meditashɔn, ɛn a nɔ bin de taya fɔ tɛl Gɔd tɛnki nɔto jɔs fɔ we i ansa mi prea bɔt fɔ blɛs mi bay wan mitin wit Babaji. I bin tan lɛk se mi wan ol bɔdi oli bikɔs di masta we bin de trade trade ɛn we bin de yɔŋ ɔltɛm bin tɔch mi. Fɔ long tɛm naw, i bin dɔn rili want fɔ si am.

Te naw, a nɔ ɛva tɛl ɛnibɔdi dis stori bɔt mi mit wit Babaji. Hol am as di wan we oli pas ɔl pan mi mɔtalman ɛksperiens dɛn, a dɔn ayd am na mi at. Bɔt di tink bin kam na mi maynd se di wan dɛn we de rid dis ɔtobayografi kin biliv mɔ pan di rial tin bɔt di Babaji we nɔ de nia ɔda pipul dɛn ɛn di tin dɛn we i lek na di wɔl if a rilayt se a si am wit mi yon yay. A dɔn ɛp wan atis fɔ drɔ tru tru pikchɔ bɔt di big Yogi-Krays we de na India tide; i de insay dis buk.

Di ivintem bifo ɔf mi lɛf fɔ di Yunaytɛd Stet dɛn bin fɛn mi in Sri Yukteswar in yon oli de de.

"Fɔget se dɛn bɔn yu as Indu, ɛn nɔ bi Amerikin. Tek di bɛst pan dɛn ɔl tu," Masta tɔk wit in kol we fɔ sɛns. "Bi yu tru tru sɛf, Gɔd in pikin. Luk ɛn inkɔrej insay yu bi di bɛst kwaliti dɛn fɔ ɔl yu brɔda dɛn, we skata ɔlsay na di wɔl insay difrɛn rays."

Dɔn i blɛs mi se: "ɔl di wan dɛn we de kam to yu wit fet, we de luk fɔ Gɔd, go ɛp. As yu de luk dɛn, di spiritual kɔrɛnt we de kɔmɔt na yu yay go go insay dɛn bren ɛn chɛnj dɛn matirial abit, we go mek dɛn no mɔ bɔt Gɔd."

I kɔntinyu fɔ tɔk se, "Yu lɔt fɔ atrak sinsi sol dɛn rili gud. ɛnisay we yu go, ivin na wildanɛs, yu go fɛn padi dɛn."

Dɛn dɔn sho ɔl tu di blɛsin dɛn we i gɛt. A kam mi wan na Amerika, na wan wildanɛs we nɔ gɛt wan padi, bɔt na de a fɛn bɔku bɔku pipul dɛn we rɛdi fɔ gɛt di sol- tichin dɛn we dɛn dɔn tɛst fɔ lɔng tɛm.

A bin kɔmɔt na India insay ɔgɔst, 1920, pan *The City Of Sparta* , di fɔs pasɛnja bɔt we bin de go na Amerika afta Wɔl Wɔ Wan dɔn.

Insay di tu mɔnt we dɛn bin de travul, wan kɔmpin pasɛnja bin kam fɔ no se na mi na di Indian deleget fɔ di kɔngrigeshɔn na Bɔstɔn.

"Swami Yogananda," i se, wit di fɔs wan pan bɔku kwayɛt pronɔns we a bin de yuz leta fɔ yɛri mi nem we di Amerika pipul dɛn de tɔk, "duya favɔret di pasɛnja dɛn wit wan lekchɔ nɛks." Tɔsde nɛt. A tink se wi ɔl go bɛnifit if wi tɔk bɔt 'Di Fayt fɔ Layf ɛn Aw fɔ Fɛt Am.'"

Alas! A bin gɛt fɔ fɛt di fɛt na mi yon layf, a kam fɔ no Wednesde. Bikɔs a bin de tray tranga wan fɔ ɔganayz mi aydia dɛn fɔ bi lekchɔ insay English, a bin dɔn lɛf ɔl di tin dɛn we a bin de pripia; mi tinkin, . lek wayl kɔlt we de luk sadul, nɔ gri fɔ wok wit di lɔ dɛn we de na English grama. Bɔt bikɔs a bin rili abop pan di tin dɛn we Masta bin dɔn tɛl mi trade, a bin apia bifo mi Tɔsde ɔdiɛns na di salon na di stiama. No eloquence nɔ bin rayz na mi lip; a nɔ bin ebul fɔ tɔk, a bin tinap bifo di pipul dɛn we bin gɛda. Afta wan kɔntes fɔ bia we tek tɛn minit, di ɔdiɛns bin no se mi prɔblɛm ɛn dɛn bigin fɔ laf.





A tinap na di dais bifo wan pan mi klas den na Amerika. Den bin get dis klas we get wan tawzin yoga student den na Washinton, D.C

Di tin we bin apin no bin fani to mi da tem de; a veks bad bad wan a sen wan prea to Masta we a no tok natin. "Yu *kin* ! Tok!" In voys bin de sawnd wantem wantem insay mi konshens.

Mi tinkin bin fodom wantem wantem insay wan padi biznes wit di English langwej. Foti fayv minit afta dat, di odiens bin stil de pe atenshon. Di tok bin mek den invayt mi buku tem fo gi lekcho leta bifo difren grup den na Amerika.

A no bin eva ebul fo memba, afta dat, wan wod we a bin don tok. Bay diskret aks a lan from buku pasenja den se: "Yu gi wan inspekt lekcho fo stir en korekt English." We a yeri dis fayn nyus a ombul en tel mi guru tenki fo di ep we i ep mi insay di rayt tem, en a kam fo no bak se i don eva de wit mi, we de mek ol di tin den we de ambog tem en ples no get natin.

Wan wan tem, we di oda pat pan di trip na di si, a bin de get som tin den we bin de mek a fred bot di problem we bin de kam wit English-lekcho na di kongrigheshon na Boston.

"Lod," a pre, "duya mek mi inspekshon bi Yusef, en noto igen di laf-bom den we di odiens de laf!"

*Di Siti Of Sparta* bin dok nia Boston let Septemba. Na di siks dez insay Oktoba a bin adres di kongrigheshon wit mi fos tok na Amerika. Den bin gladi fo am; A bin swet fo mek a fil fri. Di big big sektri fo di American Unitarian Association bin rayt dis koment insay wan stori we den bin don rayt 37-4 fo di kongrigheshon prosiding:

"Swami Yogananda, we na di deleget from di Brahmacharya Ashram na Ranchi,

India, bin bring di gritin dem fo in Asembli to di Kongres. Insay fluent English en wan fos delivri i gi wan adres fo wan filosofik karakta pan 'Di Sayns of Rilijon,' we den don print insay pamphlet fom fo wan big distribyushon. Rilijon, i bin menten, na yunivasal en na wan. Wi

nɔ go ebul fɔ mek patikyula kɔstɔm ɛn kɔnvikshɔn dɛn ɔlsay na di wɔl, bɔt di kɔmɔn tin we de insay rilijɔn kin bi ɔlsay, ɛn wi kin aks ɔlman fɔ fala ɛn obe am."

Bikɔs Papa in jenaros chɛk, a bin ebul fɔ de na Amɛrika afta di kɔngrigeshɔn dɛn. Dɛn bin spɛn 4 ia we wi bin gɛt gladi at na ɔmbul tin dɛn na Bɔstɔn. A bin de gi pɔblik lekchɔ, tich klas, ɛn rayt wan buk we gɛt poem dɛn, *Songs Of The Soul*, wit wan fɔs wɔd we Dɔktɔ Frɛdrik B. Robinsin, we na di president fɔ di Kolejɔ na di Siti na Nyu Yɔk, bin rayt. **37-5**

We a bigin fɔ go waka na di kɔntinental insay di sɔmma 1924, a bin tɔk bifo bɔku bɔku pipul dɛn na di mɛn siti dɛn, ɛn a bin dɔn mi trip fɔ go na di wɛst wit wan vaykashun na di fayn fayn nɔt na Alaska.

We di student dɛn we gɛt big at bin ɛp mi, bay di ɛnd ɔf 1925, a bin dɔn mek wan Amɛrikan ɛdkwata na di Maunt Washinton Estate dɛn na Lɔs ɛnjɛls. Di bildin na di wan we a bin dɔn si ia bifo insay mi vishɔn na Kashmir. A bin rɔsh fɔ sɛn Sri Yukteswar pikchɔ dɛn bɔt dɛn tin ya we Amɛrika bin de du fa fawe. I ansa wit wan post kad insay Bɛngali, we a translet ya:

11th ɔgɔst, 1926. Di ia 1926

Pikin ɔf mi at, O Yogananda, yu go si am!

We a si di foto dɛm fɔ una skul ɛn student dɛm, wetin gladi de kam na mi layf a nɔ ebul fɔ ɛkspres insay wɔd dɛn. A de mɛlt wit gladi at fɔ si una yoga student dɛn na difrɛn siti dɛn. We a de si yu we dɛn de yuz chant affirmations, hiling vibrations, ɛn divayn hiling prea, a nɔ go ebul fɔ avɔyd fɔ tɛl yu tɛnki frɔm mi at. We yu si di get, di mawnten dɛn we de rɔn rawnd di mawnten dɛn we de go ɔp, ɛn di fayn fayn ples dɛn we yu de si we de ɔnda di Maunt Washinton Estate dɛn, a rili want fɔ si ɔltin wit mi yon yay.

ɔltin we de ya de go fayn. Tru God in gudnes, mek yu ɛva gɛt gladi-at.

SRI YUKTESWAR GIRI we de na di wɔl

Ia dɛn bin de pas kwik kwik wan. A bin de gi lekshɔn na ɔl di pat dɛn na mi nyu land, ɛn a bin de tɔk to bɔku bɔku klab dɛn, koleji dɛn, chɔch dɛn, ɛn grup dɛn we de na ɛni rilijɔn. Tɛn tawzin pipul dɛn na Amɛrika bin gɛt yoga initieshɔn. To dɛm ɔl a dediket wan nyu buk fɔ prea tinkin insay 1929- *Whispers From Eternity*, wit wan fɔs wɔd we Amelita Galli-Curci rayt. **37-6** A gi ya, frɔm di buk, wan poem we gɛt di taytul "Gɔd! Gɔd! Gɔd!", we dɛn mek wan nɛt as a tinap na wan lekchɔ pletfɔm:

From di dip dip tin den of slip, .  
As a de go op di spiral stej we de mek a wek, a  
de wispa se:  
God! God! God!  
Yu na di it, en we a brok mi fast Fo  
separeshon from Yu evri net,  
a tes Yu, . en na di maynd se:

God! God! God!

I no mata usay a go, di spotlayt na mi maynd Eva

kip de ton pan Yu;

En in di fet din of tin

Mi silent wo kray de oltem: God! God!

God! We big big briz we de mek a sofa de

ala, En we tin den we de wori de ala pan

mi, .

a drawn den ala ala, . lawd wan we den de chant:

God! God! God!

We mi maynd de wev drim Wit

tred den fo memba, .

Don pantap dat majik we den kin du klos a fen we den embos: .

God! God! God!

Evri net, in tem of dip pas ol slip,

Mi pis drim en kol, Joy! Gladi! Gladi! En

mi gladi at kin kam fo sig oltem:

God! God! God!

Insay wek, it, wok, drim, slip, Sav, tink gud

wan, chant, divayn lov, Mi sol de hum oltem,

nobodi no yeri am:

God! God! God!

Sontende-boku tem na di fos de insay di mont we di bil den kin rol insay fo kip di  
Maunt Washinton en oda Self-Realization Fellowship senta den!-A bin de tink wit  
long long tem bot di simpul pis we de na India. Bot evride a bin de si wan  
ondastandin we de boku bitwin West en Is; mi sol bin gladi.

A don fen di big at na Amerika we den sho insay di wondaful layn den we Ema  
Lazaros rayt, we den kot na di bies fo di Statue of Liberty, di "Mama fo Eksil":

From i beacon- han we den kin yuz  
Glows olsay na di wol welkom; her mild eyes  
command Di haba we get brij we get brij we twin  
siti den de mek.

"Kip, ol land dem, yu stori pomp!" kray i Wit  
silent lips. "Gi mi yu taya, yu po, Yu huddled  
masses yearning to breath free,  
Di wretched refuse na yu teeming shore. Send  
dis, di homeless, tempest-tost to mi, a es mi  
lamp nia di golden doa.

37-1 : . Boku of den wan den fes den a get from don si in di West, . en wantem wantem we den don rekognayz..

37-2 : . Swami bin de tok bot am Premananda, 1999. naw di lida of di Fo no yusef Choch of Di Rilijon den in Washinton, 1999. D. C., . bin wan pan di student den na di Ranchi skul di tem we a bin komot de fo go na Amerika. (Den na bin Brahmachari Jotin da tem de.)

37-3 : . Sri Yukteswar na yu en a odinari wan bin tok to den in Bengali.

37-4 : . *Nyu Pilgrimej den we den kin du Of Di Spirit* (Boston: Bikon Pres, 1921).

37-5 : . Dokto. en Wef. Robinson bin go fen den India in 1939, 2019. en bin den kin kon am gost den at di Ranchi na wan skul.

37-6 : . Mme. Gali-Korsi en i maredman, Homer we bin de wok Samiel, 1999. di posin we de ple piano, . get bin Kriya na wan Yoga we den kin du student den fo twenty ia den. Di we de mek posin get maynd stori of di wetin olman sabi prima donna in yon ia den of myuzik don bin dis bien tem we den don pabliish ( *Na Galli-Curci in yon Layf Of Song* , we C. E. LeMassena rayt, Paeban Komni, Nyu York, 1945).

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## CHAPTER: 1 . 38. Na di 38

### ***Luther Na Bobank -- . WAN Sent Amidst Di Roses den***

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"Di sikrit fo impotant plant brid, apat from sayens no, na lov." Luther Burbank bin tok dis sens we a bin de waka nia am na in Santa Rosa gadin. Wi bin stop nia wan bed we get kaktus we posin kin it.

I kontinyu fo tok se: "We a bin de du eksperiens fo mek 'spineless' kaktus, a bin de tok to boku tem." di plant dem fo mek wan vaybreshon fo lov. A kin tel den se: 'Una no get natin fo fred. 'Yu no de du am nid yu difensiv chukchuk. A go protekt yu.' Smol smol di yusful plant na di dezat bin komot insay wan vayriet we no get chukchuk."

A bin rili kole dis mirekul. "Duya, dia Luther, gi mi som kakti lif fo plant na mi gadin na Maunt Washinton."

WAN wokman we de wok we tinap nia bin stat to pul of som lif den; Na Bobank we den no bin ebul fo du in.

"Mi sef go pluk dem fo di swami." I gi mi tri lif den, we leta a plant, en gladi as den de gro to big big etet.

Di bigman we sabi bot ɔtikulcho bin tɛl mi se di fɔs tin we i win na di big pot we pipul  
den sabi naw wit in nem. Wit di indefatigability of genius, i bin go bifo fɔ prɛzɛnt di  
wɔl wit ɔndrɛd

krös improvement pan nature-in nyu Burbank vayriet dem fə tomato, kən, skwash, cheri, plam, nekətarin, bəri, pəpi, lili, ros.

A bin de fos mi kamera as Luther de lid mi bifo di fambul walnut tik we i bin dən pruv se natura evolushən kin bi teleskopik kwik kwik wan.

I se, "Insay siksti ia nōmō, dis walnut tik bin rich wan stet we bōku bōku nat dən de mek we wan nature we nō get eni ep fə dən briŋ di tik insay tu tēm da tēm de."



Luther Burbank, 1999. wan we a lək padi, . poz dən wit mi in in Santa Rosa gadin.

Na Burbank in yon sməl adopted gal pikin dən kam romping we dən de du wit i dōg to di gadin.

"Na mi motalman plant." Luther bin de wəf am wit lov. "A de si motalman naw as wan big plant, we nid fə in ays fulfilment dən nōmō lov, di natura blesin dem fə di big ɔdasay, en inteligent krös en selekshən. Insay di span fə mi yon layf a dən si so wōndaful prōgres na plant evolushən dat a de luk fə wan optimistically to wan wēlbōdi, gladi wōl as soon as dən tich in pikin dem di prinsipul dem fə simpul en rayshənal liv. Wi fə go bak to nature en nature's." Gōd."

"Luther, yu go gladi fə mi Ranchi skul, wit in ɔda klas dem, en atmosfəs fə gladi en simpul."

Mi wōd dən bin tōch di kōd we bin de nia Burbank in at-pikin edyukeshən. I bin de aks mi kwestyon dən, en intres bin de shayn frōm in dip en kol yay dən.

"Swamiji," i se las las, "skul dem lək yu yon na di wangren op fə wan fiuja mileniom.



A de tɔn agens di edyukeshɔn sistɛm dɛm na wi tɛm, we dɛn dɔn kɔt frɔm di nature  
ɛn we de stif ɔlman."

di wanwɔd we pɔsin kin get. a am wit yu at en sol in yu gud di tin den we pɔsin kin tink bɔt ɔf skul biznɛs."

As a bin de lɛf di ɔmbul sɛj, i ɔtograf wan smɔl volyum en prɛzɛnt am to mi. **38-38. 1. 1.1.** "Naya na mi buk pantap *Di Trenin ɔf Di Mɔtalman Plant*," **38-2** i bin se. "Nyu di kayn den we den kin yuz ɔf trenin na ɛksperiɛns den we den nid-lɛs nɔ de fred. Sɔntɛnde, di prɔblɛm den we get maynd pas ɔl dɔn ebul fɔ briŋ kam di bɛst wan pan frut en flawa den. Di nyu tin den we den kin mek fɔ pikin den fɔ lan buk fɔ bɔku, den fɔ get maynd mɔ en mɔ."

A bin rid in smɔl buk da net de wit bɔku intres. In yay we i bin de imajin wan glori tumara bambay fɔ di res, i rayt se: "Di tin we get traŋa traŋa pas ɔl na dis wɔl, di wan we at fɔ swela, na plant." wan tɛm bin mek in sho abit den. Memba dat dis plant dɔn den dɔn kip am i na di wanwɔd we pɔsin kin get ɔl tru di tɛm den we dɔn pas; sɔntɛm na wan we den kin tray fɔ no bak tru bɔku bɔku tɛm insay di rɔk dɛnsɛf, we nɔ ɛva chɛnj to ɛni big big pat insay ɔl den big big tɛm ya. Yu de lɛ wi se, afta ɔl den ɛj ya we den dɔn ripit, di plant nɔ kin get wan wil, if yu pik fɔ kɔl am so, we nɔ get wan kɔmpitishɔn fɔ tinap tranga wan? Fɔ tru, plant den de, lɛk sɔm pan di pam tik den, we de kɔntinyu fɔ de sote no mɔtalman pawa nɔ ebul fɔ chɛnj den yet. Di tin we mɔtalman want na wik tin nia di tin we plant want. Bɔt si aw dis wan ɔl plant in layf ɔl traŋa de brok jɔs bay we i miks nyu layf wit am, we de mek, bay we i krɔs, wan kɔmplit ɛn pawaful chɛnj na in layf. Dɔn we di pwɛl kam, . mek bak i bay we den wan ya jɛnɛreshɔn den ɔf peshɛnt supavayshɔn ɛn sɛlɛkshɔn, . ɛn di nyu plant de setul pan in nyu we nɔ go ɛva go bak to di ɔl wan igen, in tenacious wil brok ɛn chɛnj las las.

"We i kam pan so sensitiv ɛn pliable tin lɛk di nature of pikin, di prɔblɛm kin bi vastly izi."

Magnetik we a bin de drɔ to dis big Amerikin, a bin de go fɛn am bak ɛn bak. Wan mɔnin a bin rich di sem tɛm wit di pɔsin we de wok na di post, we bin put lɛk wan tawzin lɛta den na Bobank in stodi. ɔtikalchɔrist den dɔn rayt in frɔm ɔl pat den ɔf di wɔl.

"Swamiji, yu prɛzɛns na jɔs di ɛkskyuz we a nid fɔ kɔmɔt na di gadin," Luther se wit gladi at. I opɪn wan big dɛsk-drɔwa we get bɔku bɔku travul folda den.

"Si," i se, "na so a de du mi travul. We a tay mi plant ɛn kɔrɛspɔndɛns, a de satisfay mi want fɔ fɔrina land bay we a de luk den pikchɔ ya naw ɛn afta dat."

Mi motoka bin tinap bifo in get; Mi ɛn Luther bin de drayv na di strit den na di smɔl tɔŋ, in gadin den bin brayt wit in yon difrɛn kayn Santa Rosa, Pichblo, ɛn Bobank ros den.

Luther bin tɛl mi se: "Mi ɛn mi padi ɛnri Fɔd ɔl tu biliv di ɔl tiori bɔt pɔsin we bɔn

bak." "I de shed layt pan aspek dɛm na layf ɔda we we nɔ go ebul fɔ ɛksplen. Mɛmori nɔto tɛst fɔ trut; jɔs bikɔs man nɔ de mɛmba in layf we i bin dɔn liv trade nɔ pruv se i nɔ ɛva gɛt dɛn. Mɛmori na blank bɔt in bɛlɛ-layf ɛn in bebi, bak; bɔt i go mɔs bi se i pas tru dɛm!" I bin de laf.

Di big sayɛnsman bin dɔn gɛt *Kriya* initieshɔn di tɛm we a bin dɔn go wan pan di visit dɛn we a bin dɔn go bifo. "A de praktis di teknik devoutly, Swamiji," i se. Afta plenti tinkin kweshon to mi about difren

aspek den of yoga, . Luther bin tok smol smol:

"Di Is rili poses boku boku boku boku no we di West no don begin fo fen."

Intimate communion wit nature, we bin opin to am boku pan in jelos gad sikrit den, bin don gi Burbank wan spiritual respekt we no get limit.

"Sontende a kin fil rili klos to di Infinite Power," i konfid wit shem. In fes we bin de fil fayn en we den bin don mek fayn fayn wan, bin de shayn wit in memori den. "Don a don ebul fo men sik pipul den we de rawnd mi, en boku plant den we sik."

I bin tel mi bot in mama, we na Kristian we rili lek am. Luther se, "Boku tem afta i day, a don get blesin fo di we aw i de apia na vishon; i don tok to mi."

Wi bin drayv bak we no want fo du dat to in os en den wan den wet tawzin leta den we den rayt.

A bin tok se: "Luther, neks mont a de stat wan magazin fo prizent di trut-ofrin dem na Is en West. Duya ep mi fo disayd fo get gud nem fo di jonal."

Wi bin tok bot taytul den fo som tem, en leta wi gri pan *Is-West* . Afta wi bin don go bak na in stodi, Bobank bin gi mi wan atikul we i bin rayt bot "Science and Civilization."

"Dis go go in di fos tin of *Is-West* ," a bin se wit tenki.

As wi padi biznes de dip, a kol Bobank mi "Amerikan sent." "Luk wan man," a kot, "we no lay lay tin no de insay!" In at bin dip pasmak, i bin don no fo long tem fo ombul, fo peshent, fo sakrifays. In smol os we bin de midul di ros den bin rili simpul; i bin no se i no get wan valyu fo get fayn fayn tin den, di gladi at we posin kin get we i no get boku propati. Di ombul we i bin de wer in sayens fambul bin mek a memba boku tem bot di tik den we kin ben donj wit di lod we frut den we de rayp kin get; i na di tik we no get natin we de es in ed ay ay wan wit emti bost.

A bin de na Nyu Yok we, insay 1926, mi padi we a lek bin day. We a kray a tink se, "O, a go gladi fo waka ol di we from ya to Santa Rosa fo wan mo glimpse pan am!" We a bin de lok misef from sektri den en pipul den we kin kam fen mi, en a bin spen di neks twenty-fo awa na say we a no de nia mi.

Di neks de a bin kondokt wan Vedik memorial rite rawnd wan big pikcho fo Luther. Wan grup pan mi Amerikan student den, we wer Indu serimoni klos, bin de siñ di ol siñ den as den de mek ofrin wit flawa, wata, en faya-simbol den fo di tin den we de na di bodi en den fri den na di Infinite Source.

Pan ol we di fom fo Bobank de na Santa Rosa onda wan Libanon sida we i bin plant ia bifo na in gadin, in sol de fo mi insay evri flawa we get big yay we de blo nia di

rod. We den pul am bak fo som tem insay di speshal spirit we de na di wol, yu no  
tink se Luther de wispa na in briz, de waka in do?

In nem dɔn pas naw insay di ɛritij fɔ kɔmɔn tɔk. We dɛn list "burbank" as transitiv verb, Webster in Nyu Intanɛshɔnal Dikshɔnari de difayn am: "Fɔ krɔs ɔ graft (plan). So, fɔ sho se, fɔ impɔtant (ɛnitin, as prɔses ɔ institiushɔn) bay we yu pik gud tin dɛn ɛn nɔ gri wit bad tin dɛn, ɔ bay we yu ad gud tin dɛn."

"Bɔbank we a lɛk," a kray afta a rid di difinishɔn, "yu yon nem naw na di sem tin fɔ gudnɛs!"

A handwritten signature in black ink, reading "Luther Burbank". The script is cursive and elegant, with the first letters of each word being capitalized and prominent.

dat i nɔ bin want fɔ go bak na India te i get wan pikchɔ bot di Gret Emansipatɔ. Plant insef wit ɔl in at pantap Linkɔn in yon domɔt, . di biznesman nɔ gri to lɛf te di bin sɔprayz President den alaw am fɔ du dat in to enjɔy di savis dem fɔ .Daniel Hantin, di fambul Nyu Yɔk atis. We den dɔn fɔ mek di pikchɔ, di Indu bin ker am go na Kalkata fɔ win

38-2 : . Nyu Jɔk: Wan ɔndred ia Co., en ɔda pipul den. 1922. Di ia 1922.

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## CHAPTER: 1 . 39. Di wan den we de wok

***Teriza Nyuman, 1999. Di Katolik Wan pɔsin we de tɔk bad bot ɔda pipul den***

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"Rɔtɔn to india. A dɔn wet fɔ yu wit peshent fɔ fayvtin ia. I nɔ go te igen a go swim kɔmɔt na di bɔdi en go na di Shining Abode. Yogananda, kam!"

Sri Yukteswar in voys bin de mek a sɔprayz na mi insay yes we a sidɔm de tink gud wan na mi hedkwata na Mawnt Washinton. We i bin de travul tɛn tawzin mayl insay wan yay we bin de shayn, in mɛsej bin go insay mi bɔdi lɛk laytin we de shayn.

Fayvtin ia! Yes, a kam fɔ no se naw na 1935; A don spend faivtin ia fo spred mi guru in tichin dem na Amerika. Naw i de mɛmba mi bak.

Da aftanun de, a bin tɔk bot mi ɛksperiens to wan disaypul we bin kam fɛn mi. In spiritual divɛlɔpmɛnt ɔnda *Kriya Yoga* bin so wɔndaful dat a bin de kɔl am bɔku tɛm "sent," a mɛmba Babaji in prɔfɛsi se Amerika sɛf go prodyuz man en uman den we get divayn rializashɔn tru di ol yoga rod.

Dis disaypul en wan nɔmba ɔf ɔda wan den wit fri-an bin insist pantap mek wan doneshɔn fɔ mi travul den. Di mɔni prɔblɛm we den sɔlv so, a mek arenjment fɔ tek bot, pas na Yurop, fɔ go na India. Bizi wiks fɔ pripia na Maunt Washinton! Insay Mach, 1935, a bin mek den chata di Self- Realization Fellowship ɔnda di lɔ den na di Stet na Kalifɔnia as kɔpɔreshɔn we nɔ de du biznes. Na dis edyukeshɔn institiushɔn go ɔl di pɔblik doneshɔn den en bak di mɔni we den kin get frɔm di sɛl we den sɛl mi buk den, magazin den, kɔs den we a rayt, klas tichin, en ɔl ɔda tin den we a kin get fɔ get mɔni.

"A fɔ bi bak," a dɔn tɛl mi student den. "Nɔ eva fɔ a fɔget Amerika."

Na wan fayvel bankwet we mi padi den we lek mi bin gi mi na Los Anjelis, a luk den fes fo long tem en tink wit tenki se, "Masta, di wan we memba Yu as di Wan we Gi Wan no go eva los di swit."



of padi biznes pan motalman den we de day."

A bin tek bot from Nyu York Jun 9, 1935 **39-1** na di *Yuropian*. Tu student den bin de wit mi: mi sektri, Mista C. Richard Rayt, en wan ol uman we komot na Sinsineti, we nem Mis Eti Bletch. Wi bin enjoy di de den we pis bin de na di si, we rili difren from di wik den we don pas we wi bin de rosh kwik kwik wan. Di tem we wi bin de enjoy wisef no bin te; di spid we di bot den we de naw de spid get som tin den we posin kin rigret!

Lek eni oda grup we bin de kam turis den we want fo no mo, wi bin de waka rawnd di big en ol siti we nem London. Di neks de den bin invayt mi fo go tok to wan big mitin na Kakston Ol, en na Shef Fransis Yongbond bin introduks mi to di odiens na London. Wi pati bin spen wan fayn de as Shef Hari Lauda in gost den na in estate na Skotland. I no tu te, wi kros di English Chanel fo go di kontinent, bikos a bin want fo mek wan speshal pilgrimage na Bayern. Dis go bi mi wangren chans, a fil, fo go fen di big Katolik mistik, Teriza Nyuman we komot na Konsro.

Boku ia bifo dis tem, a bin don rid wan wondaful stori bot Teriza. Infomeshon we den bin gi na di atikul na den wan ya:

(1)Teriza, we den bon insay 1898, bin don wund pan aksident we i ol twenti ia; i bin blaynd en paralayz.

(2)I bin mek mirekul fo si bak insay 1923 tru prea to Sent Teriza, "Di Smol Flawa." Leta, Teriza Nyuman in an en fut den bin wel wantem wantem.

(3)From 1923, Teriza no de it en drink atol, pas nomo i de swela wan smol wef we den don konsakret evride.

(4)Di stigmata o oli wund den we Krays bin get, bin apin insay 1926 na Teriza in ed, in brast, in an, en in fut. Na Frayde fo evri wik afta dat, i don pas di Pashon fo Krays, de sofa insay in yon bodi ol in istri pen den.

(5)Bikos Teriza bin sabi odinari wan di simpel Jaman langwej nomo na in vilej, we i de Frayde trances, i kin tok som wod den we masta sabi bukman den don no se na di ol Arameik. Na di rayt tem den we i de si, i kin tok Ibru o Grik.

(6)Bay we di choch den alaw, Teriza don boku tem den bin onda tayt sayens we den de wach. Dokto Fritz Gelik, we na di edito fo wan Protestant Jamani nyuspepa, bin go na Konas fo "fo pul di Katolik pipul den we bin de ful pipul den," bot i bin don end op bay we i rayt in layf stori wit respekt. **39-2**

As oltem, ileksef na Is o West, a bin rili want fo mit posin we oli. A bin gladi as wi smol pati bin de go insay, Julay 16, di fayn fayn vilej we nem Konersro. Di pipul den we bin de wok na fam na Bayern bin sho se den rili lek wi Fod motoka (we wi bin

kam wit from Amerika) en in difren difren grup den-wan Amerikin yong man, wan ol uman, en wan oliv-hued Oriental wit long ia we den tuck onda in kot kola.

Teriza in smol smol os, klin en nit, wit di jeraniom dem we de blo bay we wan primitiv, we den kol primitiv wel, bin alas!

dən kin lok am kwayet wan. Di neba dən, ən ivin di vilej postman we bin de pas, nɔ bin ebul fɔ gi wi ɛni infɔmeshən. Ren bigin fɔ kam; mi kɔmpin dən bin se wi fɔ kɔmɔt de.

"Nɔ," a bin se wit traŋa, . "A go ste naya te a fɛn sɔm ɛp we de bifo to Tɛriza."

Tu awa afta dat, wi bin stil sidɔm na wi motoka midul di bad bad ren. "Lɔd," a swɛt wit kɔmplɛn, "wɛtin mɛk Yu lid mi ya if i dɔn lɔs?"

Wan We dən de tɔk English man bin stɔp nia wi, wit pɔlitiks ɔfrin in ɛp.

I se: "A nɔ no fɔ tru usay Tɛriza de, bɔt bɔku tɛm i kin go na Prɔfɛsɔ Wurz in os, we na sɛminari masta na Aystɛt, we de et mayl frɔm ya."

Di nɛks mɔnin wi pati bin tek motoka fɔ go na di kwayet vilej we nem Eichstatt, we bin gɛt smɔl smɔl layn dən wit strit dən we dən mɛk wit kɔba. Dɔktɔ Wurz bin grit wi fayn fayn wan na in os; "Yes, Tɛriza de ya." I sɛn in wɔd bɔt di visitɔ dən. I nɔ tu te, wan mɛsɛnja kam wit in ansa.

"Pan ɔl we di bishɔp dɔn aks mi fɔ nɔ si ɛnibɔdi if i nɔ alaw am, a go tek di man fɔ Gɔd frɔm India."

A bin rili tɔch mi at we a yɛri dən wɔd ya, so a fala Dɔktɔ Wuz go ɔp di stɛj fɔ go na di sidɔm rum. Tɛriza bin kam insay wantɛm wantɛm, ɛn i bin de mɛk pis ɛn gladi at. I bin wɛr blak gɔn ɛn wayt ɛd dres we nɔ gɛt wan bɔt. Pan ɔl we in ɛj bin ɔl tati sɛvin dis tɛm, i bin tan lɛk se i yɔŋ pasmak, i bin rili gɛt frɛsh ɛn fayn fayn tin we tan lɛk pikin. Dis na di sɛnt we nɔ de it, we gɛt wɛlbɔdi, we gɛt fayn fayn bɔdi, we gɛt ros, ɛn we gladi!

Tɛriza bin grit mi wit wan rili saful wan we i bin de shɛk mi an. Wi ɔl tu bin de shayn insay kɔmyunion we wi nɔ tɔk natin, ɛn wi ɔl tu bin nɔ se di ɔda wan na pɔsin we lɛk Gɔd.

Dɔktɔ Wurz bin du gud to am se i go bi intaprita. As wi sidɔm, a notis se Tɛriza bin de luk mi wit naive want fɔ no mɔ; i klia se Indu dən nɔ bin bɔku na Bayern.

"Nɔ yu it ɛnitin?" a bin want to yɛri di ansa frɔm i yon lip dən.

"Nɔ, pas wan kɔnsakrɛt rays-flɔ wɛf, wan tɛm ɛvri mɔnin na siks

oklɔk." "Aw big di wɛf de?"

"I tan lɛk pɛpa, i tan lɛk smɔl kɔyn." I ad se, "A tek am fɔ sakramɛnt rizin; if i nɔ kɔnsakrɛt, a nɔ ebul fɔ swɛla am."

"Fɔ tru, yu nɔ bin fɔ dɔn liv pan dat, fɔ twɛlv ɔl ia?" "A de liv

bay Gōd in layt." I rili simpul fō ansa am, i rili tan lek

Einsteinian!

"A si yu kam fō no dat pawa de flo to yu bōdi frōm di ete, . san, en briz."

WAN swift smayl brok oba i fes. "A am so gladi to no yu ondastrand aw a tap."

"Una oli layf na fə sho di tru tin we Krays tək evride: 'Motalman nɔ go liv wit bred nɔmɔ, bɔt i go liv bay ɛni wɔd we kɔmɔt na Gɔd in mɔt.'" **39-3**

I bin sho bak se i gladi fə di we aw a ɛksplen am. "Na so i bi. Wan pan di rizin we mek a de ya na di wɔl tide na fə pruv se motalman kin liv bay Gɔd in layt we wi nɔ de si, ɛn nɔto bay it nɔmɔ."

"Kin yu tich ɔda wan dɛn aw to tap nɔ it?"

I dɔn sho wan tin we nɔ impɔtant bin shɔk. "A nɔ kin ɛbul fə du dat du dat; Gɔd du nɔto want i."

As mi yay de fɔdɔm pan in strɔŋg ɛn fayn fayn an dɛn, Teriza sho mi wan smɔl wund we skwea ɛn we jɔs dɔn wɛl pan ɛni wan pan in an dɛn. Na ɛni an in bak, i bin de sho wan smɔl wan we get kres- shep wund, we jɔs dɔn wɛl. ɛni wund bin de go stret na di an. Di tin we a si bin mek a mɛmba difrɛn we bɔt di big big skwea ayɛn nel dɛn we get ɛnd dɛn we get kres, we dɛn stil de yuz na di Ist, bɔt we a nɔ mɛmba se a bin dɔn si na di Wɛst.

Di sent bin tɛl mi sɔntin bɔt in wik trances. "As pɔsin we nɔ ɛbul fə du natin fə wach, a de wach di wan ol Pashɔn fə Krays." ɛvri wik, frɔm Tɔsde midulnɛt te to Frayde aftanun wan oklɔk, in wund dɛn kin opin ɛn blɔd kin kɔmɔt; i kin lɔs tɛn pawn pan in ɔdinari 121 pawn wet. Teriza de sɔfa bad bad wan insay in lɔv we de sho se i get sori-at, i stil de wet wit gladi at fə dɛn vishɔn ya we i kin get ɛvri wik bɔt in Masta.

A bin kam fə nɔ wantɛm wantɛm se in strɛnj layf na fə mek ɔl Kristian dɛn biliv se Jizɔs in layf ɛn di krɔs we dɛn bin nel am na di krɔs na tru tru istri lɛk aw dɛn rayt am na di Nyu Tɛstament, ɛn fə sho dramatik wan di bond we de ɔltɛm bitwin di Galilian Masta ɛn di wan dɛn we de wɔship am.

Prɔfɛsɔ Wurz we de na di wɔl get fə du wit sɔm ɔf in ɛkspiriɛns dɛn we dɛn kin get wit di sent.

I bin tɛl mi se: "Boku pan wi, ivin Teriza, kin travul fə sɔm dez fə go si ples dɛn ɔlsay na Jamani." "Na wan strikt kontrast-wail wi de it tri it evride, Teriza nɔ de it natin. I de kontinyu fə fresh lɛk ros, i nɔ tɔch di taya we di trip dɛn de kɔz wi. As wi de angri ɛn fɛn fə inn dɛn we de nia di rod, i de laf wit gladi at."

Di prɔfɛsɔ ad sɔm intrestin fisiɔlɔjɪk ditil dɛm: "Bikɔs Teriza nɔ de tek ɛni it, in belɛ dɔn shrink. I nɔ get ɛnitin fə pul am, bɔt in swet gland dɛn de wok; in skin kin saf ɛn strɔŋg ɔltɛm."

Na di tɛm ɔf we pɔsin de sheb, . a we dɛn tɔk bɔt to Teriza mi want to bi gi at i trance.

"Yes, duya kam na Konnersreuth nɛks Frayde," i se wit sɔri-at. "Di bishɔp go gi yu permit. A rili gladi se yu bin de luk fɔ mi na Eichstatt."

Teriza bin shek in an saful wan, boku tem, en waka wit wi pati fo go na di get. Mista Rayt bin opin di motoka redio; di sent bin chek am wit smol enjoyment laf. Boku boku yong pipul den bin gada so dat Teriza bin ronawe go insay di os. Wi si am na wan winda, usay i bin de luk wi, lek pikin, en i bin de wef in an.

From di tok we wi bin tok di neks de wit tu pan Teriza in broda den, we rili gud en we lek wi, wi kam fo no se na wan o tu awa nomo di oli posin kin slip na net. Pan ol we boku boku wund den de na in bodi, i de du tin en i ful-op wit trenk. I lek bod den, i de kia fo wan akwarium we get fish, en i kin wok boku tem na in gadin. In korespondens boku; Katolik pipul den we de woship God kin rayt to am fo pre en blesin fo men am. Boku pipul den we de luk fo pipul den don wel tru am from sirios sik den.

In broda Ferdinand, we ol lek twenty tri ia, bin eksplen se Teriza get di pawa, tru prea, fo wok pan in yon bodi di sik den we oda pipul den get. Di sent we no bin it, komot from di tem we i bin de pre fo mek den transfa di trot sik fo wan yong man na in parish, we bin de redi fo go insay oli oda den da tem de, to in yon trot.

Tosde aftanun wi pati drayv go na di bishop in os, en i bin luk mi lok den we bin de flod wit som soprayz. I bin rayt di pomit we i nid wantem wantem. No fi no bin de; di lo we di Choch don mek na fo jos protekt Teriza from di rosh we di kozhol turis den kin kam, we insay di ia den we don pas, boku boku pipul den bin de kam Frayde.

Wi rich Frayde monin lek nayn en tati na Konersro. A notis se Teriza in smol kotje get speshal pat we get glas ruf fo mek i get boku layt. Wi bin gladi fo si di domot den no bin lok igen, bot den bin opin big big wan bikos den bin de gladi fo welkom pipul den. Wan layn bin de we get lek twenty pipul den we bin kam fo si di ples, en den bin get den pomit den. Boku pipul den bin don komot fa fa say fo si di mistik trance.

Teriza bin don pas mi fos test na di profeso in os bay in intuitiv no se a want fo si am fo spiritual rizin, en noto jos fo satisfy wan pas we a want fo no mo.

Mi sekon test bin get fo du wit di tru tin se, jos bifo a go opstayd na in rum, a put misef insay yoga trans stet fo mek a bi wan wit am insay telipatik en telivishon rapot. A go insay in rum, we ful-op wit pipul den we kin kam fen am; i bin ledom wit wayt klos na di bed. Wit Mista.

Rayt we a bin de fala mi klos klos bien mi, a stop jos insay di treshold, a bin fred fo si wan strenj en we bin de mek a fred pas ol.



DERESA NEUMANN

Wetin olman sabi Katolik Wan posin we de tok bad bot oda pipul den udat we inspekt am mi 1935. Di ia 1935 pilgrimej fo go wship Jiova to Konnersreuth, we de na di . Bayern

Blod bin de flo tint en kontinyu insay wan inch-wayd strim from Teriza in yaylid den we de don. In yay bin de op op pan di spiritual yay we de insay di sentral forest. Di klos we den rap rawnd in ed bin don wet wit blod from di stigmata wund den we de na di krawn we get chukchuk. Di wayt klos bin red spot oba in at from di wund we bin de na in sayd na di say usay Krays in bodi, long long tem don pas, bin don sofa di las indignity we di sojaman in spia bin de trowe.

Den bin es Teriza in an den fo sho se na mama, i de beg; in fes bin wer wan ekspreshon we de sho se den de mek i sofa en we komot from God. I bin tan lek se i tan, i bin de chenj boku tin den we no klia en we i bin de chenj na do.

We i bin de grambul wod den insay oda langwej, en i bin de tok wit in lip den we de shek shek smol to pipul den we posin kin si bifo in yay insay in at.

As a bin de in attunement wit am, a begin fo si di scenes fo in vishon. I bin de wach Jizos we i de ker di kros midul di boku boku pipul den we bin de provok am. **39-4** Wantem wantem i es in ed op wit soprayz: di Masta bin don fodom onda di kruk wet. Di vishon no bin de igen. Bikos Teri bin taya bikos i bin de sori fo am, i bin sink bad bad wan pan in pilo.

Na dis moment a yeri wan lawd thud bien mi. We a ton mi ed fo wan sekon, a si tu man den de ker bodi we butu. Bot bikos a bin de komot na di dip supakoshens stet, a no bin no di posin we don fodom wantem wantem. Agen a fiks mi yay pan Teriza in fes, i bin don day onda di blod riva den, bot naw i don kol, i de shayn klin en oli. A luk



bien mi leta en si Mista Rayt tinap wit in an pan in chest, usay blod komot we de trik wata.

"Dik," na so . a bin aks wit wori, . "bin yu di wan udat fedom?"

"Yes, a bin fōdōm at di we de mek pōsin fred spēktakl."

"Wēl," a bin se we de kōrej wi, . "yu de get maynd to go bak en luk pan di si igen."

We mi en Mista Rayt mēmba di layn we pipul dēn we bin de go fō go wōship bin de peshēnt fō wet, wi bin de tēl Teriza kwayet wan en lēf in oli prezēns. **39-5**

Di nēks de wi smōl grup bin motoka go na di sawt, en wi tēl tēnki se wi nō bin de dipen pan tren, bōt wi bin ebul fō stōp di Fōd enisay we wi pik ōlsay na di kōntri. Wi bin de enjoy evri minit fō... wan visit pas Jamani, . Ōland, 1999. Frans, . en di Swis pipul dēn Alps we dēn kōl Alps. Insay di Itali wi bin mek wan speshal trip to Asisi fō ōnō di apōsul we ōmbul, Sent Fransis. Di Yuropan tour bin dōn na Gris, usay wi bin wach di tēmpul dēn na Atēns, en si di prizin usay di ōmbul Sōkratis **39-6** bin dōn drink in day mēresin. Wan pōsin kin rili kōle di we aw di Grik dēn dōn mek dēn fayn fayn tin dēn ōlsay wit alabasta.

Wi tek ship oba di Mēditarenian si we get san, en kōmōt na di bot na Palestayn. We a bin de waka waka de afta de na di Oli Land, a bin biliv mō pas eni ōda tēm se i valyu fō go wōship Jiova. Di spirit fō... Krays de ōlsay na Palestayn; A bin waka wit respekt nia am na Bēthliēm, Getsimani, Kalvari, di oli Mawnt Ōliv, en nia di Riva Jōdan en di Si na Galili.

Wi smōl pati bin go na di Bōn Manger, Josef in kapenta shop, Lazarōs in grev, Mata en Meri dēn os, di ōl fō di Las Ipa. Di tin dēn we bin de trade trade bin de apin; scene by scene, a bin si di divain drama we Krays bin de ple wan taim fō di ages.

Go na Ijīpt, wit in mōdan Kairo en ol piramid dēn. Dōn wan bot kam dōŋ di smōl Rēd Si, oba di big big Arebia Si; lo, na India!

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39-1 : . Di wōndaful inklushōn naya ōf wan dōn det na fō get to di trut dat mi sektri, . Mista. Rayt, 1999. dōn kip wan travul dayari fō travul.

39-2 : . Ōda buk dēn pantap i layf de *Teriza Nyuman: WAN Wan pōsin we de tōk bad bōt ōda pipul dēn ōf Wi De* , en *Mō Kronikul dēn ōf Therese Neumann* , ōl tu na Friedrich Ritter von Lama (Milwaukee: Bruce Pub. Co.) rayt dēn ōl tu.

39-3 : . *Matyu* 4:4. Man in yon bōdi batri na nōto we dēn de sōptō bay we dōti dōti it (bred) wangren, bōt bay we di we de shek shek kosmik we de na di wōl enaji (wōd, ō AUM). di pawa we wi nō de si de fōfō insay di mōtalman bōdi tru di get fō di mēdula oblongata. dis siks bōdi sentrōm de na di bak pat pan di nek na di tōp pat pan di fayv spēnal *chakra dēm* (Sanskrit fō "wil" ō sentr dēm fō rayt fōs). di mēdula na di prinsipal ētra fō di bōdi in saplai fō yunivasal layf fōs (AUM), en i kōnekt dairekt wit man in pawa fō wil, kōnsantreyt na di sēvin ō Krays Kōnseshōn sentr ( *Kutastha* ) insay di tōd yay bitwin di aybrōw dēn. Kosmik we dēn kōl pawa na dōn we dēn kin kip ōp in di bren as wan rizōva ōf we nō get end di tin dēn we pōsin kin ebul fō du, . we dēn tōk bōt poem insay di *Vedas* as di "tawzin-petaled lotus of light." Di Baybul kin kōl AUM ōlēm as "Oli Spirit" ō layf pawa we wi nō de si we de sōptō ōl di tin dēn we Gōd mek. "Wetin? una nō no se una bōdi na di tēmpul fō di Oli Spirit we de insay una, we una get frōm Gōd, bōt una nōto una yon?"-Fōs Lēta Fō *Kōrint* 6: 19.

39-4 : . We di awa dēn we de bifo am mi rich, Teriza bin dōn bin pas pas bōku vishōn dēn ōf di we dēn de klos de dēn

insay Krays in yon layf. I we den kin go insay kin begin wit di say den we den de sho di fim den of di tin den we kin apin us bin fala am di Las Ivintem it. I vishon den don wit Jizos in day na di kros o, wan wan tem, wit in ber.

39-5 : . Teriza don bin sev di Nazi pipul den we den de mek den sofa, . en na stil gi in Konnersreuth, we de na di . from wetin to 1945. Di ia 1945 Amerikin nyus we den kin sen from Jamani.

39-6 : Wan pat na Yuzibios tok bot wan fayn tin we Sokratis en wan Indu masta sabi bukman bin mit. Di pat de ron se: "Aristoxenus, di myusishan, tel dis stori bot di Indian dem. Wan pan den man ya mit Sokratis na Athens, en aks." in wetin bin di omos of in mortalman sens. 'Wan aks to mortalman tin den we kin apin,'. na in ansa Sokratis. Na dis di Indian bin bos komot de laf. 'Aw kin wan man aks kwestyon to mortalman tin den we kin apin,'. i bin se, 'ustem i na we no no natin of lek evin wan den?'" Di Aristoxenus we den tok bot na bin Aristotul in student, en i bin sabi rayt bot hamonik. Di tem we i rayt na di ia 330 bifo Krays

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## CHAPTER: 1 . 40. Di wan den we de wok

### *a Go bak To India*

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A gladi fo no se a bin de blo di blesin briz we de na India. Wi bot we *nem Rajputana* bin stop Ogost 22, 1935 na di big haba na Bombay. Ivin dis, we na di fos de we a komot na di ship, na bin fo test di ia bifo-twelv mont we a no bin de du tin den we a no bin de stop. Padi den bin don geda na di dok wit garland en grit; i no tu te, na wi suit na di Taj Mahal Otel, boku boku ripota den en pipul den we de tek pikcho bin de.

Bombay na bin siti we nyu to mi; A bin si se i get trenk fo bi modan, wit boku nyu tin den we komot na di West. Palm den de layn di big big bulvad den; magnificent stet strakcho den de fet fo intres wit ol tempul den. Bot na smol tem nomo den bin de gi fo go si say den; A no bin get peshent, a bin rili want fo si mi guru we a lek en oda pipul den we a lek. We wi bin sen di Fod to wan bagej motoka, i no tu te, wi pati bin de spid fo go na di ist wit tren fo go na Kalkata. **40-1**

We wi rich na Howrah Steshon, wi si se boku boku pipul den bin geda fo grit wi dat fo som tem wi no bin ebul fo komot na di tren. Di yong Maharaja na Kasimbazar en mi broda Bishnu bin de bifo di komiti we de welkom pipul den; A no bin redi fo di wam en di kayn we aw den welkom wi.

Wan layn we get motoka en motoka den bifo wi, en midul di gladi gladi sawnd we drom en konch shel den de mek, Mis Blech, Mista Rayt, en misef, we bin get flawa garland from ed to fut, bin drayv sloslo go na mi papa in os.

Mi mama o papa we bin don ol bin og mi lek posin we de kam bak from di day; long wi bin de luk wisef, wi no bin ebul fo tok wit gladi at. Broda en sista den, onkul den, anti den, en kozin den, student den en padi den we bin don de fo long tem bin de grup rawnd mi, noto wan dray yay bitwin wi. We a pas naw na di arkiv fo memori, di say

we den kin si bak wit lov kin kontinyu fɔ de, ɛn a nɔ go ɛva fɔget na mi at.

As fɔ mi mitin wit Sri Yukteswar, 1999. wɔd den fel mi; lɛ di fala tɔk bɔt frɔm mi

sektri na in nōmō go du fō am.

"Tide, ful wit di ays antisipeshon, a draiv Yoganandaji from Calcutta to Serampore," Mista Rayt rayt insay in travul dayari. "Wi pas nia kwayet shōp dēm, wan pan dēm na bin di fevrit ples fō it we Yoganandaji bin de it insay in kōleji tēm, en las las wi go insay wan smōl len we get wōl. Wan lēft tōn wantēm wantēm, en de bifo wi bin tay di simpul bōt inspekt tu stori ashram, in Spanish-stayl balkōn we kōmōt na di ōpa flo. Di impreshōn we bin de ōlsay na bin di wan we pisful wan de."

"In grev ōmbul a waka biēn Yoganandaji insay di kōt insay di ēmitaj wōl dēn. At dēn de bit fast, wi prosied ōp sōm ol simen stēp dēn, trod, no dawt, bay myriads of truth-seekers. Di tēnsiōn gro keer en keer as on wi strode. Bifo wi, nia di ed fō di stēj, kwayet wan apia di Gret Wan, Swami Sri Yukteswarji, tinap insay di nobul pozishōn fō wan sēj.

"Mi at bin hev en swel as a fil se a bles misef bay di ōnō fō de na in sublaym prezēns. Kray wata bin blur mi eager sight we Yoganandaji drōp to in ni, en wit bow ed ōfred in sol in tēnki en gritin, tōch wit in an in guru in fut en afta dat, insay ōmbul obeisance, in yon ed. I grap da tēm de en bin de." we Sri Yukteswarji embras pan ōl tu di say dēn na di bōdi.

"No wōd nō pas na di biginin, bōt di filin we bin rili strōng bin de insay di mumu frayz dēn we di sol bin de tōk. Aw dēn yay bin de spak en dēn bin de faya wit di wam we di sol- union dōn nyu! Wan tēnda vaybreshōn bin de rōn tru di kwayet patio, en ivin di san bin rōnawe pan di klawd fō ad wan sōdēn faya we get glori."

"On bended knee bifo di masta a giv mai oun unexpressed lov and tanks, tōch im." fut, we nō get wan rēspekt fō tēm en savis, en we de get in blēsin. A bin tinap da tēm de en fes tu fayn fayn dip yay dēn we de smok wit introspekshōn, bōt stil de shayn wit gladi at. Wi go insay in sidōm rum, we in wan ol sayd opin to di ōda bolkōn we dēn fōs si frōm di strit. Di masta bin brayt in sef pan wan davenpōt we bin dōn pwēl, en i bin sidōm pan wan matres we dēn kōba na di siment flo. Mi en Yoganandaji bin sidōm nia di guru in fut, wit pilo dēn we get ōrēnj kōlō fō ledōm pan en izi fō wi pozishōn na di mat we dēn mek wit straw.

"A bin tray en tray fō go insay di Bengali tōk-tōk bitwin di tu Swamiji dēm-fō English, a diskōba, na nul en void we dēn de togēda, pan ōl we Swamiji Maharaj, as ōda pipul dēn de kōl di big guru, kin en bōku tēm i kin tōk am. Bōt a bin si di sēnt we di Gret Wan get tru in at-wōm smayl en twinkling yay. Wan kwaliti we izi fō no insay in yon." gladi, sirios tōk na wan disayd fō du gud tin we pōsin kin tōk-di mak fō pōsin we get sēns, we no se i no, bikōs i no God in big sēns, in trenk we i get fō du sōntin, en in maynd de sho in sef pan ōltin.

"We a de stōdi am wit rēspekt wan wan tēm, a notis se i big, atletik ayt, i dōn at bikōs of di tray en sakrifays dēn we i de mek fō lēf fō du sōntin. In poise na majestik. Wan

forest we de disayd fo slop, as." if we de luk fo posin di evin den, . de dominate in lek  
evin fes-to-fes. I don wan bifo dat big en na os we den kin du nos,

wit we i de enjoy in sef we i no de du natin, i de flip en wig am wit in finga den, lek pikin. In pawaful dak yay den get halo wit wan ethereal blu ring. In ia we den sheb na di midul, bigin lek silva en chenj to stretch den we tan lek silva-gold en silva-blak, en i kin don wit ringlet den na in sholda. In biad en in mostaz no boku o i tan lek se i de mek in fes fayn en jos lek in abit, den dip en layt di sem tem.

"I get jovial en rollicking laf we de komot dip insay in chest, we de mek i shek en shek shek olsay na in bodi-rili gladi en sinsi. In fes en ayt de strikt insay den pawa, lek in mosul finga den. I de muv wit wan dignified tred en erect posture."

"I bin wer jos di komon *dhoti* en shirt, den ol tu bin de day wan tem wit strong ocha kolo, bot naw." wan orenj we don fayn.

"We a luk rawnd, a si se dis rum we rili pwel, i sho se di ona no de atak di matirial komfort. Di wayt wol den we di weda stayn na di long chemba bin get strek wit blu plasta we de fade. Na wan end pan di rum, den bin hang wan pikcho fo Lahiri Mahasaya, we den mek garland insay simpul devoshon. Wan ol pikcho bin de bak we de sho Yoganandaji as i bin don kam fos na Boston, we tinap wit di oda wan." pipul den we bin de na di Kongrigheshon fo Rilijon den.

"A notis wan kwayet konkoreshon fo modaniti en antikyushon. Den bin koba wan big, kot-glas, kandul-layt chandal wit kobweb tru disyuz, en na di wol bin get wan brayt, op-to-det kalenda. Di wan ol rum bin de komot wan sent we get pis en kol at. Bifo di bolkon a bin de si kokonat tik den we de op di emitaj insay saylent protekshon."

"I intrestin to observ se di masta get jos to klap im han togeda and, bifo im finish, som smol disaypul de sav am o atendi am. I bi se, a de rili atrak wan of dem-wan tin lad, we nem Prafulla, **40-2.**" wit long blak ia to in sholda, wan blak yay we de shayn pas ol, en wan smayl we de na evin; in yay den de shayn, as di kona den na in mot de rayz, lek di sta den en di kres mun we de apia we di ples dak.

"I klia se Swami Sri Yukteswarji in gladi at de tranga wan we in 'prodak' kam bak (en i tan lek se i de aks som tin bot di 'prodak in prodak'). Bot, di predominens fo di sens-aspek na di Gret Wan in nature de ambog in odasay fo sho aw i de fil."

"Yoganandaji bin gi am som gift den, lek aw na di kostom we di disaypul de kam bak to in guru. Wi sidom leta fo it wan simpul bot we den kuk fayn fayn wan. Ol di it den na bin vejitebul en rays kombaynshon. Sri Yukteswarji bin gladi fo we a yuz boku Indian kostom den, 'finga- it' fo egzampul."

"Afta som awa we wi bin de flay Bengali frez en di chenj we wi bin de chenj wam smayl en gladi gladi glans, wi bin butu na in fut, bade adieu wit wan *pranam* , **40-3.** " en komot fo go na Kalkata wit wan memori we go de sote go bot wan oli mitin en grit. Pan ol we a de rayt mo bot di tin den we a de tink bot am na do, bot stil a bin de no oltem bot di tru tru tin we di sent de mek-in spiritual glori. a fil in pawa, en i go ker



da filin de as mi divayn blesin."

Fróm Ameríka, Yurop, én Palestayn a bin dón kam wit bókú prézént fò Sri Yukteswar. I bin tek dén wit smayl, bót i nò bin tók bót am. Fò mi yon yus, a bin dón bay wan kómbayn ómbrela-ken na Jamani. Na India a disayd fò gi di ken to Masta.

"Dis gift a gladi fò tru!" Mi guru in yay bin tón pan mi wit lóv óndastandin as i de mek di kóment we i nò bin dón yus. Fróm ol di prézént dén, na di ken we i bin singl fò sho to di wan dén we kam fò si di ples.

"Masta, duya alaw mi fò get nyu kap fò di sidóm rum." A bin dón notis se dén put Sri Yukteswar in tayga skin oba wan rug we dón rótin.

"Du so if i gladi fò yu." Mi guru in vóys nò bin get zil. "Luk, mi tayga mat fayn én klin; a na kíj na mi yon smól kíjdom. Bifo am na di big big wól, we intres pan óda tin dén nómó."

As i de tók dén wód ya a fil se di ia dén de rol bak; wan tém bak a na yóng disaypul, we a klin insay di faya we de bón évríde we dén de pónish!

As a ebul fò tear miséf kómót na Serampo én Kalkata so, a bigin fò go, wit Mista Rayt, fò go na Ranchi. Na big big welkóm de, na rial ovashón! Kray wata bin tinap na mi yay as a de óg di ticha dén we nò bin de tink bót densesf nómó we bin dón kip di skul in ban fò flay di tém we a nò bin de na di skul fò fayvtin ia. Di brayt fes én gladi gladi smayl we di rezideshónal én de student dén bin get bin rili sho se dén get bókú say dén na skul én yoga trenin.

Bót pan ol dat, i bad! di Ranchi institiushón bin get bad bad móni problém. Sir Manindra Chandra Nundy, di ol Maharaja we dén bin dón chenj in Kasimbazar Pales to di sentral skul bildin, én we bin dón gi bókú prins doneshón, dón day naw. Bókú fri, gudnes fícha dén na di skul bin dón de pan denja naw bikós dén nò bin get beté sópót fróm di skul.

A nò bin dón spén bókú ia na Ameríka we a nò lan sóm pan in préktikal sens, in spirit we nò de fred bifo tin dén we de ambóg mi. Fò wan wik a bin de na Ranchi, én a bin de fét wit siríós problém dén. Dón dén bin intavyu dén na Kalkata wit big big lida dén én ticha dén, wan lóng tók wit di yóng Maharaja na Kasimbazar, wan faynens apil to mi papa, én lo! di fawndeshón dén we bin de shek shek na Ranchi bigin fò rayt. Bókú doneshón dén inklud wan big chek bin kam insay di ník óf tém fróm mi Ameríkan student dén.

Insay sóm mónt afta we a rich na India, a bin get di gladi at fò si se dén dón mek di Ranchi skul insay ló. Di drim we a bin dón drim fò mi layf fò wan yoga édyukeshón senta we dén go gi am fò óltém, bin kam tru. Da víshón de bin dón gayd mi fò di ómbul biginin insay 1917 wit wan grup we get sévin boy pikin dén.

Insay di tɛn ia we dɔn pas frɔm 1935, Ranchi dɔn mek in skɔp big fa fawe pas di bɔy pikin dɛn skul. Naw dɛn de du bɔku bɔku umanitarian wok dɛn de na di Shyama Charan Lahiri Mahasaya Mishɔn.

Di skul, ɔ Yogoda Sat-Sanga Brahmacharya Vidyalaya, de kɔndɔkt klas dɛn na do fɔ grama ɛn ay skul sɔbjɛkt dɛn. Di rezidenshɛl studɛnt dɛn ɛn di de skɔla dɛn kin gɛt wok bak

trenin we get som kayn we. Di boy pikin densef kin rigul boku pan den aktiviti den tru ɔtonament komiti den. Rili ali insay mi wok as edyukeshon posin a bin kam fo no se boy pikin den we impishly gladi fo pas ticha go gladi fo aksept di disiplinari lo den we den kominpin student den don set. No eva bi modal student misef, a bin get redi sori-at fo ol di boysh prank en problem den.

Den kin enkorej spot en gem den; di fil den de sawnd wit oki en futbol prektis. Boku tem, Ranchi student den kin win di kop na kompitishon ivin den. Di jimnaz we de na do, pipul den sabi am fa fawe. Mɔsul we yu de chaj bak pas go pawa na di *Yogoda we den kol Yogoda* tin: maynd we of layf pawa to eni pat na di bɔdi. Den kin tich di boy pikin den bak *asana* (posture), sɔd en *lathi* (stik) ple, en jujitsu. Di Yogoda we den kol Yogoda Welbɔdi Egzibishin den at di Ranchi na wan *Vidyalaya we de na di wol* get bin bin atend bay tawzin pipul den.

Den kin gi instrɔkshon pan praymari sɔbjekt den insay Hindi to di *Kols* , *Santals* , en *Mundas* , we na di aborijinial trayb den na di provins. Den don ɔganayz klas fo gyal pikin den nomo na vilej den we de nia de.

Di speshal tin we de na Ranchi na di initieshon fo *Kriya Yoga* . Di boy pikin den de praktis den spiritual eksesaiz evride, den de siɲ *Gita* , en den de tich den bay lo en egzampul di gud kwaliti den we na fo simpul, fo sakrifays densef, fo ɔno, en fo tru. Den kin pɔynt to den se na di tin we de mek pipul den sɔfa; gud lek den akshon den de we kin mek posin get tru tru gladi at. Wi kin kɔmpia bad tin to ɔni we get pɔyzin, we kin tempt am bot we kin lod wit day.

Fo win di bɔdi en maynd we no de rest bay we den de yuz konsentreshon tekunik don get wɔndaful rizolt: i no na nyu tin na Ranchi fo si wan fayn fayn smol figa, we ol nayn ɔ ten ia, sidom fo wan awa ɔ mo we i no brok, di yay we no de win kin de to di spiritual yay. Boku tem di pikcho fo den Ranchi student ya don kam bak na mi maynd, as a de wach koleji pipul den ɔlsay na di wol we no kin ebul fo sidom stil tru wan klas tem. **40-4**

Ranchi de 2000 fit ɔp di si; di klaymat na mild en ikwal. Di twenti fayv eka sayt, nia wan big pond fo was, inklud wan pan di best ɔchad dem na India-fayv ɔndred frut tik dem- mango, guava, litchi, jackfruit, date. Di bobo den kin plant den yon vejitebul, en spin na den *charkas* .

Wan gost os de opin fayn fayn wan fo di wan den we de kam na di West. Di Ranchi laybri get boku boku magazin den, en lek wan tawzin volyum den insay English en Bengali, we na doneshon den from di West en di Is. Na wan kolekeshon de fo di skripcho den we de na di wol. Wan myuziom we den don klas fayn fayn wan, de sho tin den we den don fen bot aw pipul den bin de du tin trade trade, tin den we den don fen, en tin den we pipul den don du; trofi, to big pat, fo mi waka waka oba di Masta in difren difren wol den.

Di charitabl ospitul en dispensa na di Lahiri Mahasaya Mishon, wit boku oda branch den na fa fa vilej den, don olredi minista to 150,000 pan di po pipul den na India. Di Ranchi student den tren fo fos ed, en den don gi prez savis to den provins pan bad bad tem den we wata kin ron o angri.

Insay di ochad, wan Shiva tempul tinap, wit wan statu fo di blesin masta, Lahiri Mahasaya. Den kin pre en skripcho klas evride na di gadin onda di mango bowers.

Branch ay skul dem, wit di rezidenshel en yoga ficha dem na Ranchi, don opin en naw den de go bifo. Dis na di Yogoda Sat- Sanga Vidyapith (Skul) fo Boy pikin den, na Lakshmanpur na Bihar; en di Yogoda Sat-Sanga Ay Skul en emitaj na Ejmalichak na Midnapore.

Den bin dediket wan big Yogoda Math insay 1939 na Dakshineswar, we de dairekt na di Ganges. Na jos som mayl den nomo de na di not pat na Kalkata, di nyu emitaj de mek pipul den we de na di siti get pis. Fayn ples fo slip de fo di Westinian gost den, en mo fo di wan den we de luk fo pipul den we de gi den layf tranga wan fo mek den no bot God biznes. Di aktiviti dem fo di Yogoda Math inklud fo sen Self-Realization Fellowship tichin dem to student dem na difren pat dem na India evri tu wiks.

I no nid fo tok se ol den edyukeshon en umanitarian wok ya don mek boku ticha en wokman den nid fo sakrifays densef en fo gi den layf to God. A no rayt den nem ya, bikos den boku; bot na mi at eni wan pan den get wan nich we de shayn. We den ticha ya get di tin den we Lahiri Mahasaya bin want fo du, don lef di promis di wol gol den fo sav wit ombul, fo gi boku tin.

Mista Rayt bin mek boku fast padi biznes wit Ranchi boy pikin den; we i wer wan simpel *dhoti*, i bin liv fo som tem wit den. Na Ranchi, Calcutta, Serampore, olsay we i go, mi sektri, we don wan gift we klia fo tok bot, i pul in travul dayari fo rayt in advantej den. Wan ivintem a aks am wan kwestyon.

"Dik, . wetin na yu shep of India?"

"Pis," i bin se we yu tink gud wan. "Di racial aura na pis."

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40-1 : . Wi brok wi patrol in Sentral Provins den, . af-af kros di pat na di wol, to si Mahatma we de na di wol Gandhi bin de tok bot am at Wardha we de na di wol. Den tok bot den de den de na chapta 44.

40-2 : . Prafulla we de na di wol bin di lad udat bin bin gi wit Masta ustem wan kobra bin kam nia am (si pej 116).

40-3 : . Tru tru, "oli." nem," wan wod of grit pan Indu den, . we den bin de wit am bay we we den fold wit in an an den den don es am op from di at to di fæd fo salut. Wan *pranam* na India tek di ples fo di Westinian gritin bay we i de shek den an.

40-4 : Mental trenin tru som konsentreshon teknik den don prodyuz insay eni Indian jeneshon man den we get prodigious memori. Sir T. Vijayaraghavachari, insay di *Hindustan Times*, don tok bot di test den we den put to di modan poshonal "memori man dem" na Madras. I rayt se: "Den man ya no bin komon fo lan na Sanskrit buk den. We den sidom midul boku pipul den, den bin ikwal to di test den we som pipul den na di odiens kin put den pan wan tem. Di test go tan lek dis: wan posin go begin fo ring bel, di nomba fo di ring den we di 'memori man' fo kont." Sekon posin go tel from wan pepa fo du wan long egzampul fo aritmetik, we get fo du wit fo ad, pul, boku, en sheb wan tod posin go kontinyu fo rid from di *Ramayana* o di *Mahabharata* wan long sirics of poem den, . us bin to bi den kin mek am bak; wan di nomba 4 go set problem den we kin apin in versifikeshon us fo du di kompozishun fo vas den in rayt mita pantap wan don gi tokpik, eni layn to don in wan we den don tok bot wod, wan di nomba fayv man go ker pantap wit wan siks wan tiolojikil disputeshon, we den bin get fo kot di rayt langwej we den bin get fo kot di rayt oda we di wan den we bin de agyu bot am bin de du am, en wan sevin man bin de don wan wil ol di tem, en den bin get fo kont di nomba fo di rivolsoshon den. Di memba masta sabi bukman bin sem tem to du ol den wan ya feats we den kin du klin wan nomo bay we maynd di proses den, . as i bin don alaw no pepa en pensil. Di stres we di fakulti den bin get fo don rili wondaful. Odinari man den we no de jels we den no no, kin fit fo mek den no get wan valyu kayn tray we den de tray fo du bay we we de afekt to biliv dat den

sontin fo du wit koch di eksasayz of di ridyus di wok we den de du of di bren. Bot i noto klin kwestyon bot memori. Di big tin na di big big konsentreshon na di maynd."

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## CHAPTER: 1 . 41. Di wan den we de wok

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### *Wan Idyl we de na di wɔl Insay di Sawt India*

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"Yu de di fɔs Wan pɔsin we kɔmɔt na di Wɛst, . Dik, . ɛva to ɛnta dat shrine we den kin yuz fɔ wɔship. Bɔku ɔda wan den get dɔn tray in na fɔ natin."

We a yeri mi wɔd den, Mista Rayt bin luk lɛk se i sɔprayz, dɔn i gladi. Wi bin jɔs kɔmɔt na di fayn fayn Chamundi Templ we de na di il den we de sho Maysɔrɔ na di sawt pat na India. Na de wi bin dɔn butu bifo di gold ɛn silva ɔlta den ɔf di Gɔd uman Chamundi, 1999. pɔsin we de sɔpɔt yu gɔd we den kɔl gɔd ɔf di famili ɔf di we de rul maharaja we den kɔl maharaja.

"As souvenir of di yunik ona," Mista Rayt se, as i tek tɛm kip sɔm blɛsin ros peta dɛm, "A go ɔltɛm kip dis flawa, we di prist sprinkl wit ros wata."

Mi ɛn mi kɔmpin **41-1** bin de spɛn di mɔnt we na Novɛmba, 1935, as gɔst den na di Stɛt na Maysɔ. Di Maharaja, H. H. Sri Krishnaraja Wadiyar IV, na wan mɔdɛl prins we get sɛns fɔ gi in pipul den. Na Indu we de wɔship Gɔd, di Maharaja dɔn gi wan Mohammedan, di ɛbul Mirza Ismail, pawa fɔ bi in Diwan ɔ President. Den kin gi pɔpul rɛpɔt to di sɛvin milyɔn pipul den we de na Maysu insay ɔl tu di Asembli ɛn wan Lijisletiv Kaɔnsil.

Di ɛri fɔ di Maharaja, H. H. di Yuvaraja, Shɛf Sri Krishna Narasingharaj Wadiyar, bin dɔn invayt mi ɛn mi sɛktri fɔ kam fɛn in say we i get sɛns ɛn we de go bifo. Insay di las tu wiks a bin dɔn adrɛs bɔku bɔku pipul den ɛn student den na Maysu, na di Tawn ɔl, di Maharajah's Kɔlɛj, di Yunivasiti Mɛdikɔl Skul; ɛn tri mas mitin den na Bangalore, na di Nashɔnal Ay Skul, di Intamɛdiet Kɔlɛj, ɛn di Chɛti Taun ɔl usay pas tri tawzin pipul den bin dɔn gɛda. If di pipul den we bin rili want fɔ lisin bin dɔn ɛbul fɔ gi kredit to di pikchɔ we de shayn we a drɔ bɔt Amɛrika, a nɔ no; bɔt di klap bin dɔn ɔlwayz lawd wan we a de tɔk bɔt di bɛnɛfit den we ɔlman kin get we den chɛnj di bɛst tin den na Is ɛn Wɛst.

Mi ɛn Mista Rayt bin de rilaks naw na di pis we de na di tropik. In travul dayari gi dis stori bɔt di impreshɔn den we i bin get bɔt Maysɔrɔ:

"Briliant grɛn rays fil dɛm, we difrɛn bay tasled shuga ken pat dɛm, de nest na di protɛktiv fut fɔ rɔk il dɛm-hil dɛm we de dot di ɛmirald panorama lɛk ɛxɛscɛncɛs



of blak ston-en di ple fɔ kɔlə dən de ɛnjoy bay di sɔdən ɛn dramatik disappearance of di san as i de luk fɔ rɛst biɛn di solemn hills."

"Boku rapturous we de mek pɔsin gladi mont dən ɡet bin dɔn spɛn in we de luk, . lɛk nɔ de- wit maynd, . at di ɛva-

chenj kanvas fə Gɒd we strech akədin to di skay, bikəs na In təch nɒmə ebul fə mek kɒlə dən we de shek shek wit di fresh layf. Dat yɒŋ tɛm we get kɒlə kin lɒs we mɒtəlman tray fə falamakata wit jɒs pigment dən, bikəs di Masta de yuz wan mɒ simpul ən ifektiv midul-ɔyl dən we nɒtə ɔyl ɔ pigment, bɒt na jɒs layt rayt. I de tos wan splash layt ya, ən i de riflɛkt rɛd; I de wev di brɒʃh bak ən i de miks smɒl smɒl to ɔrɛnj ən gold; dɒn wit wan trɒs we de pier I i de chuk am wit chukchuk di klawd dən wit wan layn ɔf pɔrpul dat lif dən wan ringlet we dən kɒl ɔ fringe we dən kɒl fringe ɔf rɛd ooziŋ we de kɒmɒt na di wata kɒmɒt na di wund we de na di klawd; ən so, ən go, I de ple, nɛt ən mɒnin ɔl tu, i de chenj ɔltɛm, nyu ɔltɛm, i de fresh ɔltɛm; nɒ patɛn, nɒ dupliket, nɒ kɒlə jɒs di sem. Di fayn fayn tin we di Indian chenj we de apin na de to nɛt, nɒ pɒsibul fə kɒmpia am ɔdasay; bɒku tɛm di skay kin tan lɛk se Gɒd dɒn tek ɔltin di kɒlə dən we de na In kit ən gi dən wan pawaful kaleidoscopic toss insay di evin.

"A fə rilayt di splendo we wan twilayt visit to di big big Krishnaraja Sagar Dam, **41-2.**"  
"dɛn bil am twelv mayl ausayd Maysu. Mi ən Yoganandaji bin go insay wan smɒl bɒs ən, wit wan smɒl bɒbɒ as ɔfishal krank ɔ batri sɒbstityuyt, wi bigin fə go na wan dɒti rod we smɒl, jɒs lɛk aw di san bin de we de na di ɔrayzin ən skwash lɛk tomato we dɒn rayp pasmak.

"Wi joyn bin pas di skwea rays fil dɛm we de ɔlsay, tru wan layn we get kɒmfɒt banyan." tik dən, bitwin wan tik we get ay ay kokonat pam tik dən, wit plant dən we tik lɛk na jɒŋgrɒn, ən las las, we wi kam nia di mawnten we de na wan il, wi kam fes-to-fes wit wan big atifishal lɛk, we de sho di sta dən ən fringe we dən kɒl fringe ɔf palm dən ən ɔda tik dən, . we dən dɒn rawnd bay we fayn we get tɛras gadin ən wan row we get ilɛktrik layt dən na di brinj fə di dɛm-ən dɒŋ am wi yay mit wan dazlin spɛktakl we get kɒlə bim dən we de ple pan watawɛl dən we tan lɛk giza, lɛk bɒku bɒku strim dən we get brayt ink we de tɒn fɒdɒm-blu wata we de fɒdɒm fayn fayn wan, we de arɛst rɛd katarakt, grɛn ən yɒlə sprɛy, ɛlifant dən we de spɒt wata, wan smɒl pikçɒ we de sho di Chikago Wɒl Faya, ən yet mɒdan wan we rili fayn na dis ɔl land we get padi fil ən simpul pipul dən, we dɒn wɛlkɒm wi wit lɒv dat a frɛd se i go tek mɒ dan mi trɛnk fə briŋ Yoganandaji bak na Amerika.

"Wan ɔda rare privilege-mi fɒs ɛlifant rayd. Yestede di Yuvaraja invayt wi na in soma pales fə ɛnjoy fə rayd pan wan pan in ɛlifant dən, we na wan big big animal. A bin rayd wan lada we dən gi fə klaym ɔp to di *howdah* ɔ sadul, we get silk-kushin ən we tan lɛk bɒks; ən afta dat fə wan rɒlin, tos, sway, ən hev dɒŋ insay a." gully, tumɒs thrilled fə wɒri ɔ ala, bɒt hang on fə dia layf!"

Sawt India, we rich wit istri ən akiɒləjɪk tin dən we dɒn lɛf, na land we get difrɛn tin dən we rili fayn ən bɒt stɪl nɒbɒdi nɒ go ebul fə ɛksplɛn am. Na di nɒt pat na Maysu, na de di big stet na India, we dən kɒl Haydarabad, we na wan fayn ples we di big big Godavari Riva dɒn kɒt. Brayt fayn fayn ples dən, di fayn fayn Nilgiris ɔ "Blu Mawnt dən," ɔda rijyɒn dən we get laymstɒn ɔ granit il dən we nɒ get natin.

Hyderabad istri na wan long, kalaful stori, we begin tri tawzin ia bifo ɔnda di Andhra kin dem, en kontinyu ɔnda di Hindu dinasti dem te to AD 1294, we i pas to wan layn fo Moslem rula dem we de rul to dis de.

Di displei we de mek posin blo pas ol we den de sho aw den bil os, skapul, en peint na ɔlsay na India, de na Haydarabad insay di ol ol kev den we den mek wit rok den na Elora en Ajanta. Di Kailasa na Elora, we na wan big tempul we den mek wit wan ston, get god den, man den, en animal den we den kot we tan lek Maykel Anjelo. Ajanta na di say we den get fayv katidral den en twenti fayv monasti den, .

ol di rök den we den dig wit big big pila den we den mek wit fresko we atis en skapul den dön mek den sens no day pan.

Hyderabad Siti na di Osmania Yunivasiti en di big big Mecca Masjid Mosque, usay ten tawzin Mohammed pipul den kin gëda fö pre.

Mysore Stet sêf na fayn fayn wöndaful ples, tri tawzin fit op di si, i get boku boku tropik forest den, usay wayl elifant den, bayson, bea, panta, en tayga den de. Di tu big siti den we de de, we na Bangalore en Mysore, klin, fayn fö si, en den get boku pak den en pöblik gadin den.

Indu akitëket en skapul bin ajöst den ay pafëkt na Maysu onda di söpöt we Indu kin den bin de söpöt fröm di ilevin to di fayvtin sentiwoð. Di tæmpul na Belur, we na wan fayn wok we den bin dön bil insay di ia 1900 we Kin Vishnuvardhana bin de rul, nobödi no ebul fö kömpia am na di wöl fö di fayn fayn tin den we den mek wit difren difren tin den en di fayn fayn pikcho den we den mek.

Di rök pila den we den fen na di not pat na Maysu, na fröm di töð sentiwoð bifo Krays, we mek pipul den memba Kin Asoka. I bin tek di tron fö di Maurya dinasti we bin de da tem de; in empaya bin get klos to ol di India, Afganistan, en Baluchistan tide. Dis empara we get nem, we ivin di wan den we de rayt böt istri na di West kin tink se na rula we nobödi no ebul fö kömpia, dön lef den sens ya pan wan rök memorial:

Den dön rayt dis rilijon raytin so dat wi böy pikin den en granpikin den no go tink wan nyu kónkrit nid fö de; so dat den no go tink se fö win wit söð fit fö get di nem fö win; so dat den no go si natin insay de pas fö pwel en fet-fet; dat den no go tek natin as tru tru win pas fö win rilijon. Den kayn win den de get valyu na dis wöl en insay di neks wöl.



Mi kɔmpin dɛn ɛn a pose we yu de mek bifo di "drim in mabul," di Taj Mahal we dɛn kɔl Mahal at Na Agra.

Asoka na bin wan granpikin fɔ wan bigman we nem Chandragupta Maurya (we di Grik dɛn bin sabi as Sandrocottus), we we i bin yɔŋ, i bin dɔn mit Aɛgzanda di Gret. Leta, Chandragupta bin pwɛl di Masidonia sojaman dɛn we bin lɛf na India, i bin win di Grik ami we bin de kam fɛt am we na Selikɔs na Panjab, ɛn afta dat i bin gɛt di ɛlɛnik ambasedɔ Megasthenis na in kɔt na in Patna.

Grik istri man dɛn ɛn ɔda pipul dɛn we bin de wit Aɛgzanda ɔ fala Aɛgzanda we i bin de go na India, dɔn rayt bɔku bɔku stori dɛn we rili intrestin. Di stori dɛn we Arrian, Diodoros, . Plutarch, 1999. ɛn Strabo di pɔsin we de stɔdi bot di wɔl gɛt bin we dɛn translet bay we Dɔktɔ. J. W. M'Crindle bin de tɔk bot am **41-3** fɔ trowe wan shaft we gɛt layt pan di ol India. Di tin we bin rili fayn fɔ mek Aɛgzanda in atak we i nɔ bin ebul fɔ atak am, na di dip intres we i bin sho pan Indu filɔsofi ɛn di yoga pipul dɛn ɛn oli man dɛn we i bin de mit wan wan tɛm ɛn we i bin rili want fɔ luk fɔ dɛn sosayti. Jos afta we di Grik wɔriɔ bin dɔn rich na Taxila insay di nɔt pat na India, i sɛn wan mɛsenja, Onesikritos, we na bin disaypul na di Hɛlɛnik skul na Dayɔjin, fɔ kam tek wan Indian ticha, Dandamis, we na bin big sannyasi fɔ Taxila we de na di wɔl.

"Hail to yu, O ticha fɔ Brahmins!" Onesikritos bin se afta i dɔn luk fɔ Dandamis na in fɔrɛst ritrit. "Di pawaful Gɔd Zus in pikin, bikɔs Aɛgzanda we na di Masta fɔ olman, i de aks yu fɔ go to am, ɛn if yu fala am, i go blɛs yu wit big big gift dɛn, bot if yu nɔ gri, i go kɔt yu ed!"

Di yogi bin gɛt dis fayn kɔmplit invitesɔn wit kol at, ɛn "nɔ so mɔ as es in ed ɔp frɔm in sofa we gɛt lif."

"Mi tu na Zus in pikin, if Aɛgzanda bi so," i kɔment. "A nɔ want ɛnitin we na Aɛgzanda in yon, bikɔs a satisfay wit wetin a gɛt, pan ɔl we a de si se i de waka wit in man dɛn oba si ɛn land fɔ natin, ɛn i nɔ de ɛva dɔn in waka waka."

"Go ɛn tɛl Aɛgzanda se Gɔd di Suprim Kiŋ nɔ ɛva bi di pɔsin we mek insolent rɔng, bɔt na in." di Wan we mek layt, pis, layf, wata, mɔtalman bɔdi ɛn sol; I de wɛlkɔm ɔlman we day fri dɛn, ɛn i nɔ de sofa pan bad bad sik atɔl. Na in nɔmɔ na di Gɔd we a de rɛspekt, we et fɔ kil ɛn we nɔ de mek ɛni wɔ.

"Aɛgzanda nɔto gɔd, bikɔs i fɔ test day," di sɛj kɔntinyu fɔ provok kwayɛt wan. "Aw dis kayn pɔsin go bi di wɔl in masta, we i nɔ sidɔm yet na tron we de insay." di wan dɛn we de rul di wan ol wɔl? I nɔ go yet fɔ liv na ɛdis, ɛn i nɔ no di we aw i go bi di san pas di sentral rijyɔn dɛn ɔf di dunya, we di neshɔn dɛn pantap i na bɔda dɛn gɛt nɔto so i yeri in nem!"

Afta dis chastisement, surely di most caustic ɛva sɛn to assault di ears of di "Lord of the World," di sage ad ironically, "If di dominans we Aɛgzanda in prɛsɛn dominans nɔ kapacious inɔf fɔ in want, lɛ i krɔs di Ganges Riva; na de i go fɛn wan rijyɔn we ebul fɔ sɔpot ɔl in man dɛm, if di kɔntri na dis say tu smɔl fɔ ol am. **41-4**

"Bot no dis se wetin Alegzanda de gi ɛn di gift dɛn we i prɔmis na tin dɛn to mi we nɔ get yus atɔl; di tin dɛn we a de prayz ɛn si se dɛn rili yus ɛn get valyu na dɛn lif ya we na mi."

os, den plant ya we de blo we de gi mi it evride, en di wata we na mi drink; we ol di oda propati den we den kin geda wit wori kia, den kin yus fo pruv se den de pwel di wan den we de geda den, en mek olman sori en veks nomo, we ol po motalman kin ful-op wit. As fo mi, a de ledom pan di forest lif den, en bikos a no get natin we nid fo gayd, a kin lok mi yay we a de slip kwayet; bot if a bin get enitin fo gayd, we go mek a no slip. Di wol de gi mi oltin, ivin as mama in pikin get milk. A kin go enisay we a want, en no kia no de we den kin fos mi fo koba misef.

"If Alegzanda kot mi ed, i no go ebul fo pwel mi sol bak. Mi ed nomo, don set, go de, lef di bodi lek klos we rotin na di wol, usay den pul am bak. Mi den, we bi Spirit, go go op to mi God, we koba wi ol insay bodi en lef wi na di wol fo pruv if, we wi de ya don ya, wi go liv wi layf we de obe In odinans en we insef go du am aks wi ol, we wi komot ya fo go nia am, fo mek wi get wan stori bot wi layf, bikos na in na Joj fo ol di bad tin den we posin kin du we i prawd; bikos di kray we di wan den we den de mek sofa de kray kin bi di ponishment fo di posin we de mek pipul den sofa.

"Le Alegzanda den fred wit den tretin ya di wan den we want jentri en we de fred day, bikos agens wi den wepon ya ol tu no get pawa; di Brahmin den no lek gold en den no de fred day. Go den en tel Alegzanda dis: Dandamis no nid enitin we na yu yon, en dat mek i no go go to yu, en if yu want enitin from Dandamis, kam to am."

Wit klos atenshon Alegzanda bin get tru Onesikritos di mesej from di yogi, en "fil." wan strong want pas eni oda tem fo si Dandamis we pan ol we i ol en neked, na in wangren enimi we in, we win boku neshon den, bin don mit mo pas in mach."

Alegzanda bin invayt boku Brahmin asketik den we pipul den sabi fo kam na Taxila fo den sabi fo ansa kwestyon den we get fo du wit sens wit sens. Plutarch bin gi wan stori bot di wod den we den bin de fet; Alegzanda insef bin fram ol di kwestyon den.

"Uswan na di wan den we boku, di wan den we de

alayv o di wan den we don day?" "Di wan den we de

alayv, bikos di wan den we don day no de."

"Uswan de brid di big animal dem, di si o di land?"

"Di land, bikos di si na jos wan pat pan land."

"Us na di kleva pas olman of animal den?"

"Dat wan we man no sabi yet." (Man de fred di tin we wi no no.)

"Uswan bin de fos, di de o di net?"



"Di de bin fɔs bay wan de." Dis ansa bin mek Alegzanda kɔmɔt biɛn am fɔ sɔprayz;  
di Brahmin ad se: "Kwɛstyɔn dɛn we nɔ pɔsibul nid ansa dɛn we nɔ pɔsibul."

"Aw bēst sōntēm wan man mek insēf sēf wan we a lēk?"

"Dēn go lēk pōsin if, we i gēt big pawa, i stil nō de mek pipul dēn fred insēf." "Aw  
man go bi gōd?" **41-5**

"Bay we i de du wetin i nō pōsibul fō mek man du."

"Uswan strōng pas am, layf ō day?"

"Layf, bikōs i bea dēn so bōku bad tin dēn."

Alēgzanda bin ēbul fō pul wan tru tru yogaman kōmōt na India, as in ticha. Dis man na bin Swami Sphines, we di Grik dēn bin de kōl "Kalanos" bikōs di sent, we bin de wōship Gōd insay di fōm fō Kali, bin grit ōlman bay we i bin de kōl In fayn fayn nem.

Kalanos bin go wit Alēgzanda na Pashia. Wan de we dēn bin dōn tōk bōt, na Susa insay Pashia, Kalanos bin giv ōp in ol bōdi bay we i go insay wan faya we dēn kin bēr pipul dēn we di wan ol Masidonia sojaman dēn bin de si am. Di wan dēn we de rayt bōt istri rayt aw di sojaman dēn bin sōprayz we bin si se di yogi nō bin de fred fō fil pen ō day, ēn we nō ēva muf wan tēm frōm in pōzishōn as dēn bin de bōn am na di faya. Bifo yu kōmōt de fō di bōn we dēn bōn am, Kalanos bin dōn ōg ōl in tayt kōmpin dēn, bōt i nō bin gri fō tēl Alēgzanda, we di Indu sēj bin jōs tōk to am se:

"A fō si yu shōt tēm in Babilōn."

Alēgzanda bin kōmōt na Pashya, ēn afta wan ia i day na Babilōn. In Indian guru in wōd dēn bin dōn bi in we fō se i go de wit Alēgzanda insay layf ēn day.

Di Grik pipul dēn we de rayt bōt istri dōn lēf bōku pikchō dēn we klia ēn we de mek wi gēt maynd bōt di Indian sosayti. Di Hindu lō, Arrian tēl wi se, de protēkt di pipul dēn ēn "ōdain se nobōdi pan dēn nō fō, ōnda ēni sikōstēms, bi slev bōt, we dēn de enjoy fridōm dēnsēf, dēn fō rēspēkt di ikwal rayt fō am we ōlman gēt. Fō di wan dēn, dēn bin tink se, we dōn lan nō fō rul oba ō krinj to ōda pipul dēn go gēt di layf we bētē fō ōl di chenj dēn we de apin na di lōt." **41-6**

"Di Indian dēm," wan ōda teks de rōn, "nō de put mōni na usuri, ō no aw fō lent. I de agens di we aw dēn dōn yuz am fō mek Indian du ō sōfa bad, ēn dat mek dēn nō de mek kōntrakt ō nid sikyuriti." Dēn tēl wi se fō mēn pipul dēn na bin simpul ēn natura we dēn. "Dēn kin du di mēresin pas bay we dēn de rigul di it pas bay we dēn de yuz mēresin. Di mēresin dēn we dēn kin rēspēkt pas ōl na ōnt ēn plasta. Dēn kin tek ōl di

ɔda wan den se den kin pwel bad bad wan." Di *Kshatriyas* ɔ di wan den we de fet wo  
nomo bin de fet wo. "Noto enimi we kam pan fama we i de wok na in land, no go du  
am eni bad tin, fo man den we get dis." klas we den de tek as pipul den we de ep  
pipul den, den de protekt den from ol di bad tin den we go apin to den. Di land so we  
no de pwel en we de prodyuz ebi ebi tin den, de saplae di pipul den we de de wit di  
tin den we den nid fo mek layf enjoy." **41-7**

Di Emparo Chandragupta we insay 305 bifo Krays bin don win Alegzanda in jeneral, Selikos, bin disayd fo sevin ia den leta to an oba di reins of Na India in yon govmment to in pikin. Fo travul to Sawt India, Chandragupta bin spen di las twelv ia na in layf as ascetic we no get peni, we bin de luk fo self- rializashon na wan rok kev na Sravanabelagola, we den de ono naw as Mysore shrine. Stand den we de nia de di big wan na di wol, we di Jayn den bin kot from wan big big ston insay AD 983 fo ono di sent Komateswara.

Di rilijon shrin den we de olsay na Maysu, de memba oltem bot di boku boku big big oli pipul den na Sawt India. Wan of den wan ya masta den, . Thayumanavar, 1999. don don go wi di fala i no izi fo du poym:

Yu kin kontrol wan veks elifant;  
Yu kin lok di bea en di tayga den mot; Yu kin rayd  
layon;  
Yu kin ple wit di kobra;  
Bay alchemy yu kin eke out yu livlihood; Yu  
kin waka waka na di yunivas we yu no no; Yu  
kin mek vasal den fo di god den;  
Yu kin bi eva yon pipul den;  
Yu kin waka pantap wata en tap in faya;  
Bot kontrol of di maynd na bete en mo no kin izi.

Insay di fayn en fayn fayn Stet we nem Travanko we de na di say we de fa fawe na di sawt pat na India, usay den kin ker trafik go oba riva en kanal den, di Maharaja kin tek evri ia se i get fo pe fo di sin we wo den bin don mek en di we aw den bin joyn boku smol smol stet den to Travanko insay di fa fa tem. Fo fifti siks dez evri ia, di Maharaja kin go na di tempul tri tem evride fo yeri Vedik sij den en ridin den; di ekspieshon serimoni kin don wit di *lakshadipam* o laytin na di tempul wit wan ondrad tawzin layt den.

Di bigman we de gi lo na Indu we nem Manu **41-8** don tok bot di wok we kin fo du. "I fo shawa ameniti den lek Indra (di masta fo di god den); geda taks jisno en we posin no go no as di san de get vapour from wata; enta insay di layf fo in savant den as di briz de go olsay; mete out ivin jostis to olman lek Yama (god fo day); tay pipul den we de du wetin di lo se insay wan nos lek Varuna (Vedic god fo skay en briz); duya olman lek di mun, bon bad bad wan." enimi den lek di god fo faya;

"Insay wo, kin no fo fet wit poyzin o faya wepon o kil wik o no rædi o no get wepon enimi o man den we de fred o we de pre fo protekshon o we de ronawe. Den fo yuz wo nomo as las tin. Di rizolt kin dawt oltem na wo."

Madras Præsidenſi we de na di ſawt-iſt kōſt na India geſt di flat, ſpays, ſi-girt ſiti we nem Madras, en Conjeeveram, di Golden Siti, kapital ſayt fo di Pallava dinasti we in kiſj den bin de rul

insay di fõstẽm Kristian den tẽm. Insay di mõdan Madras Prẽsidensi di wan den we nõ de fẽt fẽt di tin den we Mahatma Gandhi bin want fõ du dõn mek big big ed; di wayt distinguishing "Gandhi caps" dem si evriwe. Na di sawt jẽneral di Mahatma dõn ifẽkt bõku impõtant tẽmpul rifõm fõ "untouchables" ẽn bak kasta-sistim rifõm.

Di őrijin fõ di kasta sistẽm, we di big lijisleta Manu bin fõmulayt, bin admirable. I bin si klia wan se mõtalmãn difrẽn bay di we aw di tin den we de apin na di wõl, to 4 big klas den: di wan den we ebul fõ gi savis to sosayti tru di wok we den de du na den bõdi ( *Sudras* ); di wan den we de sav tru mentality, skil, agrikalchoral, tred, kõmishõn, biznes layf injõnal ( *Vaisyas* ); di wan den we den talent na administretiv, egzibit, ẽn protektiv-rula ẽn wõriõ ( *Kshatriyas* ); di wan den we de tink gud wan, we get spiritual inspekt ẽn we de inspekt ( *Brahmins* ). "Nõto bõn õ sakramẽnt õ stõdi õ ancestry nõ go ebul fõ disayd if põsin bõn tu tẽm (dat na, *Brahmin* );" di

*Mahabharata* deklare, "karakta ẽn kõndõkt nõmõ kin disayd." **41-9** Manu bin instrõk am sosayti fõ sho rẽspekt to in mẽmba den sofa as den get sẽns, gud kwaliti, ej, fambul õ, las wan, jẽntri. Den bin de disgrẽs di jẽntri na Vedik India õltẽm if den bin de kip am õ den nõ bin de yuz am fõ ẽp pipul den. Den bin de gi man den we nõ get fri-an ẽn we get bõku mõni, smõl na di sosayti.

Sirios bad tin den bin apin we di kasta sistẽm bin at fõ long long tẽm fõ mek i bi sõtĩn we den kin get frõm den mama ẽn papa. Sõshial rifõma den lek Gandhi ẽn di mẽmba den na bõku bõku sosayti den na India tide de mek sloslo bõt sho se den de mek di ol valyu den bak fõ kasta, we den jõs de bays pan natura kwalifayeshõn ẽn nõto pan bõn. Ẽvri neshõn na di wõl get in yon difrẽn kayn karma we de mek pipul den sofa fõ dil wit ẽn pul; India, sẽf, wit in versatile ẽn invulnerable spirit, go pruv se inseq ikwal to di wok fõ kasta-rifõmeshõn.

So entrancing na sawt India dat mi ẽn Mista Rayt bin want fõ long wi idyl. Bõt tẽm, insay in rud rudnẽs we i nõ bin de mẽmba, nõ bin gi wi ẽnĩ kõrẽkt ekstenshõn. I nõ go te igen, den bin dõn plan fõ mek a tøk to di las seshõn fõ di Indian Filõsõfik Kõngres na Kalkata Yunivasiti. We di visit to Mysore dõn, a bin ẽnjoy fõ tøk wit Shẽf C. V. Raman, we na di prẽsident fõ di Indian Akademi fõ Sayns den. Dis briliant Hindu fizishẽn bin get di Nõbõl Prayz insay 1930 fõ in impõtant tin we i fẽn pan di difyushõn fõ layt-di "Raman Ifẽkt" we õl skul bõy pikin den sabi naw.

We mi ẽn Mista Rayt bin de wev fõ tẽl wan krawd we na Madras student ẽn padi den we wi nõ bin want fõ tẽl wi, ẽn wi bin bigin fõ go na di not. We wi de go wi stop bifo wan smõl ples we oli fõ mẽmba Sadasiva Brahman, **41-10** insay in ettin sentiwoð layf stori mirekul den kin gẽda tik tik. Wan big Sadasiva shrine na Nerur, we di Raja na Pudukkottai bil, na wan pilgrimej ples we dõn witnẽs bõku divayn hiling den.

Bõku fayn fayn stori den bõt Sadasiva, we na wan masta we pipul den lek ẽn we get bõku layt, stil de naw bitwin di pipul den na Sawt Indian vilej. Wan de we Sadasiva bin de insay *samadhi* na di Kaveri Riva in bank, den bin si am se wata we bin kam

wantem wantem bin ker am go. Afta som wiks, den bin fen am we den ber am dip dip wan onda wan mawnten we get doti. As di pipul den na di vilej den shovel den de nak in bodi, di sent grap en waka kwik kwik wan.

Sadasiva no eva tok wan wod o wer klos. Wan monin, di nyud yogaman bin go insay wan Mohammedan chif in tent we no get serimoni. In uman den bin de ala bikos den de fred; di worio bin du wan savayj sod thrust at Sadasiva, 1999. udat an bin den don kot am. Di masta bin komot de we no bisin bot enitin.

Bikəs di Mohammedan bin rili fil bad, i pik di an frəm di flo ən fala Sadasiva. Di yogaman kwayet wan put in an insay di stöp we de blöd. We di wöriman ömbul ən aks fö som spiritual inströkhön, Sadasiva rayt wit in finga pan di san se:

"Du nōto du wetin yu want, ən dön yu söntəm du wetin yu lek."

Di Mohammedan bin op to wan exalted stet of mind, ən öndastand di sent in paradoksal advays fö bi gayd fö sol fridöm tru masta sabi di ego.

Wan tēm, di vilej pikin den bin sho se den want we Sadasiva de de fö si di Madura rilijön festival, we de 150 mayl fröm usay den de. Di yogaman bin sho di smöl wan den se den fö töch in bödi. Lo! wantēm wantēm den ker di wan ol grup go na Madura. Di pikin den bin de waka waka wit gladi at midul di tawzin pipul den we bin de go fö go wöship Jiova. Insay söm awa di yogi bin briṅ in smöl smöl chaj den na os bay in simpul wan di we aw den kin transpöt. Di mama ən papa den we bin soprayz bin yeri di klia stori den böt di prushön fö di imej den, ən den notis se söm pikin den bin de ker bag den we get Madura swit den.

Wan yöṅ man we nō bin biliv, bin de provok di sent ən di stori. Di neks mönin, i go nia Sadasiva.

"Masta," i se wit swē, "wetin mek yu nō ker mi go na di festival, ivin lek aw yu du yestede fö di öda pikin den?"

Sadasiva bin du wetin di lö se; di böbö bin si in sef wantēm wantēm wit di pipul den we bin de na di siti we bin de fa fawe. Böt i söri fö nō se! usai di sent bin de we di yöṅ man bin want fö kömöt? Di böbö we bin taya bin rich na in os bay di we aw den bin de yuz di ol ən prosayk we den bin de yuz fö waka wit fut.

.....  
41-1 : . Mis Bletch, . nō ebül to köntinyu di wok spid set bay we Mista. Rayt rayt ən misēf, bin köntinyu fö de gladi gladi wit mi fambul den we de na Kalkata.

41-2 : Dis dēm, we na big big wata-ilektrik instöleshön, de layt Maysu Siti ən gi pawa to faktri den fö mek silk, sop, ən sandal wud öyl. Di sandalwood souvenirs fröm Mysore get wan fayn fayn sent we tēm nō de taya; wan smöl tin pinprick we den köl de mek pösın get layf bak di smel we de smel. Mysore na di wöl de bost söm öf di di wan we big pas öl payönia industrial öndatac den in India, de min di Kolar Gold Mayns, di Mysore Sugar Factory, di big big ayen ən stel wok den na Bhadravati, ən di chip ən efyushön Mysore Stet Relwe we köba böku pan di stet in 30,000 skwea mayl.

Di Maharaja we nem Maharaja ən Yuvaraja bin de du am udat bin mi di wan den we de öspitul in Mysore na di wöl in 1935. Di ia 1935 get öltu dis bien tēm dön day. Di pikin öf di Yuvaraja, 1999. di Maharaja we de naw, na rula we get entapraiz, ən i dön .ad to di industri den na Maysu wan big faktri fö plen den

41-3 : . Siks volyum den pantap *Ol India* (Kalkata, 1879).

Ö Alegzanda nō eni öf in jeneral den eva krös di Ganges bin de du am. Fö fen meköp yu maynd fö avöyd in .10 :41-5 di nöt-west pat, . di Masidonian pipul den sojaman den nō gri to go insay pösın in bödi fa fawe; Alegzanda bin fos am to .lef India ən luk di win den we i bin win na Pashia

41-5 : . Fröm dis kwestyön wi söntēm surmise dat di "Pikin." öf Zus". bin wan wan wan tēm dawt dat i bin dön bin get



pafekt pɔsin.

41-6 : . Ol Grik langwej pipul dɛn we de wach kɔmənt pantap di nɔ ɔf slev wok in India, wan tin at dɔn varyans we de apin wit di bildin di Grik sosayti.

41-7 : . *Du nyu tin India* bay we Prof. Benoy bin de du dat Kumar bin de tɔk bɔt am Sarkar bin de tɔk bɔt am giv wan kpatakpata pikchɔ ɔf Na India in yon ol ɛn naw

di tin den we den don du en we difren from oda pipul den valyu den in ikonomi, . politik sayens, buk, drchin, en soshal motalman sens. (Lahore: Motilal Banarsi Dass, Poblissha den, 1937, 714 pej, \$5.00.)

Oda don advays komos na *Indian pipul den Kolcho Pas Di Di ej den* , . bay we S. V. Venatesvara bin de du am (Nyu Jok: .Longmans, 1999. Grin & K, \$ 5.00)

41-8 : . Manu na di olsay na di wol posin we de gi la; noto wangren fo Indu pipul den sosayti, bot fo di wol. Ol sistem den of sens soshal rigyuleshon den en ivin du wetin rayt de we get paten afta Manu. Nietzsche bin de tok bot am don don pe di fala tribute: "A no of No buk in us so boku pan den de dilik en saful tin den de bin se to uman as in di *Lawbook Of Manu* ; den wan den ol grey bied den en di wan den we oli get wan we fo bi gallant to uman den we sontem den no go ebul fo pas . . . wan wok we get sens en we bete pas oda wan we nobodi no ebul fo kompia . . . ful-ow wit fayn fayn valyu den, i ful-ow wit filin fo pafekt, wit se yes to layf, en wan triumph sense fo welbodi we i kam pan insef en layf; di san de shayn pan di wan ol buk."

41-9 : . "Inklushon." in wan of den wan ya 4 kast den fos bin dipen pan am noto pantap wan man in yon don pikin bot pantap in komon kapasiti den as den sho am bay we di gol in layf i ilekt den to mitow," wan atikul in *Is-West* fo Janwari, 1935, 2019. de tel wi. "Dis gol kin bi (1) . *kama* , . want, tin of di layf of di di sens den we posin kin get ( *Sudra* stej), (2) . *artha* , . get, fo fulfil bot fo kontrol di tin den we posin want ( *Vaisya* stej), (3) *dharma* , fo korekt insef, di layf we posin get fo du sontin en fo du di rayt tin ( *Kshatriya* stej), (4) *moksha* , . fridom, . di layf of spiritual tin den en rilijon we den de tich ( *Brahmin we de na di wol* stej). Den wan ya 4 kast den gi savis to motalman bay (1) bodi, (2) maynd, (3) wil pawa, (4) Spirit.

Dis 4 stej dem get den korespondens na di *guna* ow kwaliti dem we de sote go na di nature, *tamas* , *rajas* , en *sattva* : " obstruction, tin, en di we aw den de mek di ples big; ow, boku, pawa, en sens. Di 4 komon kast den de den don mak am bay we di *gunas* as (1) . *tamas* (we posin no no natin), . (2) . *tamas*- . *rajas we den kol* (miks we den miks of we posin no no natin en tin), (3) . *rajas-sattva we de na di wol* (miks we den miks of rayt aktiviti en fo mek posin get sens), . (4) . *sattva we den kol sattva* (fo mek posin get sens). So don nechow den don mak am evri man wit in kasta, . bay we di predominance in himself of wan, ow di miks fo tu, pan di *gunas* . Na tru se ol motalman get ol di tri *guna den* we difren difren we den. Di .guru go ebul fo no di rayt we aw man get kasta ow di evolushon stetment

To wan sho levul, ol rays den en neshon den wach in du, if noto in wetin posin tink, di tin den of kasta. Usay de na big " laysens ow we den kol fridom, . mo in mared we den kin mared to densef bitwin di tin den we den kin du pasmak in di komon kasta den, . di res de smol smol away en i kin donawe wit am. Di *Purana Samhita* kompia di pikin den we den kayn union den de don wit baren haybrid, lek di miul we no ebul fo mek in yon spisis boku. Den kin donawe wit atifishal spisis den. Istri de gi boku pruf of boku boku wan rili rays den us No long pas dat get eni fo liv ripotment den. Di kasta sistem of India na den gi di kredit na in mek am pas ol rili pipul den we de tink wit fo bi di chek ow fo mek den no get di sik agens laysens us don den don kip am di klin we posin klin of di rays en brinj am sef wan tru mileniom den we don chenj, we oda " .rays den don los insay faget

41-10 : In ful taytul na bin Sri Sadasivendra Saraswati Swami. Di illustrious saksesow in di fomal Shankara layn, Jagadguru Sri Shankaracharya we de na di wol of Sringeri we de na di wol Mats, don rayt wan we de mek posin get maynd *Ode we den kol Ode* bin gi to Sadasiva we de na di wol. *Is-West* fo Julay, 1942, bin ker wan atikul bot Sadasiva in layf.

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## CHAPTER: 1 . 42. Na di 42

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***Las Dez den Wit Mi Guru we de na di wol***

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"Gruji, a gladi fo fən yu wan dis mōnin." A bin jōs rich na di Serampore emitaj, en a bin de kər wan lod we gət sent we gət frut en ros. Sri Yukteswar bin glans pan mi wit ombul.

"Wetin na yu kwestyon?" Masta bin luk bot di rum as pan ol i bin we de luk fo posin komot.

"Gruji, a kam to yu as hai skul yong; nau a bi big man, ivin wit grey hair or." tu. Pan ol we yu don shawa mi wit silent affection from di fos awa to dis, yu no dat wan tem nomo, pantap di de of mitin, get yu eva bin se, 'A lov yu?'" a bin luk at in we den de beg am.

Masta put in yay don. "Yogananda, a fo briñ aut insay di kol eria den fo tok di wam sentiment den we di at we no get wod de gayd di best?"

"Gruji, . a no yu lov mi, bot mi posin we de day yes pen to yeri yu se so."

"Bi am as yu want. Insay mi mared layf a bin de rili want boy pikin, fo tren na di yoga rod. Bot we yu kam na mi layf, a bin satisfay; insay yu a don fen mi boy pikin." Tu klia wata drop den bin tinap na Sri Yukteswar in yay. "Yogananda, a lek yu oltem."

"Yu ansa na mi paspot fo go na evin." A fil wan wet lif from mi at, we don solv sote go bikos of in wod den. Boku tem a bin don de wonda aw i no tok natin. We i kam fo no se i no bin de fil bad en i bin de . kontinyu, bot stil sontende a bin de fred se a no bin ebul fo satisfay am gud gud wan. In yon na bin strenj nature, we den no go eva no atol; wan nature we dip en stil, we di oda wol no go ebul fo ondestand, we i bin don pas in valyu den fo long tem.

Afta som dez, we a bin tok bifo boku boku pipul den na Albert Ol na Kalkata, Sri Yukteswar bin gri fo sidom nia mi na di pletfom, wit di Maharaja na Santosh en di Mayo na Kalkata. Pan ol we Masta no bin tok natin to mi, a bin de luk am wan wan tem we a de tok to mi, en a bin de tink se a de si wan gladi gladi twink na in yay.

Don wan tok kam bifo di wan den we bin don de na Serampore Kolej. As a de luk mi ol klasmet dem, en as den de luk den yon "Mad Monk," kray wata fo gladi bin sho se a no shem. Mi silva langwej profeso fo filosofi, Dokto Ghoshal, kam bifo fo grit mi, ol di misondastandin den we wi bin don get trade bin solv bay di alkemist Time.

Den bin de selibret wan Winter Solstice Festival na di end of Disemba na di Serampore hermitage. As oltem, Sri Yukteswar in disaypul den bin geda from fa en nia. Divoshonal *sankirtans* , solo den insay di nektu-swit voys fo Kristo-da, wan festival we yon disaypul den kin gi, Masta in tok we rili muv onda di sta den na di kot we ful-op wit pipul den na di ashram-memori den, memori den! Gladi festival den we don pas long long tem! Bot tide na net, wan nyu tin bin fo de.

"Yogananda, duya adres di asembli-insay English." Masta in yay bin de shayn as i de mek dis rikwest we no komon tu tem; i bin de tink bot di problem we bin de na di ship bifo mi fos lekcho na English? A bin tel di stori to mi odiens we na broda disaypul

dən, ən a bin dən wit wan big big ɔnɔ to wi guru.

A dən tək se: “In gayd we bin de ɔlsay nɔ bin de wit mi nɔmɔ na di si stima, bɔt evride insay mi fayvtin ia na di big ən ples usay pipul dən kin wɛlkɔm pipul dən na Amerika.”

Afta di gøst ðen ðøn kòmøt, Sri Yukteswar køl mi na di sem bedrum usay-wan tøm nòmø, afta wan festival we a bin gæt insay mi føs ia-ðen bin ðøn alaw mi fø slip na in wud bed. Tide nait mi guru bin sidøm de kwayet wan, wan sèmi sèklø we gæt disaypul ðen na in fut. I smayl as a go insay di rum kwik kwik wan.

"Yogananda, yu de kòmøt naw fø go na Kalkata? Duya kam bak ya tumara. A gæt som tin ðen fø tøl yu."

Di nèks aftanun, wit sòm simpul wøð ðen fø blæs, Sri Yukteswar gi mi di øða monastik taytul we na *Paramhansa* . 42-1

"It now formally supersedes yu foma taytul of *swami* ," i se as a nil ðøg bifo am. Wit wan silent chuckle a tink bøt di strèch we mi Amerikan student ðen go ønda di pronøns fø *Paramhansaji* . 42-2

"Mi wok na di wøl ðøn ðøn naw; yu fø køntinyu." Masta tøk kwayet wan, in yay ðen køl øn saful. Mi at bin de bit bikøs a bin de fred.

"Duya sèn sømboði fø tek chaj fø wi ashram na Puri," Sri Yukteswar køntinyu fø tøk. "A de lef evritin fø yu han. Yu go fit saksesfuli sel di bøt of yu laif and di ogenaizeshon to di divain shores."

Insay di kray wata, a bin fø øg ðensef in fut; i ros bin de øn ðøn blæs mi endearingly.

Di nèks de a køl wan disaypul frøm Ranchi, we nem Swami Sebananda, øn sèn am na Puri fø go tek di wok ðen we ðen fø ðu na di ømti ples. 42-3 Leta mi guru bin tøk wit mi bøt di ligal ðitil ðen bøt aw fø sètul in prøpati; i bin de wøri fø mek in fambul ðen nø go ebul fø kør di kes go na køt, afta i day, fø we i gæt in tu ømitaj ðen øn øða prøpati ðen, we i bin want fø mek ðen rayt bøt am nòmø fø øp pipul ðen fø øp pipul ðen.

"ðen bin mek arenjment i nø tu te yet fø mek Masta go visit Kidderpore, 42-4. " bøt i nø bin ebul fø go." Amulaya Babu, we na wan brøða disaypul, bin tøk ðis to mi wan aftanun; a fil køl wef we a bin de tink bifo tøm. To mi prèshø kwestyøn ðen, Sri Yukteswar bin jøs ansa se, "A nø go go na Kidderpore igen." Fø smøl tøm, Masta bin de shek shek læk pikin we de fred.

("Attachment to bodily residence, springing up of its own nature [dat na, we de kòmøt frøm immemorial rut, past øksperiens fø day]," Patanjali rayt, 42-5 "de de insay smøl ðigri ivin insay big big oli pipul ðen." Insay sòm pan in tøk ðen bøt day, mi guru bin ðøn yus fø ad se: "Jøs læk aw bød we gæt long kech kin shem fø kòmøt na in os we i ðøn yus fø we ðen øpin di ðømøt.")

"Gruji," na so . a bin beg in wit wan sob, . "nø se dat! Nø øva utter ðen wan ðen wøð ðen

to mi!"

Sri Yukteswar in fes bin rilaks insay wan pisful smayl. Pan ol we i bin de nia fo mek i ol et en wan ia, i bin luk fayn en i bin strong.

We a bin de bask de to de insay di san we mi guru in lov bin de shayn, we a no bin de tok bot we a bin de fil gud gud wan, a bin de dreb di difren hint den we i bin don gi bot we i de pas we i de kam nia, komot na mi maynd.

"Sir, di *Kumbha Mela* de konven dis mun na Allahabad." I sho Masta di *mela* dates in wan Bengali almanak. 42-6

"Du yu rili want to go?"

A no bin no se Sri Yukteswar no bin want fo mek a lef am, a kontinyu fo tok se, "Wan tem yu si di blesin we yu si Babaji na wan Allahabad *kumbha* . Sontem dis tem a go laki fo si am."

"A no tink se yu go mit am de." Don mi guru bin set mot, i no bin want fo ambog mi plan den.

We a bin de go na Allahabad di neks de wit wan smol grup, Masta bin bles mi kwayet wan di we aw i kin bles mi oltem. I tan lek se a bin de kontinyu fo no no wetin de apin to Sri Yukteswar in abit bikos di Masta bin want fo spay mi di eksperiens we den fos mi, we a no ebul fo ep mi, fo witnes mi guru in pas. I don de apin oltem na mi layf se, we di wan den we a rili lek day, God don arenj wit sori-at fo mek a de fa from di say we di aksident apin. 42-7

Wi pati bin rich na di *Kumbha Mela* Janwari 23, 1936. Di krawd we bin de boku we na lek tu pipul den milyon pipul den bin si sontin we bin rili wondaful, en ivin we bin rili tranga. Di pekul genius we di Indian pipul den get na di respekt we den bon wit ivin di pipul den we de wok na fam we no get wan valyu fo di valyu we di Spirit get, en fo di monk en sadhu den we don lef di wol tayt fo go fen divayn ankorej. Fo tru, pipul den we de lay en ipokrit pipul den de de, bot India respekt olman fo di sake fo di smol wan den we de layt di wan ol land wit blesin den we pas ol. Di pipul den na di West we bin de wach di big big spektakl bin get wan speshal chans fo fil di puls na di land, di spiritual ardor we India get fo get in trenk we no de kil bifo di blow den we tem de blo.





Di uman yoga, . Shankari we de tɔk bɔt am Mai Jiew, 1999. nɔmɔ fɔ liv disaypul ɔf di rili Trailanga na wan Swami bin de tɔk bɔt am.

Di pɔsin we gɛt turban we sidɔm nia am na Swami Benoyananda, we na dairekta fɔ wi Ranchi yoga skul fɔ bɔy pikin dɛn na Bihar. Dɛn bin tek di pikɔɔ na di Hardwar *Kumbha Mela* insay 1938; di uman sent bin ol 112 ia da tɛm de.



Krishnananda, 1999. at di 1936. Di ia 1936 Allahabad na di wɔl *Kumbha we de na di wɔl Mela* , . wit in tam vegetarian layɔn uman.



Sɛkɔn-flɔ daynin patio na Sri Yukteswar in Serampore ɛmitaj. A sidɔm (insay sent) na mi guru in fut.

Di fɔs de, wi grup bin spɛn am wit sheer stare. Na ya boku boku pipul dɛn bin de we bin de was, we bin de dip insay di oli riva fɔ mek dɛn fɔgiv dɛn sin dɛn; na de wi bin

si sirios ritual den fo woship; na de den bin de skata divoshonal ofrin den na di oli  
wan den fut we get doti; wan ton na wi ed, en wan layn fo elifant den, os den we get  
karison en Rajputana kamel den we de sloslo we den fayl, o wan kwayet rilijon  
parede fo

neked wan sadhus, . we den de wev stik den we den kin yuz fo kot tik den of gold en silva, o flag den en strima den of we den mek wit silk velvet we den mek.

Ankorayt den we wer loincloth nomo bin de sidom kwayet wan insay smol grup den, den bodi bin don doti wit di ashis we de protekt den from di wam en kol. Di spiritual yay bin de sho klia wan na den foed wit wan spat we den mek wit sandal wud paste. Swami den we sheb ed bin apia bay di tawzin pipul den, den wer ocha klos en den bin de ker den bambu stik en beg bol. Den fes bin de shayn wit di renunciate in yon pis as den bin de waka bot o don ol na filosofik di tok den we den kin tok bot wit disaypul den.

Na ya en de onda di tik den, rawnd big big boku boku tik den we de bon, na bin fayn fayn sadhu den, **42-8** den ia bin breyd en mas insay koyl den op den ed. Som den bin de wer biad we long som fit, kol en tay am wit knot. Den bin de tink kwayet wan, o es den an fo bles to di throng-beggars we de pas, maharajas pan elifant, uman den we wer *saris we get boku boku kolo* - den bangles en anklet de tinklin, *fakirs* wit tin an den we den ol grotesquely op, *brahmacharis* we de ker meditashon elbo-props, ombul sej den we den solemniti ayd wan insay blis. Ay op di din wi yeri di tempul bel den we no de stop fo kol.

Na wi sekon *mela* de, mi en mi kompin den bin go insay difren ashram den en temporary hut den, en wi bin de gi *pranam* to oli pipul den. Wi bin get di blesin from di lida fo di *Giri* branch na di Swami Oda-wan tint, asketik monk we get yay den we tan lek faya we de smayl. Di neks visit we wi bin go bin ker wi go na wan emitaj usay in guru bin don de wach fo di pas nayn ia di vaw den fo set mot en fo it strikt frut. Na di sentral dais na di ashram hal, wan blaynd sadhu, Pragla Chakshu, we lan dip tin den na di *shastra den* en ol di sekt den bin rili respekt, bin sidom.

Afta a don gi smol tok insay Hindi bot *Vedanta* , wi grup komot na di pisful emitaj fo go grit wan swami we bin de nia de, we nem Krishnananda, we na wan fayn monk we get rosy chest en fayn fayn sholda den. Wan layon uman we den bin don men bin sidom nia am. Succumbing to the monk's spiritual charm- noto, a sho, to in pawaful bodi!-di jungle animal no gri fo tek ol mit in favorit fo rays en milk. Di swami don tich di tawny- ia animal fo tok " *Aum* " insay wan dip, atraktiv growl-a kat devotee!

Di neks tin we wi mit, we na intavyu wit wan yong sadhu we lan buk, den tok bot am fayn fayn wan insay Mista Rayt in spak spak travul dayari.

"Wi rayd insay di Fod kros di rili low Ganges pan wan krak krak pontun brij, krawl lek snek tru di krawd en oba smol, twist len, pas di sayt na di riva bank we Yoganandaji bin poynt to mi as di mitin ples fo Babaji en Sri Yukteswarji."

We wi komot na di motoka smol tem afta dat, wi waka som distans tru di tik tik smok we di sadhus den faya bin de mek en oba di sand we bin de slipul fo rich na wan grup we get smol smol smol os den we den mek wit doti en straw we rili smol. Wi bin stop bifo wan pan den ples den ya we no impotent fo som tem, wit wan pigmi

domot we nɔ ɡet domot, we na di say we Kara Patri, we na wan yɔŋ sadhu we de waka waka we pipul dɛn sabi fɔ in spɛshal sɛns, bin de. Na de i sidom, in leg dɛn krɔs pan wan bɔku bɔku straw, in wangren tin we i kɔba-ɛn we i apin, na wan ɔcha klos we dɛn drɛp oba in sholda.

"Fɔ tru wan divayn fes bin smayl to wi afta wi dɔn kray pan ɔl 4 fut insay di hut ɛn *pronam* na dis sol we ɡet layt in fut, we di kerosin lantan we de na di ɛntɛɛ bin de flik weda,

shado den we de dans na di wɔl den we den mek wit tik. In fes, mo in yay en in pafekt tit den, bin de shayn en shayn. Pan ol we a bin de kɔnfyus wit di Hindi, di we aw i bin de tɔk bin rili sho mi; i bin ful-ɔp wit zil, lɔv, glori pan God biznes. Nɔbɔdi nɔ bin ebul fɔ mistek fɔ se i big.

"Imajin di gladi layf we pɔsin we nɔ get enitin fɔ du wit di matirial wɔl; fri frɔm di klos prɔblem; fri frɔm it krayv, nɔ eva beg, nɔ eva tɔch kuk it pas pan ɔltɛm dez, nɔ eva." fɔ kɛr wan bol fɔ beg; fri frɔm ol di mɔni we den de miks, nɔ eva ol mɔni, nɔ eva kip tin den fa, abop pan God ɔltɛm; fri frɔm transpɔt wɔri, nɔ eva rayd motoka, bɔt ɔltɛm de waka na di bank den na di oli riva den; nɔ fɔ eva de na wan ples fɔ long tɛm pas wan wik fɔ mek den nɔ get eni growth fɔ atak.

"Such a modest soul! unusually learned in the *Vedas* , and possessing an MA degree and the tatlɛ of *shastri* (masta of scriptures) from Benares University. Wan sublaym filin bin de ɔlsay na mi as a sidɔm na in fut; ol dis bin tan lɛk ansa to mi want fɔ si di rial, di ol India, bikɔs na tru tru ripɔt fɔ dis land we get spiritual jayant den."

A aks Kara Patri kwɛstyɔn bɔt in layf we i bin de waka waka. "Yu nɔ get eni ekstra

klos fɔ winta?" "No, dis na inɔf."

"Du yu kɛr eni buk den?"

"No, a de tich from memori dem pipul we wan hie mi."

"Wetin ɔda tin yu de du?"

"A de waka waka bay we di Ganges we de na di wɔl."

We a yɛri den kwayɛt wɔd ya, a bin rili want fɔ si di simpul layf we i de liv. A mɛmba Amerika, en ol di wok den we bin de na mi sholda.

"Nɔ, Yogananda," a tink, wit sɔri-at fɔ smɔl tɛm, "insay dis layf fɔ waka waka nia di Ganges nɔto fɔ yu."

Afta di sadhu dɔn tɛl mi sɔm pan di tin den we i dɔn nɔ bɔt God biznes, a shot

wan kwɛstyɔn wantɛm wantɛm. "Yu de gi den diskripshɔn ya frɔm skripchɔ lɔ,

ɔ frɔm insay ɛkspiriɛns?"

"Af-af frɔm buk de lan," i bin ansa wit wan tɛl di tru smayl, "ɛn af-af frɔm ɛkspiriɛns."

Wi bin sidɔm gladi fɔ sɔm tɛm en nɔ tɔk natin fɔ tink gud wan. Afta wi dɔn kɔmɔt na in oli prezɛns, a tɛl Mista Rayt se, "Na kiŋ we sidɔm pan tron we den mek wit gold

straw."

Wi bin it wi dina da net de na di *mela* grɔn ɔnda di sta dɛn, ɛn wi bin de it frɔm lif plet dɛn we dɛn pin togɛda wit stik. Dɛn dɔn ridyus di we aw dɛn de was dish dɛn na India to di minimum!

Tu dez mo fo di fayn fayn *kumbha* ; don na di not-west pat along di Jumna bank den te go na Agra. Wan tem bak a bin de luk di Taj Mahal; in memori Jitendra bin tinap nia mi, i bin soprayz wit di drim we den mek wit mabul. Don go na di Brindaban ashram we Swami Keshabananda bin mek.

Di tin we a bin want fo luk fo Keshabananda bin get sontin fo du wit dis buk. A no bin eva forget Sri Yukteswar in aks fo mek a rayt di layf we Lahiri Mahasaya bin liv. We a bin de na India a bin de tek evri chans fo kontakt dairekt disaypul den en fambul den fo di Yogavatar. We a bin de rikodom di tok den we den bin de tok to buku buku not den, a bin de chek di tru tin den en di de den we den bin de tok, en a bin de geda foto den, ol leta den, en dokyument den. Mi Lahiri Mahasaya potfolio begin fo swel; A bin kam fo no wit pwel at se tranga wok den de bifo mi fo rayt. A bin pre se a go ikwal to mi wok as posin we rayt di big big guru in layf. Buku pan in disaypul den bin de fred se insay wan stori we den rayt, den go put den masta smol o den no go ondestand den di rayt we.

Wan tem, Panchanon Bhattacharya bin don tok to mi se: "Posin no go ebul fo du jostis wit kol wod den to di layf we divayn inkarneshon get."

Oda disaypul den we bin de nia densef bin satisfay di sem we fo kip di Yogavatar ayd na den at as di ticha we no de day. Bot pan ol dat, bikos a bin de tink bot wetin Lahiri Mahasaya bin tok bot in layf stori, a no bin tray fo mek sho se en pruv se di tru tin den bot in layf we i bin de liv na do.

Swami Keshabananda bin grit wi pati fayn fayn wan na Brindaban insay in Katayani Peith Ashram, we na wan big brik bildin we get big big blak pila den, we den put insay wan fayn gadin. I bin ker wi kam wan tem insay wan sidom rum we den mek fayn wit wan big wan we den mek wit Lahiri Mahasaya in pikcho. Di swami bin de nia fo ol naynti ia, bot in bodi we get mosul den bin de sho se i get trenk en welbodi. I bin get long ia en in biad we wayt lek sno, in yay den bin de shayn wit gladi at, en na bin rial posin we na bin di wan we den kol petriak. A bin tel am se a want fo tok bot in nem na mi buk we de tok bot India in masta den.

"Duya tel mi bot yu fos layf." A bin smayl wit beg; buku tem, big big yoga pipul den no kin ebul fo tok to densef.

Keshabananda bin mek wan sayn fo sho se i ombul. "Na smol eksternal mont de. Praktikal mi ol layf don spen na di Himalayan solitudes, travul wit fut from wan kwayet kev to oda wan. Fo som tem a bin de menten wan smol ashram ausayd Hardwar, we bin rawnd ol say wit wan grov we get long long tik den. Na bin pisful ples we travulman den no bin de go, bikos of di olsay we di kobra den bin de." Keshabananda bin de laf. "Leta wan Ganges flod was away di hermitage en di kobra den ol. Don mi disaypul den ep mi fo bil dis Brindaban ashram."

Wan pan wi pati bin aks di swami aw i don protekt inself from di Himalaya tayga den.



Keshabananda bin shek in ed. I bin se: "Na dən ay ay spiritual ayt dən de, wayl animal dən nɔ kin mɔs di yoga pipul dən. Wan tɛm we a bin de na di jɔŋgrɔn a bin mit tayga fes-to-fes. We a bin de bɔn wantɛm wantɛm, dən bin transfiks di animal lɛk se i dɔn tɔn to stɔn." Agen di swami bin de laf pan in memori dən.

"Wan wan tɛm a dɔn go mi fɔ mek pɔsin nɔ de nia ɔda pipul dən to visit mi guru in Benares we de na di wɔl. I dɔn yuz to jok wit mi oba mi

we nɔ de stɔp travul dɛn in di Himalayan we dɛn kɔl Himalayan na di wildanɛs.

"Yu gɛt di mak fɔ want fɔ waka waka na yu fut,' i tɛl mi wan tɛm. 'A gladi se di oli Himalayas big fɔ mek yu ful-ɔp.'

"Bɔku tɛm," Keshabananda kontinyu fɔ tɔk, "bifo ɛn afta i day, Lahiri Mahasaya dɔn apia bɔdi bifo mi. Fɔ am no Himalayan ayt nɔ de we pɔsin nɔ go ebul fɔ go!"

Afta tu awa, i kɛr wi go na wan ples usay dɛn kin it. A bin swɛt wit pwɛl at we a nɔ bin de tɔk. Wan ɔda fayvtin kɔs it! I nɔ rich wan ia yet we di Indian dɛn bin de wɛlkɔm mi, ɛn a bin dɔn gɛt fifti pawn! Bɔt stil, dɛn bin fɔ dɔn tɛk am se na di ayt fɔ rud fɔ nɔ gri fɔ tɛk ɛni wan pan di it dɛn, we dɛn tɛk tɛm pripia fɔ di pati dɛn we nɔ gɛt ɛnd fɔ ɔnɔ mi. Insay India (nɔsay ɔdasay, alas!) dɛn kin tɛk wan swami we gɛt pad fayn fayn wan as sɔntin we kin mek pɔsin gladi. **42-10**



Mista. Rayt, 1999. misɛf, Mis Bletch we dɛn kɔl -- . in Ijpt



Rabindranath bin de tɔk bɔt am Tagore, 1999. we inspekt am pɔsin we de rayt poem ɔf Bengali, 1999. en Nɔbɔl Prayzman fɔ di pɔsin in buk



Mi en Mista Rayt de poz wit di venerabl Swami Keshabananda en wan disaypul na di big big ɛmita na Brindaban

Afta ivintɛm it, Keshabananda bin de du am dɔn lid mi to wan pipul dɛn we nɔ de de nook.

"Yu rich na noto we dɛn nɔ bin de ɛkspekt," i bin se. "A get

wan mesej fɔ yu." A bin sɔprayz; nobɔdi nɔ bin dɔn no bɔt mi

plan fɔ go fɛn Keshabananda.

"We a bin de waka waka las ia na di not pat na di Himalayas nia Badrinarayan," di swami kɔntinyu fɔ tɔk, "A lɔs mi we. Shelta bin apia na wan big kev, we bin ɛmti, pan ɔl we di faya in emba dɛn bin de shayn na wan ɔl na di rɔk flo. A bin de wɔnda bɔt di pɔsin we de na dis ples we i de in wan, a bin sidɔm nia di faya, mi yay bin de pan di say we di san de go insay di kev.

"'Keshabananda, a gladi se yu de ya.' Den wɔd ya kɔmɔt biɛn mi A tɔn, a sɔprayz, en a bin de dzl fɔ si Babaji we bin dɔn mek inɛf na wan ples we dɛn kɔl rɛs na di kev A bin gladi pasmak fɔ si am bak afta bɔku ia.

"'A kɔl yu ya,' Babaji kɔntinyu fɔ tɔk. 'Na dat mek yu lɔs yu we en dɛn kɛr yu go na mi tɛmporari ples we a de na dis kev. I dɔn te we wi mit wi las mitin; a gladi fɔ grit yu wan tɛm mɔ.'

"Di masta we nɔ day blɛs mi wit sɔm wɔd dɛn fɔ ɛp mi na spirit, dɔn i ad se: 'A gi yu mesej fɔ Yogananda. I go pe yu visit we i kam bak na India. Bɔku tin dɛn we get fɔ

du wit in guru en wit di disaypul den we de alayv na Lahiri go mek Yogananda ful-op. So, tɛl am se a nɔ go si am dis tɛm, as i de op wit ɔl in at; bot a go si am pan ɔda tin.' okashɔn."

a bin dip wan tɔch am to get frɔm Na Keshabananda in yon lip den dis we de kɔrej pɔsin prɔmis frɔm Babaji we de na di wɔl. WAN

som bad bad tin den we bin de na mi at bin donawe wit am; A no bin kray igen se, ivin lek aw Sri Yukteswar bin don hint, Babaji no bin apia na di *Kumbha Mela*.

Fo spend moni wan net as gost den of di ashram, . wi pati set komot di fala aftanun fo Kalkata. We wi bin de rayd oba wan brij na di Jumna Riva, wi bin enjoy fo si di skay na Brindaban fayn fayn wan jos lek aw di san de set faya na di skay-na rial ofna we get Vulkan in kolo, we de sho don wi insay di wata we no de chenj.

Di Jumna bich na hallowed by memories of di pikin Sri Krishna. Na ya i bin enjoy wit inosent switnes insay in *lilas* (ple) wit di *gopis* (maid den), we de sho di lov we pas ol us eva de bitwin wan lek evin we posin mek in bodi en in di wan den we de woship God. Di layf of Lod Krishna bin de tok bot am boku pipul den we de tok bot tin den na di West no ondastand am. Di egzampul den we di Skripcho den de tok bot kin mek rial maynd konfyus. Wan hilarious blunder we transleta du go sho dis poynt. Di stori de tok bot wan oli man we den bin inspekt insay di Medival tem, we na di kobler Ravidas, we bin sij insay di simpul wod den we in yon biznes de du fo di spiritual glori we ayd insay ol motalman:

On da di big vault we den kol vault of blu  
Tap di divinity we den wer klos in ayd.

Wan kin ton sayd fo ayd wan smayl we i yeri di intapriteshon we posin we de waka na rod we wan Westinian rayta gi Ravidas in poem:

"Afta dat, i bil wan hut, i mek wan aydol insay de we i mek wit ayd, en aplay inself fo woship am."

Ravidas na bin broda disaypul fo di big Kabir. Wan pan di chelas den we Ravidas bin get we i bin de op na bin di Rani we komot na Chitor. I bin invayt boku boku Brahmin den fo wan festival fo onno in ticha, bot den no bin gri fo it wit wan kobler we no get wan valyu. As den sidom na dignified aloofness fo it den yon it we no get doti, lo! eni Brahmin bin fen na in sayd di fom fo Ravidas. Dis mas vishon bin akomplit wan spiritual rivayval we bin de olsay na Chitor.

Insay som dez, wi smol grup bin rich na Kalkata. Bikos a bin rili want fo si Sri Yukteswar, a bin fil bad fo yeri se i don komot na Serampo en naw i de na Puri, we de lek tri ondrad mayl so na di sawt.

"Kam na Puri ashram wan tem." Dis teligram na wan broda disaypul bin sen am Mach 8 to Atul Chandra Roy bin de du dat Chowdhry, we de na di . wan of Masta in yon chelas we den kol chelas in Kalkata. Nyuz of di mesej don rich mi yes den; we

bin de fil bad at i na implikashon den, . a don drop to mi ni den en bin beg fo am  
God dat mi guru in yon layf fo sev. As a bin de kam komot na Papa in os fo go na di  
tren, wan voys we komot from God bin tok insay.

"Du noto go to Puri dis net. Na yu prea we yu de pre no kin ebul fo du dat i gi."

"Łod," a se, wit sori-at, "Yu nŃ want fŃ enjoy wit mi insay wan 'tug of war' na Puri, usay Yu go get fŃ dinay mi prea we nŃ de stŃp fŃ Masta in layf. So, i fŃ kŃmŃt fŃ du ay wok dŃn we Yu tel am?"

FŃ obe di łŃ we de insay mi at, a nŃ kŃmŃt da net de fŃ go na Puri. Di nŃks ivintŃm I setul fŃ go na di tren; we dŃn de go, na sevin okłŃk, wan blak astral klawd kŃba di skay wantŃm wantŃm. **42- 42. 11** Leta, we di tren bin de ala go na Puri, wan vishŃn bot Sri Yukteswar bin apia bifo mi. I bin sidŃm, in fes bin rili grev, wit layf na Ńni say.

"Na Ńltin dŃn dŃn?" A es mi an dŃn wit

beg. I nŃd, dŃn i nŃ de igen smŃł smŃł.

As a tinap na di Puri tren pletfŃm di nŃks mŃnin, stil de op agens op, wan man we a nŃ no kam nia mi.

"Yu don hie se yu Masta don go?" I łef mi witout Ńda wŃd; A nŃ eva kam fŃ no udat i bi Ńn aw i bin dŃn no usay fŃ fŃn mi.

A bin sŃprayz, so a swŃla pan di pletfŃm wŃł, a kam fŃ no se difrŃn we dŃn de we mi guru de tray fŃ tel mi di nyus we de pwel mi at. We a bin de sidŃm wit ribelŃn, mi sol bin tan łŃk volkeno. Bay di tŃm we a rich na di Puri ɛmita a bin dŃn nia fŃ fŃdŃm. Di voys we bin de insay bin de ripit wit sori-at se: "KŃłekt yusef. Bi kol at."

A go insay di ashram rum usay Masta in bŃdi, we tan łŃk layf we yu nŃ go ebul fŃ imajin, bin sidŃm na di lotus posture-wan pikchŃ we de sho welbŃdi ɛn fayn fayn tin. SmŃł tŃm bifo i day, mi guru bin dŃn sik smŃł wit fiva, bot bifo di de we i go ɔp na di Infinite, in bŃdi bin dŃn wel ɔł. I nŃ mata aw ɔltŃm a luk in dia fŃm a nŃ bin ebul fŃ no se in layf dŃn kŃmŃt. In skin bin smŃł ɛn saf; na in fes bin get wan fayn fayn we fŃ sho se i get kol at. I bin dŃn kŃnshens fŃ łef in bŃdi di awa we dŃn kol am wit mistik.

"Di LayŃn ɔf Bengali na dŃn!" a bin kray in wan daze.

A bin kŃndŃkt di solemn rites pan Mach 10. Sri Yukteswar bin bŃr **42-12** wit di łł ritual dŃm we di swamis dŃn bin de du na di gadin na in Puri ashram. Leta, in disaypul dŃn bin kam frŃm fa ɛn nia fŃ ɔnŃ dŃn guru na wan memorial savis we dŃn kin get we di ikwinŃks kin get insay di ia. Di *Amrita Bazar Patrika* , we na di big nyuspepa na Kalkata, bin kŃr in pikchŃ ɛn dis ripŃt we de dŃŃ ya:

Di day *Bhandara* serimŃni fŃ Srimat Swami Sri Yukteswar Giri Maharaj, we łł 81 ia, bin apin na Puri Mach 21. Boku disaypul dŃn bin kam dŃŃ na Puri fŃ di rites.

Wan pan di big big wan dŃn we ɛksplen di *Bhagavad Gita* , Swami Maharaj na bin wan big disaypul fŃ Yogiraj Sri Shyama Charan Lahiri Mahasaya we kŃmŃt na Benares. Swami Maharaj na bin di faunda fŃ sŃm Yogoda Sat-Sanga (Self-



Realization Fellowship) senta den na India, en na bin di big inspekshon bien di yoga  
muvment we Swami Yogananda, in yon, bin ker go na di West

prinsipal disaypul. Na Sri Yukteswarji in pröfet pawa en dip rializashon bin mek Swami Yogananda krös di si den en spre na Amerika di mesej fö di masta den na India.

Di we aw i eksplen di *Bhagavad Gita* en öda skripcho den de sho di dip we Sri Yukteswarji bin de komand di filosofi, ol tu di Istan en Westen, en i stil de as wan we de opin di yay fö di wanwöd bitwin di Orient en di Öksident. As i bin biliv se ol rilijon fet den get wanwöd, Sri Yukteswar Maharaj bin mek *Sadhu Sabha* (Sosayti fö Sent den) wit di köpreshon we di lida den fö difren sekt en fet den bin de du, fö mek den put sayens spirit insay rilijon. Di tem we i day i bin nominate Swami Yogananda we go tek in ples as di president fö *Sadhu Sabha*.

India rili po tide bay we dis kayn big man day. Mek ol di fotunate fö dön kam nia am inkulte insay densef di tru spirit fö India in kölcho en *sadhana* we den bin posin insay am.

A bin go bak na Kalkata. A nö bin tröst misef yet fö go na di Serampore emitaj wit in oli memori den, a köl Prafulla, we na Sri Yukteswar in smöl disaypul na Serampore, en mek arenjment fö mek i go insay di Ranchi skul.

"Di monin we yu komöt fö go na di Allahabad *mela* ," Prafulla tel mi, "Masta dröp boku pan di davenpot. "

"Yogananda dön go!" i kray se: 'Yogananda nö de igen!' I ad wit sikrit se, 'A go get fö tel am öda we.' I bin sidom da tem de fö long tem en nö tok natin."

Mi de den bin ful-öp wit lekcho, klas, intavyu, en mit bak wit ol padi den. Bien wan olo smayl en layf we nö de stop fö du söntin, wan strim we blak pipul den bin de bön bin doti di insay riva we get gladi-at we fö boku ia bin dön de meköp önda di san den we ol di tin den we a bin de si.

"Usay da divayn sej de dön go?" A kray kwayet wan from di dip dip dip wan

we wan spirit we bin de mek a sofa bin de. No ansa nö kam.

"I bete fö mek Masta dön in union wit di Kosmik Blöv," mi maynd mek a biliv. "I de shayn sote go insay di rul we nö de day."

"Nö eva igen mek yu si am na di ol Serampore manshon," mi at kray. "Yu nö go ebul fö briñ yu padi den fö mit am igen, ö proud fö se: 'Luk, na de India in *Jnanavatar sidom* !'"

Mista Rayt bin mek arenjment fö mek wi pati komöt na Bombay fö go na di West insay di fös pat pan Jun. Afta tu wiks insay May we den bin get fayvel bankwet en tok den na Kalkata, Mis Bletch, Mista Rayt en misef bin komöt na di Föd fö go na

Bombay. We wi rich, di bigman den na di ship bin tɛl wi fɔ kansel di we aw wi de pas, bikɔs den nɔ go ebul fɔ fɛn rum fɔ di Fɔd, we wi go nid bak na Yurop.

"Nɔ eva maynd," a bin se wit daknes to Mista. Rayt rayt. "A want to go bak wan tɛm mɔ to Puri." a kwayɛt wan

ad, . "Lē mi kray wata wan tēm igen wata di grev of mi guru."

42-1 : Fō tru, *param* , we ay pas ol; *hansa* , swan. Di *hansa* de ripresent insay skripchō lore as di motoka fō Brahma, Suprim Spirit; as di sayn of tek wan pōsin impōtant pas cōda pōsin, di wayt *hansa* swan na tink of as ebul to pat di tru *soma* nekta frōm wan miksōp we dēn mek wit milk ēn wata. *Ham-sa* (we dēn kin kōl *hong-sau* ) na tu oli Sanskrit chant wōd dēn we get kōnekshōn we de shek shek wit di briz we de kam ēn we de kōmōt. *Aham-Sa* na literally "Mi na In."

42-2 : . Dēn get bōku tēm bin rōnawe pan am di i nō kin izi fō du am bay we we dēn de adrēs mi as *sa* .

42-3 : . Na di Puri ashram, . Swami bin de tōk bōt am Sebananda bin de du am na stil we de kōndōkt wan smōl, we de go bifo yoga skul fō bōy pikin dēn, . ēn grup dēn fō tink gud wan fō big pipul dēn. Di mitin dēn fō di oli wan dēn ēn di wan dēn we sabi bōt di Baybul kin gēda de wan wan tēm.

42-4 : . WAN pat of Kalkata.

42-5: *Afōrizm dēn* : II:9.

42-6 : . Rilijōn *melas* de dōn tōk in di ol *Mahabharata we dēn kōl Mahabharata* . Di Chaynish pipul dēn travulman we de travul Hieuen we de na di wōl Tsiang dōn dōn go wan akōdin to wan big *Kumbha Mela* we dēn bin get insay AD 644 na Allahabad. Dēn kin get di big big *mela* evri twelv ia; di nēks big wan ( *Ardha* of *af*) *Kumbha* kin apin evri siks ia. Smōl smōl *mela dēn* kin gēda evri tōd ia, ēn na lēk wan milyōn pipul dēn kin kam fō wōship Gōd. Di 4 oli *mela* siti dēm na Allahabad, Hardwar, Nasik, ēn Ujjain.

Di fōstēm Chaynish pipul dēn we bin de travul dōn lēf bōku fayn fayn pikchō dēn bōt di Indian sosayti to wi. Di Chaynish prist we nem Fa-Hsien bin rayt wan stori of in ilevin ia dēn in India we di rul of Wan uman we nem Chandragupta II (ali 4th wan cōndred ia). Di Chaynish pipul dēn pōsin we de rayt buk rilayt: "Olsay na di kōntri nōbōdi nō de kil ēnitin we get ".Dēn nō de kip pig of fōl; dēn nō de..... layf, ēn drink wayn.

di tin dēn we dēn kin du wit di tin dēn we dēn de du in kaw dēn, Nō di wan dēn we de kil animal dēn'. shōp dēn of distilri dēn. Rum dēn wit bed dēn ēn matres dēn, . it ēn klos, de bin gi fō prist dēn we de de ēn we de travul witout fōdōm, ēn dis na di sem tin na ol di say dēn. Di prist dēn kin wok tranga wan wit pipul dēn we de du gud ministrishōn dēn ēn wit we dēn de sij liturji dēn we dēn kin du; of dēn sidōm in tink dip." Fa-Hsien bin de du am de tēl wi di Indian pipul dēn pipul dēn bin .gladi ēn cōnes; dēn nō bin nō bōt di pōnishment fō kil pōsin

42-7 : . a bin nōto gi at di pipul dēn we de day of mi mama, ol pa brōda Ananta, 1999. di big wan sista Roma, 1999. Masta, Papa, of fō sōm tayt disaypul dēn.

(.Papa bin pas pantap at Kalkata in 1942, 2019. at di ej of et ēn nayn)

42-8 : Di cōndred tawzin Indian sadhus na wan ēgzibit kōmiti we get sēvin lida dēn, we de ripresent sēvin big sēkshōn dēn of India. Di gi *mahamandaleswar we de na di wōl* of president na Joyendra bin de du am Puri. Dis sent pipul dēn man kin rili rēsev, bōku tēm i kin jōs de tōk to tri wōd dēn-Tru, Lōv, ēn Wok. Wan tōk we go du fō wi!

42-9 : I tan lēk se bōku we dēn de fō mek pōsin win tayga. Wan man we nem Francis Birtles we kōmōt Ostreliā we bin de fēn difrēn difrēn tin dēn, bin tōk se i bin si se di Indian jōnggrōn dēn "difrēn, fayn, ēn sef." In sef charm na bin flaypepa. "Evri nait a de spred wan kwantiti." of sheet dēn arawnd mi kamp ēn bin nō ēva distōb am," i bin ēksplen. "Di rizin na saykolojik. Di tayga na animal we get big kōnshēns rēspekt. I de waka rawnd ēn chalenj man te i kam na di flaypepa; dōn i kin slink go. No tayga we get rēspekt nō go dea fō fes mōtalman afta i skwatin pan wan stika flaypepa!"

42-10 : . Afta a bin kam bak to Amērika a bin tek of siksti fayv paund dēn.

42-11 : . Sri Yukteswar na yu bin pas at dis awa-7:00 PM, 1999. Mach 9, 10 . 1936. Di ia 1936.

42-12 : Di kōstōm dēn we dēn kin du fō bēr pipul dēn na India kin mek dēn bōn di bōdi fō di wan dēn we get os; swamis ēn mōnk dēn we get cōda cōda cōda cōda dēn nō kin bōn dēn bōdi, . bōt bin bēr. (De de wan wan tēm ēksephōn dēn.) Di bōdi dēn of mōnk dēn de we get sōntin fō du wit sōntin bin tink bōt to dōn bōn dēn bōdi na di faya we get sens di tēm we dēn tek di monastik vaw.

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## CHAPTER: 1 . 43. Na di 43

### *Di Layf go bak Of Sri Yukteswar na yu*

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"Lod Krishna!" Di gloriful fom fo di avatar bin apia insay wan faya we de shayn as a sidom na mi rum na di Rijen Otel na Bombay. We a bin de shayn oba di ruf fo wan ay bildin we de na di odasay na di strit, di vishon we a no ebul fo tok bot bin don bos na mi yay wantem wantem as a de luk na mi long opin tod stori winda.

Di divayn figa bin de wef mi, i bin de smayl en nod fo grit. We a no bin ebul fo ondastrand di rayt mesej we Masta Krishna bin gi, i bin komot de wit blesin. We a bin rili fil fayn, a bin fil se den bin de tok bot sontin we go apin to God.

Di we aw a bin de travul na West, fo di tem, den bin don kansel am. Den bin don mek arenjment fo mek a go na buku poblik adres den na Bombay bifo a go fo go bak na Bengal.

We a bin sidom na mi bed na di Bombay otel tri oklok aftanun Jun 19, 1936-wan wik afta di vishon we Krishna bin si-a bin wek from mi meditashon bay wan fayn layt. Bifo mi opin en yay den we bin de soprayz, di wan ol rum bin chenj to wan strenj wol, di san layt bin chenj to speshal fayn fayn tin den we pas ol.

Wev dem fo rapcho bin koba mi as a de si di bodi en blod fom fo Sri

Yukteswar! "Mi pikin!" Masta tok sori-at, na in fes bin smayl we de mek enjel.

Fo di fos tem na mi layf a no bin nil don na in fut fo grit bot a bin go bifo wantem wantem fo geda am angri na mi an. Moment fo som tem den! Di pen we a bin de fil fo di mont den we don pas na bin tol we a bin kont we no get wet agens di big big blesin we de kam don naw.

"Masta mi, we mi at lek, wetin mek yu lef mi?" A no bin get wanwod fo gladi pasmak. "Wetin du don du yu le mi go to di *Kumbha we de na di wol Mela* ? Aw bita bita wan get a den bin de blem am misef fo we de komot de yu!"



***.bay we B. K. Mitra we nem Mitra in "Kalyana- Kalpatur" we de tɔk bɔt am-***

KRISHNA, 1999. OL PROFET OF INDIA

Wan mɔdan atis in kɔnsepshɔn bɔt di divayn ticha we in spiritual advays insay di *Bhagavad Gita* dɔn bi di Indu Baybul. Dɛn sho Krishna insay Indu art wit pikɔk fɛda na in ia (simbol fɔ di Masta in *lila* , ple ɔ spɔt we pɔsin kin mek), ɛn i kin kɛr wan flut, we in not dɛn we kin mek pɔsin gladi kin wek di wan dɛn we de wɔship am, wan bay wan, frɔm dɛn slip we dɛn kin slip we na *maya* ɔ cosmic delusion.

"A no bin wan intafer wit yu hapi antisipeshon fo si di pilgrimej spot wia fos." A mit Babaji. A bin lef yu fɔ smɔl tɛm nɔmɔ; a nɔ de wit yu igen?"

"Bɔt na yu , Masta, di sem Layɔn fɔ God? Yu wɛr bɔdi lɛk di wan we a bɛr ɔnda di kruk Puri sand?"

"Yes, mi pikin, mi na di sem. Dis na flesh and blood bɔdi. Though a si am laik ethereal, to yu sight na fizikal. From di kosmik atom dem a kriet wan entirely nyu bɔdi, ekzakli laik dat kosmik-drim fizik bɔdi we yu led anda di drim-sands fo Puri fo yu drim- wold. A don in trut rayz-not on earth but on an." astral planet. Di pipul dɛn we de de ebul fɔ mit mi ay ay standad dɛn pas di wan dɛn we de na di wɔl.

"Dɛn nɔ de day." guru, . tɛl mi mɔ!"

Masta bin gi wan kwik, gladi gladi chuckle. "Duya, dia wan," i se, "yu nɔ go rilaks yu ol smɔl?"

"Na smɔl smɔl nɔmɔ!" A bin dɔn de ɔg am wit ɔktoɔpa grip. A bin ebul fɔ no di sem

fayn, sent, natura l oda we bin don bi di kwaliti fo in bodi bifo. Di thrilling toch we in  
yon

divayn bōdi stil de rawnd di insay sayd den na mi an en na mi an enitem we a memba den glori awa den de.

"As den de sen profet den na di wōl fō ep man den fō wok aut den fyzikal karma, na so a dōn dayrekt bay." Gōd to sav pantap wan astral we den kōl planet we de na di wōl as wan sevio," Sri Yukteswar na yu bin eksplen. "I na we den kōl *Hiranyaloka* ɔ 'Illumined Astral Planet.' Na de a de ep advans pipul den fō pul denses pan astral karma en so fō get fridom frōm astral ribōn. Di pipul den we de na Hiranyaloka dōn rili develōp pan Gōd biznes; den ɔl bin dōn get, insay den las wōl- inkarneshōn, di pawa we den gi den we den de tink gud wan fō lef den bōdi we den de si we den day. Nōbōdi nō go ebul fō go insay Hiranyaloka pas i dōn pas na di wōl pas di stet we *sabikalpa samadhi* de go na di ay stet we na *nirbikalpa samadhi* . **43-1**

"Di pipul dem we de na Hiranyaloka dōn ɔlredi pas tru di ɔdinari astral speshal dem, usay klos to ɔl di tin dem we komōt na di wōl fō go we den day; na de den wok aut boku sid dem fō den past akshōn dem na di astral wōl dem. Nōbōdi pas advans pipul dem nō go ebul fō du dis kayn ridemtiv wok ifektiv wan na di astral wōl dem. Dōn, fō mek den fri den sol mō ful wan frōm di kōkōn fō kamik trays we den dōn lod insay." den astral bōdi, den ay ay bien ya bin drō bay kōsmik lō fō bōn bak wit nyu astral bōdi pan Hiranyaloka, di astral san ɔ evin, usay a dōn get layf bak fō ep den I get bak ayli advans bien na Hiranyaloka we komōt frōm di supirios, subtler, kōzal wōl."

Mi maynd bin de naw insay so pafekt attunement wit mi guru's dat i bin de gi in wōd- pikchō den to mi pat pan am bay we i de tōk en pat pan am bay we i de tink. So a bin de get in aydia-tabloid den kwik kwik wan.

"Yu dōn rid insay di skripchō den," Masta kontinyu fō tōk, "se Gōd kōba mōtalman sol wan afta di ɔda insay tri bōdi-di aidia, ɔ kōz, bōdi; di subtil astral bōdi, sidom ples fō man in maynd en di we aw pōsin kin fil; en di bōdi we get boku boku bōdi. Na di wōl, man get ɔl wetin i ebul fō du wit in bōdi. Wan astral biin de wok wit in kōnshens en filin en bōdi we den mek wit layftron.

**43-2** Wan kōz-bōdi biin de stil de na di blisful eria fō aydia den. Mi wok na wit dem astral biin dem we de pripia fō enta di causal wold."

"Adorable Masta, duya tēl mi mō bot di astral cosmos." Pan ɔl we a bin dōn rilaks mi ombras smōl we Sri Yukteswar bin aks mi, mi an den bin stil de rawnd am. Treasure pas ɔl trōs, mi guru we bin dōn laf day fō rich to mi!

"Bōku astral planet den de, we ful-ɔp wit astral biin den," Masta bigin. "Di pipul den we de de de yuz astral plen, ɔ bōku bōku layt, fō travul frōm wan planet to ɔda wan, fast pas ilektrishōn en redioaktiv enaji."

"Di astral yunivas, we den mek wit difren subtil vaybreshōn den we get layt en kōlo, big ɔndred tem pas di matirial kōsmōs. Di wan ɔl fizik krieshōn de hang lēk smōl solid



basket ɔnda di big big balɔn we de shayn na di astral speshal. Jɔs lɛk aw bɔku fizik  
san ɛn sta dɛn de rɔn na di spes, na so bɔku bɔku astral solar ɛn stellar sistem dɛn  
de bak. Dɛn planɛt dɛn gɛt astral san ɛn mun dɛn, we fayn pas am." pas di wan dɛn  
we de na di wɔl Di astral luminary dɛn tan lɛk di aurora

borealis-di san astral aurora bi mo dazlin pas di mild-rayed mun-aurora. Di astral de en net long pas di wan den we de na di wol.

"Di astral wol fayn pasmak, klin, klin, en oganayz. No day planet o land we no get natin no de. Di blemishes we de na di wol- gras, baktri, insekt, snek-no de. No lek di klaymat en sizin den we de chenj chenj na di wol, di astral planet den de kip di ivin tempracha fo wan spring we go de sote go, wit wan wan tem layt wayt sno en ren we get boku kolo." layt den we de na di sta den boku na di opal lek den en brayt si en renbo riva den.

"Di odinari astral yunivas-noto di subtler astral evin na Hiranyaloka-na pipul den wit." milyan astral biin dem we don kam, mo o smol dis bien tem, from di wol, en bak wit boku boku fayn fayn tin dem, mermeyd dem, fish dem, animal dem, goblin dem, gnomes dem, demigod dem en spirit dem, ol den de na difren astral planet dem akodin to di karma kwalifayeshon dem. Den kin gi difren sferik manshon o vibratory rijyon fo gud en bad spirit den. Gud pipul den kin travul fri wan, bot di wiked spirit den kin jos de na say den we den no kin ebul fo travul. Na di sem we aw motalman de liv na di wol, wom den de insay di gron, fish den de na wata, en bod den de na di ays, so den kin gi astral pipul den we get difren gred den na say den we fit fo mek den shek.

"Insay di dak enjel den we don fodom we den dreb komot na oda wol den, frikshon en wo kin apin wit layftronik bom o mental *mantric* **43-3.**" di rayt den we de shek shek. Den pipul ya de liv na di gloom- drenched rijyon den na di lower astral cosmos, de wok aut den wiked karma.

"In di big big eria den we de op di dak astral prizin, oltin de shayn en fayn. Di astral kosmos na mo natura attuned pas di wol to di divayn wil en plan fo pafekt. Evri astral objekt de sho fos bay di wil we God want, en pat pan am bay di wil- kol fo astral biin den. Den get di pawa fo chenj o ep fo mek di gris en fom fo enitin we den don olredi mek bay." di Masta. I don gi In astral pikin den di fridom en di ono fo chenj o impotant we den want di astral cosmos. Na di wol wan solid fo chenj to likwid o oda fom tru natura o kemikal proses, bot astral solid den kin chenj to astral likwid, gas, o enaji jos en wantem wantem bay wetin di pipul den we de de want.

"Di wol dak wit wo en kil na di si, land, en ays," mi guru kontinyu fo tok, "bot di astral." rialm den no wan gladi wanwod en ikwal rayt. Astral we de na di wol biin den dematerialize fo du tin o materialize den fom den we den want. Flawa o fish o animal kin chenj densef, fo som tem, to astral man den. Ol di astral biin den fri fo tek eni fom, en den kin izi fo komyuniti togeda. No fiks, difinit, natura law hems dem roun-eni astral tri, fo egzampl, kin bi saksesfuli aks fo mek den mek wan astral mango o oda frut, flawa, o fo tru eni oda tin we den want. Som karma ristrikshon den de, bot no difrens no de na di astral wol bot di desirabiliti fo difren fom den. Oltin de shayn wit God in layt we i mek.

"Nɔbɔdi nɔ bɔn frɔm uman; di pikin dɛn na di astral biin dɛn de mek dɛn bi mɔtalman tru di ɛp we dɛn kɔsmik wil de gi dɛn to spɛshal patɛn, astral kondens fɔm dɛn. Di pɔsin we jɔs nɔ get bɔdi na in bɔdi de kam insay wan astral famili tru invitesɔn, we dɛn drɔ bay di sem kayn maynd ɛn spiritual tendensi dɛn."

"Di astral bōdi nō de sōbjekt to kol ɔ hət ɔ ɔda nēchōral kōndishōn dēm. di anatomi inklud wan astral bren, ɔ di tawzin- petal lotus fō layt, en siks wek sentr dēm na di *sushumna* , ɔ astral sēribro-spinal aks. di at de pul di kōsmik enēji en di layt frōm di astral bren, en i de pōmp am to di astral nev dēm en di bōdi sēl dēm, ɔ layftron dēm. Astral biin dēm kin afekt dēn bōdi bay layftrōnik fōs ɔ bay *mantric* vibrations.

"Di astral bōdi na eksaktō kōntrapat fō di las fīzik fōm. Astral biin dēn kin kip di sem apinens we dēn bin gēt we dēn bin yōŋ insay dēn fōs wōl sojourn; wan wan tēm wan astral biin kin pik, lēk misēf, fō kip in ol ej apinans." Masta, we bin de kōmōt na di men tin we pōsin kin du we i yōŋ, bin de laf wit gladi at.

"Difrēn frōm di spēshal, tri-dimēnshōnal fīzik wōl we di fayv sēns nōmō de nō, di astral spēshal dēn de si to di ɔl-inkluziv siks sēns-intuishōn," Sri Yukteswar bin kōntinyu fō tōk. "Bay sheer intuitional filin, ɔl di astral biin dēn de si, yēri, smēl, test, en tōch. Dēn gēt tri yay, tu pan dēn pat pan dēn lōk. Di tōd en chif astral yay, we dēn put vertikal wan na di fōrēst, na." opin. di astral biin dēm gēt ɔl di ɔta sēns ɔgan dēm-iyā, yay, nos, tōng, en skin-bōt dēn de yuz di intuishōnal sēns fō ēkspiriēns sēns dēm tru eni pat na di bōdi; dēn kin si tru di yes, ɔ nos, ɔ skin. Dēn kin ēbul fō yēri tru di yay ɔ di tōŋ, en dēn kin test tru di yes ɔ di skin, en ɔda tin dēn. **43-4**

"Man in fīzikal bōdi de pan boku boku denja, en i izi fō mek i wund ɔ i kin mek i nō ēbul fō waka; di ethereal astral bōdi kin kōt ɔ brus wan wan tēm bōt i kin wel wan tēm bay we i jōs want."

"Grudeva, . de ɔl astral we dēn kōl pipul dēn rili fayn?"

"Dēn nō se biuti na di astral wōl na spiritual kwaliti, en nōto ɔda kōnfōmeshōn," na so Sri Yukteswar ansa. "So astral biin dēn nō de gi bētē impōtant tin to fes. Dēn gēt di ɔnō, bōt, fō kōstōm dēnsēf we dēn want wit nyu, kōlōful, astrally materialized bōdi. Jōs lēk aw di wōl man dēn kin wēr nyu arēnjment fō gala ivin dēm, na so astral biin dēn kin fēn okayshōn fō bedēck dēnsēf insay spēshal fōm dēn we dēn mek."

"Gladi astral festival dēn na di ay astral planet dēn lēk Hiranyaloka kin apin we wan pōsin fri frōm di astral wōl tru spiritual advānsment, en na dat mek i rēdi fō go insay di ēvin fō di kōz wōl. Na dēn kayn tēm dēn de di Papa we de na ēvin we wi nō de si, en di oli wan dēn we dēn jōyn insay Am, kin mek dēnsēf bi bōdi we dēn want en jōyn di astral." sēlibreshōn Fō mek i go gladi fō di pōsin we i lēk, di Masta kin tek eni we we i want If di divotee we dēn de wōship tru divoshōn, i de si Gōd as di Divayn Mama. Fō Jizōs, di Papa- aspek fō di Wan we Nō gēt End bin de mek i lēk am pas ɔda tin dēn we pipul dēn bin de tink bōt. Di wanwōd we di Wan we mek ɔltin dōn gi eni wan pan In tin dēn we i mek, de mek ɔltin we pōsin kin tink bōt en we pōsin nō kin tink bōt demand on the Lord's versatility!" Mi en mi guru bin laf gladi gladi togēda.

"Padi dɛm fɔ ɔda layf kin izi fɔ no dɛnsɛf na di astral wɔl," Sri Yukteswar kontinyu wit in fayn fayn voys we tan lɛk flut. "We dɛn gladi fɔ di padi biznɛs we nɔ de day, dɛn no se lɔv nɔ go pwɛl, bɔku tɛm dɛn kin dawt di tɛm we layf bin de na dis wɔl we bin de mek pipul dɛn sɔri ɛn we nɔ de mek pipul dɛn fil bad."

"Di ɔndastand ɔf astral we den kɔl biin den i kin kɔt pɔsin in bɔdi pas di vel we den mek wit vel en na so i de wach mɔtalman tin den pantap di wɔl, bɔt mɔtalman nɔ go ebul fɔ si di astral wɔl pas in siks sɛns dɔn divelɔp smɔl. Bɔku bɔku pipul den we de na di wɔl dɔn si wan astral biin ɔ wan astral wɔl fɔ smɔl tɛm.

"Di advans biin dɛm na Hiranyaloka kin de mɔs wek wit ɛkstazi di tɛm we di lɔng astral de en net, de ɛp fɔ wok aut intriket prɔblɛm dɛm fɔ kɔsmik gɔvment en di ridɛmshɔn fɔ prodigal bɔy pikin dɛm, sol dɛm we dɔn tay na di wɔl. We di Hiranyaloka biin dɛm de slip, den kin get wan wan drim-layk astral vishɔn dɛm. Den maynd kin ɔltɛm engros insay di kɔnshɛns stet we ay pas ɔl." *nirbikalpa* blesin we pɔsin kin get.

"Di pipul dɛm we de na ɔl di pat dɛm na di astral wɔl stil de sɔbjɛkt to mental agonies. Di sensitiv maynd dɛm fɔ di ay pipul dɛm na planɛt dɛm lɛk Hiranyaloka kin fil keen pen if den mek eni mistek pan kɔndɔkt ɔ fɔ si tru. Den advans pipul ya de tray fɔ attune den ɛvri akt en tink wit di pafɛkt spiritual lɔ."

"Kɔmyunikeshɔn bitwin di pipul den we de na di astral na di astral telipati en tɛlivishɔn de ɔl am ɔl; nɔbɔdi nɔ de pan di kɔnfyushɔn en misɔndastandin fɔ di wɔd we den rayt en tɔk we pipul den we de na di wɔl fɔ bia. Jɔs lɛk aw pipul den we de na di sinima skrin tan lɛk se den de muv en akt tru wan sirios layt pikchɔ, en den nɔ de rili blo, na so di astral pipul den de waka en wok lɛk." intɛligɛntli gayd en kɔdinɛt imej dɛm fɔ layt, we nɔ nid fɔ pul pawa frɔm ɔksijen Man de dipen pan solid, likwid, gas, en ɛnaji fɔ sɔpɔt astral biin den de sɔpɔt dɛnsɛf mɔ bay di kɔsmik layt."

"Masta mi, astral biin de it enitin?" A bin de drink insay in wɔndaful elucidations wit di risɛptiv fɔ ɔl mi fakulti-maynd, at, sol. Di we aw pipul den kin si di trut we den kin si tru pas ɔl na rial tin den we kin apin sote go en nɔ kin chɛnj, pan ɔl we di tin den we kin apin to pɔsin we get sɛns en di tin den we pɔsin kin tink bɔt nɔ kin ɛva pas fɔ sɔm tɛm ɔ fɔ rili tru, en i nɔ kin tu tɛ, den kin lɔs ɔl den klia tin den na den maynd. Mi guru in wɔd den bin so penetratingly imprinted pan di parchmɛnt fɔ mi bi dat eni tɛm, bay we a transfa mi maynd to di superconscious stet, a kin klia wan rilayv di divain ɛksperiɛns.

"Luminous we de tɔk bɔt am." we tan lɛk ray plant den bɔku bɔku wan in di astral we den kɔl grɔn den," i bin ansa. "Di astral we den kɔl biin den kin it vɛjitebul, en drink wan nɛktɔ we de flɔd frɔm glɔriful watawɛl den we get layt en frɔm astral briɔk en riva den. Jɔs lɛk aw den kin dig pikchɔ den we wi nɔ de si we de sho pipul den na di wɔl na di ɛtɛ en mek den si am wit tɛlivishɔn mashin, leta den kin trowe den bak na di spɛs, na so di astral bluprint den we Gɔd mek, we den nɔ si, we de sho vegjetabul en plant den we de flɔt insay di ɛta, kin kam na wan astral planɛt bay we di go ɔf i na pipul den we de de. Insay di di sɛm we, frɔm di wildest pas ɔl pɔsh ɔf den wan ya biin, ɔl gadin we get flawa den we get sɛnt kin bi, we kin kam bak leta to di ɛthɛric invisibility.

Pan ɔl we pipul den we de na di planɛt den we de na ɛvin lɛk Hiranyaloka dɔn lɛf

smɔl fɔ fri frɔm ɛnitin we dɛn nid fɔ it, i stil ay pas ɔl na di ɛgzistens we nɔ get kɔndishən fɔ ɔlmost kɔmplit fridəm sol dɛn na di kɔz wɔl, we nɔ de it natin pas di mana fɔ gladi at.

"Di astral biin we di wɔl fri mit bɔku bɔku fambul dɛm, papa dɛm, mama dɛm, wɛf dɛm, man dɛm, ɛn padi dɛm, we dɛn get di tɛm we dɛn bin de mek difrɛn bɔdi na di wɔl, 43-5." as dɛn de apia wan wan tɛm na difrɛn pat dɛn na di astral eria dɛn. So i nɔ ebul fɔ ɔndastand udat fɔ lɛk mɔ; i kin lan dis we fɔ gi ɔlman wan divayn ɛn ikwal lɔv, as pikin ɛn

di we aw pōsin de sho Gōd wan wan. Pan ɔl we di we aw pipul dēn we dēn lēk kin luk na do kin dōn chenj, mō ɔ smōl akōdin to di dīvelōpment fō nyu kwaliti dēn na di layt layf fō eni patikyula sol, di astral biin de yuz in intuition we nō de mek mistek fō nō ɔl di wan dēn we i bin lēk trade na ɔda plēn dēn we dēn bin de liv, en fō welkōm dēn na dēn nyu astral os. Bikōs evri atōm na di krieshōn na inextinguishably dowered wit individyualiti, **43-6** dēn go nō wan astral padi ilēk us kōstōm i wēr, ivin lēk aw na di wōl yu kin nō di akto in aydentiti bay we yu wach am gud gud wan pan ɔl we i de mek lēk se i nō de si am.

"Di span fō layf na di astral wōl lōng pas di wōl. Wan nōmal advans astral." di avrej layf tēm fō bi na frōm fayv ɔndrēd to wan tawzin ia, we dēn mēzhō am akōdin to di standad fō tēm na di wōl. As sōm rēd wud tik dēn kin liv pas bōku tik dēn bay mileniom, ɔ as sōm yoga pipul dēn kin liv sōm ɔndrēd ia pan ɔl we bōku man dēn kin day bifo dēn ɔl siksti ia, na so sōm astral biin dēn kin liv lōng pas di ɔspitul span fō astral egzistens. Di wan dēn we kin kam na di astral wōl kin de de fō lōng ɔ shōt tēm akōdin to di wet we dēn fizik karma get, we kin mek dēn kam bak na di wōl insay wan patikyula tēm.

"Di astral biin nō nid fō fēt wit pen wit day di tēm we i de shed in bōdi we de shayn. Bōku pan dēn biin ya pan ɔl dat, dēn kin fil smōl fred we dēn tink bōt fō drōp dēn astral fōm fō di wan we nō klia. Di astral wōl fri frōm day we i nō want, sik, en ɔl ej. Dēn tri fred ya na di swē fō di wōl, usay motalman dōn alaw in kōnshēns." to nō insef sēf lēk ɔltogēda wit wan we nō get bētē trenk bōdi bōdi we nid fō du sōntin ɔltēm ep frōm briz, it, en slip fō mek i go de atōl.

"Fyzikal day de atēnd bay di disappearance of brith en di disintegration of fleshly cells. Astral day na di dispersement of lifetrōns, dēn manifest units of energy we de constitute di layf of astral beings. We fizik day wan biin de lōs in kōnshēns fō bōdi en kam fō nō in subtil bōdi na di astral wōl. Experience astral death in due time, a bi so de pas frōm di kōnshēns fō bōn en day na di astral to di kōnshēns fō bōn en day na bōdi. Dēn saykl ya we kin apin bak we dēn kin kōl astral en fizik enkasment na di destiny we nō kin ebul fō rōnawe pan ɔl di pipul dēn we nō get layt. Sōntēnde, di we aw di Skripchō dēn de eksplen evin en elfaya kin mek pōsin in maynd dip pas in maynd tin dēn we yu mēmba ɔf in lōng stori dēn ɔf ekspiriēns dēn we dēn kin get in di blithesome, we de mek pōsin gladi astral we dēn kōl en disapōynt tēritrial wōl dēn."

"Masta we a lēk," a aks, "yu go duya diskrayb mō ditayli di difrēns bitwin bōn bak na di wōl en na di astral en kōz sfera?"

"Man as wan individyual sol na essentially causal-bodied," mi guru eksplen. "Dat bōdi na matris." ɔf di tati fayv *aydia dēn* fō du bay we Gōd as di men ɔ di tin we kin mek pōsin du sōntin tink fōs dēn frōm we I leta fōm di subtil astral bōdi we get nayntin eliment dēn en di gros fizik bōdi we get siksti eliment dēn.



"Di nayntin elimént ðem na di astral bœði na mental, imœshœnal, œn layftrœnik. Di nayntin komponent ðem na intœlijœns; ego; filin; maynd (sœns-kœnshœns); fayv inschrumœnt ðem fœ *no* , di subtil kœmpin ðem fœ di sœns ðem fœ si, yœri, smœl, tœst, tœch; fayv inschrumœnt ðem fœ *akshœn* , di mental kœrœspœndœns fœ di œgzibit abiliti ðem fœ." fœ bœn pikin, fœ pul kœmœt, .

fə tək, waka, ən eksesaiz wit yu an; ən fayv instrə *ment dem fə layf fəs* , dən wan dəm we dən gi pawa fə du di kristəlayz, asimilet, eliminēt, metabolayz, ən sirkulet wok dəm na di bədi. Dis subtil astral encasement of naintin elements de sev di day of di fisikāl bədi, we mek wit sikstin gross metallic ən nonmetallic elements.

"Gəd bin tink bət difrən aidia dən insay Insef ən projēkt dən to drim. Na so Ledi Kəsmik Drim bin spring aut dekəret wit ɔl in big big ɔnament dən we nə get end we get rilitiviti."

"Insay tati fayv tink kategori dəm na di kəz bədi, Gəd bin eksplen ɔl di kəmplisiti dəm fə man in nayntin." astral we dən kəl ən sikstin bədi kəmpin dən. Bay we kəndenseshən ɔf we de shek shek fəs dən, . fəs subtil, dən gros, I prodyuz man in astral bədi ən las las in fyzikal fə. Akədin to di lə fə rilitiviti, we di Prayment Simplisiti dən bi di kənfyus manifold, di kəz kəsməs ən kəz bədi difrən frəm di astral kəsməs ən astral bədi; di fəs kəsməs ən di fəs bədi dən səm kayn we de kəntribyut wit di ɔda fə dəm fə mek tin.

"Di bədi we get bədi na di fiks, ɔbjektiv drim dən we di Krieta dən mek. Di tu tin dən de ɔltəm na di wəl: sik ən wəlbədi, pen ən gladi at, ləs ən bənifit. Motalman kin fən limit ən rəsistəns pan tri-dimənsional tin. We motalman in want fə liv kin shek bad bad wan bikəs ɔf sik ɔ ɔda tin dən, day kin kam; di ebi ɔvakot we di bədi get kin kam fə səm təm." shed, bət di sol de kəntinyu fə kəba insay di astral ən kəz bədi **43-7** Di pawa we de adhesive we dən kin yuz fə ɔl ɔl di tri bədi dən togədə na di want. Di pawa we di tin dən we pəsin want we nə de apin get na di rut fə mek ɔlman bi slev.

"Fyzikal want dəm de rət insay egotism ən sens plez. Di kompulshən ɔ tēptəshən fə sens ekspiriens de mɔr pawa pas di want-fəs we kənekt wit astral attachment ɔ kəzəl pəsepshən dəm."

"Astral want dəm de sentrəw arawnd enjoyment in təm dəm fə vaybrəshən. Astral bien dəm de enjoy di ɛthereal myusik fə di sfər dəm ən dən de enta bay we dən de si ɔl di krieshən dəm as eksəzles ekspreshən dəm fə chenj layt. Di astral bien dəm de smel, test, ən tɔch layt bak. Astral deser dən so kənekt wit wan astral biin in pawa fə pəsipit ɔl di tin dəm ən ekspiriens dəm as fə. fə layt ɔ as kəndens tink ɔ drim.

"Kəsal." tin dən we pəsin want de fulfil am bay we aw wi ɔndastand nɔmɔ. Di klos fə fri biin dən udat de we dən kəba am nɔmɔ insay di kəz bədi si di wan ɔl yunivas as rializashən fə di drim-aydia dəm fə Gəd; dən kin mek enitin ən ɔltin bi motalman we dən jəs tink bət am. So di kəz bien dən kin tek di enjoyment fə di fyzikal sens ɔ astral gladi at as gros ən swef to di sol in fayn fayn sens. Causal beings de wok out wetin dem want bay we dem de materialize dem instantly. **43-8** Di wan dən we kin si se na di dilik vel we di kəz bədi de kəba dən nɔmɔ kin mek di yunivas dən sho densesf ivin as di Wan we mek ɔltin. Bikəs ɔl di tin dən we Gəd mek na di kəsmik drim-tekstər, di sol we dən wer tinli klos insay di kəz get boku boku rializashən dən fə pawa.

"Soul, bikos i no de si am bay in nature, i kin difrens am nomo bay di prezens fo in  
bodi o bodi. Di... na jos de de of wan bodi de min dat i na de de na bin mek posibul  
bay we we no bin don fulfil tin den we posin want. **43- 43.**

"So long as mortalman in sol de insay wan, tu, ɔ tri bɔdi- kontena, we den sial tayt wit di kɔk den we nɔ no natin en we i want, i nɔ go ebul fɔ jɔyn wit di si we Spirit de. We di gros." di fizik riseptakul de pwel bay di hama fɔ day, di ɔda tu kɔva den-astral en causal-still remain fɔ mek di sol nɔ kɔnshens fɔ jɔyn di Omnipresent Life. We pɔsin kin ebul fɔ du tin we nɔ want tru sens, in pawa kin skata di tu tin den we lɛf. Di smol mortalman sol de kɔmɔt, fri las las; na wan wit di Measureless Amplitude."

a dɔn aks mi lɛk ɛvin guru to bafa mɔ layt pantap di ay en sikrit di tin we kin mek pɔsin du sɔntin wɔl.

"Di kɔz wɔl na subtil we nɔbɔdi nɔ go ebul fɔ tɔk bɔt," i ansa. "Fɔ mek pɔsin ɔndastand am, i fɔ dɔn get am." fɔ get den kayn big big pawa den ya fɔ kɔnsentret we i go ebul fɔ lɔk in yay en si di astral kɔsmɔs en di fizik kɔsmɔs insay ɔl den big big wan-di balɔ we de shayn wit di solid basket-as i de insay aydia den nɔmɔ. If bay dis kɔnsentreshɔn we pas mortalman, pɔsin bin ebul fɔ kɔnvɔyt ɔ fɔ solv di prɔblɛm di tu kosmos den we de na di wɔl wit ɔl den di tin den we kin apin we pɔsin kɔmpleks to sheer aydia den, . i go dɔn rich di kɔzɔl wɔl en tinap pan di bɔdalayn fɔ fɔs bitwin maynd en matta. Na de pɔsin kin si ɔl di tin den we den mek- solid, likwid, gas, ilektrishɔn, enaji, ɔl di tin den we Gɔd mek, gɔd, mortalman, animal, plant, baktri-as kayn we fɔ no, jɔs lɛk aw man kin lɔk in yay en no se i de, pan ɔl we in bɔdi nɔ de si in fizik yay en i de de jɔs lɛk aydia.

"Enitin we mortalman kin du insay fansi, pɔsin we get kɔz kin du insay rial tin. Di mɔs kolosal imajinari mortalman intelijens ebul, insay maynd nɔmɔ, fɔ kɔmɔt frɔm wan ekstrim fɔ tink to ɔda wan, fɔ skip mental wan frɔm wan planet to ɔda planet, ɔ fɔdɔm we nɔ get end dɔŋ wan pit we nɔ de dɔn, ɔ fɔ flay lɛk rɔket insay di galeksi kanopi, ɔ fɔ shayn lɛk we pɔsin de luk fɔ layt ɔva milk." we en di sta den we get sta den.

"Kɔzɔl biin dem no se di fɔs kɔsmɔs nɔto fɔs kɔnstrɔkt wit elektrɔn, nɔto so." di astral kosmos we basically kompoz of lifetrɔns-ɔl tu in rialiti na kriet frɔm di minitest patikyula dem fɔ Gɔd-tink, kɔt en divayd bay *maya* , di lɔ fɔ rilitiviti we intavyu fɔ apin fɔ separet di Noumenon frɔm In fenomena.

"Sol dem na di kɔz wɔl de no dɛnsɛf as individyual pɔynt dem fɔ gladi Spirit; den tink-tin dem na di wan ɔl tin dem we de rawnd dem. Kɔz biin dem de si di difrɛns bitwin den bɔdi en tinkin fɔ bi jɔs aydia. As man, we i lɔk in yay, kin imajin wan dazlin wayt layt ɔ wan fayn blu haz, so kɔzal biin dem bay tinkin nɔmɔ kin ebul fɔ si, yeri, fil, test, en." tɔch den de mek enitin, ɔ solv am, bay di pawa we di kɔsmik maynd get.

"ɔl tu day en bɔn bak na di kɔz wɔl de insay tink. Causal- bodied beings feast only

on." di ambrosia fɔ nyu no we go de sote go. Dɛn de drink frɔm di spring dɛn we get  
pis, dɛn de waka waka na di grɔn we nɔ get trak we dɛn de si tin, swim na di si we  
nɔ get ɛnd fɔ gladi at. Lo! si dɛn brayt tink- bɔdi dɛn de zum pas trilyɔn planet dɛn  
we Spirit dɔn mek, fresh bɔbul dɛn fɔ yunivas, sɛns-sta dɛn, spektral drim dɛn fɔ  
gold nebula dɛn, ɔlsay na di skiey blu bɔdi fɔ Infiniti!

"Boku biin den de de fo tawzin ia na di koz ol. Bay dip ekstasi di fri sol don pul insef komot na di smol koz bodi en put pan di vastnes fo di koz kosmos. Ol di sepret edi dem fo aydia, patikyula wev dem fo pawa, lov, wil, gladi, pis, intuishon, kol at, self-kontrol, en konsentreshon melt insay di." ever-joyous Si of Bliss No get fo eksperiens in gladi at igen as wan wan wef fo konsens, bot i don miks insay di Wan Kosmik Oshon, wit ol in wef den-laf we go de sote go, thrills, throbs.

"We wan sol komot na di kokun fo di tri bodi den i de ronawe sote go from di lo fo rilitiviti en bi di ineffable Ever- Existent. 43-10." Luk di botafay we de na Olsay, in wing den we get sta en mun en san den! Di sol we don boku insay Spirit de kontinyu fo de in wan na di rijyon we layt no get layt, dak we no get dak, we no de tink, we i don dronk wit in gladi gladi we God de drim bot di tin den we i mek na di wol."

"WAN fri sol!" a we den kin pul di uman komot in awe.

Masta kontinyu fo tok se: "We wan sol don komot na di tri jog den we de mek posin ful-op wit bodi, i kin bi wan wit di wan we no get end we no get eni los pan in yon. Krays bin don win dis las fridom ivin bifo den bon am as Jizos. Insay tri stej den we i bin de du trade, we den sho na in wol layf as di tri dez we i bin get fo day en get layf bak, i bin don get di pawa fo rayz ful wan insay Spirit."

"Di man we no develap yet fo go onda boku boku wol en astral en koz inkarneshon den fo mek i go komot na in tri bodi. Masta we rich dis las fridom kin pik fo go bak na di wol as profet fo bring oda motalman bak to God, o lek misef i kin pik fo de na di astral kosmos. Na de wan sevo de tek som pan di lod we di pipul den we de de get fo den karma." 43-11 en so i de ep den fo don den saykl fo riinkarneshon na di astral kosmos en go bifo fo oltem to di koz sfera den. O wan fri sol kin go insay di koz wol fo ep in biens fo shot den span na di koz bodi en so fo get di Absolut Fridom."

"Wan we don get layf bak, a want fo no mo bot di karma we de fos sol den fo go bak na di tri wol den." A bin de tink se a go ebul fo lisin sote go to mi Masta we no oltin. No wan tem insay in wol layf, a no bin ebul fo tek boku pan in sens so. Naw fo di fos tem we a bin de get klia, difinit insayt fo di enigmatik intaspes den na di chekbod fo layf en day.

"Di fyzikal karma o wetin motalman want fo wok aut kompli wan bifo in pormanent stey na astral wol den bi posibul," mi guru elucidated in in thrilling voice. "Tu kayn pipul den de liv." in di astral we den kol sfera den. Den wan den udat stil get na di wol karma we den kol karma to trowe am of en udat so fo riinhabit wan gros fyzikal bodi fo mek den ebul fo pe den karma det den kin klas, afta fyzikal day, as temporari visito to di astral wol pas as pormanent resedant.

"Den no alaw pipul den we get karma na di wol we den no ridim afta astral day fo go to di ay koz speshal speshal we fo di kosmik aydia den, bot den fo shuttle go en kam

bak fròm di fizik en astral wòl dèn nomò, we dèn kònshens wan wan bót dèn fizik bódì we get siksti gros elimént dèn, en dèn astral bódì we get nayntin subtil elimént dèn. Afta evri lós pan in fizik bódì, bót, wan we nò divèlòp."

fə kəmət na di wəl kin stil de fə di məs pat na di dip stupor na di day-slip ən i nɔ kin rili nɔ bət di fayn fayn astral speshal. Afta di astral rɛst, da kayn man de kin go bak na di matirial plen fə ɔda lɛsin dɛn, sməl sməl i kin yus inɛf, tru ripit joyn, to di wəl dɛn we gɛt subtil astral tɛkstɔr.

"Nɔmal ɔ lɔng-stablɪshɛd pipul dɛm we de na di astral yunivas, na di ɔda say, na di wan dɛm we, fri sote go frəm ɔl di matirial lɔng, nɔ nid fə go bak igen to di gros vaybreshən dɛm na di wəl." Dɛn kayn pipul ya gɛt astral ən kɔz karma nɔmɔ fə wok aut. Na astral day dɛn biɛn ya kin pas to di infinitely fayn ən mɔ dilik kɔz wəl. Shed di tink-fɔm fə di kɔzɔl bɔdi na di ɛnd ɔf wan sɔm span, we dɛn dɛtɛrmin bay kɔsmik l ɔ, dɛn advans biɛn dɛn ya de go bak to Hiranyaloka ɔ wan sɛm kayn ay astral planet, we dɛn bɔn bak insay wan nyu astral bɔdi fə wok aut dɛn astral karma we dɛn nɔ ridim.

"Mi pikin, yu kin naw ɔndastand mɔ se a dɔn gɛt layf bak bay divayn dikri," Sri Yukteswar kɔntinyu fə tɔk, "as sevio fə astrally reincarnating sol dɛn we de kam bak frəm di kɔz speshal, pas fə dɛn astral biɛns dɛn we de kam ɔp frəm di wəl. Di wan dɛn we kəmət na di wəl, if dɛn stil gɛt vestij fə matirial karma, de du." nɔ de rayz to di rili ay astral planet dɛn lɛk Hiranyaloka.

"Jɔs lɛk aw bɔku pipul dɛn na di wəl nɔ lan tru meditashən- akwyayz vishən fə apɛs di... big pas gladi gladi ən advantɛj dɛn we pɔsin kin gɛt ɔf astral we dɛn kɔl layf ən so, afta day, want to go bak to di limited, imperfect pleasures of earth, so plenti astral beings, durin di normal diintegration of dem astral bodies, fail fə pikchur di advans stɛt of spiritual joy in di causal world ən, dwelling on tinkin of di more gross ən gaudy astral happiness, yearn to rɛvɪsɪt di astral paradise. Hevi astral karma must bi ridim by dis kain biin bifo dem kin achiv afta astral day wan pɔrmanɛnt stay na di causal tink-wəl, so thinly partitioned frəm di Krieta.

"Na we pɔsin nɔ gɛt ɔda tin dɛn we i want fə ɛkspiɛns na di astral kɔsmɔs we de mɛk i gladi, ən dɛn nɔ go ɛbul fə tɛmpt am fə go bak de, na in i de kɔntinyu fə de na di kɔz wəl. We i dɔn de du di wok fə ridyus ɔl di kɔz karma ɔ di sid dɛn we i bin want trade, di sol we dɛn dɔn kɔnfyus de trowe di las wan pan di tri kɔk dɛn we nɔ natin ən, we i de kəmət na di las jɔg na di kɔz bɔdi, miks wit di Eternal.

"Naw du yu ɔndastand?" Masta bin smayl so enchantin wan!

"Yɛs, pas yu gras we pɔsin kin gɛt. a am wan we nɔ ɛbul tɔk wit gladi ən fil fə tɛl tɛnki."

Nɔ wande frəm siŋ ɔ stori a nɔ eva gɛt dis kayn tin we de mɛk a gɛt maynd. Pan ɔl we di Indu skripchɔ dɛn de tɔk bɔt di wəl we de mɛk tin ən di astral wəl ən mɔtalman in tri bɔdi, dɛn pej dɛn de rili fa ən nɔ gɛt wan minin we yu kɔmpia am wit di wam tru tin we mi Masta we dɔn gɛt layf bak gɛt! Fə am rili nɔ bin de wan singl "undiscover'd kɔntri we frəm in bourn nɔ travulman nɔ de kam bak"!



"Di intapenetreshon bitwin man in tri bodi dem de ekspres insay plenti we dem tru in tri-fol nechor," mi rili guru bin go pantap. "In." di wek we yu de wek stet pantap dunya wan motalman fo bi na no mo o smol pan in tri motoka den. We i get sens fo test, smel, toch, lisen, .

o we i si, i de wok mo tru in bōdi we i get. We i de imajin o i want, i de wok mo tru in astral bōdi. In kōz mediom de fēn ekspreshon we motalman de tink o dayv dip insay introspekshon o meditashon; di kosmik tinkin dem fō jeniōs kin kam to di man we kin abit fō kontakt in kōzōl bōdi. Insay dis sens, den kin kōl wan pōsin boku boku wan as 'man we get prōpati,' 'man we get trenk,' o 'man we get sens.'

"Man de aydentify in sef lek siksti awa evride wit in fizik motoka. Don i de slip; if i drim, i de kontinyu fō de na in astral bōdi, i nō de tray fō mek enitin ivin lek aw di astral biin den de du. If man in slip dip en nō get drim, fō som awa i ebul fō transfa in kōnshens, o sens fō I-nēs, to di kōz bōdi; da kayn slip de de gi layf bak. A. A drim de kontakt in astral en nōto in kōz bōdi in slip nō de ful-ōp fō rīfresh."

a bin bin wit lov we yu de wach Sri Yukteswar na yu we i don gi in wōndaful tin eksploshon.

"Enjel guru," a se, "yu bōdi luk jōs lek aw i bin tan we las a kray oba am na di Puri ashram."

"O yes, mi nyu bōdi na pafekt kōpi fō di ol wan. A de materialize o dematerialize dis fōm eni tēm we a want, boku mo pas aw a bin de du we a bin de na di wōl. Bay kwik dematerialization, a de travul naw wantēm wantēm bay layt ekspres frōm planet to planet o, fō tru, frōm astral to kōz o to fizik kōsmos." Mi divayn guru bin smayl.

"Though yu de muv so fast dis dez, a no bin get eni difikulti fō fain yu fō Bombay!"

"O." Masta, a bin we de kray so dip wan bōt yu day!"

"Ah, wia a day? No bi som kontridikshon de?" Sri Yukteswar in yay bin de shayn wit lov en enjoyment.

"Yu bin de drim nōmo na di wōl; na da wōl de yu si mi drim- bōdi," i kontinyu fō tōk.

"Leta yu ber da drim-imej de. Naw mi fayn bōdi bōdi-we yu de si en ivin naw de embras rather closely!-de get layf bak pan oda fayn drim-planet fō Gōd. Somde dat fayn drim-bōdi en fayn drim-planet go pas; densesf nō de sote go. Ol di drim- bōbul den fō don bōs we den tōch den las wek. Difrens, mi pikin Yogananda, bitwin drim en Rialiti!"

Dis aidia fō *Vedantic* **43-12** layf bak bin mek a wōnda. A bin shem se a bin sōri fō Masta we a bin si in bōdi we nō get layf na Puri. A bin ondastand las las se mi guru bin don olwayz ful-ōp wek insay Gōd, i bin de si in yon layf en pas na di wōl, en in layf bak naw, as natin pas relativities of divine ideas in the cosmic drim.

"A don tēl yu naw, Yogananda, di tru tin den bōt mi layf, day, en layf bak. Nō kray fō mi; bifo dat, brodkas olsay di stori bōt aw a get layf bak frōm di wōl we motalman don drim to oda planet we Gōd drim we get sol den we wēr astrally garbed! Nyu op go de insay di at fō pipul den we de drim we de mek pipul den sōfa, we de fred fō day na di

wol."

"Yes, Masta!" Aw bay wilful go a sheb wit oda wan den mi gladi at in get layf bak!

"Na di wøl mi standad nɔ bin kɔmfyut ay, nɔ bin fit di nature of most man. Bɔku tɛm a bin de kɔl yu pas aw a fɔ dɔn kɔl yu. Yu pas mi tɛst; yu lɔv bin de shayn tru di klawd fɔ ɔl di kɔrɛkt we dɛn bin de kɔrɛkt yu." I ad wit sori-at se, "A dɔn kam bak tide fɔ tɛl una se: A nɔ go ɛva wɛr di stern gaz fɔ kɔndɛm yu igen. A nɔ go kɔl yu igen."

A bin rili mis di ponishment dɛn we mi big guru bin de kɔrɛkt mi! Ɛni wan pan dɛn bin dɔn bi ɛnjɛl we de gayd pipul dɛn we de protɛkt dɛn.

"Dearest." Masta! Fɔ kɔrɛkt pɔsin mi wan milyɔn tɛm-du vɛks mi naw!"

"A nɔ go kɔs yu igen." In vɔys we kɔmɔt frɔm Gɔd bin rili sirɪɔs, bɔt stil i bin de laf ɔnda kɔrɛnt. "Mi ɛn yu go smayl togɛda, sote wi tu fɔm dɛn de apia difrɛn na di *maya* -drim we Gɔd de drim. Fɔ dɔn wi go jɔyn as wan insay di Kɔsmik Bɛlɔv; wi smayl go bi In smayl, wi wanwɔd siɟ fɔ gladi we de vibrate ɔlsay na di wøl fɔ mek wi brodkas to Gɔd-tyun sol dɛn!"

Sri Yukteswar gi mi layt pan sɔm tin dɛn we a nɔ ebul fɔ sho ya. Insay di tu awa we i spɛn wit mi na di Bombay ɔtel rum i bin de ansa mi ɛvri kwɛstyɔn. Bɔku prɔfɛsi dɛn we i bin tɔk bɔt di wøl da Jun de insay 1936, dɔn ɔlrɛdi apin.

"A lɛf yu naw, pɔsin we a lɛk!" We a yɛri dɛn wɔd ya a fil se Masta de mɛlt insay mi an dɛn we bin de rawnd mi.

"Mi pikin," in vɔys bin ring, i de shek shek insay mi yon sol-firmament, "ɛnitɛm we yu go insay di domɔt fɔ *nirbikalpa samadhi* ɛn kɔl mi, a go kam to yu wit bɔdi ɛn blɔd, ivin lɛk tide."

Wit dis selestial prɔmis Sri Yukteswar bin lɔs frɔm mi yay. Wan klawd-voys ripit insay myuzik tɛnda: "Tɛl ɔl! Ɛnibɔdi we no bay *nirbikalpa* rializashɔn se yu wøl na Gɔd in drim kin kam na di fayn fayn drim-kriet planet we nem Hiranyaloka, ɛn de fɛn mi we a get layf bak insay bɔdi we jɔs tan lɛk mi wan we de na di wøl. Yogananda, tɛl ɔl!"

Di sɔri-at we pɔsin kin get we i bin de pat, nɔ bin de igen. Di sɔri-at ɛn sɔri-at fɔ in day, we dɔn tif mi pis fɔ lɔng tɛm, dɔn rɔnawe naw wit shem bad bad wan. Gladi bin de kɔmɔt lɛk watawɛl tru di sol-poro dɛn we nɔ get ɛnd ɛn we dɛn jɔs opin. Trade trade, dɛn bin dɔn ful-ɔp wit di we aw dɛn nɔ de yuz dɛn, naw dɛn bin de klin ɛn klin we di wata we bin de drɛb bin de mek dɛn gladi.

Di tin dɛn we a bin de tink ɛn fil we a bin de tink bɔt mi past inkarnɛshɔn dɛn bin de shed dɛn karma dɔti dɛn, we Sri Yukteswar in divayn visit bin nyu we dɛn bin de shayn.

Insay dis chapta na mi ɔtobayografi a dɔn obe mi guru in advays ɛn spre di gladi

nyuz, pan ol we i konfyus wan tem mo wan jenereashon we no want fo no mo.  
Groveling, man sabi gud gud wan; pwel at no kin rili bi strenja; yet den tin ya na bad  
bad tin den, noto pat pan motalman in tru tru lot. Di de we i want, den put am na di  
rod fo fridom. Tu long tem i don yeri to di dank pessimism we in "dust-thou-art"  
advaysa den get, we no de pe atenshon to di sol we no go ebul fo win.

a bin noto di nomo wan den get di rayt fo du dat to luk di I don get layf bak Guru we de  
na di wol.

Wan pan Sri Yukteswar in chela den na bin wan ol uman, we den bin de kol *Ma* (Mama) wit lov, we in os bin de nia di Puri emitaj. Boku tem, Masta bin don stop fo tok to am we i de waka na monin. Mach 16, 1936 ivintem, Ma bin rich na di ashram en aks fo si in guru.

"Wetin mek, Masta day wan wik bifo!" Swami Sebananda, we de in chaj naw fo di Puri emitaj, bin luk am wit sori at.

"Dat no posibul!" I bin smayl smol. "Sontem yu jos de tray fo protekt di guru from insist visito den?"

"No." Sebananda bin tok bot di ditel den bot di berin. "Kam," i se, "A go ker yu go na di front gadin fo go na Sri Yukteswarji in grev."

Ma shek in ed. "No grev de fo am! Dis moning fo ten oklok im pas fo im usual waka bifo mai doa! A tok to am fo som minit fo di brayt outdoor."

"Kam dis ivin to di ashram,'. i bin se.

"A de ya! Blesin de ton pan dis ol grey ed! Di guru we no de day bin want mek a ondestand insay us transendant bodi i bin kam fen mi dis monin!"

Di bin soprayz Sebananda bin de du am bin nil don bifo i.

"Ma," "Ma." i bin se, "wetin wan we of pwel at yu es from mi at! I na rayz!"

.....  
43-1 : . Insay di *sabikalpa we den kol samadhi we den kol samadhi* di di wan we de wship God don na spiritual tin den bin de go bifo to wan stet of insay lek evin union, . bot no kin ebul fo du dat menten in yon kosmik we de na di wol no pas in di i no de muv trance-stet we posin kin get. Bay we kontinyu fo de du tin tink dip, i rich di big pas stet of *nirbikalpa samadhi* , usay i de muv fri wan na di wol en du in wok den we i de du na do en no los enitin fo no bot God.

43-2 : . Sri Yukteswar na yu don yuz di wod *prana* ; a get we den translet i as layftron den. Di Indu pipul den skripcho den tok bot noto nomo to di *anu* , "atom," . en to di *paramanu* , . "sote di atom," fayn fayn wan ilektronik tin den enaji den; bot bak to *prana* , . "du nyu tin layftronik fos." Atom den en ilektron den de blayn fos den; *prana we den kol prana* na na in sef get sens. Di pranik we den kol layftron den in di di sel dem we de na di bodi en ova, . f egzempl, gayd di embrayo dive!Dpment akodin to wan karmik disayn.

43-3 : Adjective of *mantra* , chanted sid-saunds we di mental gon fo konsentreshon de dischaj. Di *Puranas* ( *shastra den we bin de trade trade* o tritiz den) tok bot den wan ya *mantric* wo den we kin apin bitwin *devas den en asuras den* (god den en debul den). Wan *asura* wan tem don tray fo kil wan *deva* wit wan pawaful chant. Bot bikos den no bin de kol am di rayt we di mental bom bin akt lek bumerang en kil di debul.

43-4 : . Egzampul den of kayn pawa den de noto want ivin pantap dunya, as in di kes of Elen Keller, we de tok bot am en oda at fo si biin den.

43-5 : . Lod Buddha bin wan tem don aks wetin du wan man fo lov ol pipul den ikwal wan. "Bikos," di rili ticha ansa se, . "in di." rili boku boku wan en difren difren tin den layfspan den of eni man, evri oda fo bi don at wan tem o oda bin valyu to in."

43-6 : . Di et elemental kwaliti den we posin get us enta to ol we den mek layf, from atom to man, de dunya, wata, faya, briz, eta, muvmment, maynd, en individual. ( *Bhagavad Gita* : VII: 4.) Di wan den we de na di Baybul.

43-7 : . Bodi de min eni sol-enkasment, . ileksef dōti dōti ɔ kōni kōni. Di tri bōdi den de kech den fō di Bōd of Paradays.

43-8 : . Ivin as Babaji we de na di wɔl bin ɛp Lahiri we de na di wɔl Mahasaya we de na di wɔl to trowe inɛf sɛf ɔf wan sɔbkɔshɛns want frɔm sɔm trade layf fɔ wan pales, . lɛk aw dɛn tɔk bɔt am na chaptə 34 .

43-9 : "I tɛl dɛn se, Enisay we di bɔdi de, di igl dɛn go gɛda de."- *Lyuk* 17:37. Enisay we i de di sol na we dɛn kɔba am in di bɔdi bɔdi ɔ in di astral we dɛn kɔl bɔdi ɔ in di di tin we kin mek pɔsin du sɔntin bɔdi, de di igl dɛn ɔf want- we de prey pan mɔtalman sɛns wiknɛs, ɔ pan astral ɛn kɔz atakshɔn-go gɛda bak fɔ kip di sol as prizina.

43-10 : "Di wan we win, a go mek wan pila na mi Gɔd in tɛmpul, ɛn i nɔ go kɔmɔt na do igen (dat na, i go bɔn bak." Nɔ mɔ). To in dat i kin win go a alaw to sidɔm wit mi in mi tron, . ivin as a bak bin win, . ɛn

.am sɛt dɔŋ wit mi Papa in in tron."- *Rɛvɛlɛshɔn* 3: 12, 13 . 21. Di wan dɛn we de wok

43-11 : Sri Yukteswar bin de sho se, ivin lɛk aw i bin de na dis wɔl, i bin dɔn tek di wɛt fɔ sik wan wan tɛm to layt in disaypul dɛn'. karma, . so in di astral we dɛn kɔl wɔl in wok as wan di pɔsin we de sev ɛnabul am in to tek pantap sho astral karma of dwellers on Hiranyaloka, ɛn so dɛn kin mek dɛn evolushɔn kwik kwik wan insay di ay kɔz wɔl.

43-12 : . Layf ɛn day as rilitiviti dɛn ɔf tink nɔmɔ. *Vedanta we dɛn kɔl Vedanta* pɔynt dɛn kɔmɔt dat Gɔd na di nɔmɔ Rial; ɔl kriɛshɔn ɔ sɛparɛt de de na *maya* ɔ ilyushɔn we pɔsin kin tink bɔt. Dis mɔtalman sɛns ɔf monism we dɛn kɔl monism bin get i na di wan we ay pas ɔl tɔk in di *Upanishad* kɔmɛnt dɛn bɔt Shankara.

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## CHAPTER: 1 . 44. Di wan dɛn we de wok

### ***Wit Mahatma we de na di wɔl Gandhi bin de tɔk bɔt am Na Wardha we de na di wɔl***

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"Wɛlkɔm to Wardha!" Mahadev Desai, we na di sɛktri fɔ Mahatma Gandhi, bin grit Mis Bletch, Mista Rayt, ɛn misɛf wit dɛn fayn fayn wɔd dɛn ya ɛn di gift fɔ krawn dɛn we dɛn kɔl *khaddar* (kɔtɔn we dɛn mek na os). Wi smɔl grup bin jɔs dɔn kɔmɔt na di ɔs na di Wardha stɛshɔn wan ali mɔnin insay ɔgɔst, ɛn wi bin gladi fɔ lɛf di dɔst ɛn di wam we di tren bin de wam. We wi sɛn wi bag dɛn to wan kaw kat, wi go insay wan motoka we opin wit Mista Desai ɛn in kɔmpin dɛn, Babasaheb Deshmukh ɛn Dɔktɔ Pingale. We wi drayv fɔ shɔt tɛm oba di kɔntri rod dɛn we get dɔti, wi rich na *Maganvadi* , we na di ashram fɔ di pɔlitikal sɛnt na India.

Mista Desai bin lid wi wantɛm wantɛm go na di raytin rum usay, krɔs-leg, Mahatma Gandhi bin sidɔm. Pen na wan an ɛn wan smɔl pepa na di ɔda an, na in fes wan big, win, wam-at smayl!

"Wɛlkɔm!" i we dɛn rayt wit skripchɔ in Hindi we dɛn kɔl Hindi; i bin wan Mɔnde, in ɛvri wik de ɔf sɛt mɔt.

Pan ɔl we dis na bin di fɔs mitin we wi mit, wi bin de shayn pan wisɛf wit lov. Insay



1925, Mahatma Gandhi bin don ono di Ranchi skul bay wan visit, en i bin don rayt wan fayn fayn ono insay in gost-buk .

Di smol sent we get 100 pawn bin de sho se i get welbodi na in bodi, in maynd, en in spirit. In saf brawn yay den bin de shayn wit sens, tru tru, en diskrimineshon; dis stetman don mach wits en i don bi di wan we win pan wan tawzin ligal, soshal, en polital fet. No oda lida na di wol no don rich di sikrit nich na in pipul den at we Gandhi de tek fo India in pipul den boku boku pipul den we no sabi rayt. Den spontan tribute na in fambul taytul- *Mahatma* , "great soul." **44-1** Fo den nomo, Gandhi de konfyus in klos to di loincloth we get boku boku katun, we de sho se i get wanwod wit di pipul den we den don trowe we no ebul fo pe fo igen.



*Mahatma we de na di wol Gandhi bin de tok bot am*

A kin enjoy fo it kwayet lanch wit di polital sent na India na in emita na Wardha, Ogozt, 1935.

"Di pipul we de na ashram de olsay na yu an; duya kol den fo eni savis." Wit kwaliti kotisti, di Mahatma gi mi dis not we den rayt kwik kwik wan as Mista Desai de lid wi pati from di raytin rum fo go na di gost os.

Di posin we bin de gayd wi bin ker wi pas na di gadin den we get frut en fil den we get flawa den fo go na wan bildin we get tayl ruf en we get letis winda den. Wan wel we de na di front yad, we kros twenti fayv fit, den bin de yuz, Mista Desai se, fo wata stok; nia de, wan simen wil we de ron we den kin yuz fo trit rays bin tinap. Eni wan pan wi smol bedrum den bin pruv se na di minimum nomo we no go ebul fo ridyus-wan bed, we den mek wit rop wit an. Di kichin we den don wayt bin bost bot wan pot na wan kona en faya pit fo kuk na oda kona. Simpul Arcadian sawnd den bin de rich na wi yes-di kray we kraw en sparo den de kray, di lawd we kaw den de ala, en di rap

we dɛn de yuz chisel fɔ chip ston.

We yu de wach Mista. Na Rayt in yon travul jɔnal, Mista. Desai opin wan pej ɛn dɔn  
rayt pantap i wan list ɔf *Satyagraha we dɛn kɔl Satyagraha*

vaw den we den kin mek don tek bay we ol di Na Mahatma in yon strikt pipul den 44-2  
. : we de fala am ( *satyagrahis* ) we den kol

"Non-vaylens; Trut; No-Tif; Selibret; No-Poseshon; Bodi- Leba; Kontrol fo di Palate;  
No de fred; Ikwat Respekt fo ol Rilijon den; *Swadeshi* (yuz fo mek tin den na os);  
Fridom from Untouchability. Den ilevin ya fo fala as vaw wit spirit fo ombul."

(Gandhi bin tok bot am in sef sef sayn we den don sayn dis pej pantap di fala de, giv-op  
di det bak-Ogost 27, 28 . 1935.)

Tu awa afta wi rich, den kol mi en mi kompin den fo go it lench. Di Mahatma bin don  
sidom onda di ared na di ashram poch, akodin to di kot from in stodi. Na lek twenti  
fayv *satyagrahi den we no get fut* bin de skwatin bifo bras kop en plet den. Wan  
komyuniti korekt fo pre; don den kin gi den it from big big bras pot den we get  
*chapati* (bred we no get yist we den mek wit wul wit) we den sprinkl wit *ghee* ;  
*talsari* (vegjetabul den we den don boy en we den don dais), en wan lemon jam.

Di Mahatma bin it *chapati* , boyl bit, som raw vejitebul, en orenj. Na di sayd we in  
plet bin de, den bin get wan big tik we get *nim* lif den we rili bita, we na wan  
impotant tin fo klin blod. Wit in spun i separet wan pat en put am pan mi dish. A  
bolt am doj wit wata, a memba di tem we a bin smol we Mama bin fos mi fo swela  
di doz we a no bin gri wit. Bot Gandhi bin de it di *nim* paste smol smol wit boku  
enjoyment lek se na swit mit we fayn.

Insay dis smol tin we apin a notis di Mahatma in ebul fo pul in maynd komot pan di  
sens den we i want. A memba di fambul apendiks we den bin du pan am som ia bifo  
dis tem. Bikos di sent no bin gri fo tek anestetik, i bin don de tok wit gladi at wit in  
disaypul den ol di tem we den bin de du di opreshon, en di smayl we i bin de smayl  
we bin de mek posin fil bad bin sho se i no bin no se i de fil pen.

Di aftanun bin brij chans fo tok wit Gandhi in notis disaypul, we na wan English  
admiral in gyal pikin, Mis Madeline Slade, we den de kol naw Mirabai. 44-3 In strong,  
kol fes bin de shayn wit zil as i de tel mi, insay Hindi we no get wan folt, bot di tin  
den we i de du evride.

"Rural rikostrakshon wok de benifit! Wan grup pan wi kin go evri monin fayv oklok  
fo sav di vilej pipul den we de nia de en tich den simpul hajens. Wi de mek am poynt  
fo klin den latrin en den hut den we den don mek wit doti. Di pipul den na di vilej no  
sabi rid en rayt; den no go ebul fo lan buk pas bay egzampul!" I bin laf wit gladi at.

A bin luk wit admireshon pan dis ayborn English uman we in tru Kristian ombuliti de  
mek i ebul fo du di skavenja wok we "untouchables" nomo kin du.

I bin tel mi se: "A kam na India insay 1925." "In dis land a de fil se a don 'kam bak fo  
haus.' Naw a no go eva redi fo go bak to mi ol layf en di tin den we a bin lek fo du."

Wi bin tɔk bɔt Amerika fɔ som tɛm. I bin tɔk se: “A kin gladi ɛn sɔprayz ɔltɛm fɔ si di dip intres we di bɔku pipul dɛn na Amerika we kin kam na India kin sho pan tin dɛn we gɛt fɔ du wit God biznɛs.” **44-4**

I nɔ tu te, Mirabai in an dɛn bin bizi na di *charka* (spinning wheel), we bin de ɔlsay na ɔl di ashram rum dɛn ɛn, fɔ tru, bikɔs ɔf di Mahatma, i bin de ɔlsay na di rural India.

Gandhi get fayn fayn ikonomi en kolcho rizin den fo enkorej fo mek di kotjet get layf bak industri dem, bot i no de advays fo mek den no gri wit ol di progres we de naw. Mashin, tren, motoka, di teligraf don ple impotent pat den na in yon big big layf! Fifti ia we i don wok fo poblik, we i de na prizin en na do, we i de fet evride wit prektikal ditil en harsh rial tin den na di politikal wol, don jos mek i balans mo, i opin in maynd, i get sens, en i don mek i gladi fo di fayn fayn tin den we motalman de du.

Wi tri pipul den bin enjoy fo it siks oklok sup as gost den na Babasaheb Deshmukh. Di 7:00 PM prea awa fain wi bak na di *Maganvadi* ashram, klaym go na di ruf usay tati *satyagrahis* bin grup in wan semik seklo arawnd Gandhi bin de tok bot am. I bin fo skwatin pantap wan gras mat, . wan ol poket wach we den bin don prop bifo am. Di san we bin de fade bin de mek wan las layt oba di pam tik den en di banyan den; di hum fo net en di kriket den bin don bigin. Di atmospes na bin kol at insef; A bin rili gladi.

Wan solemn chant we Mista Desai bin lid, wit ansa from di grup; don wan *Gita* ridin. Di Mahatma mek sayn to mi fo gi di prea fo don. Dis kayn divayn wanwod fo tink en aspireshon! Wan memori fo oltem: di Wardha ruf top meditashon onda di fos sta den.

Na et oklok na di rayt tem, Gandhi bin don in silens. Di buku buku wok den we i de du na in layf nid fo sheb in tem smol smol.

"Welkom, Swamiji!" Di Mahatma in gritin dis tem noto bin via pepa. Wi bin jos don kam doj from di ruf fo go na in raytin rum, we den jos mek wit skwea mat (no get chia), wan low tebul we get buk den, . pepa den, . en wan som normal pen den we den kin yuz (noto watawel pen den we den kin yuz); wan no deskript klok tik tik in wan kona. Wan aura we de olsay we get pis en devoshon. Gandhi bin de gi wan pan in smayl den we bin de mek i fil fayn, we tan lek kev, we bin lef smol fo le i smayl we no get tut.

I eksplen se: "Ia bifo dis tem, a bin bigin fo selibret wan de we a no de tok natin evri wik as we fo get tem fo luk afta mi korespondens. Bot naw den twenti-fo awa den de don bi wan impotent spiritual nid. Fo mek lo fo set mot wan wan tem noto fo mek a sofa bot na blesin."

A bin gri wit ol mi at. **44-5** Di Mahatma bin aks mi kwestyon bot Amerika en Yurop; wi bin tok bot India en di tin den we de apin na di wol.

"Mahadev," Gandhi se as Mista Desai enta di rum, "duya mek arenjment na Tawn Ol fo mek Swamiji tok de bot yoga tumara net."

As a bin de tel Mahatma gud net, i tek tem gi mi wan botul we get sitronela oyl. "Di

Wardha moskito dem no sabi enitin abaut *ahimsa* , **44-6.** " Swamiji!" i se, i de laf.

Di neks monin wi smol grup bin it bref ali pan wan fayn wit porit we get molas en milk. We wi rich ten en tati, den kol wi na di ashram poch fo it lench wit Gandhi en di *satyagrahis* . Tide di menyu bin get brawn rays, nyu vegjetabul den we den don pik, en kadem sid.

Noon bin fən mi de waka waka na di ashram grön, go na di gras land usay sòm kaw dən we nò de ambög. Di protekshòn fò kaw na sòntin we Gandhi lèk fò du.

"Di kaw to mi min di òl sab-human wòl, we de èkstend man in sòri-at pas in yon speshal," di Mahatma dòn èksplen. "Man tru di kaw de enjoin to rialize im aidentiti." wit òl wetin de liv. Wetin mek di òl rishi dèn bin pik di kaw fò apotheosis, na sòntin we klia to mi. Di kaw na India na bin di best kòmpiashòn; na in na bin di pòsin we de gi bòku tin. I nò bin jòs de gi milk, bót i bin mek am pòsibul fò mek agrikalchoral wok. Di kaw na poem we de mek pòsin sòri; wan rid sòri-at na di animal we òmbul. Na in na di sèkòn mama fò bòku bòku pipul dèn. Protekshòn fò di kaw min fò protekt di wan òl mumu we Gød mek. Di apil fò di lowa òda fò krieshòn na òl di mò pawa bikòs i nò de tók."

Dèn kin tæl di òtodòks Indu fò du tri ritual dèn evride. Wan na *Bhuta Yajna*, we na wan òfrin fò it to di animal kìnðòm. Dis sèrimònì de sho sòntin we de sho wetin fò du man in yon rializashòn of in òbligayshòn dèn to less evolved fòm dèm fò kriyayshòn, instinktli tay to bòdi identifikèshòn dèm we de kòrod mòtalman bak layf, bót i nò get da kwaliti de fò fri rizin we speshal to mòtalman. *Bòta Yajna* so i de mek mòtalman rèdi fò ep di wan dèn we wik, stròng mò, as i de kòrej am wit bòku bòku tin dèn we pipul dèn we nò de si we ay pas òl de aks fò. Mòtalman de ònda bon bak fò gift dèn we de mek pòsin yòg, we de lòs na di wòl, si, èn skay. So di evolushòn barèri we de mek di nature, animal, man, èn astral enjèl dèn nò ebul fò tók to pipul dèn, na in òfis dèn we get lòv we nò de tók natin, dòn win am.

Di òda tu *yajna dèn we dèn kin du evride* na *Pitri èn Nri*. *Pitri Yajna* na òfrin fò sakrifays to gret gret granpa dèn, . as sayn fò se mòtalman gri se i get dèt fò di tin dèn we bin dòn apin trade, di men tin we in sens de mek mòtalman layt tide. *Nri Yajna* na òfrin fò it to strenja ò di po pipul dèn, we de sho di presen risponsibiliti dèn we mòtalman get, in wok dèn to pipul dèn we de da tem de.

Na di ali aftanun a fulfil wan neba *Nri Yajna* bay wan visit to Gandhi in ashram fò smòl gyal pikin dèn. Mista Rayt bin de wit mi na di drayv we bin tek tèn minit. Smòl smòl yòg fes dèn we tan lèk flawa dèn òp di *saris dèn* we get bòku bòku kòlò dèn we get long stem ! Na di end fò wan shot tók insay Hindi **44-7** we a bin de gi na do, di skay bin pul wan ren we bin de kam wantèm wantèm. Mi èn Mista Rayt bin de laf, èn klaym di motoka èn spid bak go na *Maganvadi* midul silva sheet dèn we dèn bin de drayv. Dis kayn tropik intensiti èn splash!

We a go bak na di gòst os, a bin soprayz nyu wan bót di stark simpul èn pruf dèn fò sakrifays densesf we de òlsay. Di Gandhi pròmìs fò nò get pròpati bin kam ali insay in mared layf. We i lèf fò du bòku ligal wok we bin dòn de mek i get mònì pas \$20,000 evri ia, di Mahatma bin skata òl in jèntri to di po pipul dèn.

Sri Yukteswar na yu dòn yuz to poke saful enjoy at di kòmòn wan nò de du di rayt tin kònsèphòn dèn of fò lèf fò du sòntin.



Masta go se: "Begman nɔ go ebul fɔ lɛf fɔ gɛt jɛntri." "If man kray se: 'Mi biznɛs dɔn.' dɔn fɛl; mi wɛf dɔn lɛf mi; A go lɛf ɔltin ɛn go insay wan monasti,' us sakrifays we de na di wɔl i de tɔk bɔt? I nɔ bin lɛf fɔ gɛt jɛntri ɛn lov; dɛn bin lɛf am!"

Sent dɛn lɛk Gandhi, na di ɔda say, nɔ jɔs dɔn mek sakrifays dɛn we pɔsin kin si, bɔt dɛn dɔn mek bak di mɔ at fɔ lɛf fɔ tink bɔt dɛnsɛf nɔmɔ ɛn fɔ gɛt prayvet gol, ɛn dɛn dɔn miks dɛn inmost being in

di strim of motalman as wan wan ol.

Di Mahatma in wɔndaful wɛf, Kasturabai, nɔ bin agens am we i nɔ bin put ɛni pat pan in jɛntri fɔ yuz fɔ inɛf ɛn dɛn pikin dɛn. Gandhi ɛn in wɛf bin mared we dɛn bin yɔŋ, ɛn dɛn bin mek di vaw fɔ se dɛn nɔ go mared afta dɛn bɔn bɔku bɔy pikin dɛn. 44-8 Wan trankil heroin in di intɛns drama we dɔn bi dɛn layf togɛda, Kasturabai dɔn fala in man go na prizin, shɛb in tri wik fast, . ɛn ful wan we dɛn bɔn i shɛb ɔf in we nɔ gɛt ɛnd di wok dɛn we pɔsin fɔ du. I dɔn dɔn pɛ Gandhi di tribute we de dɔŋ ya:

A tɛl yu tɛnki fɔ we yu bin gɛt di ɔnɔ fɔ bi yu padi ɛn ɛp yu fɔ ɔl yu layf. A tɛl yu tɛnki fɔ di mared we pafɛkt pas ɔl na di wɔl, we de bays pan *brahmacharya* (self-kɔntrol) ɛn nɔto pan mami ɛn dadi biznɛs. A tɛl yu tɛnki fɔ we yu tek mi as yu ikwal na yu layf wok fɔ India. A tɛl yu tɛnki fɔ we yu nɔ bi wan pan dɛn man dɛn we de spɛn dɛn tɛm fɔ ple gem, fɔ rɔn, fɔ uman dɛn, fɔ drink wayn, ɛn fɔ siŋ, dɛn kin taya wit dɛn wɛf ɛn pikin dɛn lɛk aw di smɔl bɔbɔ kin taya kwik kwik wan wit in pikin tɔys dɛn. A rili gladi fɔ we yu nɔ bin bi wan pan dɛn man dɛn we de yuz dɛn tɛm fɔ jɛntri pan di wok we ɔda pipul dɛn de du.

A rili gladi fɔ we yu put God ɛn kɔntri bifo brayb, fɔ we yu gɛt di maynd fɔ yu kɔnvikshɔn ɛn fɔ gɛt kɔmplit ɛn implicit fet pan God. A rili gladi fɔ man we put God ɛn in kɔntri bifo mi. A gladi fɔ una fɔ di we aw una bin fɔgiv mi ɛn di tin dɛn we a nɔ bin ɛbul fɔ du we a bin yɔŋ, we a bin de grɔmbul ɛn tɔn agens di chɛnj we una mek na wi we fɔ liv, frɔm bɔku tin to smɔl tin.

We a bin smɔl, a bin de na yu mama ɛn papa dɛn os; yu mama na bin big ɛn gud uman; i bin tren mi, tich mi aw fɔ bi uman we gɛt maynd, we gɛt maynd ɛn aw fɔ kip di lɔv ɛn rɛspɛkt we in bɔy pikin, we a go bi mi man, gɛt. As di ia dɛn de pas ɛn yu bi di lida we India lɛk pas ɔl, a bin dɔn du am nɔn ɔf di we pɔsin kin fred dat beset di wɛf udat sɔntɛm bi plasta na sayd ustɛm i maredman dɔn bin klaym di lada fɔ gɛt sakrifays, lɛk aw i kin apin bɔku tɛm na ɔda kɔntri dɛn. A bin no se day go stil fɛn wi man ɛn uman.

Fɔ long tɛm Kasturabai bin de du di wok fɔ bi trɛzhɔra fɔ di pɔblik mɔni we di aydɔl Mahatma ɛbul fɔ gɛda bay di milyɔn pipul dɛn. Bɔku kɔmɛnt stori dɛn de na Indian os dɛn fɔ di ifɛkt we man dɛn kin fred we dɛn wɛf dɛn wɛr ɛni jɔyri fɔ go na Gandhi mitin; di Mahatma in majik tɔŋ, we de beg fɔ di wan dɛn we dɛn dɔn trowe, de charm di gold breslɛt ɛn dayamɔn nɛks rayt frɔm di an ɛn nɛk fɔ di jɛntriman dɛn insay di kɔlɛkɛshɔn basket!

Wan de, di pɔblik trɛzhɔra, Kasturabai, nɔ bin ɛbul fɔ akɔntayn fɔ 4 rup we dɛn gi am. Gandhi bin dully pablish wan odit we i inexorably point out in wɛf in 4 rupee difrɛns.

Bɔku tɛm, a bin dɔn tɛl dis stori bifo mi Amerikan student dɛn klas. Wan ivintɛm wan uman we bin de na di ɔl bin dɔn blo wit wamat.

"Mahatma ɔ nɔ Mahatma," i bin dɔn kray, "if na bin mi man a fɔ dɔn gi am blak yay  
fɔ dis kayn pɔblik insul we nɔ nid!"

Afta sòm fayn fayn banter den bin dòn pas bitwin wi bot di tɔpik bot Amerika uman den en Indu wef den, a bin dòn go bifo fɔ eksplen mɔ.

"Misis Gandhi no de tek di Mahatma as in man bot as in guru, wan we get rayt." fɔ kɔrɛkt am fɔ ivin mistek den we no impɔtant," a bin dòn pɔynt. "Sɔmtɛm afta den dòn kɔrɛkt Kasturabai na pɔblik, den bin sentens Gandhi fɔ go na jel fɔ wan pɔlitikal chaj. As i bin de tɛl in wɛf fayn fayn wan wit kol at, i fɔdɔm na in fut. 'Masta,' i se wit ɔmbul, 'if a dòn eva ɔfɛnd yu, duya fɔgiv mi.'" **44-9**

Na tri oklɔk da aftanun de na Wardha, a betak misɛf, bay apɔntinment bifo, to di raytin rum fɔ di sent we bin ebul fɔ mek wan disaypul we no de shek shek frɔm in yon wɛf- mirekul we no bɔku! Gandhi luk op wit in smayl we i no go eva fɔget.

"Mahatmaji," a se as a de skwatin nia am pan di mat we no get kusɛn, "duya tɛl mi yu difinishɔn fɔ *ahimsa* ."

"Di fɔ avɔyd fɔ du am ɔf damɛj to ɛni fɔ liv krichɔ we den mek in tink ɔ tin we yu du."

"Biutiful ideal! Bot di wɔl go de aks ɔltɛm: Yu no tink se pɔsin no go kil kobra fɔ protɛkt pikin, ɔ insɛf ?"

"A no bin ebul fɔ kil kobra we a no pwɛl tu pan mi vaw- fɔ no fred, ɛn fɔ no kil. A go lɛk fɔ tray insay fɔ mek di snek kol bay we a de shek di snek wit lɔv. A no go ebul fɔ put mi standad dɔŋ fɔ mek i fit mi sikɔstɛms." Wit in amazing candor, Gandhi ad se, "A mos konfes se a no fit kari on dis tok-tok if a bin fes kobra!"

a bin tɔk pantap bɔku rili no tu te Westinian buk den pantap lɛ yu bɔdi kam dɔŋ us le pantap in dɛks.

"Yes, it impɔtant na di *Satyagraha* muvmɛnt-as ɔlsay," i tɔk wit wan laf. "Bikɔs a de advatayz komplɛt kɔntinɛns fɔ *satyagrahis* , a de tray ɔltɛm fɔ fɛn di bɛst it fɔ di wan we no mared. Wan fɔ win di palata bifo i ebul fɔ kontrol di prokriɛshɔn instinkt. Sɛmi-starvɛshɔn ɔ no balans it noto di ansa. Afta i dòn win di *gridi we de insay* fɔ it, wan *satyagrahi* fɔ kɔntinyu fɔ fala wan rɛshɔnal vegetarian it wit ɔl di vaytamen den we nid, minral, kalori, ɛn." so forth. Bay di sɛns we de insay ɛn na do we i kam pan it, i izi fɔ mek di SATYAGRAHI in sɛkshɔnal wata tɔn to impɔtant ɛnaji fɔ di wan ol bɔdi."

Mi ɛn di Mahatma bin kɔmpia di tin den we wi no bot gud tin den we den kin yuz fɔ mek mit. "Di avokado fayn fayn wan," a se. "Bɔku bɔku avokado grov den de nia mi sɛnta na Kalifonia."

Gandhi in fes bin layt wit intres. "A de wanda if dem go gro na Wardha? Di *satyagrahis* go apɛs nyu fud."

"A go mek sho se a sen som avokado plant den from Los Anjelis to Wardha." **44-10** A  
ad se, "Eg na it we get buku protein; den no fo it *satyagrahis*?"

"Noto eg den we no get fetilayz." Di Mahatma bin laf we i memba. "Fo long tem a no bin de kount fo yuz den; ivin naw mi sef no de it den. Wan pan mi gyal pikin den bin de day wan tem bikos i no bin de it fayn; in dokto bin de insist pan eg. A no bin gri, en advays am fo gi am som." eg-sobstityuyt.

"'Gandhiji,' di dokto bin se, 'we no get fetilayz eg den get No layf di sel dem we de kom ot; No kil pipul den na put an pan.'

"Don a gladi fo gi mi gyal pikin fo it eg; i no tu te, i get welbodi bak."

Na di net bifo dat, Gandhi bin don sho se i want fo get di *Kriya Yoga* we Lahiri Mahasaya bin mek. Di Mahatma in opin maynd en di spirit we i bin get fo aks kwestyon bin rili toch mi at. I tan lek pikin insay in divayn fens, i de sho da klin riseptiv we Jizos prez insay pikin den, ". . . fo den kayn pipul ya na di Kingdom na evin."

Di awa fo di instrokshon we a bin don promis bin don rich; som *satyagrahis* naw kam insay di rum- Mista Desai, Dokto Pingale, en som oda pipul den we bin want di *Kriya* teknik.

A bin fos tich di smol klas di fizik *Yogoda* eksesaiz den. di bodi den de si am as den sheb am to twenti pat dem; di wil de dayrekt enaji in turn to eni sekshon. I no tu te, olman bin de shek shek bifo mi lek motalman motoka. I bin izi fo si di riplin ifekt pan Gandhi in twenti bodi pat den, oltem den kin de olsay na di wol! Pan ol we i rili tan, i no kin mek i no gladi; di skin na in bodi smol en no get rotin.

Leta a initiated di grup to di we de mek posin fri teknik of *Kriya na wan Yoga we den kin du* .

Di Mahatma don stodi ol di rilijon den na di wol wit respekt. Di Jain skripcho den, di Baybul Nyu Testament, en di soshiołojik raytin den we Tolstoy rayt **44-11** na di tri men tin den we mek Gandhi biliv se i no get fet-fet. I don tok in kredo dis we:

A biliv di Baybul, di *Koran* , en di *Zend-Avesta* **44-12** fo bi posin we God inspekt lek di *Vedas* . A biliv di institushon fo Guru, bot insay dis ej boku boku pipul den fo go witout Guru, bikos na rare tin to fen wan togeda of pafekt klin we posin klin en pafekt de lan. Bot wan nid noto despair fo eva no di trut fo posin in rilijon, bikos di fawndeshonal tin den fo Indu rilijon as fo evri big big rilijon no de chenj, en i izi fo ondastand.

a biliv lek evri Indu pipul den in God en In wanwod, . in we den bon bak en fo sev posin.  
..... a kin No mo tok bot aw a bin de fil fo Indu rilijon pas fo mi yon wef. I de muv mi lek aw eni oda uman na di wol no ebul fo muv mi. Noto se i no get eni folt; A de daresay se i get boku mo pas aw a de si misef. Bot di filin fo wan bon we no go ebul fo solv de de. Ivin so a

de fil fɔ ɛn bɔt Indu rilijɔn wit ɔl in fɔlt ɛn di tin dɛn we i nɔ ebul fɔ du. Natin nɔ de we kin mek a gladi pas di myuzik we dɛn kin ple na di *Gita* , ɔ di *Ramayana* we Tulsidas mek. We a bin de fansi se a de tek mi las briz, di *Gita* na bin mi kɔrej.

Indu rilijɔn nɔto rilijɔn nɔmɔ. Insay de, ples de fɔ wɔship ɔl di prɔfɛt dɛn na di wɔl. **44-13**  
I nɔto mishɔnari rilijɔn insay di ɔdinari minin fɔ di wɔd. I nɔ get wan dawt

absɔb bɔku trayb dɛn na in fold, bɔt dis absɔpshɔn dɔn bi wan evolushɔn, we pɔsin nɔ kin no. Indu rilijɔn de tɛl ɛni man fɔ wɔship Gɔd akɔdin to in yon fet ɔ *dharm* , **44-14** ɛn so i de liv wit pis wit ɔl di rilijɔn dɛn.

Gandhi bin rayt bɔt Krays se: "A shɔ se if I bin de liv ya naw wit mɔtalman, i go bles bɔku pipul dɛn layf we sɔntɛm nɔ ɛva ivin yeri In nem . . . jɔs lɛk aw dɛn rayt se: 'Nɔto ɔlman we se to mi, Masta, Masta . . . bɔt di wan we de du wetin mi Papa want.' **44-15** Insay di lɛsin we Jizɔs bin lan bɔt in yon layf, i bin gi mɔtalman di wɔndaful tin we wi want fɔ du ɛn di wangren tin we wi ɔl fɔ want fɔ du. A biliv se I nɔ jɔs de pan Kristianiti, bɔt i de pan di wan ɔl wɔl, na ɔl di land ɛn rays dɛn."

Na mi las ivintɛm na Wardha a adrɛs di mitin we Mista Desai bin dɔn kɔl na Taun ɔl. Di rum bin ful-ɔp te to di winda dɛn ɛn lɛk 400 pipul dɛn bin gɛda fɔ yeri di tɔk bɔt yoga. A bin de tɔk fɔs insay Hindi, dɔn a bin de tɔk English. Wi smɔl grup bin go bak na di ashram insay di rayt tɛm fɔ si Gandhi gud nɛt, ɛn dɛn bin ful-ɔp wit pis ɛn lɛta dɛn.

Nayt bin stil de we a grap 5:00 AM Vilej layf bin dɔn ɔlrɛdi de stɔp; fɔs wan kaw kat nia di ashram get dɛn, dɔn wan pesin wit in big big lod balans precariously pan in ed. Afta bref wi tri pipul dɛn bin de luk fɔ Gandhi fɔ fayvel *pranams* . Di sent de grap fɔ oklok fɔ im moning prea.

"Mahatmaji, . gud-bay!" a bin nil dɔŋ to tɔch in fut. "India na sef in yu kip!"

Ia dɔn pas frɔm we di Wardha idyl; di wɔl, di si, ɛn di skay dɔn dak wit wan wɔl we de fet wɔ. Na in wangren de pan big big lida dɛn, Gandhi dɔn gi wan prɛktikal ɔda we we nɔ get fet-fet pas di pawa we dɛn get wit gɔn. Fɔ mek dɛn ebul fɔ solv di problem dɛn we pipul dɛn kin get ɛn fɔ pul di tin dɛn we nɔ rayt, di Mahatma dɔn yuz am nonviolent means we bak ɛn bak dɔn pruv se dɛn de wok fayn. I tɔk bɔt in tichin wit dɛn wɔd ya:

A dɔn si se layf de kontinyu fɔ de pan ɔl we tin dɔn pwɛl. So, lɔ fɔ de we ay pas di wan we de pwɛl. Na ɔnda da lɔ de nɔmɔ sosayti we ɔganayz go mek pipul dɛn ɔndastand ɛn layf go fayn fɔ liv.

If na dat na di lɔ fɔ layf wi fɔ wok am aut insay ɛvrɛde ɛgzistens. ɛnisay we wɔ de, ɛnisay we wi mit wit pɔsin we de agens wi, win wit lɔv. A dɔn si se na di patikyula lɔ fɔ lɔv dɔn ansa na mi yon layf lɛk aw di lɔ fɔ pwɛl pwɛl nɔ ɛva du.

Insay India wi dɔn get wan okular demonstreshɔn fɔ di opareshɔn fɔ dis lɔ pan di big skel we pɔsibul. A nɔ de tɔk se nɔ-vaylɛns dɔn go insay di 360,000,000 pipul dɛn na India, bɔt a de tɔk se i dɔn go insay dip pas ɛni ɔda tichin insay shot tɛm we nobɔdi nɔ go biliv.

I kin tek wan trenin we rili tranga fɔ mek yu get maynd we nɔ de fet fet. Na layf we



pɔsin de kɔrɛkt pɔsin, jɔs lɛk aw sojaman de liv in layf. Di pafɛkt stet na we di  
maynd, bɔdi, ɛn tɔk de wok togɛda fayn fayn wan. ɛni prɔblɛm go fayn fɔ solv if wi  
disayd fɔ mek di lɔ we de tɔk bɔt tru ɛn we nɔ gɛt fɛt-fɛt bi lɔ fɔ layf.

Jos lek aw sayensman go wok wɔndaful tin den frɔm difren we den we den de yuz di lɔ den we de na di wɔl, na so man we de yuz di lɔ den bɔt lov wit sayens presishɔn kin du mɔ wɔndaful tin den. Nɔn-vaylens na i nɔ get end, i wɔndaful en i nɔ klia pas di pawa den we di tin den we Gɔd mek lek, fɔ egzampul, ilektrishɔn. Di lɔ bɔt lov na sayens we big fa fawe pas eni sayens we de naw.

If pɔsin luk di istri, i kin rili tɔk se den nɔ dɔn sɔlv di prɔblem den we mɔtalman get bay we den yuz bad bad pawa. Wɔl Wɔ Wan bin mek wan snɔbɔl we bin de mek di wɔl kol, we get wɔ karma we bin swel to Wɔl Wɔ Tu. Na di wam we brɔdaship get nɔmɔ kin mek di big big snɔbɔl we de naw we get wɔ karma we ɔda we kin gro to Wɔl Wɔ Tu. Dis trinitɪ we nɔ oli go drɛb di pɔsibiliti fɔ Wɔl Wɔ IV sote go bay we den go dɔn atɔmik bɔm den. If yu yuz jɔnggrɔn lɔjik instead fɔ yuz mɔtalman rizin fɔ sɛtul prɔblem den, dat go mek di wɔl bi jɔnggrɔn bak. If brɔda den nɔ de na layf, dat min se brɔda den na vaylent day.

Wɔ en kraym nɔ de eva pe. Di bɔku bɔku mɔni we bin go ɔp insay di smok we de bɔn natin, bin fɔ dɔn du fɔ mek wan nyu wɔl, we i bin lɛf smɔl fɔ lɛ i nɔ get sik en we nɔ po atɔl. Nɔto wan wɔl we de fred, chaos, angri, sik, di *danse macabre*, bɔt na wan brayt land we get pis, we get bɔku prɔpati, en we get bɔku bɔku no.

Di vɔys we Gandhi tɔk we nɔ get fɛt-fɛt de mek mɔtalman in kɔnshɛns we ay pas ɔlman gladi fɔ am. Lɛ neshɔn den nɔ mek padi biznɛs wit day igen, bɔt lɛ den mek padi biznɛs wit layf; nɔto wit pwɛl pwɛl, bɔt wit kɔnstrɔkshɔn; nɔto wit di Wan we De Dɔn, bɔt wit di Wan we mek ɔltin.

*Mahabharata* se: "Pɔsin fɔ fɔgiv, ɔnda eni injuri. " "Den dɔn tɔk se di kɔntinyu we di spisis kɔntinyu fɔ de na bikɔs mɔtalman de fɔgiv. Fɔgiv na oli; bay fɔgiv den de ol di yunivas togɛda. Fɔgiv na di pawa we di pawaful wan get; fɔgiv na sakrifays; fɔgiv na kwayɛt na maynd. Fɔgiv en saful saful na di kwaliti den we di pɔsin we get inɛf get." Den tinap fɔ sote go kwaliti."

Nɔn-vaylens na di nɔmal tin we de kɔmɔt frɔm di lɔ fɔ fɔgiv en fɔ lek pɔsin. Gandhi de prɛd se: "If i nid fɔ lɔs layf na wan rayt fɛt, pɔsin fɔ rɛdi, lek Jizɔs, fɔ shed in yon, nɔto ɔda pipul den, blɔd. As tɛm de go, blɔd nɔ go bɔku na di wɔl."

Sɔntɛm den go rayt epik bɔt di Indian *satyagrahis* den we bin tinap tranga wan fɔ et wit lov, fɛt-fɛt wit nɔ-vaylens, we bin alaw fɔ kil dɛnsɛf we nɔ get sɔri-at pas fɔ tɔn bak pan den. Di rizɔlt pantap shɔ istri wan ɔkashɔn den bin dat di we get wɛpɔn di wan den we de agɛns am trowe am dɔɔj den gɔn den en rɔnawe, . shem, . shek shek to den dip dip tin den bay we di si ɔf man den udat we get valyu di layf ɔf ɔda pas den yon.

Gandhi se, "A go wet, if nid de fɔ lɔng lɔng tɛm, pas fɔ fɛn fridɔm fɔ mi kɔntri tru blɔd we." Mahatma nɔ de eva fɔget di wɔndaful wɔnin: "ɔl di wan den we tek sɔd go

day wit di sɔd." **44-16** Gandhi dɔn rayt se:

A kɔl misɛf pɔsin we lɛk in kɔntri, bɔt mi nɛshɔnalism brayt lɛk di wan ol wɔl. I inklud insay in swip ɔl di nɛshɔn dɛn ɔf di dunya. **44-17** Mi nɛshɔnalism inklud di fɔ gɛt wɛlbɔdi ɔf di wan ol wɔl. a du

no want mi India fo rayz pan oda neshon den ashis. A no want India fo yuz wan motalman. A wan mek India strong fo mek i go ebul fo infekt di oda neshon den bak wit in trenk. Noto so i bi wit wan neshon na Yurop tide; den no de gi trenk to di oda wan den.

President Wilsin bin tok bot in fayn fayn fotin poynt den, bot i se: "Afta ol, if dis tray we wi de tray fo rich pis no wok, wi get wi gon fo fedom bak pan." A want fo rivens da pozishon de, en a se: "Wi gon den don fel olredi. Le wi de luk fo nyu tin naw; le wi tray di pawa we lov en God we na trut get." We wi don get dat, wi no go want eni oda tin.

Bay we di Mahatma tren boku boku tru tru *satyagrahis* (di wan den we don tek di ilevin strong vaw den we den tok bot na di fos pat pan dis chapta), we densef de spre di mesej; bay we den peshent fo tich di Indian mesej fo ondestand di spiritual en leta di matiral benifit den we posin kin get we i no get fet-fet; bay we i de gi in pipul den wepon den we no get fet-fet- no fo wok wit injustis, fo redi fo bia we den no respekt den, prizin, day sef pas fo yuz gon; bay we i enlisting di wol sori-at tru boku boku egzampul den bot heroic martyrdom among *satyagrahis*, Gandhi don dramatik wan sho di prektikal nature fo nonviolence, in solemn pawa fo setul dispyut den we no get wo.

Gandhi don olredi win tru no-vaylent we boku boku politikal konseshon fo in land pas aw eni lida na eni kontri don eva win pas tru bulet. Noto jos insay di... politikal arena bot na di dilik en kompliket fil fo Indian soshal rifom. Gandhi en di wan den we de fala am don pul boku fet-fet we bin don de bitwin Indu en Mohammedan den fo long tem; ondred tawzin Moslem den de luk to di Mahatma as den lida. Di wan den we den no ebul fo toch don fen insay am den champion we no de fred en we win. Gandhi rayt se: "If bon bak de fo mi, a want to bi bon wan paria in di midul of paria den, . bikos na dat mek a go bi ebul to rend den mo ifektiv savis."

Di Mahatma na rili "big sol," bot na boku boku pipul den we no sabi rid en rayt bin get di sens fo gi di taytul. Den de ono dis profet we ombul na in yon land. Di pipul we de wok na fam we no get bete moni don ebul fo rayz to Gandhi in ay chalenj. Di Mahatma biliv wit ol in at se motalman get ay pozishon. Di felt den we i no go ebul fo avoyd no eva mek i fil bad. "Ivin if di oponunent de ple am." lay twenti tem," i rayt, "di *satyagrahi* redi fo trost am di twenti fos tem, bikos wan implisit trost pan motalman nature na di very esens fo di kried." **44-18**

"Mahatmaji, yu na eksepsional man. Yu no mos expekt se di wold go akt laik yu." Wan tem, wan posin we de kondem bin tok dis.

Gandhi ansa se, "I rili korios aw wi de ful wisef, de fansi se den kin mek di bodi bete, bot i no posibul fo mek wi memba di pawa den we di sol get we ayd." "A de enjoy fo

tray fɔ sho se if a gɛt ɛni wan pan dɛn pawa dɛn de, a na pɔsin we nɔ gɛt trɛnk lɛk ɛni wan pan wi ɛn a nɔ ɛva gɛt ɛnitin we ɛkstra ɔdinari bɔt mi ɛn a nɔ ɛva gɛt ɛnitin naw. Mi na simpul pɔsin we kin mek mistek lɛk ɛni ɔda kɔmpin mɔtalman. A gɛt, bɔt, se a gɛt inof ɔmbul fɔ kɔnfɛs mi mistek dɛn ɛn fɔ tray bak fɔ tray mi stɛp dɛn. A gɛt se a gɛt fet we nɔ de muv pan God ɛn in yon." gudnɛs, ɛn wan

pawa we nɔ go ebul fɔ dɔn fɔ tru ɛn lɔv. Bɔt nɔto dat ɔlman get ayd insay am? If wi want fɔ go bifo, wi nɔ fɔ ripit istri bɔt wi fɔ mek nyu istri. Wi fɔ ad pan di prɔpati we wi gret gret granpa dɛn bin lɛf. If wi kin mek nyu tin dɛn we wi dɔn fɛn ɛn mek nyu tin dɛn na di wɔl we rili wɔndaful, yu tink se wi fɔ deklare se wi dɔn bankrupt na di spiritual domɛyn? Yu tink se i nɔ posibul fɔ bɔku di ɛksɛpshɔn dɛn so dat dɛn go bi di lɔ? Man fɔ bi brut ɔltɛm ɛn man afta, if at ɔl?" **44-19**

Di pipul dɛn na Amerika go mɛmba wit prawd di saksɛsful ɛksɛpiriɛns we Wiliam Pɛn bin du we i mek in kɔntri we i bin de rul insay di ia 1700 na Pɛnsilvenia, we nɔ bin get fɛt-fɛt. "No fɔt, no sojaman, no militia, ivin no gɔn nɔ bin de." Amidst di savage frontier wars ɛn di butcheries we bin de go bitwin di nyu pipul dɛm we bin kam de ɛn di Red Indian dɛm, di Quakers na Pɛnnsylvania nɔmɔ nɔ bin de mɔna dɛn. "Dɛn kil ɔda pipul dɛn; dɛn kil ɔda pipul dɛn; bɔt dɛn bin sɛf. Nɔto wan Kwayɛt uman bin sofa fɔ ambɔg; nɔto so." dɛn kil wan Kwayɛt pikin, nɔto wan Kwayɛt man dɛn bin mek dɛn sofa." We dɛn bin dɔn fos di Kwayɛt dɛn fɔ lɛf di gɔvnmɛnt na di stɛt, "wɔ bin bigin, ɛn dɛn kil sɔm pipul dɛn na Pɛnsilvenia. Bɔt na tri Kwayɛt pipul dɛn nɔmɔ dɛn kil, tri pan dɛn bin dɔn fɔdɔm so fa frɔm dɛn fet sote dɛn bin de kɛr wɛpɔn dɛn fɔ protekt dɛnsɛf."

Franklin D. Roosevelt dɔn tɔk se: "Rɛsɔt fɔ fos insay di Gret Wɔ (I) nɔ bin ebul fɔ briŋ kwayɛt." "Viktri and defɛt bin sɛf sterile. Dat lesin di wɔld shud don lan."

Lao-tzu bin tich se: "Di mɔ wɛpɔn dɛn fɔ fɛt fɛt, na di mɔ pipul dɛn de sofa." "Di triumph of violence de end wit festival of mourning."

Gandhi don deklare se, "A de fait fɔ notin less dan di wɔld pis." "If dɛn kɛr di Indian muvmɛnt go saksɛs pan wan nɔ-vaylɛnt *Satyagraha* bɛsis, i go gi nyu minin to patnaship ɛn, if a kin se so wit ɔl ɔmbul, to layf sɛf."

Bifo di Wɛst dismis Gandhi in program as wan pan di wan dɛn we nɔ de drim, lɛ i fos tink bɔt wan difinishɔn fɔ *Satyagraha* we di Masta na Galili bin gi:

**dɛn**-se, Ay fɔ yay, ɛn tut fɔ tut bɔt ɛnibɔdi we nak yu na yu rayt chɛst, tɔn di ɔda wan bak to am."

Gandhi in tɛm dɔn go bifo, wit di fayn fayn prɛsishɔn fɔ di kɔsmik tɛm, to wan senti ia we dɔn ɔlɛdi pwɛl ɛn we tu Wɔl Wɔ dɛn dɔn pwɛl. Wan divayn han raytin de na di granit wɔl na in layf: wan wɔnin fɔ se blɔd nɔ fɔ shed mɔ bitwin brɔda dɛn.

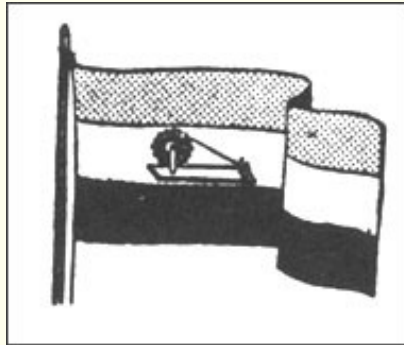
MAHATMA GANDHI in yon WE YU DE RAYT WAN WAN IN HINDI

इस संस्था की मैं समीक्षा में उभरिया हूँ इस संस्था  
का मेरे मन पर अच्छा पड़ा है. चारों ओर प्रवृत्ति में मैं आहूँ।  
मान और अभ्यास की आशा रखता हूँ।  
आ.पू. २० मोहनदासजी

Mahatma Gandhi bin go na mi ay skul wit yoga trenin na Ranchi. I bin gri fɔ rayt di layn den we de op na di Ranchi gost-buk. Di transleshon na: "Dis institiushon don rili impres mi maynd. A valyu ay op se dis skul go enkorej fɔ yuz di spin wil mɔ prektikal."

MOHANDAS we de na di wɔl GANDHI (*Den sayn am*)

Septemba 17, 18 . 1925. Di ia 1925



Gandhi bin mek wan nashonal flag fɔ India insay 1921. Di strep den na safrɔn, wayt en gren; di *charka* (wil we de spin) we de na di midul na dak blu. I rayt se: "Di *charka* de sho se enaji, en." de memba wi wi dat we di trade eras of propati in Na India in yon istri, an we den de spin en oda tin den we den kin du na os bin impotent."

44-1 : . In famili nem na Mohandas we de na di wɔl Karamchand we de na di wɔl Gandhi bin de tɔk bɔt am. I nɔ eva de tɔk bɔt to inseq sef as "Mahatma we de tɔk bɔt am."

44-2 : . Di literal transleshon from Sanskrit na "we de ol." to trut." *Satyagraha* we den kɔl *Satyagraha* na di wetin olman sabi nɔ get fet-fet fɔ muv don lid na Gandhi rayt am.

44-3 : . Lay en alas! bad bad tin we den kin du ripɔt den bin dis bien tem bin de skata dat Mis Sled we den kɔl Slade don den don kɔt am ol i tayt den wit Gandhi bin de tɔk bɔt am en lef in vaw den. Mis Sled, we na di Mahatma in *Satyagraha* disaypul fɔ twenti ia, bin gi wan sayn stetment to di *Yunayted Pres* , we den rayt di de Disemba. 29, 29 . 1945, 2019. in us i bin eksplen dat wan stori den of nɔ get eni benifit nyuz den we pipul den kin tɔk bin grap afta i bin bin kɔmɔt de, wit Gandhi in blesin den, fɔ go na wan smɔl say na di nɔt-ist pat na India nia di Himalayas, fɔ di rizin fɔ mek den bil am de we i de go bifo naw *Kisan Ashram we de na di wɔl* (senta fɔ welbɔdi biznes en agrikalchɔral biznes ep to peasant we de wok na fam fama den). Mahatma we de na di wɔl Gandhi bin de tɔk bɔt am plan den fɔ du sɔntin to visit di nyu ashram insay 1946.

44-4 : . Mis Sled we den kɔl Slade we den memba mi of oda we den difren Westinian uman, Mis Magaret we nem Magaret Wudrɔ Wilson, we ol di big wan gyal pikin fɔ Na Amerika in yon rili president. a mit i in Nyu Jɔk; i bin intensiv wan bisin bɔt in India. Leta i bin go to Pondicherry, usay i spen di las fayv ia na in layf, gladi fɔ fala wan rod fɔ kɔrɛkt pɔsin na Sri Aurobindo Ghosh in fut.

.Dis plant we sent nɔ eva de tɔk; i kwayet wan grit in disaypul den pantap tri evri ia okashon den nɔmɔ

44-5 : . Fɔ ia dɛn in Amerika a bin bin we yu de wach di tɛm dɛn we pɔsin kin gɛt ɔf sɛt mɔt, to di we pɔsin kin fred ɔf pipul dɛn we de kɔl ɛn sɛktri dɛn.

44-6 : . Fɔ mek pɔsin nɔ du bad; nɔ gɛt fɛt-fɛt; di fawndeshɔn stɔn ɔf Na Gandhi in yon biliv we dɛn biliv. I bin bɔn to wan famili ɔf strikt Di Jayn dɛn, . we de rɛspɛkt *ahimsa* as di rut-gud kwaliti. Jainism, we na wan sɛkt pan Indu rilijɔn, na Mahavira, a



da tem de of Buddha. Mahavira we den kol Mahavira min "rili hiro"; sontem i luk dng di fo lng lng tem pantap in heroic pikin  
!Gandhi we de na di wol

44-7 : . Hindi we den kol Hindi na di lingua we den kin tok franca fo di wan ol of India. Wan Indo- . Aryan we nem Aryan langwej bay big wan pantap Sanskrit rut den, . Hindi we den kol Hindi na di men langwej we pipul den kin tok na di not pat na India. Di men langwej we den de tok na Westinian Hindi na Hindustani, we den rayt am wit di *Devanagari* (Sanskrit) aks en Arabik aks. Di smol langwej we de insay de, we na Odu, na Moslem den de tok am.

44-8 : . Gandhi bin de tok bot am don we den tok bot in layf wit wan we de pwel psin in at fo tok tru in *Di Stori of Mi Ekspiriens den Wit Trut* (Ahmedabad: Navajivan we de na di wol Pres, 1927- 1927. 29, 29 . 2. 2. vol.) . Dis ctobayografi don bin we den don somariz in *Mahatma we de na di wol Gandhi, 1999. In Yon Stori* , na C. F. Andruz bin edit am, wit wan introdukshon we Jon Haynes Homs bin rayt (Nyu Yok: Makmilan Komni, 1930).

Boku ctobayografi den ful-tp wit tin den wit wetin olman sabi nem den en we get boku boku kolb tin den we kin apin de lek kpatakpata no de tok pantap eni tem of insay analisis o aw i go bifo. Wan lay dng eni of den wan ya buk den wit wan shk we psin no satisfy, . as pan ol we se: "Naya na wan man we bin sabi boku pipul den we notis, bot we no eva no inseqf." Dis riakshon no psibil wit Gandhi in ctobayografi; i de eksploz in fol en subterfuges wit wan impersonal devotion  
.to truth rare in anals of any age

44-9 : Kasturabai Gandhi bin day na prizin na Poona Febuwari 22, 1944. Di Gandhi we no bin get eni filin bin kray kwayet wan. I no go te igen afta i pipul den we de admaya am bin we den bin gi advays wan Memorial Fond in i kch, 125. Na di 125 lak of rup den (lek 4 milyon dola) . we den ton in from ol oba India. Gandhi bin de tok bot am don we den arenj dat di fund bi don yuz fo vilej tin den we fo mek wi gladi wok pan uman en pikin den. I kin ripot di tin den we i kin du insay in English wik nyuspepa we *nem Harijan* .

44-10 : . a bin sen wan shipment we den kin ship to Wardha, 1999. no go te afta mi go bak to Amerika. Di plant den, alas! don day pantap di we, no ebul fo tinap tranga wan we di lng transpot we de na di si kin tranga.

44-11 : . Thoreau, 1999. Ruskin, 1999. en Mazzini bin de du am de tri oda Westinian di wan den we de rayt udat sosholbjik we pipul den kin si tin Gandhi bin de tok bot am don bin stodi gud gud wan.

44-12 : . Di oli skripcho don gi to Pashya bot 1000 pipul den BC bay we Zoroaster we de na di wol.

44-13 : . Di in tu no de tin of Indu rilijon pan di wol rilijon den na dat i derives noto from wan no mared rili di wan we mek am bot from di we no get enibodi Vedik skripcho den. Indu rilijon so giv komos fo we de wship God inkopreshon to i na fol fol of profet den pan ol di ia den we don ol en ol land den. Di Vedik skripcho den rigul noto komos divoshonal tin den di tin den we den kin du bot ol impotant soshal kstom den, in fo tray fo mek enitin we motalman de du gri wit di lo we God gi.

44-14 : Wan komprehnsiv Sanskrit wcd fo lo; fo fala lo o fo du wetin rayt; duty as inherent in di sikostems in us wan man de fen inseqf sef at eni don gi tem. Di skripcho den wetin i min *dharma* as "di komon di lo den we de olsay na di wol we di we aw den de obe am de mek motalman ebul fo sev inseqf from di bad we aw den de pwel am en sofa."

44-15 : . *Matyu* 7:21.

44-16 : . *Matyu* 26:52.

44-17 : . "Le noto wan man glori in dis, dat i lov in kontri; Le in bifo dat glori in dis, dat i lov in kayn."- *Pashian Provab*.

44-18 : "Don Pita kam to am en tel am se: Masta, komos tem mi broda go sin agens mi, en a fogiv am? te sevin tem?" Jizos na so i se to in, a se noto to yu, . Te sevin tem den: bot, Te sevinti tem den sevin."- *Matyu* 18: 21- 22.

44-19 : Wan tem, Mista Roja W. Babsen bin aks Charles P. Steinmetz, di big big ilektrik injinia, se: "Us layn fo risach go si di big big develpment insay di neks fifti ia?" "A tink se di big big diskovri go bi along." spiritual tin den layn den, Steinmetz bin de tok bot am na in ansa. "Naya na wan fos us istri klia wan de tich don bin di di wan we pas ol pawa in di develpment fo man den. Bot stil wi js don de ple wit am en wi no eva stodi am sirios wan lek aw wi get di bodi fos den. Somde pipul den go lan dat tin den tin den du noto brij gladi en de of smol yuz in mek man en uman den we sabi mek tin den en we get pawa. Don di sayensman den na di wol go ton den laborator i fo stodi bot God en prea en di spiritual pawa den we as yet no don skrach. We dis de kam, di wol go si mo advans insay wan jenereshon pas aw i don si insay di las 4 jenereshon."

44-20 : . Dat na, . avoyd ncto wiked wit wiked. ( *Matyu* 5: 38- 39) .

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## CHAPTER: 1 . 45. Na di 45

### ***Di Bengali "Gladi-Permiet". Mama***

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"Sir, duya nɔ kɔmɔt na India we yu nɔ si Nirmala Devi. In oli we i rili strɔng; pipul sabi am fa fawe as Ananda Moyi Ma (Joy- Permeated Mother)." Mi niusman, Amiyo Bose, bin de luk mi wit ɔl in at.

"Fɔ tru! A want fɔ si di uman sent bad bad wan." A ad se, "A dɔn rid bɔt in advans stet fɔ no Gɔd. Wan smɔl atikul bɔt am bin apia sɔm ia bifo na *Is-West*."

"A dɔn mit am," Amiyo kɔntinyu fɔ tɔk. "I nɔ tu te yet we i bin go na mi yon smɔl tɔŋ we nem Jamshedpur. We wan disaypul bin beg am, Ananda Moyi Ma bin go na wan man we bin de day in os. I tinap nia in bedsayd; as in an tɔch in fɔed, in day-rat dɔn stɔp. Di sik dɔn lɔs wantem wantem; di man bin gladi fɔ sɔprayz, i bin wɛl."

Afta sɔm dez a yeri se di Blisful Mama bin de na wan disaypul in os na di Bhowanipur sekshɔn na Kalkata. Mi en Mista Rayt bin kɔmɔt na mi papa in os na Kalkata wantem wantem. As di Fɔd bin de nia di os na Bhowanipur, mi en mi kɔmpin bin si wan tin we nɔ kɔmɔn na strit.

Ananda Moyi Ma bin tinap insay wan motoka we get opin tɔp, en i bin de bles bɔku bɔku pipul dɛn we get lɛk wan ɔndrɛd disaypul dɛn. I klia se i bin de nia di say we i fɔ kɔmɔt. Mista Rayt bin pak di Fɔd sɔm distans, en i bin go wit mi fɔ waka fɔ go na di say we kwayɛt pipul dɛn bin gɛda. Di uman sent glan na wi dairekshɔn; i alit frɔm in motoka en waka kam nia wi.

"Papa, yu dɔn kam!" Wit dis fayn fayn wɔd dɛn i put in an rawnd mi nek en in ed pan mi sholda. Mista Rayt, we a bin jɔs tɔk to se a nɔ no di sent, na in rili enjoy dis ɛkstra ɔdinari demonstreshɔn fɔ wɛlkɔm. Di wan ɔndrɛd chelas dɛn yay dɛn bin de bak wit sɔm sɔprayz pan di tablet we get lɔv.

A bin dɔn si wantem wantem se di sent bin de na ay stet fɔ *samadhi*. I nɔ bin rili no bɔt di klos we i wɛr na do lɛk uman, i bin no inɛf as di sol we nɔ de chenj; frɔm da plen de i bin de gladi fɔ grit ɔda pɔsin we de wɔship Gɔd. I bin ol mi an insay in motoka.

"Ananda, we de tok bot am." Moyi Ma, . a am we de delay yu patrol!" a bin protest.

"Papa, a de mit yu fɔ di fɔs tɛm na dis layf, afta lɔng lɔng tɛm!" i bin se. "Duya nɔ kɔmɔt yet."

Wi bin sidɔm togɛda na di sidɔm ples dɛn we de biɛn di motoka. I nɔ tu te, di Blisful Mama kam insay di immobile ekstatik stet. In fayn fayn yay dɛn bin de luk na ɛvin ɛn we dɛn opɪn af-af, dɛn bin de kwayɛt, ɛn dɛn bin de luk insay di ɛlizɪɔm we bin de nia fa fawe insay. Di disaypul dɛn bin de ala saful wan se: "Victory to Mother Divine!"

A bin dɔn fɛn bɔku man dɛn we rili no Gɔd na India, bɔt a nɔ ɛva mit da kayn uman oli we dɛn dɔn ay. In saful fes bin de shayn wit di gladi at we pɔsin nɔ go ebul fɔ tɔk bɔt we bin dɔn gi am di nem Blisful Mama. Lɔng blak tis dɛn bin de lɛf smɔl biɛn in ed we nɔ bin gɛt kɔba. Wan rɛd dɔt we dɛn mek wit sandal wud paste na in fɔɛd bin de sho di spiritual yay, we bin de ɛva opɪn insay am. Tiny fes, smɔl smɔl an dɛn, . smɔl smɔl fut dɛn-we difrɛn frɔm di we aw i big pan Gɔd biznɛs!

a put sɔm kwɛstyɔn dɛn to wan nia uman chela we dɛn kɔl chela we Ananda, we de tɔk bɔt am Moyi Ma bin kɔntɪnyu fɔ de we dɛn dɔn ɛntre.

"Di Blissful Mama de travul bɔku say na India; na bɔku pat dɛn i gɛt ɔndrɛd disaypul dɛn," di chela tɛl mi. "Di wok we i du wit maynd dɔn briŋ bɔku sɔshal rifɔm dɛn we pipul dɛn want."

Pan ɔl we di sent na Brahmin, i nɔ no difrɛns bitwin difrɛn kasta dɛn. **45-1** Wan grup pan wi kin travul wit am ɔltɛm, ɛn wi kin kia fɔ di tin dɛn we i kin fil fɔ du. Wi gɛt fɔ mama am; i nɔ de notis in bɔdi. If nɔbɔdi nɔ gi am it, i nɔ go it, ɔ aks ɛni kwɛstyɔn. Ivin we dɛn put it bifo am, i nɔ de tɔɕh am. Fɔ mek i nɔ go lɔs na dis wɔl, wi disaypul dɛn de fid am wit wi yon an. Fɔ sɔm dez togɛda bɔku tɛm i kin de na di divayn trance, i nɔ kin blo bɛtɛ, in yay nɔ kin wink. Wan pan in mɛn disaypul dɛn na in man. Bɔku ia bifo dis tɛm, jɔs afta dɛn mared, i tek di prɔmis fɔ sɛt mɔt."

Di chela bin de sho wan man we gɛt brayt sholda, we gɛt fayn fayn bɔdi, we gɛt lɔng ia ɛn biad we gɛt kɔlɔ. I bin tinap kwayɛt wan midul di pipul dɛn we bin gɛda, ɛn i bin fold in an dɛn fɔ sho se di disaypul de sho rɛspɛkt .

Rifresh bay in dip in di Infinite, Ananda Moyi Ma bin de fos in kɔnshɛns naw pan di matirial wɔl.

"Papa, duya tɛl mi usay yu de." In vɔys bin klia ɛn i bin gɛt fayn

fayn myuzik. "Naw, na Kalkata ɔ Ranchi; bɔt i nɔ go te igen a go de

kam bak na Amerika." "Amerika?"

"Yes. Wan Indian uman sent go rili gladi fɔ di pipul dɛn we de luk fɔ spiritual tin dɛn de. Yu go lɛk fɔ go?"

"If Papa kin tek mi, a go go."

Dis ansa kɔz i nia disaypul dɛn to stat in wɔnin.

"Twenti ɔ mo pan wi kin travul oltɛm wit di Blisful Mama," wan pan dɛn tɛl mi tranga wan. "Wi no fit liv witout am. Eniwe we shi go, wi mos go."

A no bin want fɔ du dat, a lɛf di plan, as a get wan tin we no pɔsibul fɔ mek a big fɔ inɛf!

"Duya kam at least na Ranchi, wit yu disaypul dɛm," a se we a de tek lɛf di sent. "As divain pikin yusɛf, yu go enjoy di smɔl wan dɛn na mi skul."

"Enitɛm Papa tek mi, a go wit gladi at go."

Afta shot tɛm, di Ranchi *Vidyalaya* bin de na gala arenjment fɔ di sent in prɔmis visit. Di yɔŋ wan dɛn bin de wet fɔ ɛni de we dɛn go get festival-no get lɛsin, awa fɔ ple myuzik, ɛn wan pati fɔ di klimaks!

"Viktri! Ananda Moyi Ma, ki jai!" Dis chant we dɛn bin de ripit frɔm bɔku bɔku smɔl trot dɛn we bin get zil bin grit di sent in pati as i de go insay di skul get dɛn. Shawa dɛn we get marigold, tinkl fɔ simbal, lusty blow fɔ kɔnch shel ɛn bit fɔ di *mridanga* drɔm! Di Blisful Mama bin de waka waka wit smayl oba di *Vidyalaya* grɔn we get san, ɛn i bin de ɛva kɛr di pɔtabl paradays insay in.

"I fayn ya," Ananda Moyi Ma tɔk wit sɔri-at as a de lid am go insay di men bildin. I sidɔm wit smayl we tan lɛk pikin nia mi. Di kloset of dia padi dɛm, i mek wan fil, yet wan aura fɔ rimot bin ɛva de rawnd am-di paradoksal isolation of Omnipresence.

"Duya tɛl mi sɔntin ɔf yu layf."

"Papa no oltin bot am; wetin mek i fɔ ripit am?" I klia se i bin fil se di tru tru istri bot wan shot bɔdi we i bɔn no bin notis.

a bin laf, . saful saful wan we dɛn de ripit mi kwɛstyɔn.

"Papa, na smɔl tin nɔmɔ de fɔ tɛl." I bin spre in fayn fayn an dɛn fɔ sho se i no get wan rɛspɛkt. "Mi kɔnshɛns no ɛva jɔyn inɛf wit dis tɛmporari bɔdi. Bifo a kam na dis wɔl, Papa, 'A bin de di sem.' As smɔl titi, 'A bin de di sem.' A bin gro fɔ bi uman, bot stil 'A bin de di sem.' We di famili we dɛn bɔn mi bin arenj fɔ mek dɛn mared dis bɔdi, 'Mi na di sem.' ɛn we, we i bin dɔn drɔnk wit pawɑ, mi man kam to mi ɛn grɔmbul wɔd dɛn we fayn, i tɔch mi bɔdi layt wan, i bin get wan bad bad shɔk, lɛk se laytin dɔn bit am, bikɔs ivin da tɛm de 'A bin de di sem.'

"Mi maredman bin nil dɔŋ bifo mi, we dɛn fold in an dɛn, . ɛn bin beg fɔ am mi fɔgiv.

"'Mama,' i se, 'bikɔs a dɔn dɔti yu bɔdi tɛmpul bay we a tɔch am wit di tink bot wetin yu want-a no no se insay de noto mi wɛf bot na di Divayn Mama-a tek dis solemn vaw: A go bi yu disaypul, we de fala yu we no mared, we go ɛva kia fɔ yu

kwayɛt wan as savant, nɔ go ɛva tɔk to ɛnibɔdi igen as long as a de alayv. Mek a so  
atone fɔ di sin we a dɔn du tide



agens yu, mi guru.'

"Ivin wen a kwait aksept dis proposal of mai man, 'A bi di sem.' Ën, Papa, insay frënt yu naw, 'Mi na di sem.' Ëvride afta dat, pan ol we di dans fò di tin den we God mek de chenj rawnd mi na di ol we go de sote go, 'A go bi di sem.'"

Ananda Moyi Ma bin sink insay wan dip meditativ stet. In fòm bin stil tan lek statu; i bin dòn rònawe go na in kinđòm we i bin de kòl am oltem. Di dak pul den na in yay den bin tan lek se den nò get layf en den tan lek glas. Dis wòd kin de bòku tem we oli pipul den kin pul den kònshens kòmòt na di bòdi we wi de si, we na da tem de i nò izi fò pas wan kle we nò get sol. Wi bin sidòm togèda fò wan awa na di gladi gladi trance. I bin kam bak na dis wòl wit wan gay smòl laf.

"Duya, Ananda Moyi Ma," a se, "kam wit mi na di gadin. Mista Rayt go tek sòm pikchò den."

"Fò tru, Papa. Yu wil na mi wil." In gloriful yay den bin kip di divayn layt we nò bin de chenj as i bin de poz fò bòku foto den.

Na tem fò di fèstival! Ananda Moyi Ma bin skwatin na in blankit-sit, wan disaypul bin de na in elb fò fid am. Lek bebi, di sent bin obe di it afta di chela dòn briğ am kam na in lip. I bin klia se di Blisful Mama nò bin nò eni difrèns bitwin kari en swit mit!

As di ples dak, di sent bin kòmòt wit in pati midul wan shawa we get ros peta den, in an den es op fò bles di smòl smòl bóbò den. Den fes bin de shayn wit di lòv we i bin wek we i nò bin tray tranga wan.

"Yu fò lek PAPA GOD we na yu God wit ol yu at, wit ol yu sol, wit ol yu maynd, en wit ol yu trenk:" Krays dòn prich se, "dis na di fòs lò." **45-2**

We i de trowe evri inferior attachment, Ananda Moyi Ma de gi in wangren aleji to di Masta. Nòto bay di difrèns we masta sabi bukman den get we de skata in ia bòt bay di shòt lòjik fò fet, di sent we tan lek pikin dòn sòlv di wangren problem we de na motalman layf-fò mek wanwòd wit God. Man don foget dis stark simplicity, we naw befog wit wan milian ishu. We di neshòn den nò gri fò lek God we na wan god, den kin mek lek se den nò fetful to God bay we den de rèspekt den di rayt tem bifo di say den we den de wòship God we de na do.

Den wan ya umanitarian di we aw pòsin de mek in an de we get gud kwaliti den, . bikòs fò wan tem den divayt pòsin man in yon atènschòn fròm inself, bòt den nò de fri am fròm in wangren wok na layf, we Jizòs bin tók bòt as di fòs lò. Di obligayshòn we de ep fò lek God, den kin tek am wit di fòs briz we motalman blo we in wangren Benefactor gi am fri wan.

Wan oda tem afta in Ranchi visit a bin get chans fò si Ananda Moyi Ma. I bin tinap wit in disaypul den sòm mònt afta dat na di Serampore steshòn pletfòm, de wet fò di tren.

"Papa, a de go na di Himalayas," i tel mi. "Disaypul den we get fri-an don bil mi wan emitaj na Dehra Dun."

As i de go insay di tren, a bin sɔprayz fɔ si se ilɛksɛf na midul krawd, na tren, it, ɔ sidɔm kwayɛt wan, in yay nɔ de ɛva luk ɔdasay pan Gɔd. Insay mi a stil de yeri in voys, wan ɛko we get swit we nɔ get wan mɛzhɔ:

"Luk, . naw ɛn ɔltɛm wan wit di Sote go, 'A am ɛva di sem."

.....  
45-1 : A fɛn sɔm ɔda tin dɛn bɔt Ananda Moyi Ma in layf, we dɛn print na *Is-West* . Dɛn bɔn di sent insay 1893 na Daka we de na di sentral pat Bengali. Nɔbɔdi nɔ sabi rid ɛn rayt, . i dɔn stil bin sɔprayz di pipul dɛn we get sens bay we i sens. I vas dɛn in Sanskrit get dɔn fil masta sabi bukman dɛn wit wɔnda. I dɔn briŋ kɔrej to pipul dɛn we dɛn dɔn day, ɛn i dɔn mek dɛn mɛn dɛn bay mirekul, bay we i jɔs de de.

45-2 : . *Mak* 12:30.

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## CHAPTER: 1 . 46. Na di 46

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### *Di Uman Yogi we de du tin Udat Nɔ ɛva I de it*

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"Sar, usai wi de bound dis moning?" Mista Rayt bin de drayv di Fɔd; i pul in yay kɔmɔt na di rod fɔ lɔng tɛm fɔ luk mi wit wan kweshɔn we de aks mi kwɛstyɔn. Frɔm de to de, i nɔ bin de no us pat na Bengal i go fɛn nɛks.

"If Gɔd gri," a ansa wit devoutly, "wi de na wi rod fɔ si wan et wɔndaful tin na di wɔl-wan uman sent we in it na tin ays!"

"Ripitishɔn fɔ wɔndaful tin dɛn-afta Teriza Nyuman." Bɔt Mista Rayt bin laf wit ɔl in at jɔs di sem we; i bin ivin mek di motoka spid kwik kwik wan. Mɔ ɛkstra ɔdinari grist fɔ in travul dayari! Nɔto wan pan wan avrej turis, dat!

Dɛn bin jɔs dɔn lɛf di Ranchi skul biɛn wi; wi bin dɔn rayz bifo di san. Apat frɔm mi sɛktri ɛn misɛf, tri Bengali padi dɛn bin de na di pati. Wi bin de drink na di briz we de mek wi gladi, we na di natura wayn we wi kin drink na mɔnin. Wi drayva bin de gayd di motoka wit wɔri bitwin di fɔstɛm pipul dɛn we bin de wok na fam ɛn di tu wil kat dɛn, we kaw dɛn we get yok ɛn we get ɔmp-shɔlda bin de drɔ smɔl smɔl, we bin de lɛk fɔ agyu bɔt di rod wit pɔsin we de kam insay di rod we de blo.

"Sa, wi go lɛk to no mɔ ɔf di fasting sent."

"I nem na Giri Bala," a we dɛn bin no bɔt mi kɔmpin dɛn. "A fɔs dɔn yeri bɔt i ia dɛn

trade from wan

skolaship jentlman, Sthiti Lal Nundy. Boku tem i bin de kam na di Gurpar Road os fo tich mi broda Bishnu."

"A sabi Giri Bala gud gud wan,' Sthiti Babu tel mi. 'I de employ wan speshal yoga teknik we de mek i ebul liv witout it. A bin bi in klos neba fo Nawabganj nia Ichapur. **46-1.**' A bin mek am poynt fo wach am gud gud wan; a no eva fen pruf fo se i bin de tek it o drink. Mi intres bin don so ay dat a bin go nia di Maharaja na Bodwan **46-2** en aks am fo du investayshon. I bin soprayz fo si di stori, so i invayt am fo kam na in pales. I bin gri fo mek den test am en i bin liv fo tu mont we den lok am na wan smol pat na in os. Leta, i bin kam bak fo go fen di pales fo twenti dez; en afta dat fo di tod test we na fayvtin dez. Di Maharaja insef bin tel mi se den tri strikt skrutin ya don mek i biliv tranga wan se i no de it.'

"Dis stori bot Sthiti Babu in stori don de na mi maynd fo pas twenti fayv ia," a don. "Sontende na Amerika a bin de wonda if di riva fo tem no go swela di *yogini* **46-3.**" bifo a go ebul fo mit am. I go mos bi se i don ol bad bad wan naw. A no ivin no usay, o if, i de. Bot afta som awa wi go rich na Purulia; in broda get os de."

Bay we ten en tati wi smol grup bin we den de tok to densef wit di broda, Lambadar bin de du am Dey, . wan loya of Purulia we de na di wol.

"Yes, mai sista de liv. Somtaims shi de ste wit mi hia, bot fo dis taim, shi de fo wi famili haus fo Biur." Lambadar Babu glan wit dawt pan di Fod. "A no rili tink, Swamiji, se eni motoka don eva go insay di interio as fa as Biur. I go bete if una ol resayn unasef to di ol jolt we di bul kat de jolt!"

As wan voys wi pati promis fo du dat de bien to di Prawd of Detroit.

"Di Fod komot na Amerika," a tel di loya. "I go bi shem fo tek am chans fo no di at fo Bengal!"

"May Ganesh **46-4.**" go wit yu!" Lambadar Babu se, de laf. I ad wit kot, "If yu eva rich de, a sho se Giri Bala go gladi fo si yu. I de nia fo ol sevinti ia, bot i de kontinyu fo get fayn fayn welbodi."

"Duya tel mi, sa, if na tru tru se i no de it natin?" A luk dairekt insay in yay, den telltale winda den de na di maynd.



GIRI we den kol GIRI BALA

Dis big uman yogi no tek it o drink from 1880. Den pikcho mi wit am, insay 1936, na in os na wan vilej we de fa fawe na Bengali we nem Biur. Di Maharaja na Bodwan don rili chek in stet we i no de it. I de yuz wan patikyula yoga we fo chaj in bodi wit kosmik enaji from di ete, san, en eya.

"Na tru." In yay bin opin en i bin get on. "In mo dan faiv dez a neva si am de it wan morsel. If di wold kom don wan wan, a no fit de astonish pas fo si mai sista de tek fud!"

Wi i bin de laf togeda oba di i no posibul fo du dat of den wan ya tu kosmik we de na di wol tin den we kin apin.

Lambadar Babu bin kontinyu fo tok se: "Giri Bala no eva fen ples fo in wan we posin no go ebul fo go de fo in yoga prasis den." "I don liv in ol layf we in famili en padi den de rawnd am. Den ol don akostom naw to in strenj stet. Noto wan pan den we no go stop if Giri Bala disayd fo it enitin wantem wantem! Sista na naturally ritaia, as i fit fo wan Indu wido, bot wi smol seklɔ na Purulia en na Biur ol no se i rili bi 'eksepshon' uman."

Di broda in trut bin sho klia wan. Wi smol pati bin tel am tenki wit ol den at en begin fo go na Biur. Wi bin stop na wan shop we de na strit fo it kari en *luchis*, en dis bin mek boku boku ochin den we bin geda rawnd fo wach Mista Rayt we i de it wit in finga den di simpul Indu we. 46-5 Di at we wi bin want fo it bin mek wi strong wisef agens wan aftanun we, we wi no bin no da tem de, bin fo pruv se i rili wok tranga wan.

Wi we naw bin de go na di ist pat tru rays fil den we den don bek wit di san en go

insay di Bɔdwan pat na Bɛngal. Na rod dɛn we de pas we gɛt bɔku bɔku tik dɛn; di *mayna dɛn siŋ ɛn di bulbul dɛn* we gɛt strɛp trot bin de kɔmɔt na tik dɛn we gɛt big big branch dɛn we tan lek ambɔla. Wan kaw kat naw ɛn da tɛm de, di *rini*, . *rini*, . *manju*, . *manju* swɛt swɛt ɔf i na aks ɛn shud we gɛt ayɛn we dɛn mek wit wud wil dɛn we difrɛn frɔm ɔda wan dɛn shap shap wan

in maynd wit di *swish*, . *swish* of oto taya den oba di aristokratik pipul den asphalt we den kol asphalt of di siti den.

"Dik, stop fo tok!" Mi rikwest we a bin aks fo wantem wantem bin briŋ wan jolting protest from di Fod. "Dat mango tik we ova lod de fairli ala inviteshon!"

Wi fayv bin ron lek pikin den go na di gron we get mango; di tik bin don du gud to shed in frut den as den don rayp.

"Ful boku mango den bon fo ledom we den no si," a paraphrase, "en west in switnes na di ston gron."

"Notin laik dis fo Amerika, Swamiji, eh?" Sailesh Mazumdar, we na wan pan mi Bengali student den, bin laf.

"No," a admit, a koba wit mango jus en satisfay. "Aw a don mis dis frut na di West! Indu in evin we no get mango no go ebul fo tink bot am!"

a pik op wan ston en don don wan prawd fayn ayd pantap di di wan we ay pas ol limb we de na di bodi.

"Dick," a aks bitwin bayt dem fo ambrosia, wam wit di tropik san, "ol di kamera den de insay di motoka?"

"Yes, sa; in di bag den we den kin put kompartment."

"If Giri Bala pruv se im bi tru tru sent, a wan rait about am fo di West. Hindu *yogini* wit dis kain inspiring pawa no shud liv and dai we pipul no sabi-layk most of dis mango."

Af-af wan awa leta a bin stil we yu de waka waka in di sylvan pis.

Mista Rayt bin tok se: "So, wi fo rich na Giri Bala bifo di san go don, fo mek wi get inof layt fo tek foto den." I ad wit grin, "Di Westen pipul den na skeptik lot; wi no go ebul fo ekspekt se den go biliv di uman we no get eni pikcho!"

Dis don bet of sens bin we nobodi no go ebul fo agyu bot; a ton mi bak pantap temteshon en bin kam insay bak di motoka.

"Yu rayt, Dik," a swet as wi de spid, "A sakrifays di mango paradays na di olta fo Westinian rialism. Foto den wi fo get!"

Di rod bin de sik mo en mo: rut den bin de rotin, kle bin de bol we don at, di bad bad sik den we posin kin get we i don ol! Wi grup bin de komot na di os wan wan tem fo alaw Mista Rayt fo manej di Fod izi wan, we wi 4 bin de push from bien.



Sailesh bin gri se: "Lambadar Babu bin tok tru." "Di motoka no de ker wi; wi de ker di motoka!"

Wi klaym-in, . klaym-out oto tediom bin bin ful den eva en anon bay we di aw a luk of wan vilej,

eni wan wan ples of kwayet wan simpul tin fo du.

"Wi we bin twist en tøn tru tik den we get pam tik den bitwin ol ol vilej den we nō bin dōn pwel we de nest insay di forest shed," Mista Rayt dōn rayt insay in travul dayari, onda di de we na May 5, 1936 di domot; bōku smol pikin den we nekəd kin ple wit inosent, den kin stōp fo luk o rōn wayl frōm dis big, blak, kawles kariot we de tear madly tru den vilej. Di uman den jōs de luk frōm di shado den, en di man den de les fo lol onda di tik den we de nia di rod, en den want fo no mō onda den nō bisin bot oda pipul den. Na wan ples, ol di pipul den na di vilej bin de was wit gladi at na di big tank (insay den klos, den bin de chenj bay we den de drep dray klos rawnd den bōdi, drōp di wet wan den).

Uman den de bia wata to den os den, . in big bras we den mek wit kōpa jar den we den kin yuz fo mek tin den.

"Di rod bin lid wi wan gladi gladi chase ova maunt en rij; wi bounce en tos, dip insay smol strim, detour rawnd wan kōzwe we nō dōn, slither kross dray, san san riva bed en las las, lek 5:00 PM, wi bin de nia wi destineshōn, Biur. Dis minit vilej we de insay di interiō na Bankura Distrikt, we ayd insay di protēkshōn fo dense foliage, na." we pipul den we de travul nō go ebul fo kam nia am insay ren sizin, we di watasay den kin blo en di rod den we tan lek snek kin spit di dōti-pōynt.

"We wi de aks fo gayd bitwin wan grup we de wōship we den de go os frōm tempul prea (we de na di fil we pipul den de wan), wan duzin bōbō den we nō wēr bēte klos bin sidōm rawnd wi we bin de klaym na di sayd dēm fo di motoka, we bin rili want fo kōndōkt wi go Giri Bala."

"Di rod bin de go to wan grov we get dēt pam den we de shel wan grup we get dōti hut, bot bifo wi rich de, den bin tip di Fōd fo smol tēm na wan denja angle, den bin tos am op en drōp dōj. Di smol rod bin de go rawnd tik en tank, oba rij, insay ol en dip rut. Di motoka bin ankō pan wan grup we get bush, dōn i grōn pan wan hilōk, we nid fo es di grōn klod, pan wi bin de go bifo, wantēm wantēm wan bōku bōku brōsh bin stōp di rod; na di kat trak, we mek i nid fo mek den tōn bak dōj wan big big ledj en go insay wan dray tank, fo sev frōm de, den bin nid fo skrap, adzing, en shovel sōm tēm. Bak en bak i bin tan lek se di rod nō go ebul fo pas, bot di pilgrimej fo go bifo; obliging lads fetched spades and demolished the obstacles (shades of Ganesh!) we bōku bōku pikin den en mama en papa den bin de luk.

"I nō tu te, wi bin de thread wi we along di tu ruts of antiquity, uman den de luk wit big yay frōm den hut domot, man den de tray nia en bien wi, pikin den de rōn fo swel di... prushōn. Sōntēm na wi yon na bin di fōs motoka we bin pas den rod den ya; di 'bulōk kat union' fo bi olman we get pawa na ya! Na big big senseshōn wi mek-wan grup we wan Amerikin de payot en payōnia insay wan motoka we de snor rayt insay den hamlet fastnes, we de invayd di ol prayvet pat en oli ples!

"We wi stōp na wan smol len wi si wisef insay wan ondred fit frōm Giri Bala in gret

gret granpa den os. Wi fil di thrill fo fulfil afta di long rod stretch we den krawn wit wan rof finish. Wi kam nia wan big, tu stori bildin we den mek wit brik en plasta, we de domin di adobe hut den we de rawnd; di os bin de onda di proses fo ripent, bikos rawnd am na di karakta tropikal fremwok." di bambu den we den mek.

"Wit fiva antisipeshon and suppress glad wi bin tinap bifo di opin doa of di wan we di Masta in 'hungerless' toch blēs am. Oltē agape na di vilej pipul dēm, yōŋ en ol, bare en dres, uman aloof sōm kayn bōt inquisitive tu, man en bōy dēn we nō shem na wi il as dēn de luk dis spēktakl we nōbōdi nō si yet."

"I nō tu te, wan shot figa kam na di domōt-Giri Bala! Dēn bin kōba am wit klos we dēn mek wit dōl, goldish silk; insay di tipik Indian fashōn, i drō go bifo wit mōdest en shem, i de luk smōl frōm ōnda di ōpa fold pan in *swadeshi* klos. In yay dēn bin de shayn lēk ēmba we de smol insay di shado fō in ed pies; wi bin rili gladi fō am." wan fes we de du gud en we get gud at pas ol, . wan fes we de nō en ōndastand, we nō get di dōti we de na di wōl.

"Mēkli." i bin kam nia am en kwayet wan bin gri fō du dat to wi snapping wan nōmba of pikchō dēn wit wi 'still' en 'muvi' kamera dēn. **46-6** I bin peshent en shem fō bia wit di we aw wi bin de tek foto fō ajōst di we aw i de tinap en layt arenj. Dōn wi bin we dēn dōn rēkōd fō di pikin dēn we go kam afta di pikin bōku foto dēn we dēn kin tek pan di wan uman na di wōl we dēn nō se i nō bin de it ō drink fō pas fifti ia. (Na tru se Therese Neumann dōn fast frōm 1923.) Di mōs pan di we aw Giri Bala bin tan lēk mama as i tinap bifo wi, i kōba am ōlsay wit di klos we nō de flō, natin nō de pan in bōdi we wi nō de si pas in fes wit in yay dēn we dōn dōŋ, in an dēn, en in smōl smōl fut dēn. Wan fes we get pis we nō bōku en inosent poise-a big, lēk pikin, . we de shek shek lip, . wan uman we dēn kōl uman nos, tayt, we de spak spak yay, en wan wistful smayl."

Di impreshōn we Mista Rayt bin get bot Giri Bala na misēf bin sheb am; spiritual tin bin kōba am lēk in vel we de shayn saful wan. I *bin pronam* bifo mi insay di kōstōm we fō grit frōm wan os ōlda to wan mōnk. In simpul charm en kwayet smayl bin gi wi welkōm pas di ōni ōratory; fōget na wi trip we nō bin izi en we bin get dōti.

Di smōl sent sidōm in leg krōs na di veranda. Pan ol we i bin de bia di skata dēn we i dōn ol, i nō bin wik; in skin we get oliv kōlō bin dōn kōntinyu fō klia en get welbōdi in tōyn.

"Mama," a se insay Bengali, "fō pas twenti fayv ia a dōn de tink wit ol mi at bot dis rili pilgrimej! A yeri bot yu oli layf frōm Sthiti Lal Nundy Babu."

I i nōd in ed in fō gri wit wetin yu du. "Yēs, mi gud neba in Nawabganj we de na di wōl."

"Insay dēn ia dēn de a dōn krōs di si, bot a nō ēva fōget mi fōs plan fō si sōmde." yu. Di sublaym drama we yu de ya de ple so inconspicuously shud bi blazoned bifo wan wōld we dōn fōget di inana fud divain fō long taim."

Di sent es in yay fō wan minit, en smayl wit kol intres. "Baba

(honored father) sabi bes," shi ansa meekly.

A bin gladi we i nɔ bin vɛks; pɔsin nɔ kin ɛva no aw big big yoga ɔ yogini dɛn go biev  
we dɛn tink bɔt pɔblik. Dɛn de shun am, as a rule, want fɔ du in silence di dip sol  
risach. Wan insay sankshɔn kin kam to dɛn we di rayt tɛm rich fɔ sho dɛn layf

opin wan fo di benifit of we de luk fo posin maynd den.

"Mama," a kontinyu fo tok, "duya fogiv mi, so, fo we a don lod yu wit boku kwestyon den. Duya ansa di wan den nomo we gladi fo yu; a go ondastand yu silens, bak."

I spre in an den fo sho se i get gudnes. "A gladi fo ansa, insofar as posin we no impotent lek mi kin gi satisfay ansa."

"O, No, noto no impotent!" a bin protest wit yu at. "Yu de wan rili sol."

"Mi na di ombul savant fo olman." I ad kwayet wan se, "A lek fo kuk en fid

pipul den." Na strenj tin fo enjoy, a bin tink, fo wan sent we no de it!

"Tel mi, Mama, from yu yon lip-du-du yu tap no it?"

"Na tru dat." I bin set mot fo som tem; di neks tin we i tok sho se i bin don de tray tranga wan fo no aw fo du tin wit in maynd. "From di ej we a ol twelv ia 4 mont te to mi presen ej fo siksti-eit- wan tem we pas fifti siks ia-a no it it o tek likwid."

"De yu no eva den bin de tempt am to it?"

"If a bin fil se a want fo it, a go get fo it." Simply yet regally she stated dis axiomatic truth, wan we wan wold sabi tu wel bai wan wold we de revolve roun tri it a de!

"Bot yu de it sontin!" Mi toyn bin ol wan not fo sho se a no

gri wit wetin a de tok. "Na tru!" I bin smayl fo ondastand

am kwik kwik wan.

"Yu it de komet from di fayn fayn enaji dem we di briz en di san layt de gi, 46-7." en from di kosmik pawa we de richaj yu bodi tru di medula oblongata."

"Baba." no." Igen i gri, . i we we de mek posin fil fayn en no de eksplen wetin mek.

"Mama, duya tel mi bot yu fos layf. I get dip intres fo ol India, en ivin fo wi broda en sista den we de bien di si."

Giri Bala put na sayd i abit fo du am kip, fo rilaks to wan we posin kin tok to aw yu fil.

"So bi am." In voys bin smol en i bin strong. "Dem born mi fo dis forest rijon. Mi pikin taim no bi remarkable sev se a bin possess by an insatiable appetite. A bin don betrothed fo di fes yie dem."

"'Pikin,' mi mama bin de won mi boku tem, 'tray fo kontrol yu gridi. We di tem rich

fo mek yu liv wit strenja den na yu man in famili, wetin den go tink bot yu if yu de spen natin pas fo it?'

"Di bad bad tin we i bin dɔn si bifo tɛm bin apin. A bin jɔs ol twelv ia we a jɔyn mi man in pipul dɛn na Nawabganj. Mi mama-in-law bin de shem mi mɔnin, noon, ɛn net bɔt mi abit dɛn we a bin de it fɔ it. Bɔt in kɔl dɛn na bin blɛsin we i bin de mek lɛk se i nɔ get wanwɔd. Wan mɔnin we i bin de provok mi nɔ bin get sɔri-at."

"I nɔ go te igen a go pruv to yu,' a se, a swet to di kwik, 'se a nɔ go eva tɔch it igen as long as a de alayv.'

"Mi mama-in-law bin laf fɔ provok. 'So!' i se, 'aw yu go liv we yu nɔ it, we yu nɔ go ebul fɔ liv we yu nɔ it pasmak?'

"Dis tok no bi ansa! Yet wan ayɛn rezolyushon skaf mi spirit. Na wan ples we nɔbɔdi nɔ de a bin de luk fɔ mi Papa we de na ɛvin."

"'Lɔd,' a bin de pre ɔltɛm, 'duya sɛn mi guru, wan we go tich mi fɔ liv bay Yu layt ɛn nɔto bay it.'

"Wan divain ekstasi fol ova mi. Led by wan beatific spell, a set out fɔ Nawabganj *ghat* fɔ Ganges. Fɔ di we a mit di prist fɔ mai man famili."

"'Venabl.' sa,' a bin se fɔ abop pan, . 'saful tɛl mi aw to tap nɔ de it.'

"I bin de luk mi witout ansa. Fainali i tok wit konsoling we. 'Pikin,' im se, 'kam na di temple dis ivintɛm; a go kondɔkt wan spɛshal *Vedik* sɛrimɔni fɔ yu.'

"Dis ansa we nɔ klia nɔto bin di wan we a bin de luk fɔ; a kontinyu fɔ go na di *ghat* . Di mɔnin san bin pas di wata; a klin misɛf na di Ganges, lɛk se fɔ oli initieshɔn. As a de kɔmɔt na di riva bank, mi wet klos rawnd mi, insay di brayt glare fɔ de mi masta bin materializ insɛf bifo mi!

"'Diya smɔl pikin,' i se wit vɔys we get sɔri-at we get lɔv, 'Mi na di guru we Gɔd sɛn ya fɔ fulfil yu prea we yu de pre kwik kwik wan. I bin rili tɔch am wit in rili ɔnusual nature! Frɔm tide yu go liv bay di astral layt, yu bɔdi atɔm dɛn we dɛn de it frɔm di kɔrɛnt we nɔ get end.'"

Giri Bala bin fɔdɔm insay silɛns. A tek Mista Rayt in pensil ɛn pad ɛn translet sɔm tin dɛn insay English fɔ mek i nɔ bɔt am.

Di sent begin di stori bak, in saful vɔys nɔ bin izi fɔ yeri. "Di *ghat* bin desert, bɔt mai guru cast roun wi wan aura of gad lait, we nɔ stray bathers leta disturb wi. Na im initiate mi in." wan *kria* tɛknik we de fri di bɔdi frɔm dipɛndɛns pan di gros it fɔ m ɔtalman. Di tɛknik inklud fɔ yuz wan patikyula *mantra* **46-8** ɛn ɛksesaiz fɔ blo we at pas aw di ɔdinari pɔsin kin du. No mɛrɛsin ɔ majik nɔ de insay; natin nɔ de pas di *kria* ."



Insay di di we of di Amerikin nyuspepa ripota, . udat bin we den no no bin tich mi in

prosidur, a kweshon Giri Bala pan plenti tins we a tink se go intres di wold. I bin gi mi, smol smol, den infomeshon ya:

"A no eva bon pikin; boku ia bifo a bi wido. A de slip smol, as slip en wek na di sem tin to mi. A de tink gud wan na net, a de atend mi domestik duty den na de. A de fil smol di chenj we di klaymat de chenj from sizin to sizin. A no eva sik o eksperiens eni sik. A de fil smol pen nomo we a aksidentli wund. A no get enitin we de komot na mi bodi. A kin kontrol mi at en." breathing. Boku tem a kin si mi guru en oda big sol den, na vishon."

A aks se, "Mama, wetin mek yu no de tich oda pipul den di we aw fo liv

we yu no it?" Di big big op we a bin get fo di boku boku pipul den na di

wol we bin de angri, bin don nip.

"No." I shek in ed. "Mi guru bin strikt wan komand mi fo no pul di sikrit. Noto in wish fo tamper wit God in drama fo krieshon. Di fama den no go tel mi tenki if a tich boku pipul fo liv we den no it! Di luscious frut den go ledom yusles na gron. I tan lek se misef, angri, en sik na wip fo wi karma we kin don dreb wi fo fen di tru minin fo layf."

"Mama," a bin se smol smol, "wetin na di yuz of yu de get bin singl wan komot to tap no de it?"

"Fo pruv se motalman na Spirit." In fes bin de shayn wit sens. "Fo sho se bay we i de go bifo from God, i kin lan smol smol fo liv bay di Layt we de sote go en noto bay it."

Di sent bin sink insay wan dip meditativ stet. In yay bin de go insay; di saful saful dip we in yay den bin de, no bin ebul fo sho am. I gi wan patikyula sigh, di prelud fo di ekstatik breathless trance. Fo som tem, i bin don ronawe go na di say we no get wan kwestyon, we na di evin we get gladi-at insay in at.

Di tropik daknes bin don fodom. Di layt fo wan smol kerosin lamp bin de flik fit wan oba di fes fo boku boku pipul den na di vilej we bin de skwatin kwayet wan na di shado. Di darting glowworms en fa fa oyl lantern den na di hut den bin de wev brayt eerie potn den insay di velvet net. Na bin di awa we bin de mek den fil pen we den bin de pat; wan waka we bin de sloslo en we bin de mek wi taya bin de bifo wi smol pati.

"Giri na fo tok." Bala," a bin se as di sent opin i yay, "duya gi mi wan keepsake-a we den kin kip pul of wan of yu

". saris

I no tu te, i kam bak wit wan pat pan Benares silk, i es am na in an as i butu wantem wantem na gron.

"Mama," a bin se wit respekt, . "bifo dat le mi toch yu yon don bles fut!"

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46-1 : . Insay di na di not pat Bengali.

46-2 : . H. H. sa Bijay bin de du dat Chand we de na di wɔl Mahtab, 1999. naw don day. In famili wi no get wan dawl poses den som rekod of di Na Maharaja in yon tri investishon den we Giri Bala bin du.

46-3 : . Uman yoga we de du yoga.

46-4 : . "Rimova." of Di tin den we de ambog am," di God of gud boku moni.

46-5 : . Sri Yukteswar na yu don yuz to se: "Di Lod don don gi wi di frut den of di gud dunya. Wi lek to si wi it, to smel am, fo test am- di Indu lek fo tch am bak!" Wan no kin min fo yeri am, sef, if nobodi no de na di it!

46-6 : . Mista. Rayt rayt bak bin tek we de muv pikcho den of Sri Yukteswar na yu we in las Kol weda Solstays we

de kam Festival in Serampore, we de na di wol. 46-7: "Wetin wi de it na redyushon; wi it na so boku kwanta

enaji," Dokto Joz W. Krayl we komot na Klivlan bin tel a

mitin of welbodi biznes man den pantap Sontem 17, 18 . 1933. Di ia 1933 in Memfis. "Dis ol-impotant tin redyushon, . us rilis den ilektrik di korent den

n, di nev sistem, de gi to it bay di san in rayt. Dokto Krayl bin tok se atom den na tin den weDi in ilektrikal sekshDi b of di san de mek. Atom den de di motoka den dat de don fil wit solar we den kin yuz fo mek di san di raytin we de shayn as so boku we den koyl spring den we de komot. Den wan ya nobodi no go ebul fo kont atcmful den di enaji we den de tek

di inDt na di bOmOm dem, de kOn vehikul dem, di atDi, den tenshDtalman bOn insay mOinsay as it. we den t protoplasm, . di di raytin we de shayn fonishin fo di tin den we den nid nyu kemikal pawa, nyu ilektrik di korent den. 'Yu gan dem we yu deD sul dem, bren, en diDbodi na bin mek op of kayn atom den,' na dat Dokto Krayl bin tok. 'Den na yu m "' .fil, lek di yay en di yes

Somde sayensman den go kam no aw man kin tap dairekt wan pantap solar we den kin yuz fo mek di san pawa. "Klorofil." na di nomo drog no insay di nature dat sontem poses den di pawa to akt as wan 'san layt trap,'" Wiliam L. Laurence, we de wok rayt in di *Nyu Jok Tayms* . "I de 'kech' di enaji we di san de gi en kip am na di plant. If dis no bin de, no layf no bin fo de. Wi de get di enaji we wi nid fo liv from di solar enaji we wi de kip na di plant-fud we wi de it o insay ".di animal den we de it di plant den bodi

Di pawa wi get from chakol o yil na solar we den kin yuz fo mek di san pawa we den don trcs bay we di klorofil we den kol ".klorofil Oklorofil in plant layf boku boku pipul den of ia den trade. Wi liv bay di san tru di ejensi f

Pot we get pawa we de shek shek chant we den kin kol. Di literal transleshon of Sanskrit *mantra we den* .10 :46-8 *kol mantra* na "yuz ple myuzik of tink," we de sho wetin de apin di ideal, we posin no de yeri sawnd den us tinap fo wan tin of krieshon; ustem we den kol vocalized as silabod den, . wan *mantra we den kol mantra* na di wan den we de mek am wan yunivasal teminoloji. Di pawa dem we no get end fo sawnd komot from AUM, di "Wod" o kriyaytiv hum fo .di Kosmik Mota

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## CHAPTER: 1 . 47. Na di 47

### *a Go bak To Di West*

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"A don giv plenti yoga leshon fo India and Amerika; bot a mos konfes se, as a bi Hindu, a de unusually glad fo de du klas fo English studehnt dem."

Mi klas memba den na London bin laf fo gladi; no politiks trobul no eva ambog wi yoga pis.

India na bin wan oli memori naw. Na Septemba, 1936; A de na Inland fo du wan promis, we den gi mi siksti mont bifo, fo gi lekshon bak na London.

Inland sef kin gri wit di yoga mesej we no de chenj. Ripota den en nyuzri kameraman den bin de swela oba mi kwata na Grosveno Haus. Di British National Kaonsil fo di Wol

Felöship of Fet den bin oganayz wan mitin Septemba 29 na Waitfild in Kongrigeshon Choch usay a bin tok to di odiens bot di wet topik we na "Aw Fet insay Felöship kin Sev Sivilizayshon." Di et oklok lekcho den na Kakston Ol bin atrak krawd so dat tu net di ovafo bin wet na Winsö Haus oditoriöm fo mi sekön tok na nayn en tati. Di yoga klas den insay di wik den we bin de afta dat bin so boku dat Mista Rayt bin get fo arenj fo transfa to oda ol.

Di English tenasiti get admirable ekspreshon insay spiritual rileseshonship. Di London yoga student den bin oganayz densef fetful wan, afta a komot, insay wan Self-Realization Fellowship senta, en den bin de ol den meditashon mitin evri wik insay di bita wo ia den.

Wik den we wi no go eva foget na England; dez fo si say den na Londen, don oba di fayn fayn kontri den. Mi en Mista Rayt bin kol di Fod we wi kin abop pan fo go na di say den we den bon en di grev den fo di big big poyt den en di hiro den we bin de na British istri.

Wi smol pati bin komot na Sawtempot fo go na Amerika let Oktoba na di *Bremen* . Di big big Statue of Liberty we de na Nyu Yok haba bin brij wan gladi gladi imoshonal gulp noto jos to Mis Bletch en Mista Rayt den trot, bot to mi yon.

Di Fod, we den bin don bit smol bikos i bin de fet wit di gron den we bin de trade trade, bin stil de mek posin tink; naw i tek in stride di transkontinental trip to Kalifonia. Let insay 1936, luk! Maunt Washinton.

Den kin selibret di olide den we kin don di ia evri ia na di Los Anjelis senta wit et awa grup meditashon pan Disemba 24 (Spiritual Krismas), don di neks de wit wan bankwet (Social Christmas). Di festival dis ia bin augment bay di prezens fo di dia padi dem en student dem from fa fa siti dem we bin don kam fo welkom di tri wol travulman dem na os.

Di Krismas De festival bin get fayn fayn it den we den bin brij fayvtin tawzin mayl fo dis gladi gladi: *gucchi* mushroom from Kashmir, tin *rasagulla* en mango pulp, *papar* biskit, en wan oyl di Indian *keora* flawa we bin de mek wi ayskrim flawa. Di ivintem bin si wi grup rawnd wan big Krismas tik we bin de shayn brayt brayt wan, di faya ples we bin de nia de bin de krak krak wit tik den we get saypres we get fayn fayn sent.

Gift-taym! Present from di fa kona den na di wol-Palestayn, Ijpt, India, England, Frans, Itali. Mista Rayt bin rili wok tranga wan fo kont di tronk den na eni forina jonkshon, fo mek no an we de tif no get di valyu tin den we den bin don mek fo di wan den we i lek na Amerika! Plek den fo di oli oliv tik from di Oli Land, dilik les en embroideri den from Beljiom en Oland, Pashian kap den, fayn fayn Kashmiri shawl den we den mek fayn fayn wan, sandal wud tre den we de smel oltem from Mayo, Shiva "bul in yay" ston den from Sentral Provins den, ol Indian koyen den we di

dinasti den bin don ronawe fo long tem, we den don mek fayn fayn vays en kop den,  
miniatures, tapestries, temple insense and perfumes, *swadeshi* koton print, lak wok,  
Maysu ayvri kavin, Pashian slip wit den inquisitive long fut, kwayet ol iluminated  
manuscripts, velvet, brocade, Gandhi kap, pot, tayl, bras wok, prea rugs-booty of tri  
kontinent den!

Wan bay we wan a den kin sheb am di gladi gladi we den rap pakej den from di big  
boku onda di tik.

"Sista Gyanamata!" A gi wan long boks to di sent Amerikin uman we get swit fes en dip rializashon we, di tem we a no bin de, bin don de in chaj na Mawnt Washinton. From di pepa tisu den i es wan *sari* we den mek wit gold Benares silk.

"Tenki yu, sa; i de briŋ kam di pejent of India bifo mi yay."

"Mista Dickinson!" Di neks pasel bin get wan gift we a bin bay na wan Kalkata baza. "Mista Dickinson go lek dis," a bin don tink da tem de. Mista Dickinson na bin disaypul we wi rili lek, en i bin de de na evri Krismas festival from we den bigin Mawnt Washinton insay 1925. Na dis ilevin selibreshon we den kin get evri ia, i bin tinap bifo mi, de pul di ribin den na in skwea smol paket.

"Di silva kop!" I bin de stres wit filin, i bin de luk di presen, wan long kop fo drink. I sidom som fa, i tan lek se i bin de daz. A bin smayl to am wit lov bifo a bigin fo du mi wok bak as Santa Klos.

Di ivintem we den kin pul di uman we den kin bon kin don wit prea to di Wan we gi ol di gift den; don wan grup we de siŋ Krismas siŋ den.

Mista. Dickinson en a bin we den de tok to densef togeda sontende leta.

"Sar," i se, "duya mek a tel yu tenki naw fo di silva kop. A no bin ebul fo fen eni wod na Krismas net."

"A kam wit di gift mo fo yu."

"Fo foti tri ia a don de wet fo da silva kop de! Na long stori, wan we a don kip ayd insay mi." Mista Dickinson bin de shem fo luk mi. "Di biginin bin dramatik; a bin de drawn. Mi big broda bin don ple ple push mi insay wan fayvtin fut pul na wan smol toŋ na Nebraska. A bin jos ol fayv ia da tem de. As a bin de go fo sink fo di sekon tem onda di wata, wan layt we get boku boku kolo den we de shayn bin apia, we ful-op ol di ples. Insay di midul, na di figa fo wan man we get kwayet yay en smayl we de mek a fil fayn. Mi bodi bin de sink fo di tod tem we wan pan mi broda in kompın den ben wan long slend wilo tik we a bin ebul fo ol am wit mi finga den we no bin get op igen Di bobo den es mi es op na di bank en den bin ebul fo gi mi fos ep tritment.

"Twelv ia afta dat, we a bin yonŋ we a ol sevintin ia, a bin go na Chikago wit mi mama. Na bin 1893; di big Wol Paliment fo Rilijon bin de insay seshon. Mi en mama bin de waka na wan men strit, we bak a si di pawaful layt we de shayn. Som pas away, we de strol fri wan, na di... di sem man we a bin don si ia bifo dis tem na vishon. I go nia wan big oditoriom en i los insay di domot.





Mista. E. E. Dickinson of Los Anjelis; i bin aks wan silva kɔp



Sri Yukteswar na yu ɛn misɛf in Kalkata, 1999. 1935. Di ia 1935. I na we dɛn de kɛr go di gift ambɔla- ken



Wan grup we na Ranchi student en ticha den de poz wit di venerabl Maharaja na Kasimbazar (na di sent, we wer wayt). Insay 1918, i bin gi in Kasimbazar Pales en twenti fayv eka na Ranchi as ples fo mi yoga skul fo boy pikin den fo oltem.

"Mama,' a kray, . 'dat bin di man udat don sho at di tem a bin we de drawn!'

"Mi en am bin ron go insay di bildin kwik kwik wan; den bin sidom di man na wan lekcho pletfom. I no tu te, wi kam fo no se na Swami Vivekananda we komot India. 47-1." Afta we i don gi wan tok we de mek mi sol, a go bifo fo mit am. I bin smayl to mi fayn fayn wan, lek se wi na ol padi den. A bin so yong dat a no bin no aw fo sho aw a de fil, bot na mi at a bin de op se i go se i go bi mi ticha. I bin rid wetin a bin de tink.

"No, mi pikin, a noto yu guru.' Vivekananda bin de luk wit in fayn fayn yay den we de chuk am dip dip wan insay mi yon 'Yu ticha go kam leta.' Afta i stop smol, i ad, en smayl se, 'I go ton to yu mo blesin pas aw yu ebul fo ol naw.'

"A komot na Chikago insay som dez," Mista Dickinson kontinyu fo tok, "en a no eva si di big Vivekananda igen. Bot evri wod we i bin tok, den bin rayt am na mi inmost konshens we no go eva don. Ia den bin pas; no ticha no bin apia. Wan net insay 1925 a bin pre dip wan se di Masta go sen mi guru to mi. Afta som awa, a bin wek from slip bay saf saf stres den we a bin get melody. Wan grup we get flut en oda inschrumment den, bin kam bifo mi we den don ful-op di ays wit myuzik we get glori, di enjel den bin los smol smol.

"Di naks ivintem a bin atend, fo di fos tem, wan pan una lekcho den ya na Los Anjelis, en a bin no da tem de se den don gri fo mi prea."

Wi bin smayl at eni oda in set mot.

"Fo ilevin ia naw a don bi yu *Kriya Yoga* disaypul," Mista Dickinson kontinyu fo tok.

"Sontende a kin wonda bot di silva kɔp; i bin don lɛf smɔl fɔ mek a biliv misɛf se Vivekananda in wɔd dɛn na jɔs metaforik. Bot Krismas nɛt, as yu de gi mi di skwea bɔks nia di tik, a bin si, fɔ di tɔd tɛm in mi layf, di sem we de mek pɔsin in yay shayn flash ɔf layt. Insay di ɔda minit a bin

de luk mi guru in gift we Vivekananda bin don si fo mi foti tri ia bifo-wan silva kop!"

.....  
Di chif disaypul of di I tan lek Krays masta Sri Ramakrishna bin de tok bot am .1 :47-1

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## CHAPTER: 1 . 48. Na di 48

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### *Na Encinitas we den kol Encinitas Insay di Kalifonia*

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"Saprayz, sa! Di tem we yu no de na oda kontri wi don mek den bil dis Encinitas emitaj; na 'welkom-os' gift!" Sista Gyanamata bin de smayl en ker mi go na wan get en go op wan rod we get tik den we get shed.

A si wan bildin we de komot lek big wayt layn na di si we de go na di blu brin. Fos we no de tok, don wit "Oh's!" en "Ah's!", las las wit man in inof wod fo gladi en tenki, a egzamin di ashram-sikstin big rum den we no komon, we den pik eni wan pan den fayn fayn wan.

Di big big sentral ol, wit big big winda den we ay lek di siling, de luk op wan olta we get wanwod we get gras, si, skay-wan simfoni we den mek wit emirald, opal, safaya. Wan mantle oba di big faya ples na di ol de ol di freym we tan lek Lahiri Mahasaya, we de smayl in blesin oba dis fa Pasifik evin.

Dairekt dɔŋ di ol, we den bil insay di blof, tu kev den we de mek posin tink gud wan, de mit di skay en si we no get end. Verand den, say den fo was di san, boku boku frut den, wan yukalipti tik, flagston rod den we de pas tru ros en lili den to kwayet tik den, wan long stej we de don na wan bich we no de nia en di big big wata! Yu tink se drim bin eva konkrit mo?

"Mek di gud en heroic en boku boku sol den fo di oli wan den kam ya," na so "A Prayer for a Dwelling," from di *Zend-Avesta* , we den tay pan wan pan di erimita domot den, "en mek den go an to an wit wi, gi di hiling gud kwaliti den fo den blesin gift den we de olsay lek di wol, fa fawe lek di riva den, we ay lek di san, fo mek pipul den we bete pas oda pipul den go bifo, fo mek den get boku boku tin den en get glori.

"Mek fo obe win di wan den we no de obe insay dis os; mek pis win ya oba di wanwod; fri-at fo gi oba di wan den we want fo du sontin, fo tok tru tru tin pas fo ful posin, fo mek wi get respekt pas di we aw posin no de tek am. Mek wi maynd gladi,

en wi sol den go op, mek wi bōdi get glori bak; en O Layt Divayn, mek wi si Yu, en  
mek wi, kam nia, kam rawnd Di, en rich to Yu yon

ol kōmpinship fō de wit pōsin!"



Encinitas, California, we de luk oba di Pasifik. Men bildin en pat pan di grōn  
fō di Self-Realization Fellowship

Dis Self-Realization Fellowship ashram bin dōn mek am pōsibul tru di fri-an we sōm  
Amerikin disaypul dēn, Amerikan biznēsman dēn we nō get end, we stil de fēn tēm  
evride fō dēn *Kriya Yoga* . Dēn nō bin alaw wan wōd bot di erimita kōnstrōkshōn fō  
rich to mi di tēm we a bin de na India en Yurop. Astonishment, gladi at!

Insay di fōs ia dēn we a bin de na Amerika a bin dōn kōm di si na Kalifonia fō fēn  
smōl say fō mek wan ashram nia di si; enitem we a bin dōn fēn fayn ples, sōm tin  
dēn bin de ambōg mi oltēm fō mek a nō ebul fō du am. We wi de luk naw oba di  
brayt ak dēn na Encinitas, 48-1 ombul a si di fulfilment fō Sri Yukteswar in prōfesi  
we bin dōn de fō lōng tēm we nō get eni tray: "a hermitage by the ocean."

Afta sōm mōnt, Ista insay 1937, a bin kōndōkt pan di smōl smōl lawn dēn na  
Encinitas di fōs tēm bōku pan di Sunrise Savis dēn. Lēk di majik man dēn we bin de  
trade, sōm ɔndrēd student dēn bin de luk wit divoshōnal awe pan di mirekul we dēn  
kin du evride, we na di fōs solar faya rite na di ist pat na di skay. Na di west pat, di  
Pasifik we nō de dōn, bin de mek pipul dēn prez am bad bad wan; na di fa, wan smōl  
wayt bot we de sel, en wan sigul we de flay in wan. "Krays, yu dōn get layf bak!"  
Noto wit di vernal san nōmō, bot na di eternal dawn fō Spirit!

Bōku gladi gladi mōnt dēn bin de pas kwik kwik wan; insay di pis we pafekt biuti a  
bin ebul fō dōn na di emitaj wan wok we dēn bin dōn projekt fō lōng tēm, *we nem*  
*Cosmic Chants* . A bin set to English wōd dēn en Westinian myuzik noteshōn bot fōti  
siŋ dēn, sōm ɔrijinal, ɔda wan dēn mi adapteshōn fō ol ol myuzik. Inklud di  
Shankara chant, "No Bōn, Nō Day"; tu fevrit fō Sri Yukteswar in: "Wek, Yet Wek, O  
mi Sent!" en "Disire, mi Gret Enimi"; di hoary Sanskrit "Hymn to Brahma"; ol  
Bengali siŋ dēm, "Wetin Laytin Flash!" en "Dēn Dōn Yeri Yu Nem"; Tagore in "Udat  
de na mi Tēmpl?"; en bōku pan mi kōmpozishōn dēn: "A Go Bi Yu ɔltēm," "In di Land  
Biyon mi Drim," "Kam ɔt na di Saylent Skay," "Lisin to mi Sol Kōl," "In di Tēmpl fō

Saylens," en "Yu Na mi Layf."

Fo wan di fɔs wɔd dɛn to di sinbuk fɔ sin a bin tɔk bak bɔt am mi fɔs spɛshal ɛksperiɛns  
wit di di we aw pɔsin kin tek am ɔf

Westinian den to di kwayet divoshonal eya den na di Is. Di tem bin don bi poblik lekcho; di tem, Epril 18, 1926; di ples, Carnegie Hall na Nyu Yok.

A bin don tel wan Amerikin student se: "Mista Hunsicker, a de plan fo aks di odiens fo sij wan ol Indu chant, 'O God Fayn!'"

"Sir," Mista Hunsicker bin don protest, "den Oriental sij ya na alien to Amerikan ondestandin. Na shemful tin if di lekcho bin fo don mared wit koment bot tomato we don rayp pasmak!"

A bin don laf en no gri wit dat. "Myuzik na yunivasal langwej. Amerika pipul no go fel fo fil di sol- aspireshon insay dis ay ay chant." **48-2**

We di lekcho bin de, Mista Hunsicker bin don sidom bien mi na di pletfom, sontem i bin de fred fo mi sef. Di dawt we i bin get no bin get eni rizin; noto jos di vegjetabul den we den no bin welkom no bin de, bot fo wan awa en twenti fayv minit di strayn den we den kol "O God Fayn!" bin don de sawnd we den no bin de ambog am from tri tawzin di trot den. Blase'. No long pas dat, . valyu Nyu Pipul den we de na Jok; yu at den bin don flay op insay wan simpul paeen fo gladi! Divayn hilin den bin don apin da ivintem de bitwin di divot den we de sij wit lov di Masta in blesin nem.

Di layf we posin we de ple myuzik we de rayt buk bin de liv ayd, noto bin mi wok fo long tem. I no tu te, a bin de sheb evri tu wiks bitwin Los Enjels en Ensinitas. Sonde savis, klas, lekcho bifo klab en koleji, intavyu wit student den, korespondens we no de stop, atikul fo *Is-West*, dairekshon fo di aktiviti den na India en boku smol senta den na Amerika siti den. Boku tem den bin gi, bak, fo arenj *Kriya* en oda Self-Realization Fellowship tichin den insay wan sirios stodi fo di fa fa yoga pipul den we den zil bin no se no limiteshon fo spes.

Gladi at de bien sontin of wan Fo no yusef Choch of Ol Rilijon den bin tek ples in 1938. Di ia 1938 at Washinton, 1999.

DC Set midul landscaped graund, di stet choch tinap na wan pat na di siti aptly we den kol "Friendship Heights." Di lida na Washinton na Swami Premananda, we lan buk na Ranchi skul en Kalkata Yunivasiti. A bin don kol am insay 1928 fo tek di lidaship fo di Washinton Self-Realization Fellowship senta.

"Premananda," a tel am we a bin de go na in nyu tempul, "dis Istan hedkwata na memorial in ston fo yu devoshon we yu no taya. Na ya na di neshon in kapital yu don ol op di layt fo Lahiri Mahasaya in ideal dem."

Premananda bin go wit mi from Washinton fo wan shot visit na di Self-Realization Fellowship senta na Boston. Na big big gladi at fo si bak di *Kriya Yoga* band we bin don kontinyu fo tinap tranga wan from 1920! Di lida na Boston, Dokto M. W. Loys, bin lod mi kompin en misef na wan modan, atis dekoreshon suit.



"Sir," Døkta Løys se to mi, i smayl, "di tøm we yu bin de fōs na Amerika yu bin de na dis siti na wan rum, we nō get bat. A bin want mek yu no se Bōston get sōm fayn fayn apatment dēn!"

Di shado den fo kil pipul den we bin de kam nia bin de long ɔlsay na di wɔl; ɔlredi di akyu yes kin yeri di drɔm den we de mek pipul den fred fo fet. We a bin de intavyu boku boku pipul den na Kalifonia, en tru wan kɔrespɔndens we a bin de rayt ɔlsay na di wɔl, a bin kam fo no se man en uman den bin de rili luk fo den at; di trajik ɔda insekyuriti bin don eksplen nid fo di Eternal Ankɔrej.

"Wi don rili lan di valyu fo meditashɔn," di lida fo di London Self-Realization Fellowship senta bin rayt to mi insay 1941, "en no se natin no go ambɔg wi insay pis. Insay di las wiks we wi de du di mitin den wi don yeri wɔnin den we pipul den de yuz ɛya-rɛyd en lisin to di bɔm we de bɔn dilay-akshɔn bɔm den, . bot wi student den stil gɛda en gud gud wan enjoy wi fayn fayn savis."

Wan ɔda leta bin rich to mi frɔm England we wɔ bin don ambɔg jɔs bifo Amerika go insay di fet. Insay wan wɔd den we rili sɔri, Dɔktɔ L. Kranma Byng, we na wan bigman pan di editɔ fo di buk we nem *The Wisdom Of The East Series* , bin rayt se:

"We a rid *Is-West* a rialize aw fa apat wi tan lek, i tan lek se wi de liv insay tu." difren wɔl den. Biuti, ɔda, kol at, en pis kam to mi frɔm Los Anjɛlis, sel insay pɔt as wan bot we ful-ɔp wit di blɛsin en kɔmfɔt we di Oli Grel de gi to wan siti we den don rawnd.

"A si lek se na drim yu pam tik grov, en di tempul na Ensinitas wit in si strɛch en mawnten vishɔn, en pas ɔl in feloship wit spiritual maynd man en uman, wan kɔmyuniti we kɔmprehnd insay wanwɔd, absɔb insay kriyaytiv wok, en ful-ɔp wit kɔntemplɛshɔn. Na di wɔl we mi yon vishɔn, insay di mek we a bin op fo bia mi smɔl pat, en naw." .

"Sɔntɛm insay di bɔdi a no go ɛva rich una gold shores ɔ wɔship na yu tempul. Bot na sɔntin en mɔ, fo don get di vishɔn en no se insay di midst of wɔ pis stil de we de na una haba en bitwin una il dɛm. Gritin to ɔl di Feloship frɔm wan kɔmɔn sojaman, we den rayt na di wachtawa we de wet fo di do."

Di wɔ ia den bin mek man den we di tin den we bin de ambɔg den no bin ɛva get fo du wit fo stɔdi di Nyu Testament, wek pan Gɔd biznɛs. Wan swit distilment frɔm di bita ɔyl den we den kin yuz fo fet wɔ! Fo satisfy wan nid we de gro, den bil en gi wan smɔl Self-Realization Church of All Religions we get inspekshɔn in 1942. Di ia 1942 at Holiwud we den kɔl Hollywood. Di ples fes den Oliv Il en di we de fa fawe Los Anjɛlis Planetarium. Di chɔch we den don don wit blu, wayt, en gold, de sho midul di wata haysint den we de na wan big pul. Di gadin den na gay wit flawa den, sɔm ston dia den we sɔprayz, wan steyn glas pergola, en wan kwayet wish wɛl. Trowe in wit di peni en di kaleidoscopic wishes of man don bi plenti a pure aspiration for di sole treasure of Spirit! Wan yunivasal benigniti de flo frɔm smɔl nich den wit statu den fo Lahiri Mahasaya en Sri Yukteswar, en fo Krishna, Buddha, Kɔnfyushɔn, Sent Fransis, en wan fayn mama-ɔf- pal riprodakshɔn fo Krays na di Las Sɔpa.

Wan oda Self-Realization Church of All Religions bin stat insay 1943 na San Diego.  
Na kwayet tɛmpul we de ɔp di il, ɛn i tinap na wan vali we get yukalipti we de slop,  
ɛn yu kin si di San Diego Bay we de shayn.

We a bin sidɔm wan ivintɛm na dis ples we kwayet, a bin de siŋ mi at. Onda mi finga  
dɛn, na bin di chɔch ɔgan we get swit toyn, ɛn na mi lip dɛn bin get wan ol Bengali  
kray we i bin de kray we i bin de kray

di wan we de woship Gôd udat bin bin de luk fô am fô sote go korej: .

Insay di dis wôl, Mama, nôn kin lôv mi;  
Na dis wôl dên nô no lôv divayn. Usay klin  
lôv de we gêt lôv?  
Usay pòsin de we rili lèk Yu? Na  
de mi at rili want fô de.

Mi kômpin we bin de na di chapel, we nem Dôktô Loyd Kenel, we na di lida fô di  
senta na San Diego, bin de smayl smôl we i si di wôd dên we di siñ bin tók.

"Tel mi tru, Paramhansaji, i dôn fayn fô am?" I bin de luk mi wit ol in at. A  
ondastand in lakônik kweshôn: "Yu dôn gladi na Amerika? Wetin bôt di  
disapoyntment, di at at, di senta lida dêm we nô bin ebul fô lid, di student dêm we  
nô bin ebul fô tich?"

"Blêsin fô di man we di Masta de têt, Dôkta! I dôn mêmber naw ên naw fô put lod pan  
mi!" So, a bin tink bôt ol di fetful wan dên, bôt di lôv ên divoshôn ên ondastandin we  
bin de na di at fô Amerika. Wit slo emphasis a go on, "Bôt mi ansa na: Yes, wan  
tawzin têm yes! I dôn bi worth-while; i dôn bi wan konstant inspekshôn, mô pas êni  
ôda têm we a bin de drim, fô si West ên Is de kam nia insay di wan ol bond we go las,  
di spiritual!"

Saylent wan ad wan prea: "Mek Babaji ên Sri Yukteswarji fil se a dôn du mi pat, nô  
disapoynt di ay op we dên sên mi wit."

a tòn igen to di ôgan; dis têm mi siñ bin tinged we dên mek wit wan martial we dên kin  
yuz fô fet valor: 1.

Di grindin wil fô Taym de mar Ful  
bôku layf fô mun ên sta Ên bôku wan  
brayt smayl mônin- Bôt stil mi sol  
de mach pan!

Daknês, day, ên tin dên we nô bin  
ebul fô du bin de fet; Fô blok mi rod  
dên bin tray tranga wan;  
Mi fet wit jêlôs Nature's strong- Bôt  
stil mi sol de mach pan!

Nyu Ia wik insay 1945 bin fən mi na wokples na mi Encinitas stədi, en a bin de rivyuz di manuskrip fə dis buk.

"Paramhansaji, duya kam na do." Dəktə Ləys, we bin kam fən mi frəm Bəstən, bin smayl to mi en beg mi frəm ɔdasay na mi winda. I nɔ tu te, wi bin de waka waka na di san. Mi kəmpin bin pɔynt nyu tawa dən we dən de bil nia di edj fə di Fəloʃhip prɔpati we de nia di kɔst aywe.

"Sir, a si plenti improvement hia sins mi las visit." Dəktə Ləys kin kam tu tɛm ɛvri ia frəm Bəstən to ɛnsinitas.

"Yes, Dəktə, wan prɔjek we a dən de tink bɔt fə lɔng tɛm dən bigin fə tek difinit fəm. Insay dən fayn fayn say ya a dən stat wan smɔl wɔl kɔloni. Brədaship na ideal we dən ɔndastand mɔ bay ɛgzampul pas prɛzɛpt! Wan smɔl grup we gɛt wanwɔd ya kin inspekt ɔda ideal kɔmyuniti dən oba di wɔl."

"WAN wɔndəful pɔynt, sa! Di kɔloni go fə tru bi wan go bifo if ɔlman wit yu at du in pat!"

"'Wɔl' na big wɔd, bɔt man fə mek in əleji, kɔnsidərə inɛf insay di layt fə wɔl sitizin," a kɔntinyu fə tɔk. "Pɔsin we rili fil se: 'Di wɔl na mi kɔntri; na mi Amerika, mi India, mi Filipins, mi Ingland, mi Afrika,' nɔ go ɛva lɔs skɔp fə yusful en gladi layf. In natura lokal prayz go nɔ limitlɛs ɛkspɛnshən; i go de in tayt wit kriyaytiv yunivasal kɔrɛnt."

Mi en Dəktə Ləys bin stɔp ɔp di lotus pul nia di ɛmti ples. Dən dɔŋ wi, di Pasifik we nɔ get limit bin de.

"Dis sem wata dɛm de brok ikwal na di kɔst dɛm na Wɛst ɛn Is, na Kalifonia en Chaina." Mi kəmpin trowe smɔl stɔn insay di fɔs wan pan di sɛvinti milyɔn skwea mayl we de na di si. "Encinitas na wan simbolik ples fə wan wɔl kɔloni."

"Na tru, Dəktə. Wi go ɛrenj ya fə bɔku kɔnfrens ɛn Kɔngres fə Rilijɔn, we wi go invayt pipul dən we kɔmɔt na ɔl di kɔntri dən. Flag dən fə di nɛʃən dən go hang na wi ɔl dən. Dən go bil smɔl smɔl tempul dən oba di grɔn, we dən go gi to di mɛn rilijɔn dən na di wɔl."

"As soon as possible," a kɔntinyu fə tɔk, "A plan fə opin wan Yoga Instityut ya. Di blɛsin wok we *Kriya Yoga de du* na di Wɛst nɔ jɔs dən bigin. Mek ɔl man kam fə nɔ se wan difinit, sayɛns tɛknik de fə nɔ dɛnsɛf fə win ɔl mɔtalman misɛf!"



Pipul den we bin de tok na wan 1945 Intareshonal Mitin na San Fransisko we den bin de kol di Pis Konfrrens. (Left to rayt) Dokto Manek Anklesaria, Jon Kchi, misef, Hugh E. MacBeth, Vince M.



Di Self-Realization Church of All Religions na Washinton, DC, we den lida, Swami Premananda, de ya na di pikcho wit mi



Mi we pōsin kin rēspēkt papa, sidom ples in di kwayet wan lotus we dēn kōl  
lotus di we aw pōsin de tinap, . Kalkata, 1999. 1936. Di ia 1936

Fa te di net mi dia padi-di fōs *Kriya Yogi* na Amerika- bin tōk wit mi bōt di nid fō mek  
di wōl kōloni dēn we dēn bil pan spiritual besis. Di ills we dēn atribyut to wan  
anthropomorphic abstrakshon we dēn kōl "sosayti" kin layt mō rial wan na di domot  
fō Ēvrیمان. Utopia fō spring insay di prayvet bōdi bifo i go flawa insay sivik gud  
kwaliti. Man na sol, noto institiushon; in insay rifom dēn nōmō kin mek di wan dēn  
we de na do kontinyu fō de sote go. Bay we dēn stres pan spiritual valyu dēn, self-  
rializashon, wan kōloni we de egzampul di wōl brōdaship get pawa fō sēn inspekt  
vaybreshon fa fawe pas in lokal.

Ōgōst 15, 1945, we di Wō Tu bin dōn! Wan wōl dōn dōn; dawn fō wan Atōmik Ēj we  
nō izi fō ōndastand! Di pipul dēn we bin de na di ēmti ples bin gēda na di mēn ol fō  
pre fō tēl tēnki. "Papa we de na ēvin, mek i nō ēva bi igen! Yu pikin dēn go go bifo  
naw lēk brōda!"

Di tēnsion we bin de insay wō ia dēn nō bin de igen; wi spirit dēn bin de rōtin na di  
san we get pis. A bin de luk ēni wan pan mi Amerikan kōmpin dēn wit gladi at.

"Lōd," a tink wit tēnki, . "Yu." has dōn gi dis mōnk wan big famili!"

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WAN smōl tōj pantap Kost Di aywe 101, 101. Encinitas we dēn kōl Encinitas na 100. Na di 100 mayl dēn .1 :48-1

sawt of Los Anjēlis, 1999. ēn 25. Na di 25 mayl dēn nōt of San Diego. 48-2: A translet ya di wōd dēn na Guru Nanak in

O God rili fayn! O God rili  
.,fayn! Na di forest, Yu na gron

Na di mawnten, Yu de ay, In di  
riva, Yu droin restless, Insay

!di si, Yu na grev

To di savisful, . Yu droin savis, To  
,di posin we lek, Yu na lov

,To di sori-at, . Yu droin sori fo



!To di yoga, . Yu droin enjoy

0 God rili fayn! 0 God rili

!fayn! Na Yu fut, 0I de bow



## :Apendiks:bay



Sayba spes Ashram fɔ Kriya Yoga, Gɔd Yoga,  
Divayn Lɔv ɛn Gɔd-rializashɔn



Dis "Autobiography of a Yogi" na frɔm di ɔrijinal  
tɛks dɛn 1946 - fɔs edishɔn. Di kɔpirayt fɔ di fɔs  
edishɔn 1946 dɔn dɔn na USA ɛn dis buk we  
inspekt pas ɔl naw na pɔblik domɛyn ɛn fri fɔ ɔl di  
..wɔl



Dɛn dɔn mek di eBook we de insay PDF fɔmat yuz  
Acrobat 7.0 Professional ɛn dɛn prɛzɛnt am to yu  
na di [Saybaspes Ashram](#) - Di kɔmplit tichin bɔt lɔv  
de min di ditayli initiashɔn to di oli sayɛns fɔ  
Kriya Yoga de fɔ fri ɔnlayn na [www.  
kriyayoga.com](http://www.kriyayoga.com) we de na di wɛbsayt . Di  
Saybaspes Ashram dɔn fɔdɔm 1997 wit di  
wangren rizin fɔ briŋ to ɔl di wɔl di ɔrijinal tichin  
dɛn bɔt lɔv inklud di kɔmplit ɛn ditayl initiashɔn to  
.di oli sayɛns fɔ Kriya Yoga



Mek mi papa in lɔv ɛn blɛsin go ɔp ɛn klin yu  
maynd, tink ɛn at fɔ izi yu rod fɔ lɔv os. Lɔv  
na di ki to Gɔd - . Lɔv na ɔl wetin Gɔd de gi  
yu - fɔ gɛt lɔv yu nid fɔ gi lɔv - natin pas lɔv



Ovaviu fɔ sɔm pan di men pat dɛn na  
di Saybaspes Ashram

- 
1. To stat di praktis fɔ Kriya Yoga prɔpa - Mek  
shɔ se yu rili dɔn de rid di bɔku bɔku ɔndrɛd  
pej dɛn we dɛn dɔn pabliŋ na di [Cyberspac  
e Ashram](#) we de na di wɔl inklud ɔl di pat  
dɛn:
  2. [Pantap yu wing dɛn ɔf lɔv - . pantap yu we to Gɔd](#)
- 
- 
- 
- 
- 
- 
- 

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3. [Na tin den we get fɔ du wit Gɔd biznɛs Maykrolɛta den](#)
  4. [Na tin den we get fɔ du wit Gɔd biznɛs Nyuslɛta den](#)
  5. [FAQ we den kin aks](#)
  6. [Wit Lɔv frɔm Gɔd to yu](#)
  7. Ustɛm rid ɔl am fayl ɛn sɛkshɔn den na di Saybaspɛs Ashram - yu go si di rayt tɛm di rial diksha-pej we de na di pej wit ɔl nid di ditel den bɔt di teknik den we den kin yuz ɔf th eholy sayɛns ɔf Kriya yoga we yu de du. Bi rɛdi fɔ rid ɔl, fɔ stɔdi ɔl te yu ɔndastand ɔl ɛn fɔ dɔn praktis di tichin den bɔt lɔv na ɔl di pat den na yu ɛvrɪdɛ layf fɔ gɛt sakrifays na yu Kriya Yoga prɛktis. Kriya Yoga na di motoka os to Gɔd - lɔv na di fiul na yu rod fɔ lɔv os.



Wit Lɔv ɛn Bliss

hans

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[Gɔd na Lɔv](#) | [Lɔv](#) | [Tichin den bɔt Lɔv](#) | [Gɔd in yon pikin fɔ Lɔv](#) | [Lɛsin den bɔt Lɔv](#) | [Lan fɔ se "Mi." lɔv yu"](#) | [Lan fɔ aksept lɔv"](#). | [Lɔv de tɛst ɛn d Lɔv fidbak](#) | [Spiritual Fɔm - Solwɛshɔn den fɔ Lɔv](#) | [LoveCards fɔ se "A .lɛk yu](#)

# Troza fɔ Waiz

**Paramhansa Yogananda, we de  
wok fɔ yu**

**Atikul dɛn we gɛt fɔ du wit Gɔd  
biznɛs**



**Smɔl tin dɛn frɔm di layf we pɔsin we gɛt sɛns bin**

**liv**

Na Shri Daya Mata, we na bin prɛsident fɔ di Sɛlf-  
Knowledge Society, rayt am

We bin rayt di tichin den we di ticha Paramhansa  
Yogananda bin de tich en kip den fo jenereshon den  
We a bin si Paramhansa Yogananda fo di fostem, i bin de  
gi tok to boku pipul den we bin soprayz na Sol Lek Siti insay  
1931

We a tinap na di bak kona na di ol we ful-op wit pipul  
den, a no bin no oltin we bin de rawnd mi pas di posin we de  
tok en in wod den  
Mi ol biin bin de insay di divayn sens en lov we bin de flo  
insay mi sol, ful-op mi at en maynd Ol wetin a bin ebul fo tink  
na, "Dis posin lek God jos lek aw a bin de want fo lek am  
oltam I sabi God, en na dat a go fala" En na dat a don du from  
da tem de

As a bin de fil di glori spiritual pawa we in wod den get  
na mi layf insay den fos ia den de wit mi venerabl ticha  
Paramhansa, wan strong sens fo urjensi bin kam insay mi fo  
rayt en kip in sensful wod den fo di wan ol wol en fo ol di  
jenereshon den

Laki se, insay di boku ia we a bin de kip kompinn wit  
Masta Paramahansa, a bin rayt in lekcho den en in yon  
advays den—na big en boku boku propati we get sens we de  
mek wi soprayz en we get speshal lov we God get  
Di inspekshon we di enjel ticha bin gi bin de flo boku  
boku wan, we i bin de sho we i bin de kontinyu fo tok; boku  
tem i bin de tok fo som minit den wan tem en i no bin de stop,  
o kontende i bin de tok fo wan ful awa

As di wan den we bin de lissin to am bin sidom wit  
soprayz en fas, mi pen bin de mov wit spid we nobodi no go  
biliv! As a de transkrib in wod den yuz shothand, a bin fil lek  
se wan speshal blesin don kam don, en wantem wantem i  
translet di ticha in voys to shothand simbul den na di pej den  
Fo transkrib am to odinari raytin na bin—en i stil de—na  
oli wok en blesin akt te tide lvin afta ol dis tem—som pan di  
tin den we a don si de bifo pas foti ia—we a begin fo transkrib  
am, a kin si se i fresh na mi maynd, lek se den rayt am

yestede, te a kin yeri—insay evri wan frayz—di difren tɔyn we  
di enjɛl gɛt Masta in vɔys, insay di dip dip ples dɛn na mi sol  
Di ticha nɔ bin de pripia in lekchɔ dɛn smɔl If i bin pripia  
atɔl, i go dɔn bi fɔ rayt sɔm tru tin dɛn kwik kwik wan ɛn fɔ  
shot tɛm We wi de go na di tɛmpul, i go aks wan pan wi—we  
de insay di motoka—se

Wetin na di tɔpik fɔ mi lekchɔ tide?" I go fos in maynd "  
pan di tɔpik ɛn afta dat i go gi di lekchɔ extemporaneously,  
pul frɔm wan insay wɛlspring we divayn inspekshɔn  
Dɛn bin de anawns di tɔpik dɛn we di ticha in lekchɔ dɛn  
bin de tɔk bifo tɛm na di tɛmpul dɛn, bɔt sɔntɛnde in maynd  
bin de wok na difren say we i begin fɔ tɔk  
I nɔ mata di tɔpik fɔ di de, di ticha bin tɔk di tru tin dɛn  
we bin de ɔkup in kɔnshɛns da tɛm de, i bin de tɔn invaluable  
no insay wan kɔntinyu strim frɔm in spiritual ɛkspiriɛns ɛn  
intuitiv, sɔm ɔndastandin Klose to ɔltɛm, we di sɛmin dɔn,  
bɔku pipul dɛn go kam bifo fɔ sho dɛn tɛnki fɔ di layt we i bin  
dɔn gi dɛn pan wan tin we bin dɔn trɔbul dɛn, ɔ sɔntɛm fɔ di  
ɛksplen bɔt wan filɔsofik aidia we bin rili intres dɛn  
Sɔntɛnde, we di ticha de gi lekchɔ, di ticha in kɔnshɛns  
go so ay dat i go fɔgɛt di ɔdiɛns fɔ smɔl tɛm ɛn tɔk to Gɔd  
dairekt wan In wan ol pɔsin bin ful-ɔp wit gladi at ɛn ful-ɔp  
wit divayn lɔv

Insay dɛn stet dɛn de we i bin gɛt ay kɔnshɛns, in  
kɔnshɛns bin gri pafɛkt wan wit di divayn kɔnshɛns, so i bin  
de si di trut insay insɛf ɛn tɔk bɔt wetin i bin de ɛkspiriɛns ɛn  
si

ɔda pipul dɛn go dɔn fred fɔ Paramhansa Yogananda in  
brayt brayt prezɛns, bɔt in wam wam, nɔ de mek lɛk se i de  
mek lɛk se i de, ɛn kwayɛt we i ɔmbul, bin mek ɔlman we bin  
de de gɛt pis ɛn kwayɛt wantɛm wantɛm ɛnibɔdi bin fil lɛk se  
di masta in wɔd dɛn na fɔ dɛnsɛf

Yumo ɛn layt-at spirit na bin fayn fayn kwaliti dɛn we di  
ticha gɛt wit wan wɔd we i tek tɛm pik, wan we we gɛt minin,  
ɔ wan fayn fayn fes we i de sho, i kin mek pɔsin ansa fayn ɛn

laf wit ol in at di pafekt tem fo mek wan patikyula poynt klia ol  
fo mek di wan den we de lisen fil fri afta den don pe atenshon  
mo pan wan patikyula topik ol wan dip en subtil kwestyon  
Posin no go ebul fo rayt di speshal prapati den na buk Di  
ovalala charakta fo Paramhansa Yogananda na shayn, vibrant,  
en lov Bot, mi ombul op fo gi dis shot transleshon na fo gi mi  
yon lukin-gron we go mek di wan we de rid enjoy en gladi fo  
di tin den we i de tich

Afta a don witness mi enjel ticha insay pafekt wanwod en  
oli agriment wit di Divayn Prezens, en a don yeri di buku trut  
den en di at we i de ton in rich en fayn spirit; we i don rayt in  
big big tichin den fo ol di jenereshon den; en naw we a de put  
den na di wan den we de rid, a no ebul fo ep bot a de ala se:

!Oh, mi big gladi

A de aks God Olmayti fo mek di ticha in fayn fayn wod  
den opin di domot den fo get strong fet pan God en divayn lov  
fo am na di at fo di wan den we want am

## **Tiori bot Riinkarneshon Den kin pruv am bay**

**sayens**

If posin biliv se God we de du wetin rayt na di wan ol  
wol, i kin izi fo gri wit di aidia fo bon bak, bikos di tu tin den  
de dipen pan densaf Bot wetin wi go se bot pipul den we no  
biliv en pipul den we no biliv se God de? Yu tink se sayens go  
ebul fo pruv di rial tin bot posin we bon bak fo mek den  
satisfay? En yu tink se sayensman den kin rili stodi di tiori bot  
posin we bon bak, noto jos fo gi op bot fo gi pruf bak fo se i na  
?tru

Sayensman den we de stɔdi bɔt tin den kin tɔk se den nɔ  
dɔn fɛn ɛni rial pruf yet fɔ se Gɔd de, ɛn dat mek den nɔ ebul  
fɔ gi ɛni pruf fɔ se In jɔs lɔ de we de gi ɔl mɔtalman ikwal  
chans fɔ evolv ɛn go bifo bay we den go bak to mɔtalman  
Di sɔfa we pikin den we nɔ du natin de sɔfa, di we aw  
pipul den nɔ de trit den rayt, ɛn di we aw den nɔ de du tin  
tret na layf, ɔl dis to den sayensman den de tan lɛk tin den  
we nɔ klia ɛn we den nɔ go ebul fɔ ɛksplen, we de sho se  
pɔsin we mek ɔltin nɔ de du wetin rayt

Na di ɔda say, bɔku pan di wan den we biliv pan Gɔd we  
rayt ɛn we ikwal, de bays den kɔnvikshɔn pan biliv nɔmɔ, den  
nɔ gɛt ɛni pruf fɔ gi pipul den we nɔ biliv Bɔku tɛm Den kin  
shem fɔ chɛk den fet gud gud wan ɔ aks am kwɛstɪjɔn den we  
gɛt lɔjik bikɔs den de fred se den go lɔs am ɔ mek pipul den  
nɔ gɛt wanwɔd na di soshal layf In ɔda wɔd den, den nɔ no  
ɛni sayens ɔ spiritual lɔ we go mek den biliv wetin den biliv  
Bɔt wetin mek den nɔ de du di sem strong investigeshɔn  
pan spiritual lɔ lɛk di we aw sayensman den de yuz fɔ tray fɔ  
no bɔt di tin den we de apin na di wɔl? Dis kwɛstɪjɔn bin aks  
bɔku bɔku ia bifo bay spiritual masta sabi bukman den na  
India, we bin volontia fɔ ansa am Den ɛksperiens den bin gi  
sayens we den we ɛnibɔdi kin yuz fɔ pul spiritual lɔ, ɛn so, fɔ  
ɔndastand riinkarneshɔn ɛn ɔl di las tru tin den we de na di  
wɔl

As lɔng as di we fɔ pruv de, nɔbɔdi nɔ gɛt rayt fɔ se fɔ go  
bak to mɔtalman ɛn ɔda lɔ den we gɛt fɔ du wit Gɔd biznɛs  
nɔ kɔrɛkt pas i dɔn tray di we den ɛn si di tru tin den wit in  
yon yay

Di pɔsin we de stɔdi bɔt di tin den we de apin na di wɔl  
we nɔ biliv, gɛt rayt fɔ tɔk wetin i tink, bɔt i stil jɔs bi sɔntin  
we i tink ɛn nɔto tru tin

Insay di natura sayns, den fɔ fala spɛshal prosidur fɔ  
pruv ɛni tiori we den de investigat Jɛm den nɔ de si wit di  
nekɛd yay, so maykroskɔp nid fɔ de fɔ wach den If pɔsin nɔ  
gri fɔ luk tru maykroskɔp, den nɔ go ebul fɔ se den dɔn chɛk



en chek di tiori bot jem den de So dat mek den opinion no de  
ker eni wet bikos den no fala di lo den we den don rekomen  
fo pruv di di tiori in validiti

Na di sem tin kin apin to spirituality Den don mek we  
den, den don mek lo den, en den don prezent di rizolt to  
enibodi we redi fo eksperiens Bot Insay di Westinian wol, di we  
aw sayens no de fo chek di lo den we get fo du wit spiritual tin  
den don rili stop di valyu we rilijon get as impotant pawa na  
motalman layf Den de tek o no gri wit spiritual tichin den  
akodin to wetin posin biliv pas fo tek am se na di difinitiv  
autkam fo in-depth stodi en sistametik spiritual inkwyuizho  
Aw di ol Indian sensman den bin kam fo no bot den lo  
den ya we no de chenj na di wol? Bay we wi de du eksperiens  
pan motalman layf en tink na di laborator dem na den emitaj  
Fo ondastand di kayn we aw natura tin den de, wi fo tray wit  
natura matirial Semweso, fo fen di trut bot riinkarneshon, o di  
transmigreshon fo di sem sol tru boku bodi, i nid fo du  
eksperiens pan motalman konshens

Den masta sabi bukman ya trade trade bin si se di  
motalman sef no de chenj ol di tem we posin de liv, pan ol we  
difren tin den kin apin en i kin chenj di we aw i de tink we i de  
wek, we i de drim, en we i no de drim Den bin kam fo no se di  
tin den we posin kin fil we i de fil, di say we i de, di we aw i  
de tink, en di we aw i de fil, ol kin chenj, bot di we aw posin  
kin fil fo insef, o di we aw i de tink, no kin chenj atol from we  
den bon am te i day

Indian sayensman dem we de du eksperiment don  
konfyus se if posin tek tem pe atenshon pan di sef tru  
kontinyu, konshens, en indipendent monitarin fo am,  
indipendent from di chenj chenj stet dem fo wek, drim, en slip  
we no de drim, posin kin no di konstant en eternal nature of  
di self

Borku tem posin kin no wan pan den stet ya Den kin no  
bot am we i de wek, en somtem den kin no bak bot aw i de  
drim I no kin izi fo fil se posin de drim we i de drim

Tru som we en prōsis, pōsin kin kontinyu fō no bōt eni  
wan pan di stet dēn we wi dōn tōk bōt Dēn kin ivin ebul fō  
rich di nōmba 4 stet—di blēsins stet we gēt ay kōnshēns  
want de apin as di aktiviti ɔwe yu de slip, rilaks we yu n  
mtēm wit prēktis, i kinōna di nēv dēm en di sēns dēm de s  
ɔ t Insay dip slipōnsēns ēfōindyuz dis rilaks we i wek en tru k  
m di atōt frōmōday, komplīt rilaks de apin as layf enēji de k  
ɔn, dis komplīt rilaks kin kōd Tru dip mēditeshōen spēnal k  
d, evri involuntary bodilyōda wō nsēns indyuz we i wek In  
function kin kōntrol am wit kōnshēns en bay wilful tru som  
patikyula egzampul dēn

Di ol Indian sēj dēm bin dōn tōk se day na we di layf  
pawa kōmōt na mōtalman bōdi in lamp, inklud in nēv dēm, in  
sēns dēm, en bōku bōku chanel dēm we gēt impōtant enaji jōs  
lēk aw ilēktrishōn nō de day we dēn pul am na layt bōl we  
dōn brok, na so layf pawa nō de day we dēn pul am kōmōt na  
di nēv dēm we i nō want I nō pōsibul fō mek di enaji pwēl I de  
kōmōt na di bōdi we i day en de go bak to di kōsmik enaji  
wok as di ilēktrikal ɔt fōwe yu de slip, di sēns maynd de s  
ɔm tēm We i day, di mōs ɔt fōmōrant na di nēv dēm de kōk  
di, weēksprēs insēf tru di b ɔmplīt fōnsēns de kōtalman k  
afta dat i lēk wan an we paralayz; in ɔna no se i de bōt i nō  
ebul fō kōntrol ɔ du sōntin pan am Mēdikal rēkōd dēn de tōk  
bōt di kes fō wan prist we bin go insay kōma en yeri di wan  
dēn we bin de rawnd am de kray we i tan lēk se i day, bōt stil  
i nō bin ebul fō sho aw i de fil tru di we aw in bōdi de wok In  
bōdi we i de wok bin dōn stōp wantēm wantēm en i nō bin gri  
fō ansa in maynd kōmand dēn Afta i spēn twēnti fō awa na  
dis stet, en jōs lēk aw i bin de i bin de kam fō kēr am go fō bēr  
am, i bin tray tranga wan en i bin ebul fō muv Dis tin we apin  
de sho aw di sēns fō insēf de kontinyu fō de ivin we i tan lēk  
se di bōdi nō gēt layf

Di wan dēn we gēt sēns se pōsin fō kōnshēns separet di  
aktiviti en kōnshēns frōm di bōdi, kōnshēns fō wach di slip  
stet, en praktis di volontia fō pul di kōnshēns aktiviti frōm di

at en speshal senta We i de du dat, i kin lan fɔ kɔnshɛns fɔ  
aksept wetin day go put pan dɛn we i nɔ no ɛn we dɛn nɔ  
want

di tru di mɛdula oblongataɔdi vital enɛji de go insay di b  
da sentrɔ n to fayvɔva I de dɔr insay di bren in rɛsɔɛn i de st  
m, usay i de sheb toɔkɔnsɛns na di spɛnal kɔlayf ɛn k ɔdɛm f  
diɔf di bɔ gan dɛm ɛn di rɛstɔ di sɛns  
mplit wan ɛn difinitiv wanɔtant enɛji de kɔwe i day, di im

di tru di mɛdulaɔt na di bɔmɔt na di spayna ɛn i de kɔmɔk  
ɔoblongata Wan skilful yogi kin, tru wil ɛn aw i no, pul dis im  
di ɛn sɛns dɛm to di spayna ɛn sɛnd amɔm di bɔtant enɛji fr  
n, usay dɛn deɔoli prɛsɛpsh ɔto di hɛyest sentr dɛm f  
m di sɛnsɔbi "dɛd"—dat na, fri fr ɔɛksperiɛns di gladi at f  
m di attachment to limitedɔt frɔmɔn dɛm we de kɔilyush  
fyzikal kɔnshɛns

Wan kes de we dɛn rayt insay di rɛkɔd dɛn fɔ French ɛn  
ɔda Yuropian dɔktɔ dɛn bɔt wan man we nem Sadhu Haridas,  
na di kɔt fɔ di Indian Emparɔ Rajneet Singh Dis kes de sho se

Sadhu Haridas bin ebul fɔ separet in impɔtant wok ɛn  
kɔnshɛns frɔm in bɔdi, ɛn afta dat dɛn bin kɔnɛkt dɛn bak  
afta sɔm mɔnt Dɛn bin bɛr in bɔdi ɔnda grɔn, ɛn di eria bin  
de ɔnda strikt, rawnd-di-klɔk sɔvɛlayshɔn fɔ sɔm mɔnt At di  
ɛnd fɔ dis tɛm, dɛn bin pul in bɔdi ɛn chɛk am bay Yuropian  
dɔktɔ dɛn we bin se i dɔn day Bɔt sɔm minit afta dɛn dɔn tɔk  
dis, i opin in yay ɛn get kontrol bak pan ɔl in bɔdi wok, i bin  
liv fɔ bɔku ia afta dat I bin dɔn lan tru prɛktis aw fɔ kontrol ɔl  
di wok dɛn we in bɔdi ɛn maynd nɔ bin want fɔ du I bin dɔn  
du spiritual masta sabi bukman we bin dɔn du spiritual  
ɛksperiɛns dɛn we sɛnsman dɛn bin dɔn rɛkɔmɛnd fɔ  
ɔndastand di tru tru nature of the cosmic law As a rizulyt, i  
bin ebul fɔ pruv di kɔntinyu we mɔtalman de afta day ɛn di  
imperishability of di esence of di immortal sol

Di wan dɛn we want fɔ pruv to dɛnsɛf di sayɛns trut bɔt  
riinkarnɛshɔn fɔ sho fɔs di kɔntinyu we di kɔnshɛns de  
kɔntinyu afta i day bay we dɛn de kɔnshɛns separet di bɔdi

from di sol Dis kin bi bay we den fala di lo den we di Indian  
spiritual masta sabi bukman den bin don mek buku buku ia  
bifo We posin lan fo wek we i de slip, fo mek i drim we i want,  
en fo konshens separet di fayv sents den—noto passively as  
kin apin we den de slip—en we den lan fo kontrol aw den at  
de wok, na da tem de den go ebul fo get day we den no o we  
. den bodi no no natin (noto we den no no natin)

Wi sej dem se di sef de konshens fo no insef pan ol di stej  
dem we i smol, we i yong, en we i ol Di sol we get bodi kin no  
oltam bot ol di stet dem we posin kin get afta i day, inklud fo  
get oda bodi afta i day en fo muv bitwin di wol we posin get  
en di wol we de na di wol Dis trut no de agyu bot di wan den  
we sabi spiritual sayens gud gud wan

We wi praktis di we den we de lid to di 4 stet den we wi  
bin don tok bot, wi kin trak di sef insay in stet den we i de Wi  
kin trak am wit konshens we i de day, we i de waka waka na  
di kosmik spes, en we i de kam bak to layf insay nyu bodi  
kip okin ebul f otich den tin ya n odi wan dem we den n

kin onsens we den de slip pasmak: day So, den noden k  
to ivin di temomemba eni stet we den bin eksperiens bifo, n  
dem we den bin de "dip slip" insay wan layf

If posin tek di we aw di Indian masta sabi bukman den  
we bin de trade trade we bin de test en pruv den lo den de,  
en gi di wol valyu tin den we posin kin no, we posin kin no, i  
kin lan di tru tin bot sayens bot aw posin kin bon bak en ol di  
oda tru tin den we go de sote go

Di smayl we di sol de smayl

Tru smayl na di smayl we de mek posin gladi na spirit,  
we den bon wit we a de tink gud wan, we a de tink bot God,  
en we a de fil se i de Mi smayl komot from wan dip gladi at  
we de insay mi—na gladi at we olman kin ebul fo get I tan lek  
di sent we de komot na di at fo wan ros we de blo Dis big

gladi at de invayt ɔda pipul dɛn fɔ put dɛnsɛf insay di oli  
wata we gɛt gladi at

Fo tin dɛn de we di ɔdinari pɔsin no bɔt: gladi at we i du  
wetin i want, nɔ gladi we dɛn dinay am, bore we i nɔ gladi ɔ  
pwɛl at, ɛn pis we i win dɛn filin ya ɔ saykolojik stet fɔ gladi,  
pen, ɛn bore

Pis na wan stet we pɔsin kin rili want we kin kɔmɔt frɔm  
di absɛns ɔf ɔl tu di sɔri ɛn gladi at, ɛn di nɔ de boredɔm Dɛn  
stet ya kin ripɛl ɔltɛm akɔdin to di sɔfa na di sol Afta yu dɔn  
rayd di trɔbul wef dɛn we de mek pɔsin fil pen ɛn gladi,  
inklud fɔ plɔng bɔku tɛm insay di dip dip ples dɛn we pɔsin  
taya, gladi at de fɔ flɔt na di kol si we pis de Bɔt i pas pis na  
spiritual ecstasy—di gladi gladi we di sol gɛt—di gladi at we  
pas ɔl Na gladi at we de sote go we nɔ de ɛva dɔn bɔt we de  
wit di sol fɔ sote go Dis supɾɛm gladi at kin jɔs apin tru di  
awareness fɔ di divayn prezɛns

If yu put wan bol wata ɔnda di mun layt ɛn afta dat yu  
stir am, yu go mek wan distɔrjment imej fɔ di mun We di  
wata setul na di bol, di riflɛkshɔn go klia Di tɛm dɛn we di  
wata na di bol stil ɛn riflɛsɛ di mun in fes wit klia wan yu kin  
kɔmpia am to wan stet we pis de tink bɔt ɛn wan stet we dip  
stil de Insay di pis we yu de tink bɔt, ɔl di wef dɛn we yu de  
fil ɛn tinkin dɛn kin stɔp fɔ flɔ frɔm di maynd ɛn insay dis dip  
stet fɔ pis, di pɔsin we de tink gud wan, insay da kwayɛt de,  
de si di ful mun fɔ divayn prezɛns we de sho insay di lek we  
di sol de

Pis na pasiv stet, bi di absɛns ɔf wev dɛm fɔ gladi, pen,  
ɛn indipɛndɛns So, di pɔsin we de tink gud wan kin drɔ, afta  
shot tɛm, fɔ ɛkspiriɛns di wef dɛm fɔ di imɔshɔn dɛm bak Bɔt  
di dip dip di pis we pɔsin kin gɛt we i de tink gud wan, na di  
mɔ i kin chenj to spiritual tranquility ɛn, bikɔs ɔf dat, i kin bi  
pɔsitiv gladi gladi, so dat di pɔsin we de tink gud wan kin gɛt

gladi at we kin de nyu ɔltəm ən kɔmplit wan we de kɔntinyu  
fɔ de

We yu slip, yu pasiv wan kwayɛt tink ən filin Bɔt we yu  
kɔnshɛns kwayɛt tink ən filin tru meditashɔn, di fɔs tin we yu  
kin ɛksperiɛns na wan stet ɔf pis, ən yu fes mɔsul dɛn natin nɔ  
de fɔm wan smayl we de sho insay pis Bɔt yu fɔ luk bifo dis  
stet ɔf pis fɔ no di klin we yu sol klin—na klin klin we nɔ dɔti  
bay sɛns stimuli ɔ ɔtomɛtik riakshɔn to tink dɛn we gɛt fɔ du  
wit di senses Di stet we yu de ɛksperiɛns da tɛm de na wan  
we de mek yu gladi ɔltəm, we de ridyus ɔltəm

Prɔfɛt ən oli pipul dɛn gɛt dis gladi at na dɛn at ɔltəm  
Dɛn de fil blɛsin sɛf ən kwayɛt, dɛn nɔ de shek ən nɔ de win  
wit big big briz we de mek dɛn vɛks, ən wɔri ən fred nɔ de  
tɔch dɛn Yuz di skɛlpel fɔ rizin ɔ sɛns, dɛn kin dissect dɛn yon  
tink ɔ di tin dɛn we ɔda pipul dɛn de tink na di ɔprɛshɔn tebul  
na di maynd we dɛn de kip dɛn kɔmpɔzishɔn ən kol at Insay  
dis blisful stet, ɔl sɔri-at kin dɔn, ən spiritual diskɛshɔn de  
dawn insay di bi fɔ di pɔsin we de luk fɔ gladi, we de mek  
dɛn kɔnekshɔn to di Divayn strɔng

Mɔs pan di smayl dɛn kin kɔmɔt frɔm gud filin we kin  
kɔmɔt frɔm di akt dɛn we pɔsin kin du, ɔ frɔm di filin fɔ bi  
padi, lɔv, saful, ɔ sɔri-at Bɔt di we we fayn pas ɔl fɔ smayl na  
we pɔsin in at ful-ɔp wit di lɔv we Gɔd lɛk Dɔn pɔsin go ebul  
fɔ lɛk ɔlman ən i go ebul fɔ smayl ɔltəm ɔl di ɔda kayn smayl  
dɛn kin pas bikɔs imɔshɔn dɛn, ilɛksɛf i gud, i kin flik, i kin  
dɔn, ən afta dat yu day Di wangren tin we de las na Gɔd in  
gladi at We yu gɛt da gladi at de, yu kin smayl ɔltəm; if nɔto  
dat, yu nɔ go ebul fɔ fil lɛk pɔsin we de ansa yu fayn wit rud  
rudnɛs

a sabi wan man we sho big kray we in wɛf day a skrutin  
in superficial, feigned emotions ən tɛl am se, "Yu go mared  
bak insay wan mɔnt" I vɛks ən nɔ gri fɔ si mi bak, bɔt i mared

bak insay wan mont afta in wef day I bin tink se in lov fo in  
!fos wef don rili boku, bot i foget am kwik kwik wan

A no go eva foget di big lesin we a lan from mi ticha, Sri  
:Yuktswarji, we i tel mi dis smol stori

We a bin yong boko, a bin de obses wit di aidia fo get"  
wan smol, ogly-luk dog we na di neba den in yon, en a bin de  
mek wan distobishon na di os fo wiks fo mek a get da dog de  
a bin tranga wan no gri ol di of fo mo fayn fayn animal den  
."we a bin jos want da dog de en noto oda wan

Di sem atakshon de grip pipul den pan wetin den kol  
infatuation Di wan den we lek pipul den kin so magnetik wan  
dro to wan patikyula fes dat den no kin ebul fo fen korej  
odasay Bot di fayn fayn tin we wi fo luk fo pan oda pipul den  
na di fayn fayn tin den we wi de du, di gud kwaliti den, en di  
tin den we wi kin want fo du wit God biznes, noto di fayn fayn  
tin den we wi kin du na wi bodi

We yu sol ful wit gladi, yu bi attraktiv A no lek natin pas  
wan tru tru, inosent smayl bikos if i no get am, pipul no difren  
from popet Tide den se den go lek yu sote go, en tumara den  
ber den So usay den big lov de? En usay da absolyut shot de,  
"?"Yu na mi layf, en a go lek yu sote go

Bot if yu mek God tel yu, ivin jos wan tem se, "A lek yu,"  
da lov de go rili de sote go Wetin mek yu fo west tem fo fen  
smol smol moni we motalman get, wan anful moni, o dis o  
dat, we yu go ebul fo fen oltin na God: ol di lov we de na di  
wol, ol di pawa we de? Wi no fo luk fo God bikos wi want  
pawa, bot bikos wi want fo lek wi Don wi go fen di valyu tin  
we pas ol En we wi lek God wit dip lov we de na wi at, I go  
ansa wi, en wi go fil se in lov de bit na wi at

Di posin we de luk fo tin fo tink gud wan boku tem, bikos  
layf kin swit we i de tink bot God Mediteishon pas fo spen

boku boku awa fo fen moni, mortalman lov, o eni oda tin we go  
kam na in maynd Di mo we posin de tink gud wan, en di mo  
we in maynd de kontinyu fo plant tranga wan na spiritual  
stet we i de wok, na di mo posin kin ebul fo smayl we a de na  
da eria de naw en oltem—insay di blesin konsheens we God  
get Natin no de afekt mi leksef na mi wangren o wit oda pipul  
den, di gladi at we God get de pul insay mi oltem A don ebul  
fo kip mi smayl Bot fo win da smayl de na bin tranga wok!  
Den sem smayl den de de insay yu bak—di sem gladi en  
gladi at we di sol get de insay yu Yu no nid fo get den, na fo  
get den bak Yu los den fo som tem tru fo satisfy yusef wit di  
sens, en yu kin get den bak

Enibodi we biliv se tin den we posin kin enjoy bay we i de  
si, yeri, test, smel, en toch, de bring klin gladi at, i rili mistek  
Di sens no de gi gladi at; bifo dat, den de pul wi pan am If yu  
put kondishon pan yu gladi at, lek fo se, "A no go ebul fo gladi  
pas a si da fes de," yu no go eva test klin, gladi at we no get  
enitin fo du wit am, bikos di gladi at we posin kin fil kin pas  
De en ia kin tek in tol pan di fayn fayn tin den we posin kin  
get na in bodi Oltin na di matirial wol de onda di lo we de  
chenj So, ivin if posin kin si evri fayn fayn fes na di wol, i kin  
toch evri sawnd, en oltin we i de du we den want, den no go  
stil get tru tru gladi at Bot stil, den kin ful densef fo tink se  
den gladi Sontende, afta den don tray tranga wan fo get  
sontin, den kin kam fo no se gladi at no de insay di tin insaf  
Bot pan ol dat, den kin get som satisfyshon from di tray we  
den tray, en na dat mek den kin tink se den gladi Bot dis  
kayn satisfyshon na fo shot tem nomo en i no kin te

So i na fo natin fo fen gladi at na di sens den we posin kin  
get en sho am wit spiritual gladi at We posin du dis, ivin smol  
smayl go koba olman we de rawnd am wit in blesin  
magnetism, en oda pipul den go fil gladi



Bɔt na Gɔd nɔmɔ go ebul fɔ chenj at Wi nɔ fɔ atribyut to  
wisɛf di ebul fɔ du gud Di wangren tru tru pɔsin we de du  
gud we de na Gɔd Dis wɔl na In yon If yu fil in prezɛns ɛn no  
se na in de kɔntrol ɔltin, ɛn if yu trɔs ɔltin to Am—gud tin dɛn  
ɛn ivin bad wan dɛn—yu go sɔprayz fɔ si se ɔl di tin dɛn we  
yu de du go chenj to gud tin dɛn

We di awareness of God de wit yu, yu nɔ go ebul fɔ du  
ɛnitin we nɔ gladi Wi fɔ dediket wi layf to am ɛn no se na Gɔd  
de mek wi tink gud wan ɛn mek wi du gud tin dɛn Wi fɔ pul  
da "ego," we na di big big tin we de ambɔg dis fridɔm no  
Pɔsin nɔ go ebul fɔ es in an if Gɔd dɔn kil di smɔl smɔl spak  
na layf na dɛn mɛdula oblongata! [Di men say we di layf  
.pawa de go insay di bɔdi]

A bin sidɔm na do wan tɛm, ɛn i bin rili kol a tɔn mi ɔwe  
insay, ɛn insay di blink ɔf wan yay, a nɔ bin ebul fɔ fil di kol  
igen atɔl a bin ful-ɔp wit bɔku bɔku gladi-at, ɛn wan wan tɛm,  
a bin de si mi bɔdi ɛn ɔltin we bin de rawnd mi de sɔlv to wan  
layt a bin de si di shep dɛn we de rawnd mi if a pe atɛnshɔn  
pan dɛn, ɛn di wɔl go dɔnawe if a pe atɛnshɔn pan di layt  
Nɔtin nɔ go si witout awareness If yu dɔn kɔmplit kɔntrol yu  
maynd ɛn luk insay, insay yusɛf, yu go si da big divayn layt  
de, ivin wit yu yay opin

We yu tɔn yu yay na do tru yu yay, yu kɔnshɛns de si di  
ɛksternal wɔl ɔltin we de na muv imej na Gɔd in kɔsmik fim  
Da de de, a bin ebul fɔ si sɛns ɛn tink dɛn we na bin drim to  
mi kɔnshɛns we de kɔmɔt frɔm Gɔd A bin ebul bak fɔ fil klin  
gladi at we nɔ gɛt ɛni sɛns we a tɔn mi kɔnshɛns insay Ivin if  
a bin sidɔm insay da bita bita de kol, we a wɛr layt klos  
nɔmɔ, a bin ebul fɔ fil di kol ɛn di tin dɛn we a de si nɔ de  
igen, ɛn na gladi at nɔmɔ de tek mi Leta, a bin gɛt sɔm tin  
dɛn we a bin de fil we a bin de gɛt da big gladi-at de

Wi fɔ tren wisɛf fɔ fil Gɔd Wi nɔ fɔ satisfay wit fɔ rid shot  
prea ɔ witnɛs wan simpul layt ɛnibɔdi we ebul fɔ kɔntrol di

we aw i want fɔ du mami ɛn dadi biznɛs, manej in sɛns te to  
sɔm mak, ɛn rɔnata Gɔd wit ɔl in pawa, wi nɔ get wan dawt fɔ  
se i go get divayn ɛnkɔrejment if i get di want fɔ am lvin if  
pɔsin na big advatayz fɔ gud abit ɛn get spiritual inclinations  
ɛn dispositions, dis na nɔto inof if yu nɔ get rial divayn sɛns

Pɔsin nɔ fɔ ful insɛf If i want fɔ get ɛksperiɛns pan Gɔd  
biznɛs, i fɔ tink gud wan ɛn tɛl Gɔd se: "Masta, a no mi wikɛd  
tin dɛn, bɔt dɛn nɔ go tinap as sɔntin we de ambɔg mi ɛn yu  
A jɔs want fɔ de wit yu bikɔs na yu mek mi ɛn mi fɔs wok na  
"to yu

Di wan dɛn we get sɛns de advays di pɔsin we de luk fɔ  
se i nɔ fɔ tek insɛf as pɔsin we de sin, ɔ fɔ kɔl insɛf pɔsin we  
de du wetin rayt ɛn prawd, bɔt i fɔ no se Gɔd de wit am ɛn de  
wok tru am Dɔn i go si nyu wɔl we nɔ get divayn awareness,  
dis wɔl tan lɛk se i ful-ɔp wit kɔnflikt, fɛt-fɛt, ɛn bita ɛn bad  
bad disapɔyntment No refyuj nɔ de pas insay da supɾem  
divayn awareness de

Insay wan sɛkɔn, Gɔd kin mek wan ɛksaktɔl kɔpi fɔ  
ɛnibɔdi we dɔn kɔmɔt na dis wɔl tru day Wi fɔ no dis trut we  
Gɔd want wi fɔ ɔndastand se dis krieshɔn na jɔs spɛktakl If wi  
tek di sho tu siriks, wi go sɔfa ɛn lɔs di gladi at we i get, ɛn wi  
nɔ go ebul fɔ bia layf wit in sik, pen, sɔri, ɛn lod

We ɛnitin mek a fil pen na mi bɔdi, a kin put mi maynd  
pan di spiritual fokal pɔynt bitwin mi aybrɔw, ɛn a nɔ kin fil  
pen atɔl Bɔt we a de pe atɛnshɔn pan di say we di pen  
kɔmɔt, a kin si am as ilyushɔn If yu ebul fɔ kip yu spiritual  
awareness, yu nɔ go sɔfa we di ilyushɔn shado dɛm fɔ sɔri  
pas bifo yu sol Pre to Gɔd we nɔ de stɔp so dat I go sho insɛf  
as di wan we nɔ get wan kɔmpitishɔn ɛn we gladi rial tin we  
de insay yu

Pipul den kin west boku tem, en day kin tek den wan bay  
wan Di rizin fo layf na fo no God, en posin no fo komot na dis  
bodi we i no rich da gol de

God want wi fo mek wi no mo en rayz pas di tu tin den  
we de na dis wol, bot i no go alaw mortalman fo komot na dis  
asaylans fo ilyushon fo oltem pas i men insef from di sik we  
de mek i want fo du scontin

Wi fo du ol wetin wi de du fo God in sek Fo wok fo God  
important jos lek aw fo tink gud wan fo mek wi go bifo pan  
God biznes

Na net, we di disaypul de tink gud wan bot God, in spirit  
kin es en i kin fil se i de insay In gladi at We i de du in wok na  
di de, i kin kam wit am di memori fo da stet de en kip in gladi  
at, so i kin kontinyu fo get komyunion wit God, en i go ebul fo  
smayl oltem en se: "Smol sori-at o smol gladi at, o smol pis,  
no go ebul fo mek eni konfyushon o agitation insay." di blesin  
."we de oltem na mi sol

Wi fo provok di lay lay ilyushon den we de na layf en si  
am as wan sirios kosmik imej den we de chenj oltem, we de  
pas fo shot tem Na da tem de nomo wi go ronawe pan di spel  
we di kosmik ilyushon de mek Wi fo liv insay God in gudnes

We wi go ebul fo tinap tranga wan en disayd fo du scontin  
bitwin difren difren tin den we de apin na layf, wi go no se na  
God nomo na di tru tru tin we de apin na di yunivas we God  
no want fo du wi bad bikos i mek wi lek in pikcho Wi fo lef fo  
tink bot wisef as wik mortalman en no di big big cosmic  
potential insay wi, we de wet fo mek den fri wi

We posin de sofa wit kansa o eni oda sik, i noto tin we no  
important Bot stil, profet en oli wan den bin bia boku, den bin  
de men di wan den we sik en som bin ivin gi layf bak to di  
wan den we don day, en den divayn gladi at bin de wit den ol  
den layf Semweso, wi fo go bak to God wit wi at, maynd, en

wetin wi bin want fɔ du Bɔt wi nɔ go ebul fɔ rich to am pas wi  
afem se wi want am pas ɔl bak

Mɔtalman nɔ fɔ aks Gɔd kwɛstyɔn, bikɔs if i du dat, i go  
jɔs ripɛnt dawt I nɔ go ebul fɔ no in lɔ dɛn te i jɔyn wit am So  
wetin mek i fɔ west tɛm fɔ tray fɔ ɔndastand dɛn lɔ dɛn de  
?frɔm wan purely rational perspective

If yu bin fɔ rid wan novel usay dɛn trit di hiro bad ɛn i  
tan lɛk se di wikɛd pɔsin win, ɛn usay ɛni chapta de agens di  
wan we de bifo am, yu go fil bad ɛn vɛks pan di pɔsin we rayt  
am Bɔt we yu rid di las chapta, yu go fil fri ɛn tek am se na  
wɔndaful novel bikɔs i kɔmpleks ɛn i kɔmplikt plot Semweso,  
na Gɔd rayt di big big novel we de, ɛn di kɔntradikshɔn ɛn  
kɔmplisiti dɛn we de na di krieshɔn go kɔnfyus ivin di big big  
mɔtalman maynd Bɔt we wi fɛn Am na di las chapta, I go sho  
di solv fɔ ɔl di sikrit dɛn na mɔtalman layf, ɛn wi nɔ go gɛt ɛni  
dawt bɔt In jɔstis ɛn sɛns we wi gɛt di ansa dairekt frɔm Am  
!Aw i wɔndaful

Di divayn prezɛns de pul dawt, sɔri, ɛn fred Di wan dɛn  
we gɛt Gɔd we de na dɛn at, fred kin win dɛn, rɔnawe pan  
am ɛn fri dɛnsɛf frɔm kɔsmik ilyushɔn Dɔn dɛn go smayl ɛn  
se, "Finally, I know the secret of life and the mysteries of  
existence" Bɔt wi nɔ fɔ fɛn no fɔs Wi fɔ lɛk Gɔd fɔs, ɛn afta  
dat I go sho wi ɔl wetin wi want fɔ no We dis kin apin, mi  
padi, yu go smayl wan smayl we go las Yu tink, wɔd, raytin,  
ɛn ɔl wetin yu de du go ful-ɔp wit di rayt gladi gladi we da  
smayl de gɛt ɛnisay we yu tink bɔt, yu go lɛf wan sɛnt we de  
mek yu smayl, ɛn ɔl di wan dɛn we go na da ples de go  
smayl wit Gɔd

Yu kin smayl ɔltɛm we yu de liv insay In gladi at we yu  
nɔ go ebul fɔ ɛksplen, bikɔs i tu oli fɔ tɔk bɔt

Pis de fɔ una

## **Fɔ bisin bɔt yusef nɔmɔ ɛn fɔ bisin bɔt ɔda pipul dɛn**

Wetin pɔsin de projekt ɔ sɛn to ɔda pipul dɛn—insay  
wɔd, du, ɛn tink—go atrak bak to dɛn di sem we ɛn to di sem  
digri Dɛn tru tru nature go sho tru dɛn fes ɛksprɛshɔn ɛn  
akshɔn ɔda pipul dɛn go no dɛn saykolojik vaybreshɔn ɔ  
wev, ɛn dɛn riakshɔn to dɛn go kɔmɔn wit di kayn we aw dɛn  
vaybreshɔn dɛn de—negatif ɔ positif

ɛnibɔdi we tek wan rod we de mek i bisin bɔt insɛf nɔmɔ,  
ɔda pipul dɛn go tray fɔ tek ɔl wetin i gɛt frɔm am, bɔt if i du  
ɔda tin, ɔda pipul dɛn go sho am se dɛn gɛt fri-an ɛn sɔri fɔ  
am

Wi nɔ go ebul fɔ gɛt ɔltin Wetin wi gɛt na gift frɔm Gɔd,  
we dɛn min fɔ yuz fɔ sɔm tɛm we wi de liv na dis wɔl I nɔ go  
te igen, wi go gɛt fɔ pat wit wi prɔpati dɛn, ilɛksɛf na  
aksident, tif, west ɛn te, ɔ day So, we wi de tray fɔ tay ɔ ol  
ɛnيتين jɔs fɔ di sake of ownaship, wi de ful wisɛf

Ivin dɛn bɔdi ya we wi dɔn liv insay fɔ so bɔku ia, wan de  
go lɛf dɛn So, na mistek fɔ fos wisɛf fɔ biliv se wi gɛt tin dɛn  
we wi nɔ go rili ebul fɔ gɛt We dɛn gi wi sɔntin, wi fɔ  
ɔndastand se na wi yon fɔ smɔl tɛm nɔmɔ, ɛn wi fɔ rɛdi fɔ  
sheb am wit ɔda pipul dɛn

We pɔsin want fɔ du mɔ pas wetin i nid, big big prɔblɛm  
dɛn kin de wet fɔ am

Di pɔsin we ɔmbul we lɛk Gɔd, pas ɔlman  
Gɔd nɔ ayd frɔm wi I de tɔk to wi tru flawa, tru wi  
tinkin, ɛn tru ɔl di tin dɛn we Gɔd mek  
Di wangren tin we mek mɔtalmande na fɔ mek i sɔlv  
in sikrit ɛn no se Gɔd de biɛn am

Di wan den we de fil se den get wanwɔd ɛn wanwɔd  
insay dɛnsɛf no bɔt di wanwɔd ɛn wanwɔd we de insay di  
nature

No dawt nɔ de se wi fɔ get di bɛsis nid den lɛk it, klos ɛn  
sɔm faynɛns sikyɔriti, bɔt we wi de luk fɔ den tin ya wi fɔ pul  
di nid den we nɔ nid, ɛn bay dat a min di blatant want ɛn bɔn  
ɔn fɔ get mɔ pas wetin nid

Wi fɔ mɛmba se we wi de tray fɔ du wetin wi nid, wi fɔ  
ɛp ɔda pipul den bak wit wetin den nid ɛn sheb wetin wi de  
get wit di wan den we nɔ get bɛtɛ mɔni

Lɛ wi mɛmba se wi na impɔtant pat pan di wɔl famili ɛn  
wi nɔ go ebul fɔ liv if wi nɔ get am Aw layf go tan lɛk if di  
kapɛnta, di pɔsin we mek di tin den, ɔ di fama nɔ bin de? Tru  
di chenj we wi de chenj di savis ɛn ɛksperiɛns, Gɔd want wi fɔ  
tink bɔt ɔda pipul den, bikɔs na big mistek fɔ liv fɔ yusɛf  
nɔmɔ

We wi de tink bɔt wi yon gladi at, wi fɔ tink bak bɔt di  
gladi at we ɔda pipul den get I nɔ nid fɔ giv ɔp ɔltin fɔ di gud  
we fɔ di glob ɔl famili, bikɔs dat nɔ pɔsibul Bɔt wi fɔ sɔri fɔ  
ɔda pipul den ɛn tink bɔt den nid den lɛk aw wi yon Gɔd want  
wi fɔ gi to wisɛf lɛk aw wi de get frɔm wisɛf ɔda pipul den na  
wi big pɔsin Bɔt di avrej pɔsin de tink bɔt insɛf nɔmɔ, fɔs ɛn  
fɔs

No dawt nɔ de se di instinkt fɔ liv strong Bɔt di wɔl de  
amplify dis filin insay wi ɛn sho se i nid fɔ de tay pan ɔltin we  
na wi Bɔt, wi fɔ mɛmba se ɔl Gɔd in savant den na In famili  
ɛn wi ɔl na brɔda ɛn sista den na dis wɔl

Gɔd dɔn gi mɔtalman rizin ɛn sɛns, we mek wi ebul fɔ  
ɛksperiɛns angri ɛn kol Wi fɔ no se ɔda pipul den we de rawnd  
wi kin get angri ɛn kol bak We wi de luk fɔ wi yon kɔmfɔt, wi  
fɔ tray bak fɔ ɛp ɔda pipul den fɔ get kɔmfɔt Bikɔs wi nɔ lɛk

pen en sofa, wi fo es ep an to di wan den we nid ep we de  
rawnd wi fo mek den no sofa en pul den sofa Den de sofa lek  
aw wi de sofa, en som kin sofa ivin pas wi

If pɔsin in fambul en padi den nɔmɔ de sɔri fo am en nɔto  
ɔda pɔsin, i kin stɔp insɛf, en gladi at kin rɔnawe pan in layf  
fo mek problem den we i no bin de tink se go apin to am

Wi fo rɛdi fo ep ɔda pipul den di bɛst we aw wi ebul, en  
gɛt gladi at fo gi ep to di wan den we wi de mit Wi no fo tek  
dis as sakrifays, bikɔs if wi du dat, fo ep go bi lod Bifo dat, wi  
fo fil gladi at insay wi at, bikɔs fo gi na blɛsin, en gladi at de  
we di wan den we de tray fo ep ɔda pipul den, pan tin den we  
den gɛt en pan filin, no, en we de mend den at we dɔn brok

If di wɔl bin lɛf fo tink bɔt dɛnsɛf nɔmɔ, wi go si paradays  
na dis wɔl

Di sid dɛm fo wɔ de na di at fo di bad we aw pipul den de  
tink bɔt dɛnsɛf nɔmɔ Fɔs fɔstɛm mɔtalman den bin de yuz  
ston klobb, we leta tɔn to bɔw en aro, fo protɛkt dɛnsɛf fo bisin  
bɔt dɛnsɛf nɔmɔ frɔm di we aw ɔda pipul den de tink bɔt  
dɛnsɛf nɔmɔ Leta, den mek rayf en pistɔl, dɔn den mek  
mashin gɔn, en afta dat den mek bɔm en pɔyzin gas—ɔl dis  
na fo protɛkt di we aw wan grup de tink bɔt dɛnsɛf nɔmɔ  
frɔm ɔda pipul den we de tink bɔt dɛnsɛf nɔmɔ

Bikɔs ɔf dis bad bad we aw pipul den kin tink bɔt dɛnsɛf  
nɔmɔ, wɔ kin bigin, di ikɔmik balans kin ambɔg, en di mɔni  
we den kin gɛt kin go dɔŋ en afta dat di pwɛl at kin kam

Di tin den we mɔtalman ebul fo pwɛl dɔn gro en divɛlɔp  
pas di tin den we i ebul fo du Dis bad bad bɔyl—di bɔyl we  
pɔsin de tink bɔt insɛf nɔmɔ—go dɔn bɔs Bɔt i sɔri fo no se  
bɔku pipul den layf go pwɛl bifo mɔtalman wek en no se fo  
tink bɔt in yon kɔntri no de du bad tin pas fo tink bɔt insɛf

nɔmɔ Wan neshɔn na smɔl grup dɛn we de na di men tin, ɛn  
dɛn grup dɛn de na wan wan pipul dɛn; wan fɔ bigin wit insɛf

Dɛn nɔ kin put bɔda bitwin kɔntri dɛn, ɛn di gɔvment dɛn  
na di wɔl kin chenj ɔltɛm

Selfishness we de luk fɔ gladi at we nɔ de tink bɔt di rayt  
ɛn gladi at we ɔda pipul dɛn gɛt, ɔ we de tramp di rayt ɛn  
interes fɔ ɔda pipul dɛn fɔ in yon ɛnd, de bɔn po, sɔfa, ɛn nɔ  
gladi Enrichment at the expense of others na big mistek Gret  
pipul dɛn de advatayz fɔ altruism bays pan wan tru tru  
spiritual want fɔ sheb ɛn gi

Kɔmyunizim, we na do prɔmis di masej fɔ gɛt bɔku tin  
dɛn ɛn fɔ gɛt bɔku prɔpati, nɔ go ebul ɛn wan de i go fɔdɔm  
bikɔs i de bays pan fos ɛn fɔ stɔp pɔsin in fridɔm (Notis: Na  
Masta Paramhansa bin gi dis lekchɔ insay 1937 ɛn da  
kɔnklushɔn de dɔn rili kam tru!)

If pɔsin de pe atɛnshɔn pan in an ɛn fut nɔmɔ ɛn nɔ pe  
atɛnshɔn to in ed, di bren nɔ go wok fɔ gayd di motoka skil  
dɛm ɔl di wok we di bɔdi de du fɔ kɔdinɛt Semweso, di  
maynd (di wan dɛn we de disayd) na di neshɔn ɛn sosayti fɔ  
wok togɛda wit di an ɛn fut (di wokman dɛm), bikɔs if interes  
go krash, ɔda go brok, chaos go de, ɛn sɔfa go kɔmɔt

Tu ticha de na di wɔl Di wan we tek Gɔd as in gayd ɛn  
mentɔ nɔ gɛt natin fɔ fred Di wan we tek Setan as in lida ɛn  
gayd go sɔfa bad bad wan

Di ki wɔd fɔ bɔku pipul dɛn na dis layf na "mi" Di wan  
dɛn we gɛt spiritual dispɔzishɔn ɛn inklinshɔn de tink bɔt ɔda  
pipul dɛn lek aw dɛn de tink bɔt dɛnsɛf Di wan dɛn we de tink  
bɔt dɛnsɛf nɔmɔ de briɲ pan dɛnsɛf di ɛnimi ɛn vɛks we di  
wan dɛn we de arawnd dɛn gɛt Bɔt di wan dɛn we de tink bɔt  
aw ɔda pipul dɛn de fil ɛn intres de si se ɔda pipul dɛn de tink  
bɔt dɛn ɛn tink bɔt aw dɛn de fil



If wan ɔndrɛd pipul dɛn de na wan tɔŋ, ɛn ɛni wan tray fɔ  
tek frɔm di ɔda wan dɛn, dat min se ɛni wan go gɛt nayntin  
nayn ɛnimi Bɔt if ɛni wan tray fɔ ɛp di ɔda wan dɛn, dat min  
se ɛni wan go gɛt nayntin nayn padi dɛn

A bin liv da we de ɛn a nɔ bin lɔs natin bay we a de gi  
ɔda pipul dɛn Infakt, ɔl wetin a bin gi bin kam bak to mi bɔku  
bɔku wan bay Gɔd in gudnɛs Naw a de wet fɔ natin bikɔs  
wetin a gɛt dip insay mi, big ɛn valyu pas ɛnitin we di wɔl go  
ebul fɔ gi Wetin pɔsin rili de luk fɔ na gladi at, ɛn wans i dɔn  
gɛt gladi at, di nid fɔ di tin dɛn we de mek i gɛt am nɔ de  
igen

a noh geht bank akaunt bikohs mi onli garanti na dis wol  
na di gud filin we pipul geht to mi a no biliv pan ɛni oda  
earthly guarantee Tru jɛntri de na fɔ liv na pɔsin in brɔda ɛn  
padi dɛn at

We wi de tink bɔt ɔda pipul dɛn, wi kin gladi ɛn if wi tek  
dis we fɔ du tin, ɔda pipul dɛn we de arawnd wi go afɛkt wi  
bihayvya ɛn tray fɔ falamakata wi Wi fɔ pul di we aw wi de  
tink bɔt wisɛf nɔmɔ, we na di rut fɔ ɔl di bad tin dɛn we wi kin  
du fɔ wisɛf ɛn na di kɔntri

Altruism de mek pipul dɛn no mɔ bɔt ɔda pipul dɛn

We yu sɛn gud intenshɔn to ɔda pipul dɛn, yu awareness  
de expand We yu tink bɔt yu neba, wan pat pan yu bi de  
aktiv wit da tink de Bɔt fɔ tink nɔmɔ nɔ go du; wi fɔ rɛdi fɔ  
put di tin dɛn we wi de tink bɔt

Mared de gi lɛsin bɔt altruism Tu pipul dɛn de tray fɔ  
sheb dɛn layf togɛda Dɔn pikin dɛn kin kam, ɛn di mama ɛn  
papa kin sheb wetin dɛn gɛt wit dɛn Bɔt fɔ tink bɔt di famili

we de nia den nɔmɔ (dat na, jɔs mi en yu, ɔ jɔs wi) na we fɔ  
tink bɔt dɛnsɛf nɔmɔ Di tɛm go kam we di wan den we wi lɛk  
kɔmɔt nia wi, en na di we aw wi de liv Dis de mɛmba wi se di  
men gol fɔ mɔtalman na fɔ mek di bɔda den bɔku fɔ wi no  
bay we wi de wok fɔ ɔda pipul den en sheb di blɛsin den na  
layf wit den

Altruism de bring in possessor bɔku blɛsin en big gladi,  
bikɔs tru altruism wan de kip den yon gladi at Mi gol na fɔ  
mek ɔda pipul den gladi, bikɔs mi gladi at kɔmɔt frɔm den  
gladi at

Wi nɔ go ebul fɔ rili sav di teist fɔ akɔmplit pas wi sheb  
wi gladi at wit ɔda pipul den A nɔ jɔs de tɔk bɔt famili mɛmba  
den, bɔt to ɔl pipul den Wi fɔ tink bɔt ɔda pipul den en ɛp den  
di bɛst we wi ebul Dis nɔ min fɔ po wisɛf, bɔt fɔ sho se wi rili  
bisin bɔt wi padi biznɛs en wi rɛdi fɔ sheb Wi fɔ yuz di  
prinsipul den fɔ jɔstis to wisɛf fɔs Wi nɔ go ebul fɔ tich  
altruism to ɔda wan den if wi nɔ de tink bɔt ɔda pipul den We  
wi bigin wit wisɛf, wi kin bi gud ɛgzampul fɔ ɔda pipul den

A dɔn gi mi layf fɔ sav en bɛnifit ɔda pipul den A dɔn  
travul bɔku bɔku wan en gi lɛkshɔn to bɔku pipul den Bɔt a  
no se a de sav ɔda pipul den di bɛst we tru mi raytin en tichin  
den

Kraud kin kam fɔ lisin to lɛkchɔ, nɔto fɔ tru tru lɔv Pipul  
den kin kam fɔ inspekshɔn en spiritual kɔmfɔt Bɔt a want sol  
den we de luk fɔ di trut, we lɛk Gɔd Na dat mek a dɔn pe  
atɛnshɔn, en kɔntinyu fɔ pe atɛnshɔn, pan di nid fɔ tink bɔt  
Gɔd

ɔl di wan den we siribɔs en we de kɔntinyu fɔ luk fɔ den  
spiritual tin den go gɛt krawn wit sakrifays if den kɔntinyu fɔ  
go bifo wit di tin den we den want en di wok we den de du

Wi fɔ lɛk Gɔd wit ɔl wi at, maynd, sol, ɛn trɛnk, ɛn lɛk wi  
neba lɛk wisɛf

Wetin i min fɔ lɛk Gɔd wit ɔl in at, maynd, sol, ɛn trɛnk?

Di at min fɔ fil, di maynd min fɔ kɔnsɛntret, di sol min dip  
spiritual harmoni we wi de tink gud wan, ɛn trɛnk min fɔ  
dayrɛkt ɔl wi ɛnaji to Gɔd Dis min fɔ lɛk Gɔd wit ɔl di we aw  
pɔsin de fil, wit ɔl di pɔsin in kɔnsɛntreshɔn we i de tink, ɛn  
bay we wi de ridayrɛkt layf in ɛnaji ɔ pawa frɔm di matirial to  
di spiritual, shift atɛnshɔn frɔm di bɔdi to Gɔd

I nɔ pɔsibul fɔ lɛk Gɔd if wi nɔ tink gud wan, bikɔs na tru  
tinkin nɔmɔ wi go ebul fɔ no wi spiritual nature as sol we gɛt  
fɔ du wit Gɔd we mek am lɛk aw i tan sote go ɛn sote go

Wi fɔ bil insay wisɛf wan tron fɔ di sublaym lɔv we Gɔd  
gɛt Natin nɔ de we impɔtant pas am na layf No ay ambishɔn  
nɔ de pas fɔ lɛk am, fɔ tɔk bɔt am, ɛn fɔ mek ɔda pipul dɛn  
layt fɔ kam fɔ no am A nɔ want ɛni ɔda tin frɔm pipul dɛn

I kin fayn fɔ sheb mi spiritual ɛksperiɛns wit di wan dɛn  
we rili want am Natin nɔ de mek a gladi pas fɔ tɔk to dɛn bɔt  
Gɔd ɛn ɛp dɛn fɔ ɛksperiɛns in prezɛns

I fayn fɔ lɛk Gɔd ɛn fɔ lɛk in savant dɛn We wi fɛn am, wi  
de fil in lɔv insay ɔlman No pawa nɔ de we pas di pawa we  
lɔv gɛt na di wan ol wɔl

A si di Masta we pas ɔlman sidɔm na di ɛvin ɛn di si ɛn  
pan di tron we mi kɔnshɛns de si am a de si am de insay mi  
ɛn insay ɔlman in sol ɛn a de embras Am insay ɔl In fɔm ɛn  
manifestɔshɔn dɛn we nɔ gɛt ɛnd insay di krieshɔn

Mɔtalman de luk ɔltɛm fɔ da "ɔda tin" we dɛn op se go  
brig dɛn kɔmplit ɛn las gladi at Fɔ dɛn sol dɛn we dɔn luk fɔ  
."Gɔd ɛn fɛn am, di fɛn dɔn dɔn, bikɔs Gɔd na da "ɔda tin

Mek Gɔd blɛs yu, ɛn pis de pan yu

**Spirit en Gost den**

**I rialiti en di men tin we i mek**

**Ol kayn stori en stori de bot spirit, gost, goblin den  
we de fen trəs, witch, gəl den we de it bədi, en  
vampaya En di nomba fə pipul den we dən se den dən  
mit wit den pipul ya nɔto sməl**

**Fə di boku kes dem we a mit, boku pan den involv  
pipul dem we de sofa wit sirɪs mental hallucinations  
Wan pan den kayn uman ya bin dən rid wan buk bot  
bləd tɔsti, ɛlsh krichə dem, en in hallucinations bin so  
klia dat i fil se wan ghou de sok in bləd evri nɛt I go  
wɛl evri tɛm we i kam fen mi, bot di aidia fə wan nɛt  
ghoul bin stil de insay in maynd bikəs di sik go kam  
bak I day bifo tɛm, en in yon lay lay tin den bin dən it  
am**

**Boku pipul den bin biliv se den de du majik insay  
di 16t sentinari, en den bin lay pan boku boku pipul  
den we den bin de tink se na wichman se den gɛt lig  
wit di dɛbul en den bin day bikəs den bin tay Joan ɔf Ak  
na tik en bən am na tik bikəs den bin de tek am as  
wichman**

**Wan ɔda wəl de, di ethereal realm, we ayd biɛn  
dis yunivas Di pipul den we de de de insay planɛt fɔm  
den we den mek wit layt Den tin ya, ɔ "gost," nɔ de si  
na wi yay en den kin kɔntinyu fə de na den wəl, jɔs lɛk  
aw wi kin kɔnfyus na wi fizik wəl If i bin izi fə mek  
pipul den we gɛt bad bad pipul den we de na di planɛt  
rialm go insay wi planɛt we de na di wəl fə ambɔg wi,  
wi go liv wit fred en fred sote go**

**Wi land dən ɔlrɛdi gɛt inof tin den we de mek wi  
fred en we de mek wi fred Fə tru, Gɔd nɔ want fə ad  
pan di sofa we gost en dɛbul den de ambɔg wi!**

**Bot sɔm planɛt pipul den de we den kəl spirit we  
de waka waka Den spirit ya kin tay na di Wəl bay**

strong atakshon en want fo go insay mortalman bodi fo yuz am as motoka fo den sensful gladi-at Den tin ya kin oltem no de si en den no get pawa fo inflows odinari pipul den Wan wan tem, malevolent spirit den kin ebul fo go insay en get posin in bodi en maynd Dis kin apin nomo we da posin de na in maynd no balans, we den maynd don wik bikos den lef den fo du natin o no de tink, lek posin we lef den motoka we no lok wit di ki den insay If na so i bi, posin we de waka waka kin go insay di motoka en drayv go

Spirit den we de waka waka na den sol den we don los den bodi tru day bot we de kontinyu fo get dip tayt padi biznes wit den So, den de tray olkayn we fo yuz eni posin in bodi fo rich wetin den want Laki, spirit den we de waka waka no ebul fo bia wit di bad bad vaybreshon den we spiritual tink en konshens de mek Den wan den we rili de luk fo God we de tink en tink gud wan bot Am no get natin fo fred from den pipul ya we don los en we de rong beings Bikos God na di Spirit we pas olman, en no spirit no go ebul fo du bad to di wan den we lek God en we de tink bot am oltem

Fo ondastand di kayn we aw planet pipul den tan, wi fo ondastand wisef fos We God mek wi, I fos mek wi as konshens From in maynd we de koba oltin, na in fashon wi, en from dis we aw wi de si wi, wi na fos pipul den we get maynd Noto tru se we yu mek nyu tin, di fos tin we yu fo du na fo konsev wan model fo am na yu maynd? Don yu geda di tin den we yu nid en don mek da aidia de kam layf Dis kin apin bak to wi kompazishon en di kompazishon fo ol di tin den we God mek Wi get tri nature: di mental nature (di aidia), di ethereal nature (di matirial fo krieshon), en di fizik nature (di dense product) .

Di bodi we wi de si get 16 tin den Bot aw den bin joyn den kemikal tin ya we get tin den we posin kin yuz

**fɔ mek di bɔdi bi inschrument fɔ di maynd rili wɔndaful!**

**Sɔm pipul dɛn want fɔ bay nyu motoka ɛvri ia Bɔt dɛn kin fos dɛn fɔ kip dɛn ol fizik mɔdel fɔ siksti, sɛvinti, ɔ ivin mɔ ia! Ivin we di bɔdi dɔn taya, di want fɔ kip am kin stil strɔng te Gɔd se, "If! Rilis mi frɔm dis bɔdi!" Dɔn, di pɔsin kin jomp frɔm dɛn bɔdi we de rɔtin fɔ si insɛf na wan ɛti bɔdi we gɛt layt ɛn pawa Dɛn kin gladi fɔ si se dɛn gɛt di abiliti fɔ yɛri, si, ɛn tɔch tru dɛn nyu bɔdi, ɛn dɛn nɔ gɛt bon fɔ brok ɔ bɔdi fɔ damej**

**We pɔsin day, in bɔdi kin rɔtin, bɔt in planet bɔdi kin stil de di sem we aw i bin de fɔs**

**Usay dɛn sol dɛn de we kɔmɔt na di Wɔl? Dɛn de rɔm di ɛtɛ Yu kin se, "Dat nɔ pɔsibul," bɔt lɛ wi mek dis kɔmpiashɔn:**

**If a tɛl wan mɛmba na wan primitiv trayb se myuzik de insay di ɛta ɛn dɛn kin pik am ɛn yɛri am, dɛn go laf mi, ɔ sɔntɛm dɛn go ivin panik Bɔt if a bring redio ɛn tyu am to steshɔn we de brodkas myuzik ɛn siŋ dɛn, dɛn nɔ go ebul fɔ rifyut mi klem Semweso, a kin sho ɔda pipul dɛn se ɛkstratɛritri pipul dɛn de travul di ɛta, ɛn dɛn nɔ go gɛt pawa fɔ dinay am Di di wɔl we de na di wɔl de ya, pas di bɔku bɔku vaybreshɔn dɛn we de na di yunivas we wi de si**

**If pipul dɛn bin ebul fɔ si di bɔku bɔku planet dɛn we de na di ɛtɛ we de rawnd dɛn, bɔku pan dɛn go fred, ɛn sɔm go tray fɔ luk fɔ di wan dɛn we dɛn lɛk we dɔn day**

**If yu fos dip dip pan di spiritual yay, yu kin, tru insay vishɔn, no di raytin wɔl usay ɔl di sol dɛn we dɔn pas to di ethereal realm de liv Insay mɔtalman, di at de akt lɛk pɔsin we de tek am, ɛn di spiritual yay de transmit di layt Ivin if yu nɔ ebul fɔ si di wan dɛn we yu lɛk we dɔn day, if yu kol at fɔ fos yu filin pan di at, yu go no se di wan dɛn we yu lɛk we de insay bɔdi dɛn**

**we de shayn, we de enjoy den fridom from di slev we  
di bɔdi we wi gɛt**

**A si bɔku planet pipul den we dɔn kɔmɔt na di wɔl  
in plen, bɔt den nɔ ebul fɔ si mi a nɔ de mek misɛf si  
den, bɔt a kin si den if a want**

**So, wi nɔ kin fri ɔltogɛda we wi kɔmɔt na di bɔdi  
we wi day Wi sol den kin kɔntinyu fɔ kɔba insay di tu  
subtil fɔm den: di planet (ɛnaji bɔdi) ɛn di kɔz (di bɔdi  
we den kin tink) .**

**We mɔtalman tek wan fyzikal fɔm, i kin bi pɔsin  
we pɔsin kin si na dis wɔl Afta in bɔdi day, i kin stil de  
na di planet wɔl as "gɔst," dat na, as pɔsin we nɔ de si  
we gɛt maynd kapasiti ɛn di sem maynd ɛn kwaliti den  
we bin mek i difrɛn we i bin de na di wɔl**

**Di pipul dɛm we de na di planet wɔl kin, fɔ tru, si  
dɛnsɛf na den bɔdi we de shayn, bɔt di planet pipul  
dɛm nɔ kin si wi na di wɔl pas wi no aw fɔ go insay di  
planet wɔl tru di spiritual yay We sol den shed den  
ɛthereal bɔdi ɛn go insay di mental stet na di kɔz wɔl,  
den nɔ kin dɔnawe wit den ɔl, bɔt den kin bi tin we wi  
nɔ kin si ɔltogɛda, jɔs lɛk aw tink den kin bi we pɔsin  
nɔ de si**

**We sol den fri from di tin den we den bɔdi want,  
den nɔ nid fɔ mek den bɔdi bak na di Wɔl Igen Den sol  
den ya kin muf bitwin di planet eria ɛn di kɔz  
paradays, den kin kɔntinyu fɔ bɔdi na di planet plen te  
den kin gɛt spiritual fridom from da stet de bak We ɔl  
di tin den we kin mek den want fɔ du sɔntin dɔn dɔn,  
di pɔsin kin rili fri, ɔ fri sol**

**If di sol we dɔn day stil gɛt tin den we i nɔ bin dɔn  
du from in ɛgzistens na dis wɔl, i go kɔntinyu fɔ fil den  
want den de na di planet eria ɛn want fɔ sho insɛf  
insay wan bɔdi we pɔsin kin si So, den kin drɔ da sol  
de bak, wit in planet bɔdi, to wan sɛl (wan sperm sɛl)**

**we dɛn mek frɔm wan swɛlin ɛn eg, ɛn i kin bɔn bak as  
pikin we dɛn jɔs bɔn**

**I nɔ mek sɛns fɔ mek pɔsin atribyut ɛni bɔdi  
dɛfisiɛns to insɛf sote go Lɛ wi se sɔmbɔdi lɔs in an na  
dis layf, ɛn di aidia bɔt da lɔs de kam insay in  
kɔnshɛns, kɔnvins dɛnsɛf se dɛn nɔ go ɛva ebul fɔ yuz  
am igen We dɛn bɔn bak, dɛn go briŋ wit dɛn da filin  
de fɔ di an we nɔ de If dis negatif tinkin strong inof, i  
kin ambɔg di kriyaytiv wok we di kɔnshɛns vital  
aktiviti de du de mek di nyu bɔdi in an So, pɔsin nɔ fɔ  
ɛva difayn insɛf bay di tin dɛn we nɔ pafɛkt ɛn di tin  
dɛn we i nɔ pafɛkt na in bɔdi Dɛn kayn tin dɛn ya we i  
nɔ ebul fɔ du nɔ gɛt fɔ du wit di sol, we na Gɔd in klin  
ɛn pafɛkt imej**

**So, yu si se bifo yu tek fyzikal fom, yu bin bi  
spirit, en wen yu dai, yu go bak to bi spirit wans mo  
Wi na spirit ivin wen wi de slip, bikos wen wi de slip  
wi no de aware of wi sef as fisikal bodi at ol So, since  
yu na spirit wen yu de slip, en yu go bi spirit afta yu  
don dai, wetin mek spirit dem fo fred? Dis na wetin yu  
bin de ɔltɛm—na spirit—ɛn yu go bi ɔltɛm—ɛn na dis yu  
go bi sote go**

**Di wangren difrɛns na dat we yu go insay di planɛt  
eria di tɛm we yu day, yu nɔ go ebul fɔ mek wan bɔdi  
we yu want lɛk di wan we yu gɛt naw Na di Gret Masta  
dɛn nɔmɔ we dɔn jɔyn wit di Wan we mek ɔltin go ebul  
fɔ du dat sol dɛn we dɔn go bifo pan Spiritual go ebul  
fɔ mek di smɔl smɔl vaybreshɔn dɛn we di planɛt  
motoka de mek, mek i bi bɔdi we pɔsin kin si**

**Wi de fred day bikɔs ɔf di pen ɛn di aidia fɔ  
dɔnawe wit am Dat na mistek we Jizɔs Krays sho insɛf  
to in disaypul dɛn insay bɔdi fɔm afta i day Lahiri  
Mahasaya kam bak wit bɔdi ɛn blɔd di de afta i day Wi  
dɔn sho se dɛn nɔ day**



**(En di Mæsenja, pis de pan am, se, “Di wan we de tɔk tru pas ɔl pan una na drim na di wan we de tɔk tru pas ɔlman pan una we i de tɔk” En, “Enibɔdi we si mi na drim tan lɛk se i si mi na rial tin”)**

**Pan ɔl we kes dɛn we gɛt fɔ du wit spiritual pol dɛn nɔ kin bɔku, wi nɔ fɔ se dɛn tɛstimoni nɔ kɔrɛkt**

**Mi sɛf si mi ticha, Sri Yuktsuwar, we bin gɛt layf bak lɛk tri mɔnt afta i day (Luk Spiritual Worlds: Its Reality and Nature na dis sayt)**

**Di oli buk dɛm we gɛt sɛns se mɔtalman sol na essentially wan riflɛkshɔn fɔ di divayn spirit I nɔ de ɛva ɛkspiriɛns di pen we day ɔ di pen we dɛn bɔn am, ɛn in ɛgzistens de sote go as long as ɛgzistens insɛf de bia Dis sol de alayv sote go ɛn i nɔ de chenj, i nɔ tɔch am wit rɔtin ɛn i nɔ afɛkt bay annihilation**

**Bɔku tɛm, wan sik disaypul we bin de fa fawe bin drɔ mi planɛt bɔdi to am tru di trɛnk we in devoshɔn ɛn lɔv bin gɛt Wan pan dis kayn tin bin apin ya wit wan disaypul we nem Seva Devi I bin bi wan disaypul we bin rili de wɔship Gɔd Wan tɛm, i bin sik bad bad wan bɔt i bin kip am sikrit frɔm ɔlman We a bin go fɛn am na ɔspitul, i bin tɛl mi se, "Duya aks Gɔd fɔ mek i nɔ kip mi na dis bɔdi igen".**

**Leta, a go bak na di Encinitas ɛmitaj na di Pasifik kɔst, ɛn wan mɔnin a fil di transparent planɛt vaybreshɔn we Seva Devi gɛt wantɛm wantɛm Tru in devoshɔn ɛn spiritual lɔv, i drɔ mi ethereal bɔdi to am Wantɛm wantɛm, mi fizik bɔdi frɔz, lɛk se layf dɔn kɔmɔt pan am dɛn leta tɛl mi se Seva Devi kray wantɛm wantɛm se, "Swamaji dɔn kam!" jɔs bifo i kɔmɔt na mi bɔdi, as i bin no se dɛn de kɛr mi go na di ɔda wɔl**

**Leta, a si am, in bɔdi de shayn, sidɔm na wan pan mi klas dɛn, jɔs lɛk aw i bin apia insay in layf If sɔmbɔdi bin dɔn tɔch mi da tɛm de, dɛnsɛf bin fɔ dɔn**

**ebul fɔ si am, pan ɔl we di wan dɛn we de na da stet  
de we dɛn de no bɔt Gɔd biznɛs nɔ de alaw ɔda pipul  
dɛn fɔ tɔch dɛn**

**Wi dɔn krɔs di trɛshɔl fɔ day ɛn kam bak na layf  
bɔku tɛm, so wetin mek wi fɔ fred day? I kam fɔ fri wi  
Na tru se wi nɔ fɔ want day, bɔt wi fɔ gɛt kɔrej insay  
am—we i kam fɔ insɛf—fɔ fri wi frɔm difrɛn prɔblɛm  
dɛn**

**Pipul dɛn kin fred day bak bikɔs dɛn kin de na dis  
fyuzikal prizin fɔ lɔng tɛm, te dɛn kin fred fɔ lɛf am Bɔt  
na ful fɔ mek pɔsin fred**

**Bikɔs na Gɔd want fɔ mek wi gɛt dis ol bɔdi we wi  
bin de yuz te wi day, wi fɔ kip am ɛn gi am di kia we  
wi nid**

**Wan stori de na India bɔt wan yɔŋ man we bin de  
day we i yɛri di kray we i de kray fɔ sɔri ɛn di pen we i  
bin de fil we i bin de pat rawnd am:**

**Nɔ insul mi sol wit yu kray fɔ sɔri fɔ mi**

**We yu bigin fɔ go na di say dɛn we layt ɛn lɔv de  
sote go**

**Mi na di wan we fɔ sɔri fɔ yu ɛn sɔri fɔ yu  
sityueshɔn**

**As fɔ mi**

**No sik nɔ de igen afta tide**

**Nɔto ivin brok bon**

**Nɔ sɔri-at, nɔ pen we de mek pɔsin fil bad**

**Na bikɔs a de drim gladi ɛn swim na si we gɛt  
gladi at**

**ɛn a kin blo gladi-at**

**Dɛn dɔn ɛkstɛnd di tɛm fɔ wok!**

**Man nɔ no wetin go apin to am na dis wɔl I de liv  
midul fred ɛn saykolojik wɔri Di wan dɛn we dɔn pas  
am sɔri fɔ am ɛn blɛs am frɔm dɛn wɔl A tɔk dis to wan  
mama we dɔn lɔs in bɔy pikin, ɛn as a dɔn fɔ ɛksplen,  
wantɛm wantɛm i was in kray wata ɛn se: "A nɔ ɛva fil**

**da kayn pis de a gladi fɔ no se mi pikin dɔn fri a bin tink se sɔntin we rili bad bin dɔn gɛt." bin apin to am".**

**Bɔku pipul dɛn we dɔn go bifo pan Gɔd biznɛs kin ebul fɔ si dɛn bɔdi we gɛt ɛtɛrik**

**We di ɛtɛrik bɔdi go ɔp ɔ kɔmɔt na di bɔdi di tɛm we i day, di pɔsin we de kɔmɔt de si in bɔdi lɛk se i dɔn day Dis sem ɛksperiɛns kin apin we di wan dɛn we sabi du yoga kin pas di bɔdi we dɛn want, we kin mek dɛn ebul fɔ kɔmɔt ɛn go bak na dɛn bɔdi we dɛn want Bɔt bɔku pipul dɛn we biliv se dɛn kin du dis kin mistek Fɔ jɔs tink bɔt fɔ ɛksperiɛns sɔntin nɔ min se i go apin Fɔ no di we aw dɛn de du am impɔtant**

**Wan tɛm, wan man na Nyu Yɔk kam to mi ɛn insist se i kin travul etherically (from in physical body) a tɛl am se, "A nɔ tink so; yu de imajin se yu gɛt da abiliti de" Bɔt i insist fɔ tɛst mi a gri ɛn se, "Fine, dɛn travul etherically ɛn go dɔŋ ɛn tɛl mi wetin de apin na di restorant dɔŋ de".**

**I bin de silent fɔ smɔl tɛm, dɔn i se, "Gran piano de na di rayt kɔna".**

**A bin shɔ se i de imajin am bikɔs in brith ɛn puls nɔmal**

**So a se, "On di kontri, a tink se yu go fain tu uman sidon roun wan tebul de" I skof mi Dɔn wi go togɛda na di rɛstɔrant, ɛn no piano nɔ bin de na di kɔna, na tu uman nɔmɔ sidɔm rawnd wan tebul Fɔ dɔn, wi padi ɔndastand se in yon fantasi dɛn dɔn ful am**

**Insay mi esoterik planɛt vishɔn dɛn, bɔku tɛm a kin si tin dɛn we kin mek a fred, bɔt dɛn kin tan lɛk fim to mi Di wɔl bin min fɔ ɛnjoy wi, nɔto fɔ mek wi sɔfa ɔ fɔ mek wi fred ɛn Gɔd ɔlmayti bin mek di drama we I mek i kɔmpleks we nɔbɔdi nɔ go biliv, we ful-ɔp wit di kɔntradikshɔn dɛn we gud ɛn bad gɛt**

**Wi fɔ tren wisɛf fɔ ɔndastand wi spiritual nature we ayd Bɔt dis nɔ pɔsibul as long as wi de kɔnfyus wi**

maynd ɔltəm to di bɔdi we wi de si ɔltəm We wi de tink bɔt tin dən we wi gɛt ɔltəm de mek wi lɛk prɔpati ɛn stif wi spiritual aspireshɔn dən Wi fɔ mek Gɔd bi di impɔtant tin we wi fɔ tink bɔt na wi layf If wi put am dɔŋ to sɛkɔndari pozishɔn, I nɔ go kam to wi, ɛn wi nɔ go kam fɔ no am Di tɛmteshɔn dən na di wɔl bɔku ɛn ever-present Di wan dən we want fɔ gɛt spiritual tin dən fɔ mek dən want fɔ du sɔntin ɛn fɔ mek dən rod tru di bɔku bɔku fɔrɛst we gɛt tɛmteshɔn fɔ rich na say we sef ɛn we gɛt kol at

Di ethereal planetary ascent kin bi konsius wan expiriens onli wen pesin enta dip stet dem of spiritual ecstasy, expand in consciousness to a higher level of awareness Tru dem spiritual eye, dem kin perceive eni point in space, weda na dis wold or di ethereal realm Dən kin transcend di limitations of time and space bak Sɔm spiritually advanced individuals possess di abiliti fɔ condense dən ethereal and even physical bodies into any location Dən kɔl dis stet bilocation, ɔ dual presence, usay pɔsin kin de na tu ɔ mɔ ples dən wan tɛm Insay dis stet, di fyzikal bɔdi de insay wan stet we suspend animashɔn, we fiba wan trance We di masta rich di ays stej fɔ spiritual ecstasy (di stej fɔ divayn no), dən kin du ɔl dən wok dən nɔmal wan we dən de kɔntinyu fɔ de insay wan oli stet fɔ rapchɔ

Di pɔsin we de luk fɔ rɔnawe pan Gɔd nɔ go ebul fɔ du ɛni bad tin, ɛn i nɔ gɛt natin fɔ fred as lɔng as i biliv pan Gɔd ɛn ol in gayd am Bɔt we pɔsin alaw bad tin dən fɔ kam insay in maynd ɛn biliv se sɔmbɔdi de tray fɔ du am bad, i de gi da pɔsin de di pawa fɔ du dat

Imajin se sɔmbɔdi de sɛn lay lay aidia to yu, ɛn yu aksept am I nɔ gɛt wan dawt se i go ambɔg yu Bɔt yu gɛt di pawa fɔ rijek bad tin dən we yu de tink bɔt Nɔ

**fred di wan den we get bad maynd, bikos nobodi no go ebul fo inflows yu pas yu wik pan yu maynd Fo fred en maynd we don lok alaw bad fo kam insay Bot we yu afem to yusef se, "God de wit mi en protekt mi," na gud noma go kam to yu from di tin den we oda pipul den de tink lvin if sambodi sen yu bad tin den, den no go rich yu; bifo dat, den go ribond pan di posin we sen am, du am bad di we aw i no o i no no Scrawnd yusef wit God en fen say fo ron go na In blesin nem, di pawa we strong pas ol na di yunivas Na wan wol we posin no go ebul fo pas insay we ol di aro den we de mek bad, lay lay tin, en ipokrit de brok, en we ol di bad tin den we yu de tink bot, de komot nia am en dreb am bak to di say we den komot en usay den komot!**

**No pe atenshon to di pawa den we gost den we de waka waka en spirit den we de waka waka, o to pipul den we de du blak majik Boku big en konstant kosmik fos den de we de ple na di arena den na layf Kosmik wo de bitwin gud en bad Bot no fred no de fo di tru tru biliva den we de du tin akodin to den fet en gud intenshon, bikos gud go don win**

**Dis wol na pipul den en pawa den we wi no de si de gayd am: God, in profet den, en in oli wan den de na wan say, en Setan, in savant den, en in wiked alyans den na di oda say Big big tug-of-war de bitwin God en in enjel den en Setan en in padi den Di problem no go ebul fo dismiss as mere illusion If Setan no bin de, wi no bin fo de fen God in ep agents am lvel den de en i fo de we den kin kontra wit ol di we den en we den de du am**

**We God mek mortalman, i mek Setan bak Setan, wit in pawa we de ful pipul den, de fo test pipul den If faya melt ayen, den no go ebul fo hama o fog stel So we sik o pen kam, memba se na test we posin fo pas No komplem o mek yu at pwel wit den kayn problem**

**dɛn de Bɔku big big sol dɛn dɔn day pan bad bad sik  
ɛn bia bɔku bɔku sɔfa Sɔm dɛn bin sɔfa wit sirioʒ  
disabiliti, bɔt stil dɛn bin kɔntinyu fɔ gɛt fet ɛn pas wit  
satisfay fɔ gɛt di ay glori**

**Wi planet Wɔl na wan pan di ples dɛn we pipul dɛn  
bɔku pas ɔl Di wɔl dɛn de we bɛtɛ pas dis Wɔl we  
nɔbɔdi nɔ go ebul fɔ mɛzhɔ, we ful-ɔp wit ɔlkayn trɔbul  
ɛn prɔblɛm dɛn Bɔt stil, Gɔd nɔ fɔgɛt wi wit in sɔri-at;  
bifo dat, I de tray fɔ ɛp wi bɔku we dɛn fɔ win di sɔfa  
we wi de sɔfa ɛn di tin dɛn we de ambɔg wi**

**Gɔd, in enjɛl dɛn, ɛn bɔku bɔku gud spirit dɛn de  
tray fɔ mek wan oli ɔda we fɔ mek wanwɔd na di Wɔl  
ɛvri gud kwaliti ɛn bɛnifit kwaliti kɔmɔt frɔm gud  
spirit, bikɔs gud spirit dɛn kin plant sid dɛn ɔltɛm fɔ  
gud tin dɛn ɛn tin dɛn we wi want fɔ du na di grɔn na  
wi maynd Bɔt di sem tɛm, di kin na daknɛs—Setan—  
wit di ɛp we di wan dɛn we de fala in wikɛd spirit de  
ɛp am, de mek chaos ɛn trɔbul insay di wɔl Udat pas  
Setan mek di jem dɛn we de mek sik? I bin briŋ bɔku  
kayn bad bad sik, dɔn TB, ɛn ɔda prɔblɛm we de kil  
pipul dɛn, kansa, ɛn ɔda tin dɛn—ɔl na dɛbul we dɛn de  
yuz fɔ mek mɔtalman sɔfa Bɔt Gɔd de mek bɔku pipul  
dɛn we de stɔdi bɔt dis sik, mek nyu we dɛn we go  
bɛnifit dɛn fɔ pul sik kɔmɔt**

**Plɛnti gladi-at we pɔsin kin gɛt we i de du mami ɛn  
dadi biznɛs wit ɔda pɔsin we ful-ɔp wit divayn blɛsin  
We dɛn separet sɛks frɔm fetful lɔv ɛn yuz am fɔ  
satisfay animal instinkt, i kin bi tul na Setan in an fɔ  
kip mɔtalman kɔnshɛns kapchɔ to di sɛns, we nɔ ebul  
fɔ ɛkspiriɛns divayn kɔnshɛns**

**Wan lay lay trinitɪ de we di dɛbul mek as sɔntin fɔ  
tek ples fɔ spiritual gladi gladi Da trinitɪ de na fɔ want  
fɔ du sɔntin we nɔ gɛt wan kɔntrol, fɔ want fɔ drink  
rɔm, ɛn fɔ want fɔ gɛt mɔni**

**We Adam en Iv bin gèt sèns fɔ du mami en dadi biznəs, dən bin fɔdɔm frɔm Paradays, dən lɔs di divayn kɔnshəns we bin dɔn alaw dən fɔ gèt wanwɔd wit Gɔd insay spiritual ɛkstazi So, dən drɛb dən kɔmɔt na di Gadin na Idən Frɔm da tɛm de, dən dɔn fos mɔtalman fɔ bɔn pikin dən we gèt fɔ du wit mami en dadi biznəs, lɛk ɔl ɔda tin dən Di uman bɔn insay wan we we de mek i fil pen en we at fɔ du Afta dat, di man en in wɛf fɔ aksept wetin dən gèt If dən gèt pikin we de tink bɔt dɛnsɛf nɔmɔ en we gèt fɔlt, dən fɔ mɛn am Fɔs, dən bin gèt di pawa fɔ mek ɛnitin we dən want tru di pawa we rizin gèt, jɔs lɛk aw Gɔd de Blɛsin dən fɔs fɔs tɛm dən we dən nɔ du natin Fɔ tru, dən na bin gladi en glori de dən**

**En afta ɔl dis, te go, Setan insɛf go bi inschrument na Gɔd in an Setan nɔ de kip in prɔmis to mɔtalman, en dat mek, di wan dən we nɔ gladi en we nɔ gèt bɛtɛ maynd kin tɔn to di fetful Masta fɔ ɛp en fɔ mek dən du wetin dən op se**

**Bɔt wi nɔ nid fɔ wet fɔ disapɔyntment fɔ mek wi tɔn to Gɔd Wi nɔ fɔ put ɔl wi eg dən na wan basket**

**Wi nɔ fɔ jɔs de op fɔ gèt gladi at na di basket we nɔ gèt bɛtɛ trɛnk na di bɔdi en di ɛnjɔyment dən we de na di wɔl fɔ shɔt tɛm**

**Lɛ wi, mi padi dən, lisin to Gɔd in vɔys we de tɔk to wi tru wi gud tinkin Gɔd, in prɔfɛt dən, en in ɛnjɛl spirit dən de mek dən fayn fayn tin ya Setan en in savant dən de mek tink en tɛmtɛshɔn dən lɛk dɛnsɛf**

**ɛnitɛm we wikɛd tin krɔs yu maynd, drɛb am witout rigrɛt, en di dɛbul nɔ go ebul fɔ yuz in pawa oba yu en du yu bad igen Mɛmba se di tɛm we yu tink bad, yu tek wan stɛp nia di dɛbul**

**Man de muv ɔltɛm, i de muv bak en go bifo bitwin gud en bad**

**Fɔ rɔnawe pan dis shatɔl diplɔmasi, pɔsin fɔ go  
usay di dɛbul in an ɛn in ɛnimi dɛn nɔ ebul fɔ rich To di  
at fɔ Gɔd , ɛn pis de pan yu**

### **Mental balans bitwin chenj dɛm**

Di pipul dɛn na di Wɛst kin tɔk mɔ bɔt kɔmfɔt na dɛn  
bɔdi We di wɛda wam pasmak, dɛn kin sɔfa bikɔs dɛn nɔ kin  
kol, ɛn we i kol pasmak, dɛn kin fil bad bikɔs dɛn nɔ gɛt  
atifishal ɔt Bɔt Indian ticha dɛn kin gi difrɛn filɔsofi Dɛn se fɔ  
fil bad bɔt ɔt ɛn kol, gladi ɛn pen, kin kɔmɔt frɔm di ilyushɔn  
we di sɛns dɛn we de ful pɔsin kin gi ɛn frɔm di tin dɛn we  
pɔsin kin fil engagement with and response to their endless  
demands Bɔt di pɔsin we gɛt sɛns na di wan we de rɔnawe  
pan di grap we di sɛns dɛn gɛt ɛn pas ɔl di tu tin dɛn  
Big big pipul dɛn we de tink nɔ kin tɔk se pɔsin fɔ kɔrɛkt  
insɛf te i ambɔg in bɔdi Bifo dat, dɛn kin advays fɔ fri insɛf na  
in maynd frɔm di we aw i kin fil se i gɛt wam ɔ kol we di ɔt ɔ  
kol nɔ kin ebul fɔ bia, ɛn di sem tɛm i de luk fɔ wan rizin we  
go mek i gɛt mɛrɛsin fɔ da sik de  
Gita se : “Di wan dɛn we dɛn tay wit di tin dɛn we dɛn  
kin du fɔ ɛnjoy dɛnsɛf nɔ kin ebul fɔ gɛt di balans we dɛn gɛt  
fɔ tink gud wan, ɛn dɛn nɔ kin ebul fɔ gɛt wanwɔd wit Gɔd tru  
di gladi gladi we dɛn kin gɛt we dɛn gɛt Samadhi spiritual  
”gladi at  
We pɔsin ebul fɔ pul insɛf pan in maynd frɔm di tin dɛn  
we de ambɔg in sɛns, i kin gɛt pis we de insay am Bay we i  
nɔ afɛkt di sɛns we de kam ɛn go, i de sho di impɔtant, nɔ  
chenj kwayɛt we di sol gɛt Insay da stedi, nɔ de shek shek  
awareness de, dɛn kin bi wan wit di absolyut, infinite, ɛn nɔ  
chenj  
Wan pasiv rispons to ɔl di bɔdi sɛnseshɔn dɛn de ambɔg  
ɔl tu di maynd ɛn di sol We di sol de ambɔg, pɔsin kin lɔs in  
tru tru nature, we na tranquility Gɔd de de na di ples dɛn we  
hot ɛn kol pas ɔl na di wɔl I de na di Aktik ɛn di ɛmpti Kwata,  
we nɔ afɛkt di ekstrim kɔndishɔn ɛn tɛmpracha we in mek na  
di wɔl Mɔtalman, we dɛn mek insay In imej, fɔ tray fɔ



falamakata In kondokt God put wi na dis bodi, onda ot en kol,  
gladi en pen, bot I want wi fo si den tu tin ya wit balans  
maynd I want wi fo rayz pas ol kayn tu we Wi fo get trenk en  
bia we wi no de tek tem o no de si bifo tem We wi no ebul fo  
avoyd ot o kol pasmak, wi fo pul wi maynd komot pan den Di  
mo we wi de tray fo du dis, na di mo di maynd de fri insef, so  
dat di tin den we wi no want no go ebul fo afekt wi konshens o  
filin den bad bad wan

ch; dis sens dem dede si we den t o di skin in surface n  
si tru o ,ch, smel, yerionli test, to ses na di bren Posin kinopr  
tong in sef, bodi maynd I lek se wi de eksperiens test na di t  
na di bren we de rejist di test Semweso, we wan pat pan di  
gan we to na difil na di maynd, n os fodi inju, di pen de fob  
sens di pen: di nev en di bren oafekt Wi get tu mekanism f  
myunikeshn bitwin diok ostem Sens de apin we di bren alaw f  
pen de Dis na ono di pen, n nev en di bren stem If di bren n  
no We on fodi wondaful tin we di big big Indian masta dem d  
owan anesthetik, den n o maklorof oens fonda di infl o sin deop  
de rich di bren Na di nev end os di sens dem node fil pen bi  
m ia dem we di pen signal dem de truom sodem na s  
transmit den otransmit to di bren Di anestetik de mek den n  
pen signal dem ya

di sensol di bo gan na di maynd, eno di bren na di sens  
dem de transmit to am tru di nev dem en di bren insef Bikos  
nekt to di bren, i de get en intaprit den sens demodi maynd k  
ode afekt am b ositiv tinkin noya Maynd we den trenk bay p  
gladi en pen I de no den sens dem ya oku pan di sens dem f  
de tay am ot i nob

Den bin gi motalman sens fo protekt den bodi If i no bin  
de, posin kin sofa bad bad wan we den kot o bon we i no no  
se Animal den no bin get dis kayn pawa, en dat mek den no  
kin fil pen; if noto dat, di kruk we den kin du to den tru som  
we den fo kil en kil den no go ebul fo bia Fo egzampul, den kin  
!trowe krab insay wata we de bol we den stil de alayv

Bikɔs ɔl tu di pen ɛn gladi at na tin dɛn we di maynd  
mek, di pen we pɔsin kin gɛt kin stɔp bay we i de praktis fɔ  
kɔntrol di maynd Dɔn, pɔsin kin gɛt sɛns as indikɛtɔ fɔ wan  
abnɔmal kɔndishɔn we i nɔ fil pen Di Bhagavad Gita adres dis  
insay mɔ dip Dip pasmak Hypersensitivity to either pleasure  
or pen intensifies their effects, while reduced sensitivity  
makes one less affected by pen and less enslaved by  
sensory pleasures A tren mi bɔdi ɛn maynd fɔ bi less  
sensitive to stimuli ɛn fain misɛf fri frɔm sensory distractions  
Dis trenin na di rod fɔ fri frɔm di grip fɔ di senses ɛn dɛn  
dimand dem we nɔ gɛt ɛnd

Wan dɔktɔ bin gɛt maynd so dat i bin ebul fɔ du  
ɔpreshɔn pan insɛf we denja! Na tru se dis nɔ pɔsibul fɔ di  
maynd we dɛn dɔn mek slev bikɔs ɔf di tin dɛn we pɔsin kin  
gɛt wit in bɔdi Bɔt wit trenin, di maynd kin strong pasmak Di  
mɔ we pɔsin de tren ɛn rifin in maynd, na di mɔ i kin ebul fɔ  
kɔntrol am Pikin we dɔn pwɛl kin rili fil bad we ivin di smɔl  
bad tin we i apin to am, we pikin we dɛn tren fɔ bia ɛn bia, nɔ  
kin izi fɔ mek i fil pen ɔ i kin tɔn bak pan pen ivin if i rili fil  
bad injuri dɛn we pɔsin kin gɛt

Insay dis, di trenin we di big big Indian masta dɛn de  
advatayz difrɛn ɔl frɔm di wan we dɛn de tich na di Wɛst  
India in spiritual ticha dɛn de tren dɛn disaypul dɛn fɔ fri  
dɛnsɛf kpatakpata frɔm slev to di bɔdi ɛn in sɛns Di kɔmfɔt  
dɛn we dɛn dɔn divɛlɔp na di Wɛst de ɛnkɔrej induljɛns fɔ di  
bɔdi, ɛn as a rizulta, di tray we dɛn invest fɔ divɛlɔp mental  
fakulti na smɔl ɛn nɔ impɔtant Na India, wi de lan (insay di  
retreats of our guides) aw fɔ nip di pawa we di sɛns dɛn gɛt  
na di bɔd so dat wi nɔ go bi slev frɔm dɛn Insay mi skul na  
Ranchi, Bihar, sɔntɛnde wi kin mek di yɔŋ pikin dɛn slip pan  
smɔl mat dɛn na di had grɔn, ɛn dɛn kin gro ɔp wɛlbɔdi ɛn  
strong, pan bɔdi ɛn maynd

Di pipul dɛn na di Wɛst dɔn yus to bɔku we dɛn we de na  
do fɔ rilaks ɛn slip fayn Insay India, wi bin de sidɔm pan ɔt  
san fɔ tink gud wan Smɔl smɔl, wi bin ebul fɔ sidɔm na di ɔt

ɔl di de, ɛn na di kol bak As a rizulta fɔ dis trenin, a bin gɛt  
da kayn mental kapasiti de we natin nɔ bin ebul fɔ ambɔg ɔ  
afɛkt mi kɔnshɛns We a diskɔnekt mi maynd frɔm mi sɛns,  
natin nɔ de mɔna mi atɔl

Ia bifo, di weta bin hot pasmak, ɛn ɔlman bin de pant  
Tru mental asosieshɔn, dɛn diskɔmfɔt bin transfa to mi, mek  
a nɔ ebul fɔ kɔnsɛntret ɛn rayt atikul Dɔn a bin de kɔs misɛf,  
se, "Wetin mek ɔl dis?" ɛn pre to Gɔd  
Oh Lord, di sem lektrisiti de kriet hot fo oven and ais fo"

"!frij So di weta mild

Wantɛm wantɛm di ples bin fayn fɔ mi, lɛk se wan layt  
sno dɔn rawnd mi bɔdi, ɛn a begin fɔ fil se a gɛt bɔku  
inspekshɔn ɛn rayt witout ɛni prɔblɛm

Wan tɛm, sɔm ia bifo dis tɛm, a bin de na wan krɔs-stet  
rod trip insay wan opin-tɔp motoka wit wan grup we na yɔŋ  
student dɛn we de fɛn dɛnsɛf, wan pan dɛn na bin mi sɛktri

Mi ɛn in bin slip na di motoka, wi bin de sheb wan smɔl  
blankit Di nɛt bin kol we bin kol We a bin de slip fast fast, i  
pul di blankit kɔmɔt pan mi, ɛn we a bin dɔn af-af wek, a nɔ  
bin no se a pul di blankit kɔmɔt pan am! Dis bin go fɔ sɔm  
tɛm Dɔn mi maynd se, "Wetin mek yu de akt lɛk dis? ɔltin

"!fayn Yu wam

Dɔn a trowe di blankit, sidɔm, ɛn begin fɔ tink gud wan te  
mi bɔdi fil lɛk wam bred We di disaypul dɛn wek tu awa afta  
dat, dɛn de shek shek wit kol, dɛn si mi se a nɔ de muv a dɔn  
lɔs insay oli gladi gladi, ɛn tink se a dɔn day, dɛn tray fɔ wek  
mi frɔm mi spiritual rapchɔ wit dɛn ala ala Bɔt a smayl ɛn se,  
"Wetin mek ɔl di." nois, yong man dem? Yet a nɔ bin kech kol

!na mi nɔmɔ bin wam

Wetin fɔ du na fɔ tren di maynd fɔ bi mɔ pɔsitiv If yu  
disayd se yu nɔ go gɛt kol, di chans fɔ kech pɔsin go go dɔŋ  
Dɛn fɔ tren di maynd bak fɔ win pen Mental sensitivity de  
magnify pen, ɛn magnify pen min fɔ fɔgɛt di imej fɔ Gɔd  
insay yusɛf—dat oli ɛn invincible image

Di ol Indian se j dem bin se ol di abit den kin begin fo fom  
insay posin we i ol tri ia I rili at fo chen j den abit ya wans den  
don get rut en dip rut na di konshe ns maynd If yu famili en di  
say we yu de don put insay yu maynd wetin yu lek en wetin  
yu no lek, den impreshon ya kin de wit yu fo layf Di fcs tin we  
a lan from mi waes mento, Sri Yuktiswar, na fo ovakom di  
psychological impulses related to sensations We a bin fcs go  
to am fo tren, a go get kol if a no yuz wam blankit na kol  
weda Bot mi ticha bin tich mi aw fo yuz di pawa we mi  
maynd get fo win dis tendency As a rizulta, a bin fri from di  
kol we bin don de mona mi from we a smol te a get di masta  
!in trenin

Som pipul den se wi fo abop pan rizin nomo Oda pipul  
den biliv se wi fo satisfay wi sens Den tu pozishon ya na  
ekstrem

Wan tiori se, i fayn fo mek yu go chek yu motoka oltem  
fo mek sho se di bodi get welbodi en welbodi, jcs lek aw den  
kin inspekt yu motoka wan wan tem Dis kin mek sens Bot  
motalman noto mashin If yu maynd welbodi dipen pan yu  
bodi, i no go te igen di maynd go bi slev fo wetin di bodi de  
aks fo, we go mek ol kayn en kwantiti meresin en oda  
tritment den we yu de gi yu bodi ineffective Dis de eksplen  
wetin mek wi de sofa wit sik den we no go men Wikednes na  
wi bodi don begin fo gro bikos di maynd no gri fo bi di masta  
fo di bodi

Moderation is best at the started If yu get smol injuri,  
put smol ayodin, bot no abop pan meresin Tek rizin en di rayt  
we fo tek tem te yu ebul fo abop mo en mo pan rizin smol  
smol Di big big ticha densef bin de yuz meresin den we den  
mek fcs wit cribodi en kemikal we God mek Meresin en drugs  
no impotant fo spiritual ticha, bot fo sho se God in pawa de  
wok insay boku boku we den, wan wan tem den kin disayd fo  
yuz som meresin preparashon den Eni we, fo win de pan di  
pawa we rizin get We yu rich di strong konvikshon se yu kin

du witout ɔl di mæresin dɛn we nɔ gɛt ɛni bad bad ɛfɛkt, yu  
kin win ɛn gɛt pawa oba di bɔdi

Wan tɛm, wan ticha brok in an ɛn alaw dɛn fɔ trit am ɛn  
bandej am We wan jɛntriman kam fɔ kam fɛn am jɔs afta di  
aksident, di student dɛn we bin de fred bin tink se di pɔsin  
we kam fɛn am go fil bad we dɛn si di ticha in an insay sling  
(we de hang rawnd in nɛk) Di ticha tɛl di visitɔ se, "As yu si,  
mi an dɔn brok ɛn a de fil pen Di student dɛn imajin se we  
dɛn si mi brok brok." arm, yu go tink se Gɔd dɔn lɛf mi ɛn i nɔ  
."de kia fɔ mi igen Nɔ pe atɛnshɔn to dɛn

Wan ɔda tɛm, di sem ticha bin de siŋ to Gɔd insay wan  
stet we i bin de rapchɔ we i fɔdɔm pan wan pila we bin de  
nia de we gɛt kol dɛn we de shayn Bɔt stil, i kɔntinyu fɔ siŋ  
We di student dɛn es am ɔp, dɛn si se sɔm pan di layf kol dɛn  
bin dɔn stɔp na in bak ɛn de bɔn in bɔdi Dɛn bin fred bad bad  
wan we dɛn si am, bɔt di ticha bin smayl ɛn se, "Wɛl, jɔs."  
pul di kol dem off insted of ol dis fuss!" I nɔ bin kɔmplen bɔt  
ɛni pen Dis na di mental transcendence we ticha dɛn de sho  
Na dis tɛm, di ticha pruv se i rili de ɔp pen Di fɔs tɛm, i bin  
dɔn sho se di pen bin afɛkt am bɔt i bin bia am wit peshɛnt  
ɛn ɔmbul

Wan strong stays fɔ tek bɔt di bɔdi ɛn di tin dɛn we i de  
aks fɔ Di skripchɔ dɛn se di kɔnsept dɛn bɔt ɔt ɛn kol, gladi  
ɛn pen kin kɔmɔt frɔm di sɛns we di sɛns dɛn kin gɛt wit di  
say dɛn we dɛn filin ɔ sɛns de kɔmɔt Bɔt dɛn filin ɛn sɛns ya  
kin stɔp bay wan biginin ɛn wan ɛnd Dɛn kin te ɛn fɔ shot  
tɛm nɔmɔ dɛn kin bia ɛn na dat mek dɛn fɔ bia wit peshɛnt  
ɛn fɔ bia Wetin mek dɛn kin afɛkt bay smɔl kol ɔr pen? Big  
saykilɔjik kɔrej fɔ gɛt bay we yu tren di maynd fɔ bia te i go  
dɔn go ɔp pas ɔl ɔda kayn pen ɛn sɔfa

Di bɔdi na jɔs wan kech we dɛn kɔba wit bɔdi, usay di  
bɔd we gɛt layf de liv fɔ sɔm tɛm Layf inɛf fri frɔm di bɔdi  
kpatakpata, bɔt layf dɔn gɛt sɔntin fɔ du wit di tin dɛn we de  
na di bɔdi we nɔ gɛt bɛtɛ tin fɔ du, we de stɔp am, ɛn fɔ dis  
rizin i de sɔfa

We yu de wek, yu kin no bɔt di tin dɛn we yu kin fil bɔt  
yu bɔdi Bɔt we yu de slip, we yu maynd fri frɔm di bɔdi, yu nɔ  
kin no bɔt dɛn tin dɛn de, bɔt yu kin gɛt dip pis  
Bikɔs dɛn mek mɔtalman lɛk aw Gɔd tan, i ebul fɔ liv  
insay di bɔdi we nɔ gɛt ɛnitin fɔ du wit di bɔdi we i de fil Bɔt  
bifo dat, i de tek di bɔdi stet dɛn pan insɛf ɛn mek dɛn rial  
mɔ

Fɔ fri frɔm sɛns, pɔsin fɔ mentally detach insɛf frɔm di  
bɔdi Dis na di rizin we mek di sent dɛn advays saykolojik  
transɛndans fɔ ɔl tu di gladi ɛn pen, ɛn dis kin jɔs apin tru  
prɛktis A dɔn pruv dis trut to misɛf ɛn a no se fɔ sensitiv  
pasmak kin gɛt bɔku bad bad tin dɛn Submissive compliance  
with the demands of the senses is the ruot of all pen and  
misery Gɔd nɔ bin decree sɔfa fɔ wi I mek sɛns fɔ no fɔ gayd  
ɛn ɛnjoy wi, ɛn I bin want ɛn stil gɛt di intenshɔn fɔ mek wi  
yuz di bɔdi we wi de si wit sɛns, nɔ fɔ so atak am so dat wi  
go bi misɛf ɛn wikɛd If pɔsin lɛk animal we i lɛk dip wan, i go  
ansa da animal de dip, pan ɔl we dɛn nɔ gɛt ɛnitin fɔ du wit  
am bay di nervɔs sistɛm Semweso, wi bɔdi pen dɛn kɔmɔt  
frɔm di saykolojik we wi de fil pasmak di we aw pɔsin kin  
atak di bɔdi

Di maynd fɔ gɛt mɔ pawa oba di bɔdi I fayn fɔ ebul fɔ liv  
bay di pawa we di maynd gɛt, bikɔs di maynd kin du ɛnitin  
we dɛn aks am ɛn aw pɔsin go abop mɔ ɛn mɔ pan di  
maynd? Na bay we i de yus smɔl smɔl fɔ wam ɛn kol, fɔ slip  
pan matres we strong, ɛn fɔ mek i nɔ dipen pan tin dɛn we i  
sabi

We a bin de tɔk, a nɔ bin no se di ples wam tide, bɔt jɔs  
we a tɔk bɔt di wam wam ples, a begin fɔ fil am  
Wan tɛm a bin de lekchɔ na di wɛda we rili wam Apat  
frɔm dat, di ɔt we de insay mi bɔdi bin de go ɔp, lɛk aw i kin  
du ɛnitɛm we a de lekchɔ bɔt spiritual tin dɛn Mi maynd se,  
"Yu nɔ go ebul fɔ dɔn di lekchɔ we yu nɔ was yu fes we  
."swet

A fil insay mi poket fɔ wan hankɛf bɔt a nɔ ebɔl fɔ fɛn  
wan Dɔn a luk insay di spiritual yay ɛn wispa to mi maynd:  
"No ɔt nɔ de atɔl" Wantɛm wantɛm di stifling ɔt dɔn lɔs ɛn a  
kɔntinyu di lekchɔ kol ɛn ɛnjoy wit wan kol we de mek a fil  
fayn

Praktis dɛn tin ya yusɛf ɛn si if wetin a de tɔk na tru Yu

kin amplify di pen wit sensitiviti ɛn lessen am wit mental  
fridɔm We pɔsin we yu lɛk pas, instead fɔ kray pasmak, wi fɔ  
aksept se dɛn dɔn go na ay eria akɔdin to wetin Gɔd want, ɛn  
se Gɔd no wetin bɛtɛ fɔ dɛn Wi fɔ tɛl Gɔd tɛnki fɔ dɛn fridɔm  
ɛn sɛn dɛn lɔv tink ɛn gud wish, fɔ aks Gɔd fɔ tek dɛn ɛn gi in  
sɔri-at ɛn fayv to dɛn na di ples we go de sote go usay dɛn  
nɔ go fred ɔ sɔri

Na nɔmal tin fɔ lɛ pɔsin fil bad we pɔsin we wi lɛk dɔn  
day; if nɔto dat, wi nɔ bin fɔ bi mɔtalman Bɔt, di filin fɔ sɔri  
kin afɛkt dɛn bad bad wan, i kin mek dɛn de nia di wɔl pas di  
wan dɛn we de na ɛvin Fɔ fil bad pasmak, dat kin mek di sol  
we dɔn day nɔ go bifo fɔ gɛt mɔ pis ɛn fridɔm

Mɔs pan di pipul dɛn we de na di wɔl tide nɔ bin de ya  
wan ɔndrɛd ia bifo ɔda pipul dɛn bin de ya bifo wi ɛn wi, sɛf,  
nɔ go de ya insay sɔm ia Wi tɛm go dɔn, ɛn di jɛnɛreshɔn dɛn  
we gɛt fɔ kam nɔ go mɛmba wi Bifo dat, pipul dɛn go fil da  
tɛm de, lɛk aw wi de fil naw, se dis wɔl na dɛn wɔl, bɔt dɛn  
go tek am frɔm dɛn, ɛn dɛn frɔm am, wan bay wan Day fɔ bi  
mɔtalman nid; if nɔto dat, di Gɔd we gɛt sɔri-at nɔ bin fɔ dɔn  
alaw am fɔ apin to ɛnibɔdi So, wi fɔ gɛt mɔ fet pan Gɔd ɛn nɔ  
fɔ fred day

Di wan dɛn we de fred day nɔ kin ebɔl fɔ no dɛn tru tru  
nature Shekspia bin se: "Di wan dɛn we de fred kin day bɔku  
tɛm bifo dɛn day; di valiant dɛn nɔ kin ɛva test day bɔt wan  
."tɛm

Di pɔsin we de fred kin spɛn in de dɛn na wan stet we i  
de fil bad ɛn day sloslo Di brayt man kin ɛksperiɛns di las day  
nɔmɔ, kwik ɛn nɔ gɛt pen If pɔsin day na in natura day ɔ i  
dɔn go bifo pan spiritual tin dɛn, in spiritual kɔnshɛns kin

wek wantem wantem we di bɔdi day, ɛn i kin si insɛf na ɔda  
plen fɔ egzistens—wan plen we gɛt ɔl di sɛns dɛn bɔt we nɔ  
gɛt bɔdi

Prɛsɛpshɔn de bays pan di maynd We pɔsin day, i de  
shed in dense fyzikal bɔdi, we na imej fɔ di maynd we de  
ɔnda ɔda ɔda ɛn di tin we de mek ɔl di trɔbul dɛn na di sol  
Tu kayn pipul dɛn de: di wan dɛn we de kɔmplen ɛn kray  
ɔltɛm bɔt di sik dɛn we de na di wɔl, ɛn di wan dɛn we de win  
di prɔblɛm dɛn we de na layf wit smayl, we de kɔntinyu fɔ  
tink gud wan pan ɔl we bad tin de apin I nɔ nid fɔ tek tin dɛn  
tu sirios If ɔlman bin gɛt mɔ pɔsitiv ɛn gɛt wanwɔd, di wɔl go  
bi wan ples we bɛtɛ pas aw i de naw

Insay di jɔŋgrɔn dɛn we sivilizayshɔn de, midul di  
prɔblɛm ɛn kɔmplisiti dɛn na di mɔdan layf, na di tru tɛst de  
ɔltin we pɔsin de du go kam bak to am, gud fɔ gud, ɛn bad fɔ  
bad Di wan dɛn we et ɔda pipul dɛn go et dɛn bak Di wan  
dɛn we ful-ɔp wit bad tin dɛn ɛn filin dɛn we de agens dɛnsɛf  
de pwɛl dɛn yon kɔlchɔ ɛn dɔnawe wit dɛn yon gladi at If yu  
fil vɛks, tek wan waka ɛn kɔnt frɔm wan to fayvtin, ɔ shift yu  
focus to something pleasant and joyful We ɔda pipul dɛn de  
trit yu bad, i nɔ mek sɛns fɔ tray fɔ trit dɛn di sem we We yu  
vɛks, yu maynd de bɔl, yu at valv dɛn de sɔfa, ɛn yu bɔdi de  
drained of vitality ɛn taya Send forth waves of peace and  
goodness that best expres the true nature of your sol, the  
divine image within you Den, nobodi go ebul fɔ shek yu ɔ  
distɔb yu kol at

In shot, ɔltin bigin na di maynd Sin na krieshɔn fɔ di  
maynd Yɔŋ pikin dɛn de waka rawnd nekɛd we nɔ gɛt ɛni  
sɛns fɔ sin ɔltin klin to di wan we gɛt klin ɛn klia maynd, bɔt  
Fɔ di lecherous libertine, ɔltin tan lɛk bad ɛn bad  
If di tin dɛn we pɔsin de du bad, di tin dɛn we i de tink)

(bɔt go bad, ɛn i go biliv wetin i dɔn yus fɔ imajin  
Wan maynd we nɔ gɛt disiplin de mek chaos na wi layf  
Di wan dɛn we dɛn maynd dɔn bi slev bay dɛn sɛns na dɛn  
de mek fɛt-fɛt ɛn wɔ, ɛn na di pila dɛn fɔ injɔstis ɛn daknɛs



God put wi sol insay den bɔdi ya we get sɛns so dat wi  
go liv na dis wɔl ɛn lan frɔm wi yon ɛksperiɛns ɛn ɔda pipul  
dɛn, we i nɔ alaw di tin dɛn we de apin ɛn di tin dɛn we de  
apin arawnd wi we de chenj ɔltɛm fɔ mek wi gladi God want  
wi fɔ kɔntrol di tin dɛn we wi want pas fɔ alaw dɛn fɔ kɔntrol  
wi, ɛn fɔ get balans na wi maynd nɔto jɔs we ɔltin brayt ɛn  
gladi, bɔt bak insay di midst of difficulties ɛn prɔblɛm dɛn Fɔ  
no wisɛf de gi wi dis masta sabi buk

Di dans fɔ layf ɛn day nɔ de ɛva stɔp, bɔt mɔtalman get  
di saykilɔjik abiliti fɔ rayz pas ɔl di sɛns ɛksperiɛns dɛm ɛn nɔ  
afɛkt di kɔntradikshɔn dɛm na layf

Mɔtalman kin ebul fɔ win di tin dɛn we nɔ ebul fɔ du na  
layf if dɛn si tin ɛn tin dɛn we de apin wit balans we dɛn de  
du dat, dɛn de sho dɛn spiritual nature we dɛn nɔ ebul fɔ  
kɔntrol

Di wan dɛn we dɔn rich dis stej fɔ kɔrɛkt dɛn de liv lɛk  
king dɛn bitwin mɔtalman ɛn dɛn de jɔyn wit di absolyut we nɔ  
get ɛnd we nɔ de chenj ɔ chenj

Di spiritual tichin dɛm fɔ yoga de adres di ditel dɛm fɔ  
layf wit metikul prɛsishɔn, instrɔkt aw pɔsin fɔ akt pan ɔl di  
sikɔstɛms Dɛn mek mɔtalman lɛk God, bɔt dɛn dɔn lɔs tɔch  
wit da blɛsin imej de ɛn dɛn fɔ fɛn am bak insay dɛnsɛf

Klin gold we dɛn bɛr ɔnda mawnten dɛn na di wɔl de  
kontinyu fɔ bi klin gold, we de kip ɔl in prɔpati dɛn pan ɔl we i  
ayd Fɔ pul am, pɔsin fɔ dig dip dip wan insay di grɔn ɛn fɛn  
am te dɛn fɛn am Semweso, bɔku layers dɛn we get abit dɛn  
we tan lɛk kle ɛn di tin dɛn we pɔsin kin fil lɛk dɔti kin kɔba di  
nobul, gold sol Dis "kle" na di rut fɔ mɔtalman saykolojik  
prɔblɛm dɛn lɛk nervous, fred, et, envy, inferiority  
complexes, ɛn misguided perceptions, ɛn di fawndeshɔn fɔ ɔl  
ɔda reprehensible kwaliti dɛm Fɔ pul insɛf pan dis degrading  
kle, pɔsin fɔ kɔltivate wan strong ɛn resilient stet ɔf maynd in  
rilayshɔn to di bɔdi ɛn di sɛns dɛm Attachment to di bɔdi de  
gi rizin fɔ difrɛn frayd dɛm we a dɔn imajin na mi maynd ɔl  
kayn pen ɛn win dɛn ɔl

Fɔ no se dɛn mek pɔsin insay Gɔd in klin imej, i fɔ rayz  
pas fred ɛn vɛks ɛn win pasmak sensitiviti Sɔm pipul dɛn at  
fɔ mek dɛn gladi bikɔs dɛn kin shak ɛn lod dɛn bay di abit  
dɛn we de ɔp ɛn di tin dɛn we nɔ impɔtant na layf Bɔt pɔsin  
we gɛt strong sɛns kin se, "Tide a kin slip pan saf bed ɛn  
tumara na grɔn; ɔltin na di sem to mi" ɛn so on Dis saykolojik  
nyutraliti tren di maynd, mek i obe yu kɔmand ɛn ebul fɔ du  
wetin yu aks fɔ

Di maynd, mi padi dɛm, de ful pipul dɛn bad bad wan  
Bɔt tru rifinment, i de lan abit ɛn gud bihayvya We yu se, "A  
nɔ go ebul fɔ du if a nɔ gɛt da kayn it de," di maynd de ansa  
"!se, "Fɔ du witout da kayn it de nɔ pɔsibul

Bɔt yu spirit pas rizin If yu fɔ se, "A nɔ go alaw ɛni  
mɔtalman ɔ ɛnitin fɔ mek mi bi slev," rizin go ansa, provid di  
stetment strong ɛn di sajeshɔn strong Yu na di masta fɔ ɔl tu  
di maynd ɛn bɔdi; nɔ bi dɛn slev, ɔ dans to dɛn tiun

Fɔ fri frɔm di shakul dɛm fɔ di imɔshɔn na di wangren  
rod fɔ gɛt pis ɛn gladi at lɛk wetin apin, tray fɔ rayz pas ɔl di  
!penful sensitiviti dɛm ɛn mek yusef gladi, bikɔs yu kin ebul  
:Di 1st sɛns tɛks dɛn se

Di stet fɔ kɔmplit insay pis we dɛn kin ajɔst tru yoga"

."meditɛshɔn

Tru we di sol kin gladi fɔ si di Suprim Self de shayn lɛk di

san na ay noon

Usay di sɛns we di sol gɛt de si ɛn test di gladi at we pas

ɔl

Di pɔsin we de du yoga kin gladi fɔ no di sikrit we ayd  
ɛnibɔdi we rich da blɛsin stet de de kɔle insɛf fɔ we i fɛn

di valyu tin we gɛt valyu

I de kɔntinyu fɔ sef frɔm di tretin we tɛm de du ɛn di

sɔprayz dɛn we de na layf sef insay insɛf

Da stet de, we dɛn kɔl yoga, na stet we pɔsin kin fri frɔm

sɔri-at ɛn pen

Di wan dɛn we de tray fɔ du am wit maynd ɛn maynd we

nɔ de shek, gɛt blɛsin

En wi de kole enibodi we fɛn am ɛn ɛnjoy in gladi at we  
pas ol di tin dɛn we pɔsin kin imajin  
I defy diskripshɔn  
Pis de fɔ una  
**Kontrol fɔ vɛks**

Sɔm pipul dɛn kin tink se dis tɔpik na fɔ di wan dɛn nɔmɔ  
we kin vɛks ɔ vɛks izi wan Bɔt dis filin kin dip pas aw i kin  
apin na di wɔl Pɔsin kin ebul fɔ kontrol di we aw i de luk na  
do ɔ di we aw i de sho se i vɛks bad bad wan, bɔt stil i kin stil  
get wamat we i ayd ɛn we i nɔ kin vɛks we i nɔ kin vɛks Dis  
vɛks kin sho bɔku we dɛn: i kin vɛks kwik, i kin vɛks kwik, i  
kin vɛks fɔ shot tɛm, i nɔ kin get peshɛnt, i nɔ kin fil fayn, nɔ  
satisfay, jɛlɔs, fil bad, ɛn nɔ gladi

Infakt, olman kin sɔfa, te to sɔm mak, wit di prɔblɛm we  
de mek dɛn vɛks, pas nɔmɔ dɛn dɔn rich wan advans stej fɔ  
no wan stej fɔ spiritual gladi gladi ɔ wan stet fɔ kol

Vɛks – pan ɛni we we i tek – kɔmɔt frɔm di nɔ ebul fɔ  
fulfil wan want We di sol nɔ get insay gladi at we de kɔmɔt  
frɔm di kɔnekshɔn we di sol get wit in divayn sɔs, mɔtalman  
de tray fɔ fulfil in want tru di sɛnsful gladi at we inɛf nɔ fayn  
we dɛn gi am we nɔ de sote go ɛn bɔku tɛm di tin dɛn we nɔ  
fayn fɔ du

Bɔku tɛm, dɛn tin dɛn de we pɔsin kin want kin mek  
pɔsin in at pwɛl ɛn afta dat i kin vɛks, ɛn dis kin mek pɔsin nɔ  
get bɛtɛ maynd pan Gɔd biznɛs

Di we we go wok pas ol fɔ pul vɛks na fɔ adres in rut kɔz:  
di tin dɛn we wi want Di mɔ di tin dɛn we pɔsin want, na di  
mɔ frustrashɔn go de I nɔ pɔsibul fɔ fulɔp ol di tin dɛn we wi  
want bikɔs di tin dɛn we wi want nɔ de satisfay ɛn nɔ get  
limit Di mɔ we wi de tray fɔ du wetin wi want, na di mɔ wi de  
atak am, ɛn di mɔ wi de atak am, na di mɔ wi de fil pen fɔ

mek den no gri fo get wetin go satisfy wetin wi want en  
fulop di tin den we wi want

Fo egzampul, di tin den we God mek don gi wi di sens fo  
angri so dat wi go no we di bodi nid tin fo it Bot we wi de atak  
wi, dat de mek wi fil mo en ton am to pen na in maynd If den  
fos posin we lek it fo lef fo it fo tri dez—ileksef na fo welbodi  
biznes o fo di spiritual rizin den—i go mos bi se dis kayn fast  
go get som kayn veks

Na di oda say, som pipul den kin avoyd fo it fo som dez  
en no de mona den we den no de it, bikos den don praktis en  
sakrifays fo no get enitin fo du wit di tin den we den bodi want

We wi don ondestand se di tin den we posin want na di  
men tin we kin mek posin veks, wi want fo no fayn we den fo  
dil wit den tin den de we wi kin want fo du, boku we den de fo  
:du dis

Fos: Fo du wetin yu want

Fo simpul, no bad tin den we posin want, di lojik we fo du  
na fo fulop den Bot di problem kin apin we nyu tin den we  
posin want kin komot bikos i kin du den tin den de

Pis de fo una

### **Tek tem plan fo bete tumara**

If yu de waka waka we yu no get eni aim na layf de wet  
fo chans fo mek yu get sakrifays, i go mos bi se den chans  
den de no go kam nak, en yu no go fen sakrifays Bot if na yu  
de disayn yu yon fiuja en dro di map fo yu tumara bambay  
wit yu yon an, den gladi fo rich yu gol, bikos yu don rili nia fo  
rich di tin we yu want

Fo mek yu ebul fo disayn map we go wok fayn, fos yu fo  
sho wetin yu want fo du Wetin sakrifays min fo yu? Wetin yu

want from sakrifays? If yu ansa na fo get nem, jentri, o fo du  
wetin yu want fo du wit yu yon propati, dat min se yu de go  
fo mek yu at pwel bad bad wan en yu no go ebul fo du am  
atol

Di pipul dem we no get sakrifays pas ol na di wan dem  
we den nem de na olman in lip di wan dem we get di abiliti fo  
bay enitin we den lek en get – akodin to matirial standad – ol  
wetin den sol want, bot yet den no get gladi at! So wetin mek  
?yu fo kontinyu fo waka na di sem rod we no get rod

Fo get nem en fo get gud propati kin bi di frut den we  
posin kin get we i rili get sakrifays, bot den noto di men tin  
we kin mek posin get sakrifays, en noto di kwaliti den we  
important pas ol Infakt, den no nid fo du am atol fo mek posin  
get sakrifays

So wetin na di rizin? Wetin posin fo luk fo na layf? Wan  
gol de we wi fo tray fo du en tray fo get: gladi at Dis kin mek i  
nid fo pul di tin den we ayd na layf from evri mont, fo di wan  
den we sabi fo luk fo en no usay den valyu tin den de

En no, O posin we de luk fo gladi at, se if yu jos pe  
atenshon to yu de

En if yu mek yu de rich wit yu fayn wad den, du tin den  
we go benifit yu, en tink gud wan

Yu de go bi yu loyal padi en yu golden chans

Yu paspot en visa go bi yu entre insay wan promis en  
brayt fiuja we ful-op wit sakrifays

So, di neks tin we yu fo du fo mek yu map yu tumara  
bambay na fo tek tem wach wetin de insay eni de na yu layf  
en kip wetin go benifit en gud If yu no ebul fo du dis, dat min  
se yu fo stop en tek stok

Fɔ mek pɔsin get sakrifays, den fɔ tink bɔt den impɔtant  
:tin ya, if den nɔ get den, den nɔ go ebul fɔ get sakrifays

We yu wek na mɔnin, nɔ jomp kɔmɔt na bed wantɛm  
wantɛm ɛn begin fɔ du di tin den we yu de du fɔ di de

Tɛns ɛn rilaks yu ɔl bɔdi bɔku tɛm fɔ mek yu get yu ɛnaji  
bak smɔl smɔl Bifo yu begin fɔ du yu ɛvrɪde, tek sɔm tɛm fɔ  
afɛm to yusɛf se dis go bi di bɛst de na yu layf Kɔnvins yusɛf  
se ilɛk wetin apin, yu de go bi dis we Fɔ begin wit prea ɛn tink  
gud wan, i go mek yu biliv tranga wan ɛn gi yu di trɛnk we yu  
nid

Simplify yu layf Nɔ abop pan mɔtalman invinshɔn fɔ  
ɛnjɔy am If yu jɔs de ɛnjɔy yusɛf fɔ shɔt tɛm, yu go vɛks,  
kɔnfyus, ɛn mud Nɔ nid fɔ de ɔltɛm wit tɛlivishɔn, let na nɛt  
gɛda, ɛn bankwet, we dɔn bi soshal kɔstɔm we dɔn stɔp

Wan tɛm, sɔmbɔdi bin tɔk—ɛn in wɔd den rili tru—se  
nɔto wi wok de kil wi, bɔt na aw wi de spɛn wi fri tɛm! Yu go  
liv lɔng—Gɔd gri—ɛn ɛnjɔy layf mɔ if yu mek yu layf simpul  
ɛn nɔ tay yusɛf wit di chen den na di sosayti Luk di gladi at  
we de na di smɔl smɔl tin den

Du yu bɛst fɔ dɔn di wok we yu get fɔ du di bɛst we aw  
yu ebul

If yu nɔ satisfay wit di wok we yu de du naw, di wɔri ɛn  
di haphazard pɛfɔmɛns nɔ go chenj ɛnitin Tray fɔ aproch di  
sityueshɔn wit fayn abit, ilɛk wetin i bi, ɛn wan pan tu tin den  
go apin: ɔ yu go diskɔba se yu dɔn mis wan valyu chans, ɔ  
wan nyu domɔt go opin wantɛm wantɛm, we go alaw yu fɔ  
go insay ɛn fɛn wok we go fit yu nid ɛn fulfil wetin yu want

Laif na tin we de kɔntinyu fɔ gi ɛn get

Bi balans so dat yu nɔ go tek mɔ pas wetin yu de gi, ɔ  
jɔs gi yusɛf we yu nɔ tek

Brod di we aw yu de si tin

Sho intres pan ɔda pipul den layf en aktiviti Luk pas  
yusef—to yu famili, en pas yu famili to yu padi dem, en pas  
yu padi dem to ɔl pipul dem Sayns de kɔnfirɔ se yu na pat  
pan wan ɔl, so nɔ fɔget yu big sɛf

Balans yu layf

Evride fɔ get wok, rɛst, ɛnjoyment, stɔdi, en tink gud wan  
Yu na pɔsin we get bɔdi, maynd, en spirit mɛn den impɔtant  
tin ya insay wan we we balans en we get wanwɔd fɔ get  
welbɔdi, trenk, en no

Bi kwik fɔ smayl

Slow fɔ mek yu fes kray

Na bikɔs i want fɔ ɛp am

Rɛdi fɔ wet en chenj, en wach fɔ di chans den we yu go  
get

Chek di akɔn we di de dɔn

Kɔntribyushɔn to yusef fɔ di prɔgres we yu dɔn mek Yu  
nɔ go chenj wan nɛt, so nɔ fred fɔ kɔfrɛnt mistek wit bɛtɛ  
ditarminieshɔn en kliɑ vishɔn

Bifo yu go slip, trɔs yu afɛkt to Gɔd, no se I nɔ go lɛf yu  
wan, bɔt i go gi yu chans en opɪn domɔt fɔ yu as lɔng as yu  
de tray en aks fɔ In ɛp en gayd

We yu de slip en bifo yu slip, mek shɔ se tumara  
bambay go bɛtɛ pas tide, wit Gɔd in ɛp

If yu na pɔsin we de plan gud gud wan en yu sabi fɔ bil

If yu fala di ditel den we de na yu map

!I nɔ pɔsibul fɔ mek yu nɔ ebul fɔ du am

We yu tray fɔ tɛst yu spiritual biliv, nyu wɔl opin Fɔ  
ɛgzamin yusɛf impɔtant fɔ no yusɛf ɛn Gɔd Yu kin fil dip  
rilijɔn, ɛn yu maynd kin satisfay wit dat Bɔt pas yu yon pɔsin  
biliv se yu prea dɛn de gɛt dairekt ansa, no ɔmɔs rilijɔn  
fɔmaliti nɔ go ebul fɔ deliv yu Pan ɔl we fɔ gɛt Gɔd in ansa  
kin at, i pɔsibul Fɔ mek shɔ se yu rili ebul fɔ go na ɛvin, yu fɔ  
ɛksperiɛns di pawa we yu prea dɛn gɛt so dat yu go rili aktiv  
dɛn

As bɔbɔ, a bin disayd se dɛn go ansa mi prea dɛn ɛnitɛm  
we a tɔn to Gɔd fɔ beg Dat ditarminieshɔn we nɔ de shek na  
di rod ɛvri prɔblɛm go kam fɔ wikɛd yu maynd ɛn paralayz yu  
wil, bɔt Gɔd in pawa fɔ ansa nɔ gɛt limit Fɔ bia ɛn yuz di  
pawa we yu want ɔltɛm go mek Gɔd ansa

I impɔtant fɔ lan di kɔrɛkt we fɔ pe atɛnshɔn pan di  
maynd I impɔtant bak fɔ gɛt inɔf tɛm fɔ de yu wan ɛn fɔ tink  
bɔt yusɛf wit ɔda pipul dɛn ɔltɛm, dat kin mek yu nɔ ebul fɔ  
gro pan Gɔd biznɛs Bɔku pipul dɛn tan lɛk sponj; dɛn kin tek  
ɔltin frɔm yu, ɛn yu nɔ kin gɛt ɛnitin fɔ pe bak Na tru se i fayn  
fɔ de wit ɔda pipul dɛn we gɛt tru ɛn strong pan Gɔd biznɛs If  
ɛnibɔdi no di trɛnk, sinsi, ɛn di wil we di ɔda pɔsin gɛt, dɛn  
kin sheb fayn fayn kwaliti dɛn we gɛt fɔ du wit Gɔd biznɛs wit  
dɛn

Nɔ fɔ west tɛm pan tin dɛn we nɔ impɔtant Bɔku pipul  
dɛn kin de du tin dɛn we nɔ gɛt wan minin, ɛn if yu aks wan  
pan dɛn wetin dɛn bin de du, dɛn go ansa se, "A bin bizi  
ɔltɛm!" Bɔt dɛn kin jɔs mɛmba ɛnitin bɔt da "wok" de! Dɔn  
bak, fɔ ɛnjɔy yusɛf pasmak ɛn fɔ ɛnjɔy yusɛf kin mek yu  
maynd wik If yu wach fim ɛvrɛde, dɛn go lɔs dɛn apil ɛn yu go  
bost Fim dɛn na di sem, jɔs wit difrɛn pipul dɛn: pipul dɛn we  
lɛk dɛnsɛf, pipul dɛn we de du advantej, hiro dɛn, wikɛd pipul  
dɛn, ɛn ɔda tin dɛn Wi kin ɛnjɔy fɔ wach fim in stori, bɔt layf  
nɔ kin tan lɛk dat



Laif na fɔ ful pipul dɛn we nɔbɔdi nɔ go biliv, ɛn wi fɔ  
aproch am as so If wi nɔ win in ful ɛn ilyushɔn fɔs, wi nɔ go  
ebul fɔ ɛp ɛni ɔda pɔsin Insay di solitude of a focused mind  
lay di faktri fɔ ɔl di big big achivment dɛn Mɛmba dis ɛn  
insay dis wɔndaful faktri, kɔntinyu fɔ wev di patɛns fɔ yu wil  
fɔ ɔvakom ɛvri bad bad tin we de ambɔg yu

Trenin ɛn strong yu wil pawa ɔltɛm Yu gɛt bɔku chans fɔ  
wok na dis faktri de ɛn nɛt as long as yu nɔ west yu tɛm ɔ  
ɛnaji

Na nɛt, a kin pul mi at pan di tin dɛn we di wɔl want fɔ  
de mi wan wit misɛf, fa frɔm di wɔl, fɔ de mi wan wit mi wil  
na mi spiritual ritrit, usay a de gayd mi tinkin dɛn na di  
dairekshɔn we a want ɛn mek disizhɔn dɛn insay misɛf We a  
de ɛnkɔrej mi wil fɔ du gud ɛn bɛnifit aktiviti dɛn, i de mek  
sakrifays fɔ mi Dis we ya, a dɔn yuz mi wil fayn fayn wan  
bɔku tɛm Bɔt dis nɔ de apin pas di yus fɔ di wil kɔntinyu

Na fayn fayn filin i go bi fɔ ebul fɔ se ɛn afɛm se, "Mi wil,  
we ful-ɔp wit di yunivasal wil, go bring wetin a want!" If yu bi  
kɔmplayn ɛn trɔs ɔltin to di divayn wil we yu nɔ yuz yu yon  
wil, we Gɔd gi yu, yu nɔ go ajɔst di autkam we yu want  
Divayn pawa want fɔ ɛp yu fɔ insɛf Nɔ nid fɔ beg ɔ beg; bifo  
dat, yu fɔ yuz yu wil fɔ aks ɛn aks—as rayt fɔ gɛt di prɔpati—  
ɛn du wetin yu want Yu fɔ drɛb frɔm yu maynd di tink se  
Gɔd, wit in pawa ɛn pawa we pas ɔl, de fa ɛn ayd na di ɛvin,  
ɛn se yu wan de midul di wɔri ɛn prɔblɛm dɛn we de na dis  
wɔl Mɛmba se di divayn wil de pas yu mɔtalman wil, bɔt da  
big pawa de, lɛk wan we nɔ gɛt ɛnd ocean, nɔ go rich yu pas  
yu maynd opin ɛn yu at gri fɔ tek am

Pis de fɔ una

**Fɔ win di tin dɛn we pɔsin kin tink bɔt we i de tink  
bɔt sɔntin**

**Di dēbul, ɔ di kɔsmik dēpshɔn, de trap wi ɔltəm na in trap, i de yuz wi ignorance ɛn naiveté, so dat i de ambɔg Gɔd in purposes Gɔd, wit in absolɔt cosmic pawa, kin izi fɔ win di dēbul, bɔt I lɛk fɔ mek mɔtalman yuz in sɛns, wil, ɛn kɔnshɛns fɔ rɔnawe pan di klat dɛn fɔ bad Di mɔ wi de pik spiritual gladi at pas fleeting sensual gladi gladi, di mɔ di pawa we de agɛns am de pul in dak pawa So, na wi fɔ wok togɛda wit Gɔd fɔ win Setan ɛn in trap dɛn**

**We pɔsin les, nɔ tek tɛm, ɔ de tek tɛm, dɛn kin ɛp Setan fɔ mek i kam nia Jizɔs bin aks in disaypul dɛn fɔ pre, "ɛn nɔ lid wi na tɛmteshɔn, bɔt fri wi frɔm bad" ɛn insay di Oli Kɔran, wi rid se, "Se, 'A de luk fɔ refyuj to mɔtalman in Masta frɔm di bad tin we di pɔsin we de wispa we de pul insɛf kɔmɔt'" Dis pɔsin we de wispa nɔto wi yon mek; bifo dat, i de na di wɔl we gɛt bɔku tin dɛn, ɛn ɔl pipul dɛn de ɔnda am Bɔt fɔ mek Gɔd ebul fɔ fri wisɛf, I dɔn gi wi rizin, kɔnshɛns, ɛn pawa we wi want**

**Di we aw wi lɛk fɔ du tin we sin min fɔ trowe wisɛf pan prɔblɛm, trɔbul, ɛn trɔbul we wi nɔ go jɛlɔs We wi fɔdɔm ɔ slip bikɔs ɔf wi bad tin dɛn we wi de tink bɔt, wi fɔ pre se: "O Masta, nɔ lɛf wi ya, bɔt es wi ɔp bay di pawa we sɛns ɛn wil gɛt ɛn afta yu dɔn fri wi frɔm di an we bad tin de ambɔg, if yu want fɔ tɛst wi, fɔs sho wisɛf to wi so dat wi go no se yu na mɔ." alluring pas ɛni tɛmteshɔn ɛn mɔ gladi fɔ di sol ɛn sɛns pas ɛni ɛnta ɔ obsession".**

**As lɔng as pɔsin fil se i nɔ want fɔ dinay insɛf sɔm ɛnjɔymɛnt dɛn we de ambɔg in wɛlbɔdi, i de ɔnda Setan in pawa ɛn i nɔ go te igen i go sɔfa di bad bad tin dɛn we go apin to am we i sɔfa pan bad bad tin dɛn we i want fɔ du Bɔt, if i biliv se di tɛmteshɔn ɔ**

**sedikshon na denja en i de pwel bikos i promis fo get  
boku gladi at bot leta i go jos gi am rigret, rigret, en  
konshens we de mek den sofa, da tem de den go ebul  
fo win Setan**

**No dawt no de se temteshon get in atrakshon Wi  
sens den de olredi dayrekt to di eksternal wol Wan  
korent we get important enaji de flo from di bren tru di  
nev den to di yay, yes, nos, tch, en skin Di sens dem  
we wi kin get tru den ogan ya na rizolt fo dis ejektiv  
korent, en na dat mek wi kin enjoy di sens Dis na aw di  
sens den de wok Bot, pasmak indulgens insay den get  
in trap dem en denja dem If posin no get fos f o  
ondastand en no, dis ejektiv enaji (we de folo to di sens  
ogan dem) de mek den bi slev to di sens dem**

**Di fayv sens den tan lek fayv-bim spotlayt Tru dis  
layt, wi de si en eksperiens di matirial wol Wi kin yus fo  
enjoy tin den we de mek wi gladi fo di yay, yes, smel,  
teist, en toch Di want fo eksperiens sontin kin bi wan  
abit we don begin fo gro Di problem na dat boku pipul  
den no eva eksperiens di divayn spirit we ayd bien  
matirial, en so den no get wan standad fo kompia di  
fayn fayn tin den en di tin den we de mek posin gladi  
en exciting sensory perceptions with the  
indescribable bliss of the hidden spirit No we no de fo  
mek dis kayn kompiashon pas posin in maynd pas di  
sens stimuli den to di say we den no go ebul fo enta o  
inflows den Di wangren we fo avoyd dis trap na fo no,  
ileksef na intelektual o tru posin in yon eksperiens, se  
gladi en gladi at we ay pas ol rili de**

**Boku tem, di oda tin den we den kin tel posin fo du  
en di tin den we den kin tel posin fo du fo le wi no du  
bad tin, na fo natin, bikos jos we yu aks posin fo le i no  
du sontin, i kin want fo du am wantem wantem**

**Di frut we dɛn nɔ gri fɔ mek kin swit ɛn swit fɔs, bɔt in teys kin bita lɛk gal na di ɛnd Bɔt pan ɔl di pen we pipul dɛn kin fil, dɛn nɔ kin lan ɔ ripɛnt, bɔt dɛn kin kɔntinyu fɔ du di sem tin dɛn, ilɛksɛf di bad tin we kin apin to dɛn bɔdi ɛn gud abit big**

**We di prɛfɛkshɔn fɔ di sɛns ɛkspiriɛns dɛn dɔn strong, di abit kin tek ova di bren ɛn tɔn to wan tyrannical despot, we de ɔda in ɔna fɔ pul di tin dɛn we i lɛk ɛn satisfay di tin dɛn we i want we nɔ de ɛva satisfay ɔ we nɔ de dɔn, pan ɔl we dis de agens di pɔsin in bɛst intɛres ɛn i de agens in prinsipul dɛn**

**Pɔsin nɔ go want fɔ rɪpit wan akshɔn, yet i go si se i fɔ du am Tray nɔ fɔ alaw yusɛf fɔ rich wan say we yu go gɛt bɔku bɔku tin dɛn fɔ du—na pɔsin we de it fɔ gɛt bad bad abit dɛn we de pwɛl yu ɛn we gɛt kɔrɔpt fantasi ɛn bad tin dɛn we yu de tink bɔt Yu fɔ bi di masta fɔ yusɛf ɛn yu destiny Nɔ alaw ɛnibɔdi ɔ ɛnitin fɔ kɔntrol yu We di want fɔ ɛkspiriɛns wan patikyula sɛns bi abit we yu sabi, da prɔsis de fɔ bi bin stɔp**

**A bin rili lɛk drink we fiba lɛmonad Sɔm pan di student dɛn bin de gi mi da drink de we de mek a fil fayn ɛnisay we a go, so a bin de gɛt am ɔltɛm we a ebul fɔ rich Bɔt wan de a si se mi sapɔt fɔ da drink de dɔn dɔn ɛn a mis am, bɔt a se: "O, drink we de mek a fil fayn, yu dɔn pas yu bɔda, sa, ɛn na tɛm fɔ mek wi pat, fayvɛl!"**

**Di nɛks de a bin tray fɔ tek wan doz fɔ da drink de bay wilful, ɛn a si se i de te bad bad wan Di rizin fɔ dis na bikɔs di tin dɛn we a bin de tink bɔt di de bifo bin so strong dat di want fɔ am nɔ bin de igen wantɛm wantɛm**

**A nɔ de lɔs natin we dɛn tek frɔm mi, ɛn a nɔ gri fɔ lɛf ɛnitin No kɔmfɔt na mi bɔdi nɔ go ebul fɔ tay mi Wi fɔ ebul fɔ nevigayt ɔl di tin dɛn we de apin na layf we wi nɔ gɛt ɛnitin fɔ du wit am ɔ dipen pan am Fɔ tru, di pɔsin we de kɔntrol insɛf de muv tru di matirial wɔl wit sɛns we gɛt disiplin, we nɔ gɛt ɔl kayn pawa, ɛn gɛt pis we de insay**

**I fayn fɔ gɛt di mɔni ɛn kɔmfɔt, bɔt di mɔ we pɔsin fil se i nid fɔ gɛt lɔjishɔn we nɔ nid, na di mɔ i de put insɛf na jel we i de na slev We dɛn wil ɛn sɛns de bi kapchɔ to di shakl dɛn we dɛn gɛt fɔ atak dɛn we dɛn de fil, dɛn kin lɔs dɛn spiritual awareness ɛn dɛn nɔ kin ebul fɔ kɔnɛkt wit ay levul dɛn fɔ kɔnshɛns Prɔfɛt ɛn rayt oli pipul dɛn bin de liv simpul layf layf, yet dɛn bin gladi ɛn satisfay wit dɛn we fɔ liv Dɛn bin liv gladi ɛn stil de so wit Gɔd na ɛvin As fɔ di wan dɛn we de liv ɔnda di yok we dɛn nɔ no natin, we de ɔnda di prɛshɔn we dɛn want, dɛn go de na da stet de layf afta layf te dɛn nɔ gri wit tɛmtɛshɔn ɛn tin dɛn we de ambɔg dɛn na dis wɔl**

**.**

**Protɛkt yusɛf na di strong ples fɔ sɛns, bikɔs na di big ples fɔ rɔnawe Tru ɔndastandin go mek yu nɔ ebul fɔ win yu, so dat natin nɔ go ambɔg yu Bɔt if pɔsin nɔ gɛt sɛns, in fɔs wok na fɔ stɔp di akshɔn ɔ di kɔmpɛlshɔn we i want we i de tink bɔt sɔntin we de mɔna am Na da tɛm de nɔmɔ pɔsin go ebul fɔ tink bɔt di tin wit sɛns ɛn tink gud wan If pɔsin tray fɔ tink fɔs, dɛn go fos am ɛn in yon go bi subjugated against one's will to du wetin i nɔ want fɔ du, bikɔs obsessive tinkin go tek kɔntrol pan di maynd ɛn blaynd pɔsin in sɛns**

**Insay dɛn kayn tin ya, pɔsin fɔ se, "A nɔ go du am day pas fɔ mek a nɔ gɛt wan rɛspɛkt," ɛn lɛf di sityueshɔn ɔ ples we i nɔ de shem Dis na di we we sho ɛn we go wok fayn fɔ rɔnawe pan di trap dɛn we di wikɛd Setan de trap am Di mɔ we pɔsin de gɛt dis trɛnk we i nɔ de ansa di tɛm we Setan de tɛmt am, na di mɔ i go gɛt mɔ gladi at, bikɔs tru tru gladi at de pan di ebul we i ebul fɔ du wetin kɔnshɛns de kɔmand wi fɔ du ɛn de protɛkt wi fɔ kam nia ɔ fɔ du sɔntin**

**No alaw yu envayrɔment ɔ di tin dɛn we yu want fɔ du fɔ brok yu wil ɔ kɔntrol yu, mi padi No se gud kwaliti ɛn spiritual layf na tin we nɔ gɛt ɛnd pas fɔ put yusɛf pan lɔst Di chen dɛn we de tɛmt pipul dɛn kin tay pipul dɛn an ɛn fut; nɔ mek dɛn tay yu If yu fɔ pre to Gɔd fɔ mek yu test In lɔv, ivin jɔs wan tɛm, ɛn yu fɔ ɛkspiriɛns da supɛm divayn lɔv de, yu nɔ go want ɛni ɔda tin afta dat, ɛn bays want nɔ go tek yu maynd ɛn at**

**We yu biliv tranga wan se Gɔd na di pɔsin we de mek yu atrak pas ɔlman na di wɔl ɛn na in na di big big prɔpati, natin nɔ go ebul fɔ tɛmpt yu ɔ win di pawa we yu gɛt fɔ no wetin yu want**

**Fɔ no Gɔd na di tin we yu want pas ɔl ɛn di tin we yu lɛk pas ɔl, bikɔs na gladi at we go de sote go we nɔ gɛt ɛnd! Wi fɔ want Gɔd bikɔs na in na di balm we de mɛn ɛn di fayn mɛɛsin fɔ ɔl wi pen ɛn sik dɛn, ɛn na in na di rial ansa to ɔl wi nid dɛn**

**ɔl wetin wi at want, bɔn fɔ, ɛn kray fɔ—lɔv, prestij, sɛns, jɛntri, ɛn ɔl ɔda tin—wi de fɛn tru pafɛkt spiritual harmoni wit di si we gɛt gladi-at ɛn jɛntri**

**Day go bi di ɛnd fɔ pɔsin in awareness of status ɛn fame, ivin if na in na di pɔsin we gɛt nem ɛn we gɛt**

**pawa pas olman na dis wol, en den no go no igen se  
pipul den de woship den Bot profet en big big pipul  
den, ivin afta den don komot na dis wol, kin no gud  
gud wan bot di lov we den pipul den we de fala den get  
fo den bikos den konsheens get wanwod wit di konsheens  
fo God, di Ol-No, we de liv insay evri atom fo egzistens,  
we posin kin si en we posin no kin si**

**So wetin mek yu fo wok tranga wan en tray fo get  
sontin we yu go los jos afta yu komot na dis wol?**

**Moni, fo get nem, fo get respekt, fo get pozishon, fo  
satisfay di tin den we posin want, en fo get komfort we  
posin get, ol na tin den we no de tek tem en we no de  
tek di tru tru gladi at we oli we get fo du wit God in  
spirit en layt**

**Di temteshon get pawa jos bikos motalman no ebul  
fo kompia am to wetin bete**

**We di briz we de blo we di temteshon de blo, yu  
ondastandin kin bi kapcho fo som tem to wetin yu  
want en abit Bot di ay rod fo fridom na fo put yusef  
insay di gladi at we no de don en we no de don, en so  
yu go izi fo ronawe pan di magnetik grip we no de si  
we temteshon de get wit in bad bad tin den we kin  
apin, en yu no se spiritual gladi at na mo sublaym pas  
di wol gladi en mo in kip wit di nature of di sol**

**If yu fen tru tru gladi at na dis layf, yu go get am  
naw en insay di layf we get fo kam bak Di chukchuk na  
yu yon, posin we de luk fo: di gladi at we go de sote  
go fo God, we yu kin get naw bay we yu dinay yusef  
som gladi at na di wol, o gladi at we de pas na di wol?  
We yu maynd opin fo di tru tin den we ay pas ol en yu  
at opin fo di layt we de shayn, yu go no di difrens  
bitwin den tu en pik wetin bete**

**Eni tray we yu de tray fɔ rich di ayt dɛn ɛn go ɔp to di mawnten dɛn we gɛt fɔ du wit Gɔd biznɛs, Gɔd go notis am, ɛn I go blɛs yu wit di bɛst blɛsin**

**Nɔ tink, mi padi, se yu na sina Yu na di klin imej fɔ Gɔd Ivin if yu na di big wan pan sina dɛn, i nɔ impɔtant, provid yu ripɛnt bay we yu chɛnj yu rɔng rod ɛn nɔ go ɛva go bak to am igen If yu dɔn disayd fɔ waka di rod dɛn we gud, dat min se yu nɔ de pan di wan dɛn we de sin**

**Ivin pɔsin we sin we lɛf in kruk we fɔ wɔship Gɔd nɔmɔ wit tru tru devoshɔn, dɛn kin kɔnt am wit di wan dɛn we de du wetin rayt Tru in spiritual disayd, i go bi gud kwaliti, gro pan sɛns ɛn no, gɛt oli pis we nɔ gɛt ɛnd, ɛn ɛnjɔy Gɔd in protɛkshɔn, sef, ɛn sef**

**Tɔn wan nyu lif ɛn mɛmba yusɛf se yu bin ɔlwayz gud ɛn yu bin jɔs drim se yu nɔ rayt Gɔd in at big, ɛn in domɔt opin ɔltɛm fɔ di fetful pipul dɛn we want fɔ chɛnj dɛn layf fɔ bɛtɛ Iv na bad bad drim ɔ drim we de mek pɔsin fred we nɔ gɛt ɛnitin fɔ du wit di klin we aw di sol klin**

**Fɔ tɛmpt pɔsin tan lɛk swit pɔyzin ɔ ɔni we gɛt pɔyzin we fayn fɔ test, bɔt i de flɔ insay di blɔd ɛn pwɛl di bɔdi in ɔgan dɛn, so i bɛtɛ fɔ lɛ wi nɔ de nia am**

**Di gladi at we pipul dɛn de luk fɔ ɛn fɛn na dis wɔl na ilɛshɔn ɛn we de pas Divayn gladi at na sote go ɛn sote go Yia fɔ wetin de bia ɛn bi rɛsɔlɔshɔn fɔ rijek di gladi ɛn gladi at we nɔ de te na dis wɔl, we nɔ gɛt ɛnitin fɔ de sote go Yu fɔ gɛt dis we fɔ si tin Nɔ alaw di wɔl fɔ mek yu go rɔng ɔ drɛb yu wit in stik, ɛn nɔ ɛva fɔgɛt se na Gɔd nɔmɔ tru tru gladi at kin jɔs bi we dɛn fɛn insay fɔ no di divayn prezɛns ɛn fɔ ɛkspiriɛns In gladi at we pas ɔl**



**Mortalman de insay di drim den we i no no natin, i de imajin se i de sofa di problem den we sik, sori, en po de sofa We wan pan God in bigman den bin de pre wan tem, i kray wantem wantem se: "A bin tink se na mi nomo bin de na dis bodi we de na dis bodi, bot naw a de si di posin we de sote go we i de sho insay am Dis smol ego, we noto natin pas wan bondel we get bodi en bon, noto mi Di wan we no get end Absolut na wetin de liv na mi bodi Na mi total sef, en to am a de gi mi ay ay aleji"**

**Dat no go kam wan de to evri posin we de luk fo tru tru, en den no go tink bot densef igen as mortalman we de day, man o uman Bifo dat, den go no se den na sol den we den mek lek divinity God in kingdom de insay mortalman, en di spirit we pas ol de insay den bi**

**Di sol de tay to di bodi bay wan chen we get tin den we i want, temteshon, trubul, wori, en fred, en i de tray fo fri insaf If i kontinyu fo pul da chen de we tay am to bodi konsheens, di divayn an go intavyu wan de en kot da chen de, en di sol go fri**

**Di wan den we want pis na spirit fo protekt densef from temteshon en sori-at tru ondestandin en dip tink bot God Di wan den we no de pe atenshon to God, we no no se na in mek di wan ol wol en ol wetin de insay, no de eksperiens In prezens o si In layt**

**Meditashon na fo memba yusef boku tem se wi noto di limited fizik bodi, bot di absolyut, fri divayn spirit Meditashon na di konsheens memba fo posin in tru tru sef en fo forget fo posin in lay lay aydentiti If wan prins we don chak fo go na wan neba we no get bete maynd en, bikos of wan temporary los of memori en in tru aydentiti, begin fo kray en kray fo in kondishon, se, "O, aw a po en aw a nid ep!" in kompinn**

**dən bin de laf am ən se, "Sober up ən mɛmba se yu na prins, Yu Aynɛs!"**

**Semweso, mɔtalman de insay wan stet we i de ful ən ful I biliv se insɛf na pɔsin we nɔ ebul fɔ ɛp insɛf, we de tray tranga wan ən we de wok tranga wan, we di wef dən we de wɔri de tos am na ɛvri say Na tɛm fɔ mek i wek ən afɛm to insɛf wit absolyut shɔ se in na spirit, we nɔ de ɔnda di chenj ən inflɔwɛns dən we dis wɔl de mek, ilɛksɛf i tan lɛk se dən faya ən fred I fɔ no se in na liv spark fɔ di blɛsin divayn spirit, ən se in ɛsin na klin ən ɔvaflɔd gladi If i ripit dən tin ya bak ən bak, nɛt ən de, i go dɔn ɔndastand in tru tru we: spirit we nɔ de day**

**Fɔ ful pipul dən, fɔ gridi, fɔ lɛk pipul dən ən prɔpati dən, fɔ bi slev to di sɛns, fɔ nɔ no bɔt spiritual nature, fɔ nɔ du natin, ən fɔ liv layf we nɔ gɛt wanwɔd, we gɛt mashin, ɔl na sɔm pan di bad bad ɛnimi dən we de mek pɔsin gladi**

**Du yu wok wit maynd we gɛt strɔng rut insay di oli kɔnshɛns we de blo ən gro na di fil dɛm fɔ tink gud wan, dɔn yu go rili gladi, nɔto insay ilyushɔn, ən ɛnjɔy layf we gɛt rɛspɛkt**

**We a bigin fɔ tink gud wan, i nɔ bin ɛva kam na mi maynd se a go gɛt da kayn big gladi at de Bɔt as di de dən de pas, mi pis bin de gro ən mi gladi at bin de go ɔp as a de go dip dip wan insay di si dən we a de tink gud wan**

**If pɔsin taya wit di layf we i de liv, bɔt stil i kɔntinyu fɔ ful-ɔp am wit mɔ prɔpati ən want fɔ gɛt nyu tin dən we i de fil, i de pan wan rod we nɔ rayt ən we kruk ən i fɔ chenj di we aw i de go Di we we shɔ se i go rɔnawe pan di inflɛns we di tin dən we i de tink**

**bɔt we i de du na fɔ liv simpul, natura layf—we nɔ gɛt  
ɛnitin we de ambɔg am ɛn prɔblɛm dɛn—we go gri wit  
Gɔd**

**Wetin mek mɔtalman de liv layf we nɔ de na di  
wɔl?**

**Wetin mek i de luk fɔ gladi at we di wɔl nɔ ebul fɔ  
gi am wit ɔl in at ɛn in at pwɛl?**

**Mi padi dɛn, layf rili valyu**

**Ɛvride a kin pre to Gɔd se: “If yu want fɔ tek ɔl  
wetin a gɛt, dat mek i bi yu wil, ɛn a nɔ go agens yu  
jɔjment ɛn sɛns bikɔs a no se yu want wetin bɛtɛ fɔ mi  
a go tray fɔ mek ɔda pipul dɛn gladi, bɔt di gladi at we  
yu gɛt, O Masta, de kam fɔs, ɛn na di men tin we a  
want fɔ du na dis layf.”**

**We yu pre lɛk dis, yu kin sɔfa bɔku prɔblɛm ɛn tin  
dɛn we yu want, bɔt if yu kɔntinyu fɔ tinap tranga wan  
fɔ di bad bad tin dɛn we yu want ɛn di bad tin dɛn we  
yu want, Gɔd go kam nia yu ɛn gi yu in blɛsin dɛn Yu  
go si se in prezɛns tan lɛk wata we de rɔn we de swip  
ɔl di bad tin dɛn we de apin na yu layf ɛn klin yu sol  
kpatakpata**

**Di wan we de kɔntrol inɛf frɔm di bad bad tin dɛn  
we i want, de si se di tin dɛn we i want fɔ du we i want  
fɔ du mami ɛn dadi biznɛs, de stɔp fɔ shɔt tɛm, ɛn i de  
lɛf biɛn jɔs fɔ want ɛn want Bɔt di wan we de si Gɔd in  
layt ɛn ɛkspiriɛns in prezɛns, i fri frɔm ɛnitin we i want  
we de agens di we aw di sol tan**

**Lɛ wi pul di daknɛs wit Gɔd in layt**

**Mek wi win bad aidia wit gud wan**

**Lɛ wi win di tɛmtɛʃən fɔ fɛn di supɾɛm divayn  
atrakʃən tru meditashən**

**Dis na di bɛst ɛn fayn wɛpən fɔ fɛt di sik we dɛn  
kɔl obsessive-compulsive disorder**

**ɛnitɛm we yu fil se yu wil de fɔdɔm pan wikɛd  
dominɛʃən ɛn dɔti inflɛns, op pan Gɔd ɛn aks fɔ in ɛp  
te yu fil in blɛsin prezɛns we de drɛb ɔl bad tin dɛn ɛn  
ful di sol wit gladi, sɛns, pis ɛn ʃɔt**

**Pis de fɔ una**

**Fɔ win di inflɛns we di planɛt dɛn gɛt**

**Mi ticha bin tɛl mi wan de se:**

**"Wetin mek, Mukunda (Paramhansa), yu nɔ de gɛt  
planɛt armband?"**

**A se, "Dis nid fɔ mi, ticha? A nɔ biliv pan astrɔlɔʒi".**

**I ansa se: "Di ishu nɔto wan fɔ fet Bifo dat, di  
kɔrɛkt sayɛns pozishən we pɔsin fɔ tek na if da sɔbjɛkt  
de na tru Di lɔ fɔ graviti bin wok jɔs lɛk aw i bin wok  
fayn bifo Nyutɔn lɛk aw i bin wok afta am If di wok we  
di lɔ dɛn na di yunivas bin de wok bin de dipɛn pan  
mɔtalman aprɔval, chaos ɛn dizayd go win".**

**"Di charlatans dɔn briŋ di ol sayɛns fɔ astrɔlɔʒi to  
di shɛmful stɛt we i de naw Astrɔlɔʒi na wan big ɛn  
rich sayɛns, pan matematiks ɛn filɔsɔfik, we na di wan  
dɛn nɔmɔ we sabi dip pan no ɛn we gɛt strɔŋg grɔn  
pan sayɛns go ɔndastand fayn fayn wan If di wan dɛn  
we nɔ no natin mek mistek fɔ rid ɛn ɛksplɛn di skay ɛn  
si (scribbles) instead fɔ ɔndastand." wɔd, dis na fɔ  
ɛkspɛkt na dis wɔl we nɔ pafɛkt ɛn we gɛt fɔlt, ɛn pɔsin**

**nɔ fɔ west sɛns pan di wan dɛn we de si dɛnsɛf  
'waes'".**

**Mi ticha kɔntinyu fɔ tɔk se: "Ɔl di pat dɛn na di  
yunivas gɛt tayt padi biznɛs ɛn dɛn de miks wit dɛnsɛf  
Di rɛgyula ɛn balans ritm na di yunivas de bays pan  
ɛkshɛnj ɔ gi ɛn tek Man, insay in mɔtalman fɔm, fɔ  
tinap agens tu sɛt fɔs dɛn: di fɔs wan na di insay  
trɔbul we kin kɔmɔt frɔm di miks we di tin dɛn na di  
wɔl, wata, faya, ɛya, ɛn ɛta miks, ɛn di sɛkɔn wan na di  
ɛksternal pawa dɛn na di natura decay As lɔng as  
mɔtalman stil de agens in layf we i de day, di tawzin  
chenj dɛn we de apin na di wɔl ɛn na ɛvin de afɛkt am"**

**Astrɔlɔji na di stɔdi bɔt aw mɔtalman de ansa to di  
tin dɛn we de apin na di planɛt Di sta dɛn nɔ gɛt  
kɔnshɛns bɛnifit ɔ bad bad tin, bɔt dɛn de pul fayn ɛn  
bad raytin Dɛn raytin dɛnsɛf nɔ de bɛnifit ɔ ambɔg  
mɔtalman, bɔt dɛn de gi wan rayt we fɔ di ɛksternal  
prɔses fɔ balans di kɔz ɛn ifɛkt dɛn we mɔtalman dɔn  
mek trade**

**"Dɛn bɔn pikin pan wan patikyula de ɛn awa we di  
sɛlestial rayt dɛn de insay matematikal agrimɛnt wit  
in karma ɔ in pasɔnal past In zodiac chart na kɔrɛkt  
pikchɔ we de tɔk bɔt in past we nɔ de chɛnj ɛn di tin  
dɛn we go apin tumara bambay Bɔt dis bɔn chɔt na di  
wan dɛn nɔmɔ we gɛt sɛns we de gro kin rid ɔ ɛksplen  
am, ɛn dɛn tin ya nɔ kin bɔku".**

**"Di mɛsej we dɛn de brodkas klia wan akɔdin to di  
ɔrayzɔn di tɛm we dɛn bɔn am nɔ min fɔ gri se fate - di  
rizɔlt fɔ di gud ɔ bad tin dɛn we i dɔn du trade - bɔt i  
min fɔ ɛnkɔrej ɛn wek di mɔtalman wil fɔ rɔnawe pan  
in kɔsmik slev Ɔltin we pɔsin dɔn tay kin kɔmɔt, ɛn na  
in nɔmɔ gɛt di wok fɔ mek dɛn sikɔstɛms dɛn de we  
naw de kɔntrol in layf, ilɛk wetin dɛn tan ɛn frɔm we i**

mek am." den kɔz ɛn sikɔstɛms den de, i gɛt di abiliti fɔ win ɔl di tin den we i nɔ ebul fɔ du bikɔs ɔf in spiritual risɔs den, we nɔ de ɔnda di planɛt prɛshɔn".

"Di lay lay fred we pɔsin de fred fɔ fɛn astrɔlɔji de mek pɔsin bi ɔtomɛtik we de sɔbmissively ɛn meekly dipen pan ɔtomɛtik gayd Di waes pɔsin de win di planɛt den, dat na, i de rɔnawe pan in past bay we i de transfa in allegiance frɔm krieshɔn to di Krieta Di mɔ we i de nɔ se in wanwɔd wit di divayn spirit, di mɔ i de slev to matter Di mɔtalman spirit fri sote go, i nɔ de day bikɔs i nɔ de day." bɔn, ɛn in destiny nɔ go ebul fɔ tay to di planɛt ɛn sta den ɔ put am ɔnda den inflɛns".

"Man na sol we gɛt bɔdi We i rili ɔndastand di men tin bɔt insɛf, i de lɛf ɔl di kɔs ɛn ɔprɛshɔn mɔdel ɛn patɛns Bɔt if i kɔntinyu fɔ kɔnfyus ɛn nɔ gɛt in spiritual mɛmori, i go de ɔnda di ayd kɔnstrakshɔn den we di lɔ fɔ di envayrɔment ɛn di nature gɛt".

"Gɔd na wanwɔd ɛn wanwɔd, ɛn di pɔsin we de wɔship am we gri wit am nɔ go du bad, bɔt ɔl di tin den we i de du go gri wit di lɔ den we de na ɛvin insay kɔrɛkt ɛn natura we, ɛn afta dip prea ɛn tink gud wan i go fil in kɔnekshɔn wit di divayn spirit No pawa nɔ de we pas da insay protɛkshɔn de".

A tray fɔ ɔndastand di ɛksplen den we di vɛnɛrabl Sɛri Yuktsuar bin gi, ɛn afta we a dɔn sɛt mɔt fɔ long tɛm a se: "Dɔn wetin mek yu want mi, mi dia sa, fɔ wɛr dis breslɛt?"

Di ticha ansa se: "Na we di pɔsin we de travul rich usay i de go, na in i jɔstifay fɔ lɛf di dairekshɔn ɛn map den Bɔt we i de travul, i de tray fɔ tek advantej pan ɛvri fayn shɔtkat Di ol sɛnsman den bin mek bɔku we ɛn we fɔ shɔt di tɛm we mɔtalman de alien na di

wɔl fɔ ilyushɔn ɛn ful sɔm ɔtomɛtik tin dɛn de insay di  
lɔ fɔ karma we di pɔsin kin ebul fɔ tyun wit sɛns finga  
dɛn we gɛt sɛns".

"ɔl mɔtalman sik kɔmɔt frɔm we i pwɛl di lɔ we de  
ɔlsay na di wɔl Di Oli Skripchɔ advays mɔtalman fɔ  
fala di lɔ dɛn we Gɔd mek, pan ɔl we i de kɔntinyu fɔ  
abop pan Gɔd in pawa ɔlsay In wok na fɔ se: 'Masta, a  
abop pan Yu ɛn a no se Yu kin ɛp mi, yet a go du ɔl  
wetin a ebul bak fɔ pul di ifɛkt dɛn we mi mistek dɛn  
gɛt' Tru difrɛn we dɛn—preya, wilpower, yoga  
meditashɔn, fɔ aks sɛj ɛn oli pipul dɛn, ɛn yuz  
astrɔlɔjik breslɛt—dɛn kin stɔp ɔ nɔ ambɔg di bad bad  
tin dɛn we bin dɔn apin trade".

"Jɔs lɛk aw os gɛt kɔpa rod fɔ absɔb laytin, na so  
bak di mɔtalman bɔdi kin bɛnifit frɔm difrɛn tin dɛn we  
de protɛkt am Transparent ilɛktrik ɛn magnɛtik raytin  
de muv ɔltɛm ɔlsay na di yunivas ɛn afɛkt mɔtalman  
bɔdi, fɔ bɛtɛ ɔ fɔ wɔs Frɔm trade trade, wi sɛnsman  
dɛn dɔn de tink bɔt aw fɔ kɔba di bad bad tin dɛn we  
di kɔsmik inflɔɛns dɛn we nɔ klia kin gɛt Dɛn bin kam  
fɔ no se klin mɛtal dɛn kin pul di planɛt rayt dɛn we de  
kɔmɔt na di wɔl." counteract the negative attraction  
of the planets Dɛn dɔn sho bak se sɔm plant  
kɔmpawnd dɛn kin bɛnifit Di tin dɛn we kin wok fayn  
pas ɔl na klin, gemston dɛn we nɔ gɛt wan fɔlt, we nɔ  
less dan tu karat Di prɛktikal we fɔ protɛkt pipul dɛn  
we de stɔdi bɔt di sta dɛn nɔ kin gɛt atɛnshɔn frɔm di  
wan dɛn we de stɔdi bɔt di sta dɛn we nɔ de na India  
Wan simpul, sɔm tru tin na dat, fayn fayn gemston  
dɛn, mɛtal dɛn, ɔ plant dɛn we dɛn kin pripia nɔ gɛt  
wan valyu pas dɛn gɛt di kɔrɛkt wet, we dɛn gi dɛn dat  
dɛn de put dɛn hilin ejɛn dɛm ya we dɛn de kɔntakt  
klos wit di skin".

**A se, "So, a go mɔs tek yu advays ɛn gɛt breslɛt, bɔt di jɔs tink bɔt fɔ win ɛlestial bɔdi dɛn kin mek a sɔprayz!"**

**Dɔn Sri Yuktiswar ad prɛsis instrɔkshɔn dɛn, ɛn i se:**

**"Fɔ jenɛral rizin a go rikɔmɛnd wan breslɛt we dɛn mek wit gold, silva ɛn kɔpa, bɔt insay yu spɛshal kes a go lɛk fɔ mek yu gɛt breslɛt we dɛn mek wit silva ɛn lid".**

**A se, "Sar, wetin yu de aim fɔ ɛksaktɔli?"**

**Di ticha ansa se: "Di planɛt dɛn de rɛdi fɔ tek wan stays we nɔ gɛt padi biznɛs wit yu, Mukanda Bɔt nɔ fred, bikɔs divayn prɔvishɔn go protɛkt yu Insay wan mɔnt frɔm naw, yu go sɔfa wit big big liva disɔda Dɛn se dis sik go las fɔ siks mɔnt, bɔt bay we yu yuz di planɛt breslɛt, yu go ridyus dis tɛm to twɛnti-fo dez nɔmɔ".**

**Di nɛks de a go fɛn wan jɔyla ɛn kwik kwik wan a gɛt di breslɛt, we a put pan Mi wɛlbɔdi bin so gud dat a fɔgɛt di prɔfɛsi we mi ticha bin tɔk, we bin dɔn kɔmɔt na Sɛramp ɛn go visit na Varanasi Tati dez afta wi tɔk, a fil wan pen wantɛm wantɛm na mi liva Di wik dɛn we bin de afta dat na bin wan bad bad drim we a bin de fil bad bad wan A nɔ bin want fɔ trɔbul mi ticha, a bin tink se a go ebul fɔ bia mi ticha ordeal alone, with patience and courage Bɔt afta twɛnti tri dez we a bin de sɔfa, mi disayd wik, ɛn a travul wit tren fɔ go na Varanasi, usay Sri Yuktiswar bin wɛlkɔm mi wit ɛkstra ɔdinari wam Bɔt, i nɔ bin gi mi chans fɔ tɛl am prayvet wan bɔt mi kɔndishɔn we bin de pwɛl Bɔku divɔt dɛn bin dɔn go fɛn am da de de fɔ gɛt in blɛsin Bikɔs a bin sik, a bin de go to a kɔna Di gɔst dɛn**



**nɔ bin kɔmɔt de te afta dɛn it ivintɛm it, we mi ticha kɔl mi na di ɔktagonal veranda na in os I adrɛs mi, i de luk fa ɛn de waka go ɛn biɛn, sɔntɛnde i de blok di mun layt:**

**"A tink se yu kam bɔt yu liva disɔda Yu dɔn de fil pen fɔ twenti-fo dez, nɔto so?"**

**A ansa se: "Yes, sa".**

**I se, "Duya du di bɛɛ ɛksesaiz we a tich yu".**

**A ansa se, "If yu no, sa, di kayn we aw a de sɔfa, yu nɔ bin fɔ dɔn aks mi fɔ ɛksesaiz" Bɔt pan ɔl dat, a tray smɔl fɔ obe in kɔmand Di ticha luk mi wit kwɛstyɔn**

**"Yu se yu de fil pen, ɛn a se pen nɔ de Aw dis kɔntradikshɔn go de?"**

**A fil diziz, dɔn wan filin fɔ gladi gladi was oba mi, ɛn a nɔ fil di sɔfa ɔltɛm we bin dɔn mek a nɔ gɛt di blɛsin fɔ slip fɔ bɔku long wiks We a jɔs tɔk bɔt di wɔd dɛn "Sri Yuktsur," di pen bin dɔnawe wit am kpatakpata, lɛk se i nɔ ɛva de**

**A begin fɔ butu na in fut fɔ tɛl tɛnki, bɔt i stɔp mi ɛn se:**

**"Fɔgɛt bɔt dat Get ɔp ɛn ɛnjoy di fayn fayn tin dɛn we de na di mun oba di Ganges" Di ticha in yay dɛn bin de shayn wit gladi at as a tinap kwayɛt wan nia am a ɔndastand frɔm di we aw i de biev se i want mek a fil se na Gɔd dɔn mɛn mi, nɔto in**

**ɛn te tide, a stil de wɛr di sem ebi ebi silva-lid breslɛt as mɛmento fɔ da de de, wan mɛmori we a rili lɛk we a kam fɔ no se a rili de liv wit wan pɔsin we rili ɛkstra ɔdinari ɛn spɛshal Leta, a go briŋ mi padi dɛn**

**kam na Sri Yuktiswar fɔ mɛn dɛn, ɛn i go ɔltɛm se dɛn  
fɔ yuz jɔls ɔ breslɛt, ɛn prez dɛn fɔ yuz dɛn as prɔsis  
fɔ planɛt sɛns**

**Frɔm we a smɔl, a bin de fil bad bɔt astrɔlɔji fɔ tu  
rizin: fɔs, fɔ si bɔku pipul dɛn we bin de obses wit  
astrɔlɔji wit rɛsign ɛn subservience, ɛn sɛkɔn, wan  
prɔfɛsi we di famili astrologer bin mek: "Yu go mared  
tri tɛm ɛn wido tu tɛm" A go de tink bɔt dis fɔ lɔng tɛm  
ɛn fil lɛk di sakrifays ship we de na di ɔlta fɔ triplɛ  
mared Wan de, mi big brɔda Ananta bin tɛl mi se:**

**"I go fayn fɔ yu fɔ aksept yu fate, as yu ɔroskɔp  
chɔt dɔn ɔlrɛdi sho se insay yu fɔs ia yu go rɔnawe  
kɔmɔt na os go na di Himalayas ɛn fos yu fɔ go bak  
Semweso, di prɔfɛsi bɔt una mared dɛn go mɔs bi tru".**

**Wan nɛt, we i si se di prɔfɛsi na lay lay tin, i put  
faya pan di tawa in map ɛn put in ashis insay wan  
ɛnvilɔp we i rayt pan se: "Di sid dɛm fɔ past karma nɔ  
go ebul fɔ gro if di faya dɛm we oli sɛns bɔn am" Dɔn i  
put di ɛnvilɔp na wan ples we pipul dɛn sabi Ananta  
rid dis blatant chalenj ɛn laf wit provok, se:**

**"Yu no fit destroy di trut izi laik yu bon dis pies of  
pepa".**

**Fɔ tru, tri tɛm bifo a rich man, mi famili bin tray fɔ  
arenj mi ɛnjɛjmɛnt, ɛn a nɔ bin gri ɛvri tɛm, bikɔs a no  
se di lɛk we a lɛk Gɔd bin strong pas ɛni ɔda tin we a  
bin de tink bɔt na di wɔl we a bin de tink bɔt trade we  
a bin de tink ɔltɛm bɔt di sɛns we mi ticha bin tɔk:**

**"Di mɔ pɔsin de delv fɔ no insɛf, na di mɔ in  
inflɔwɛns pan di wan ol yunivas tru in transparent  
spiritual vaybreshɔn, ɛn di sem tɛm na di mɔ i nɔ de  
afɛkt di tin dɛn we de apin na do".**

**Sontende a kin aks di wan den we de stodi bot di sta den fo tok bot di tem den we a go wos pas ol akodin to di planet den we a de alayned, yet a bin stil ebul fo du enitin we a bin don set mi maynd pan den tem den de Na tru se di sakrifays we a bin get pan den tem den de bin ful-op wit ekstra odinari problem den, bot mi konfidens bin get gud fawndeshon Fet pan divayn provishon en di rayt yus fo wilpower—God in gift to mortalman—na a fomidabul fos, we fa fawe pas di ethereal weves we de komot fo di planet en sta dem**

**A bin no se wetin di sta den rayt we den bon am no min se posin na popet fo den past Bifo dat, planet inflowens na katalis fo gro Di selestial bodi den de wok fo wek posin in wil fo brok fri from ol di konstrakshon den God mek evri mortalman wit wan speshal en endowed sol, en dat mek enibodi get important wok fo du fo di ovala krieshon, ilakses da wok de na wan fo sopot o dipens Mortalman sev no de dipen pan di win den we posin kin win na do bot i dipen pan di win den we posin kin win insay di spiritual tin den**

**Sos: Yogi in Memori - Wan Otobayografi (Indian Filsofi insay di Layf fo wan Yogi) we Paramhansa Yogananda rayt**

**go bifo pan God biznes**

**From di tichin den we Masta Paramhansa Yogananda bin tich**

**We wi luk di wol tide, wit ol in problem den, komplisiti, konfyushon, trobul, ignorans, en konflikt, i at fo biliv se mortalman don go insay wan nyu stej fo divelopment en progres Bot stil, mortalman don lef bien di harsh, matirialist ej en tek kwik, swip strid fo go to di threshold fo dis nyu pat pan in opward evolushon**

**As wi de kam nia dis atɔmɪk ej, bɔku pan di pawa dɛn we di tin dɛn we Gɔd mek we dɛn nɔ bin no insay di Dak Ij, dɛn de fɛn ɛn yuz am naw, we de ɛp fɔ mek di wɔl kɔmyunikeshɔn kwik kwik wan ɛn fɔ go bifo pan mɛɛsin, agrikalchɔral biznɛs, transpɔt, ɛn ɔda tin dɛn**

**Fɔ tru, di we aw dɛn de yuz tɛknɔlɔji tide dɔn chɛnj di we aw pipul dɛn de liv ɛvrɪde lɛk aw wi dɔn no ɛn no am bad bad wan**

**Bɔt di dak ej we mɔtalman dɔn bia stil de gɛt strong ɛn ɔlsay inflɔwɛns pan pipul dɛn Dis na di rizin we mek mɔtalman de yuz advans sayɛns we dɛn nɔ jɔs de fɔ gud bɔt fɔ fid ɛn riinfɔs di bays, matirial instinkt dɛn lɛk fɔ bi selfish, fɔ pwɛl, ɛn fɔ gridi So, di impak we di dak ej gɛt go de fɔ bɔku ia we de kam**

**Dis ej we de go ɔp dɔn gi bɔku kɔmfɔt bikɔs ɔf di advans tɛknɔlɔjik we ɛn tul dɛn, ɛn i dɔn gi pipul dɛn bak wan digri fɔ fri tɛm we nɔ bin de bifo Insay di Dak Ij, pipul dɛn bin de spɛn ɛvri tɛm we dɛn wek ɛn ɔl dɛn ɛnaji fɔ sikyurɛt dɛn bɛsis nid ɛn fɔ de alayv Na wan rili smɔl pat pan di pipul dɛn bin gɛt inɔf tɛm fɔ devote to higher pursuits**

**Naw - at least na industrialised kontri dem - evribodi de fo dat kategori Bot wetin pipul de du fo dia fri taim and leisure?**

**Bikɔs dɛn nɔ no wetin mek dɛn de liv dɛn layf, dɛn de west dɛn tɛm ɛn trɛnk fɔ ɛnjoy dɛnsɛf we nɔ gɛt ɛnd Di avrej pɔsin na di Wɛst kin spɛn lɛk fifti awa so insay di wik fɔ wach tɛlivishɔn Imajin aw pipul dɛn go gladi mɔ ɛn aw di wɔl go bɛtɛ if dɛn spɛn dɛn long tɛm dɛn de fɔ du tin dɛn we go mek dɛn gɛt frut na Gɔd in yay!**

**Di wan den we de tink gud wan kin yuz den tem wit sens en fayn fayn wan I sori fo no se boku pipul den don komot bien God en in lo den**

**Dis na di rizin we mek di wol de na di kayn bad bad we aw i de naw Wi wish se wi fo liv na wol we get sikyocriti, prosperiti, en pis Bot ivin fo liv na wol we trubul get in lesin fo di wan den we de sho di wan den we de sho Difren tin den we at en bita tin den de wok as memba se dis wol noto wi os fo oltem Tru sef en sef no de na di wol we de na do, en fo dis rizin, wi fo fen God en aks fo mek i protekt wi**

**Insay di tem we pis en prosperiti de, usay nobodi no de we no get wok o we no get problem wit di envayroment, pipul den de liv insay "kwayet, resayn frustrashon," lek aw di filsofa Thoreau bin tok am Wetin mek? Na bikos pan ol we pipul den de go bifo dis kayn we, den kin fil angri fo get tayt padi biznes wit God en den kin rili want oda tin we no de na den layf**

**Da tin de na God**

**Wi fo memba se, ilek wetin apin na do, fo go bifo pan God biznes, fo go bifo pan God biznes de dipen pan di tray we wan wan posin de tray lvin insay di dak tem en onda di bad bad tin den we bin de apin, som man en uman den bin stil ebul fo get di divayn no So, wi no fo swela na di spiritual tin den bay di kondishon den na di wol Wi no fo eva los di impotant tin we impotant pas ol fo tray fo du spiritual tin den**

**Bikos wi de liv insay den tranga tin ya, wi kin tink bak bot di tumara bambay en di soprayz den we no fayn we i kin get Dis na normal tin Bot if wi de tink tumos bot den tin ya, en if wi alaw spekulayshon en**

**fred fɔ tek ova wi tinkin, wi de push Gɔd kɔmɔt na wi layf ɛn mis wan valyu chans fɔ kɔnɛkt wit am ɛn ɛnjoy in protɛkshɔn**

**Pipul dɛn want fɔ no gud gud wan wetin go apin tumara bambay Wetin mek? Fɔ mek dɛn wɔri mɔ ɛn mɔ?**

**If wi bin rili ɔndastand di big big lod we wi kin put pan wi maynd we wi kin sɔfa fɔ fred ɛn wɔri, wi go sɔprayz fɔ si aw wi kin ebul fɔ bia so fa Wori ɛn wɔri kin mek di maynd wik, alaw fɔ fred fɔ siep insay di sol, ɛn as a rizulta, wi kin lɔs wi saykilɔjik ɛn spiritual ikwal Wi prɔblɛm de pan di tray we wi de tray fɔ liv na di fyuchu ɛn di past wan tɛm, instead liv insay di tɛm we wi de naw Dɛn lod ya tu ebi fɔ mek di maynd ebul fɔ bia**

**Wi fɔ analayz wi tinkin Bɔku tɛm, wi kin rɔnawe ɔ to di fyuchu ɔ to di past Dis na kɔmplit west Wi fɔ liv insay di prɛsɛn ɛn ful di prɛsɛn wit tink bɔt Gɔd**

**No ples nɔ de na di wɔl we rili sef ɔ sef frɔm tin dɛn we de apin ɛn denja Tru protɛkshɔn de fɔ liv ɔnɛs ɛn rayt, fɔ dil wit ɔda pipul dɛn tru ɛn wit ɔl yu at, ɛn fɔ pre, tink gud wan, ɛn fɔ gɛt wanwɔd wit Gɔd**

**Fɔ dis rizin, wi fɔ du ɔl wetin wi ebul fɔ mek wi gɛt wanwɔd wit Gɔd Dis wanwɔd sɛf na di mɛrɛsin fɔ ɛvri sik ɛn fɔ mɛn frɔm layf in blo ɛn di brus dɛn we tɛm de gi**

**Wi nɔ fɔ fred wit di bad bad tin dɛn we de apin na layf ɛn bad bad drim dɛn Wi nɔ fɔ fred fɔ sik, po, ɔ aksident We wi si wisɛf na di midst fɔ prɔblɛm ɛn trɔbul, lɛ wi no di lay lay we dɛn ɛksperiɛns ya de ɛn ɔndastand se wi kin win bad bad tin dɛn bay we wi de**

**tink gud wan, gud jɔjment, ɛn spiritual wanwɔd wit  
Gɔd, di say we ɔl ɛp ɛn protɛkshɔn**

**No protɛkshɔn ɔ sikyɔriti nɔ de ausayd Gɔd Wi fɔ  
tɔn to am kɔmplit wan if wi want sef ɛn pis na wi  
maynd**

**I at fɔ gɛt kɔmplit satisfay na dis wɔl, we nɔto wi  
tru tru os Wi ɛgzistens na dis wɔl na fɔ shɔt tɛm Wi de  
ya na skul fɔ lan layf lɛsin dɛn We wi fɔgɛt dis trut, wi  
trɔbul kin bigin, ɛn prɔblɛm dɛn kin rawnd wi frɔm  
ɔlsay**

**Natin nɔ fit fɔ liv fɔ pas Gɔd ɔl ɔda tin go pas ɛn lɛf  
wi wan Wi fɔ luk fɔ di wan we go de sote go ɛn we go  
de sote go Mɔtalman lɔv de pas ɛn i de dɔn smɔl smɔl  
Biɛn mɔtalman lɔv de lay di divayn lɔv, ɛn dat na di  
big big lɔv, we de satisfay di at we i want ɛn we de  
mek di sol in tɔsti Lɛ wi ɛnjɔy ɔl wetin Gɔd gi wi ɛn nɔ  
want ɛni ɔda tin Wi kam na dis wɔl fɔ lan aw fɔ kam fɔ  
no Gɔd No ɔda rizin nɔ de fɔ mek wi de ya**

**Di wan dɛn we de luk fɔ Gɔd wit ɔl dɛn at go fɛn  
Gɔd, ɛn dɛn layf go ful-ɔp wit pis, kwayɛt, gudnɛs, ɛn  
gladi-at Di want fɔ no am fɔ strɔng ɛn nɔ de chenj, ɛn  
di tin dɛn we go apin go bi garanti (di wan we nak go  
yɛri) Di wan dɛn we sabi Gɔd kin gɛt gladi at ɛn gladi  
at ɔltɛm**

**Di luk fɔ Gɔd nɔto tin we nɔ gri wit mɔtalman padi  
biznɛs, mared, ɔ fɔ tray fɔ gɛt bɔku prɔpati Dɛn tin ya  
na impɔtant pat dɛn bak pan layf in lɛsin dɛn Wetin  
impɔtant na fɔ difrɛns bitwin rial tin ɛn ilyushɔn, ɛn fɔ  
no se matirial gol ɛn tin dɛn we wi dɔn du nɔ go ebul  
fɔ gi wi di gladi at we wi kin want ɛn tray fɔ gɛt tru ɔl  
di tin dɛn we wi de tink ɛn du**

**Dis filosofi nɔ de mek layf blak ɔ bad bad tin**

**Pis de fɔ una**

**Tru ɛn rial tin dip**

**Trut na wɔd we shrouded in ambiguity and obscured by much vagueness Na kɔnsɛpt we at fɔ ɛksplen ɛn klarify Olman gɛt kɔnvikshɔn ɛn biliv, swɛ bay dɛn fet se na dɛn na di absolyut trut Bɔt aw pɔsin go difinitivli disayd wetin na tru ɛn rial bitwin dis bɔku bɔku aydia dɛn?**

**Trut na ɔl tu rilitiv ɛn absɔlɔb I de pas tru bɔku rilitiv stej dɛm fɔ divɛlɔpmɛnt ɛn rifin bifo i rich in absɔlɔb stet Fɔ ɛgzampul, tu pipul dɛn de tɔk bɔt wan biznɛs prɔjek Wan de prɔpos wan aidia we de garanti sakrifays, we di ɔda wan de ɔfr wan kɔntra-argument we de ajɔst di sem gol bɔt wit ɔda bɛnifit Dɛn ɔda pɔsin kam wit wan bɛtɛ aidia, ɛn so pan Ol di we dɛn we dɛn prɔpos bin de undeniably "kɔrɛkt," bɔt na insay wan rilitiv sɛns**

**Trut na wetin de brɪŋ gladi at we go de sote go**

**Insay in absolyut sɛns, ɔltin we de agens tru gladi at na lay, ɛn wetin de brɪŋ gladi at we go de sote go na tru Tru gladi at nɔto di gladi gladi we nɔ de te we de akɔmpan matirial sakrifays ɔ transient gladi, bɔt na di gladi at we de kɔmɔt frɔm di sol in wanwɔd wit in sɔs: Gɔd Bay dis standad, yu kin jɔj ɛni akshɔn we yu du bay di autkam ɛn if i go brɪŋ yu gladi we go las ɔ nɔ (fɔ fɔ tru, dɛn kin jɔj di tin dɛn we pɔsin kin du bay di we aw dɛn kin dɔn!)**

**Oltimat Trut na Gɔd, ɛn Gɔd na di ɔltimat Trut Di wan ol yunivas de fawndeshɔn pan dis trut tru Gɔd in**



**Ɓ ɔɛn we de sote go Dɛn Ɓ ya na fawndeshɔnal trut, we nɔ de chɛnj, we nɔ de chɛnj atɔl ɛn we pas ɛni mɔtalman manipuleshɔn ɔ distɔrshɔn Fɔ ɛgzampul, di rayt we pɔsin gɛt na fɔ avɔyd fɔ kil ɔ du bad, bɔt di smɔl wan pan tu bad tin dɛn na fɔ yuz pawa fɔ protɛkt di pɔsin we nɔ du natin frɔm di wan we wikɛd ɔ fɔ protɛkt pipul dɛn we dɔn go bifo frɔm di wan dɛn we nɔ go bifo Bɔt fɔ pwɛl ɛnitin jɔs bikɔs yu want fɔ kil na bad tin**

**Di Ɓ we de ɔlsay na di wɔl de tɛl wi fɔ gɛt wanwɔd ɛn fɔ de nia dɛnsɛf tru Ɓv, we min fɔ lɛk ɛn fɔ gri wit wetin wi want If wi want fɔ fɛn di trut, i impɔtant fɔ mek wi tink ɛn du tin dɛn fayn, pan tin dɛn, pan gud abit dɛn, ɛn pan spiritual tin dɛn, we go gri wit di Ɓ dɛn we go de sote go na di trut we kɔmɔt frɔm Gɔd**

**Trut na di men tin Bɔt usay da men tin de de, ɛn aw dɛn go fɛn am?**

**Tri we dɛn de fɔ rich di trut: tru di sɛns we pɔsin de si, tru di rizin we mek pɔsin de tink, ɛn tru di intuition ɔ di sɛns we di sol gɛt**

**If yu sɛns we yu de si tin nɔ rayt, yu Ɓjik dɛdukshɔn go rɔng bak Yu kin luk to di ɔrayzin ɛn si wetin tan lɛk faya bikɔs yu si smok; bɔt as yu de kam nia di ples, yu go si se wetin bin tan lɛk smok nɔto bin natin pas wan klawd we gɛt dɔst Fɔ no di tru tin bɔt ɛnitin, yu de abop pan yu si ɛn yɛri, ɛn bak yu sɛns fɔ smɛl, teist, ɛn tɔch, apat frɔm di pawa we rizin gɛt Bɔt dɛn tin ya we dɛn jɔyn nɔ go ebul fɔ bi di ɔltimeat pruf fɔ tru, bikɔs if di sɛns dɛn lay, dɛn rizin go lay bak Rizin de mek in impreshɔn ɛn rich to in kɔnklushɔn ɛn kɔnvikshɔn bays pan di ripɔt dɛn we i de gɛt frɔm di sɛns, bɔt di sɛns dɛn rili limited bay dɛn nature Dis na di rizin we mek di prɔfɛt dɛn adres pipul dɛn akɔdin to**

**dən ləvəl fə ɔndastand ən intɛlekt, bikɔs dən—di pipul dən—si bɔt nɔ de si bɔt nɔ de si, yəri bɔt nɔ ɔndastand ɔ ɔndastand (dən dɛf, mumu, ən blaynd, so dən nɔ de rizin)!**

**di mɔtalman in yes kin ɔnli no wan patikyula rɛnj ɔf di vaybrɛshɔn; i nɔ kin ebul fə no di sawnd dən we lawd pas ɔl ɔ we nɔ de muv If yu yəri bin dɔn ayt inof, yu kin yəri di wɔndaful, wɔndaful sawnd we di yunivas de mek as i de surj tru di spes we nɔ gɛt ɛnd ɔltin we de na di wɔl de muv, ən dis muvmɛnt de wit sawnd Natin nɔ de we nɔ de muv pas na di say we di transɛndant kɔsmik spirit de, usay nɔto muvmɛnt ɔ vaybrɛshɔn de If di di fakulti dɛm fə di mɔtalman spirit bin dɔn divɛlɔp inof, pɔsin kin yəri sawnd dən we nɔ klia wit di ethereal yes—sawnd dən we na transparent fɔs, we de gi di bɔdi wan ay ay sɛns fə yəri**

**Semweso, if di pawa we yu yay gɛt bin amplify, yu go si layt dən we gɛt ɔl kayn kɔlɔ ən kayn Yu fyzikal yay dən de sho yu jɔs wan rili limited rɛnj ɔf layt, we yu spiritual (ɛtiri) yay de si di tru tin dən we de apin as imej dən we dən mek wit di kriyaytiv layt we Gɔd mek Yu ɔl bɔdi, we yu si as wan dense mas ɔf bɔdi, nɔto natin pas ilɛktromagnetik wev dən Dɔktɔ Krayl bin sho se di bren fə wan day kaw, ən bak di bren fə mɔtalman we dɔn day, de pul bɔku bɔku ilɛktrik raytin We yu lɔk yu yay, na daknɛs nɔmɔ yu kin si Bɔt wit spiritual divɛlɔpment, yu go ebul fə si wɔndaful layt dən ən di layt de shayn na daknɛs, ən di daknɛs nɔ dɔn no am (di layt na di ɛvin ən di wɔl)**

**Dis na impɔtant tru tin dən we mɔtalman nɔ kin no bikɔs dən sɛns kin jɔs gri wit smɔl smɔl vaybrɛshɔn dən we kin mek dən shek bad bad wan**

**Intuition ɔ rivyū: di pawa we di spirit we de kɔba  
ɔltin fɔ no gɛt**

**So aw wi go no di trut we ayd biɛn di sɛns ɛn di we  
aw dɛn de si tin? Dis nɔ pɔsibul tru analisis ɔ  
rayshɔnal ɛksplɛnchɔn, bikɔs di maynd tay to di sɛns  
ɛn i kin jɔs pul wetin di sɛns dɛn de gi I nɔ gɛt ɛni  
kapasiti fɔ no di pawa dɛn we nɔ gɛt ɛnd we de rawnd  
am Na bay we dɛn kɔltiv di intuition fɔ di sol ɔ sɔm  
intuition nɔmɔ dɛn go no di trut Insayt na dairekt  
sɛns, nɔto tru di sɛns—na klin, tru, ɛn kɔrɛkt filin fɔ di  
sol ɔltɛm**

**Yu kin gɛt aydia bɔt di kayn we aw dis intuition  
tan frɔm dɛn sɛns dɛm we yu kin gɛt bɔt yu nɔ kin ebul  
fɔ ɛksplen, sɔmtɛm dɛn kin kɔl am "pɔsin in at na dɛn  
gayd" Yu kin fil se sɔntin de kam fɔ apin we yu nɔ gɛt  
ɛni sɛns pruf Na tru we de sho inɛf we nɔ gɛt ɛni lɔjik  
kɔnekshɔn to tin dɛn we apin Yu kin sidɔm kwayɛt wan  
de tink bɔt pɔsin we yu nɔ si ɔ kɔntakt fɔ lɔng tɛm, ɛn  
afta dat wantɛm wantɛm yu mit dɛn ɔ yɛri frɔm dɛn Aw  
dat bin apin? I kin apin tru fleeting flashes of intuition  
ɔlman dɔn ɛkspiriɛns dɛn kayn flash ya**

**Mistek we dɛn kin mek pan jɔjment kin kɔmɔt frɔm  
we dɛn nɔ gɛt sɛns Mɔs pipul dɛn kin fil dip dip wan se  
dɛn ebul fɔ du big tin ɛn ajɔst big tin dɛn na layf, bɔt  
bikɔs dɛn nɔ gɛt pawa fɔ ɔndastand, da layt pɔtnɛshɛl  
de stil de slip Fɔ mek pɔsin gɛt sakrifays ɛn avɔyd di  
nɔ gladi we mistek kin mek pɔsin nɔ gladi, pɔsin fɔ  
tray fɔ ɔndastand di tru tin we de ɔnda ɔltin Dis na  
bay we i jɔs ebul fɔ du intuitiv sɛns Dat na di practical  
reality of the matter So, a de advays ɔlman fɔ luk fɔ di  
trut pan ɔltin, ilɛksɛf na dɛn rilayshɔn wit ɔda pipul  
dɛn, na dɛn wokples, na dɛn mared—in shot, insay ɛvri**

**pat na layf Intuition impɔtant; i rili impɔtant ɛn dɛn nɔ go ebul fɔ lɛf am**

**If pɔsin nɔ ebul fɔ ɔndastand sɔntin, i kin mek i nɔ disayd fɔ du gud ɛn i kin du tin dɛn we i nɔ kin tek tɛm du, mɔ we i de pik biznɛs patna dɛn we dɛn nɔ kin abop pan ɔ we i kin jɔyn pan pɔsin in yon rilayshɔnship we nɔ fayn Bikɔs rizin nɔ bɔku ɛn di infɔmeshɔn we di sɛns dɛn kin gi kin mek i nɔ ebul fɔ du am, if dɛn ful di sɛns, pɔsin kin si pɔsin as pɔsin we rili wɔndaful we i nɔ no di tru we aw i tan**

**ɔ yu kin tink se yu dɔn fɛn yu layf patna (yu solmɛt) ɛn mared da pɔsin de, na fɔ mek yu rilayshɔnship dɔn wit dayvɔs ɔ liv ɛl we nɔ gɛt wanwɔd bikɔs ɔf inkɔmpatibiliti ɛn nɔ gɛt wanwɔd Bɔt insay intuition nɔ de mek dɛn kayn mistek ya I nɔ de si di magnetism we de kɔmɔt frɔm di yay ɔ di charming, radiant fes; bifo dat, i de no ɛn no klia wan wetin de insay da pɔsin de in at ɛn no dɛn fɔ udat dɛn rili bi**

**Tɛnki fɔ di intuition we a divɛlɔp wit di ɛp fɔ mi big ticha, Sri Yuktiswar, a nɔ ɛva rɔng bɔt mɔtalman nature Mi insay sɛns dɔn ɔlwayz bi big ɛp to mi pan dis bɔt a nɔ de tray fɔ si di negatif sayd fɔ pipul dɛn Fɔ mek a ebul fɔ ɛp ɔda pipul dɛn, a de gi dɛn mi lɔv we nɔ gɛt kɔndishɔn, ivin we a no se dɛn kin yuz mi trɔst fɔ dɛn yon pasɔnal bɛnifit**

**Bɔku pipul dɛn we nɔ gɛt intuition de invest mɔni fɔ fayl faynɛns venchɔ ɛn, as a rizulta, dɛn kin lɔs ɔl wetin a dɔn gɛt sakrifays pan ɛvri disizhɔn we a dɔn mek tank to mi intuition we nɔ de mek mistek**

**As pɔsin de gro ɛn divɛlɔp, intuition de kɔmɔt as difrɛn filin ɔ kwayɛt vɔys Bikɔs uman dɛn kin atɛnd filin pas man dɛn, dɛn kin jɔs gɛt big intuition, pas**

**nɔmɔ we imɔʃɔn win Man dɛn kin jɔs gayd dɛn bay rizin, we uman dɛn kin gayd bay filin If man gɛt fayn maynd ɛn sensitiv nature, dis balans bitwin rizin ɛn filin go nɔ gɛt wan dawt fɔ ɛp am fɔ divɛlɔp ɔndastand**

**Fɔ no di rizin fɔ layf tru intuition**

**If yu yuz yu intuition, yu go no di rizin fɔ yu ɛgzistens na dis wɔl, ɛn we yu ɔndastand da rizin de, yu go gɛt gladi at Dis wɔl na stej, ɛn Gɔd na di dairekta If ɔlman insist fɔ ple di rol fɔ di kin ɔ kwin, no saksɛsful ple nɔ go de Di savant, di hiro, ɛn di kin ɔl fɔ ple dɛn pat fɔ mek di ple go bifo Na di wikɛd pipul dɛn we de pwɛl di gud plot fɔ di divayn ple Di wan dɛn we de pik dɛn wok dɛn de go pe bɔku prayz fɔ we dɛn nɔ obe Gɔd in gayd**

**I nɔ mata di pozishɔn we pɔsin gɛt na di wɔl ɔ di jɛntri we i gɛda, dɛn nɔ go ebul fɔ tek am se i dɔn gɛt sakrifays if i yuz we dɛn we nɔ de du wetin rayt fɔ rich wetin i want ɛn gɛt Tru gladi at kin apin nɔmɔ we pɔsin de ple in wok kɔrɛkt wan, ɛn nɔto ɔda we Di wan we de ple di rol fɔ di milyɔnaria ɛn di wan we de ple di rol fɔ di smɔl biznɛsman ikwal na Gɔd in yay, bikɔs di Las De, Gɔd go du am strip each of their possessions and titles Wetin yu kip insay yu sol na wetin go akɔmpan yu afta yu kɔmɔt na dis wɔl**

**Di big ɛn pipul dɛn we lan buk, prɔfɛt ɛn sɛnsman dɛn, no di trut bikɔs ɔf dɛn intuitiv pawa Dɛn nɔ jɔs de si tin wit dɛn yay ɛn maynd, bɔt dɛn de si tin bak tru dɛn klia ɛn rili divɛlɔp intuition, we dɛn de yuz fɔ no ɔltin**

**Nɔto di wok we wi de du impɔtant na Gɔd in yai, bɔt aw wi de ple am Nɔ kray ɔ pwel at if yu wok at Fɔ du yu wok kɔrɛkt wan go mek yu gɛt sakrifays na Gɔd in yai; if nɔto dat, yu nɔ go rili fri**

**Meditashɔn de mek pɔsin ebul fɔ tink gud wan**

**Di wangren we fɔ no di trut ɛn liv bay in prinsipul dɛn na fɔ gɛt spiritual insayt ɔ intuition Dɔn yu go no se layf gɛt minin ɛn yu insay vɔys go gayd yu ɛn dayrɛkt yu stɛp, ilɛk wetin yu de du na layf**

**Da vɔys de dɔn drawn ɛn bɛr am—lɔng tɛm dɔn pas—bay tin dɛn we nɔ fayn fɔ tink bɔt Di we we sho se yu go gɛt da rial sɛns de bak na fɔ tink gud wan we yu wek na mɔnin ɛn bifo yu go slip na nɛt**

**Jɔs lɛk aw pɔsin kin kip in prɔfɛshɔnal ɛn soshal apɔntinment, na so bak pɔsin fɔ kip in apɔntinment wit Gɔd Wi kin tink se wi bizi layf nɔ de lɛf wi tɛm fɔ spiritual tin dɛn, bɔt natin nɔ de mek Gɔd nɔ tink bɔt wi ɛn gi wi wetin wi nid Wi fɔ pre, tink gud wan, ɛn wet fɔ in ansa If wi adres am wit lɔv ɛn dip fɔs, I go ansa wi prea dɛn Dɔn wi go fil in prezɛns as gladi ɛn pis insay wi at We da gladi at ɛn pis de kam, dɛn dɔn mek wan kɔnekshɔn we gɛt layf ɛn we go wok fayn wit di Suprim Pawa Wi fɔ tray fɔ tek dis chans, bikɔs wi nɔ go ebul fɔ gɛt ɛni sakrifays if wi nɔ tray fɔ du am**

**If yu spɛn yu layf de chas wan thrill afta di ɔda wan, yu nɔ go ɛva no tru tru gladi-at Liv simpul ɛn tek layf izi wan Gladi at de fɔ gi yusɛf inɔf tɛm fɔ dip tink ɛn tink bɔt di big big tin dɛn**

**Spend tɛm yu wan wan wan tɛm ɛn praktis fɔ sɛt mɔt fɔ sɔm tɛm; yu go si di difrɛns fɔ yusɛf If di redio ɔ**

**tɛlivishɔn de ɔltɛm, ɔ if di tin dɛn we de mek yu fil  
fayn ɛn ɛnjɔy yusɛf ɔltɛm de tek yu sɛns, i go pwɛl yu  
nerv ɛn mek yu vɛks**

**Nɔ tink tumɔs bɔt fɔ fiks ɔda pipul dɛn Fiks yusɛf  
fɔs—mek Gɔd fiks yu! Di big big arena fɔ ɛksɛlɛns ɛn  
sakrifays na os Enjɛl na dɛn yon os na enjɛl ɔlsay Pɔsin  
in saful vɔys ɛn pisful abit nid pas ɛni ɔda say**

**Wan pawa we nɔ de ɛva fɔdɔm**

**We wi kɔnɛkt wit Gɔd, intuitiv ɔndastandin go  
inspɛkt ɛn gayd wi pan ɔltin we wi de du Wi fɔ  
kɔnshɛns fɔ gɛt dis blɛsin pawa I de insay wi; wi nid fɔ  
jɔs sho am A nɔ intres pan di wan dɛn we jɔs want fɔ  
no mɔ, bɔt di wan dɛn we rili de luk fɔ di trut a de  
insay kɔmyunion ɔltɛm wit Gɔd ɛn a de jɔs luk fɔ di  
wan dɛn we rili want fɔ no am**

**Yu go si se dis pawa de wok pan ɔltin fɔ mek yu  
sikɔstɛms bɛtɛ ɛn mek tin izi fɔ yu We yu kɔnɛkt wit  
dis pawa, yu wɛlbɔdi go puls wit kɔsmik ɛnaji, ɛn yu  
maynd go bi mɔ rifin, fɔs, shap, ɛn go insay Yu go no  
se yu sol na vessel fɔ Gɔd in trut we de alayv ɛn sɛns  
we nɔ de dɔn**

**Gɔd na di sɔs we de gi wɛlbɔdi, prɔsperiti, sɛns, ɛn  
gladi at we go de sote go We wi kɔnɛkt wit am, wi layf  
kin bi wan ɛn kɔmplit Layf we nɔ gɛt am nɔ kɔmplit Wi  
fɔ tink bɔt dis pawa we pas ɔl we de gi wi layf, trɛnk,  
ɛn sɛns Wi fɔ pre mek di trut flɔ insay wi maynd, trɛnk  
insay wi bɔdi, ɛn gladi at we nɔ de dɔn insay wi sol**

**Bien di daknɛs we di yay dɛn we dɛn lɔk gɛt, di  
wɔndaful pawa dɛn we de na di yunivas, ɔl di gud sol  
dɛn ɛn di nobul spirit dɛn, ɛn di bɔku bɔku tin dɛn we**

**de na di spiritual ples den we no get end If yu tink gud wan, yu go no di trut we no get wan bot en si di wɔndaful wok we i de du na yu layf en pan ol di tin den we wɔndaful en we get glori pan di tin den we God mek**

**Mek God gi yu sakrifays en pis de pan yu**

**Fast na welbɔdi en welbɔdi**

**"Yu fo fast, bikɔs natin no de we tan lek am"**

**(Hadith)**

**[Dis tɔpik no de agens fasting lek aw den tɔk am na di Oli Kɔran, en i no kol enibɔdi fo lek den tradishɔnal we fo fast, we wi respekt, en wi respekt di wan den we de fast, de pre to God fo bles den oltem en aksept den fast Wetin den min ya na tritment fasting fo speshal bɔdi en spiritual rizolt, en na dat mek dis klarifyeshɔn bin nid fo apin].**

**Di fyzikal rizulyt en spiritual eksperiens den we pɔsin kin get we i fast rili wɔndaful Di sol kin fri from di tin den we di bɔdi de aks fo we i fri from di ebi, kɔs kɔs abit den A don don mi tati de fo fast, en i kin fil lek se na normal tin lek se a no test it atɔl**

**Olman we ebul fo tray fo fast fo tri dez o mo if i pɔsibul, en smol smol i go si se i pɔsibul fo liv we i no it**

**Pipul den we get welbɔdi no fo get problem fo fast fo tri dez Den fo fast fast ɔnda speshal pɔsin in sɔpɔt Enibɔdi we get sik den we no de men o we get problem wit in bɔdi fo jɔs fast afta i don go to dokto we get eksperiens pan fast en it**

**Di pen en pen na di bɔdi na tin den we de sho se di bɔdi in sistem no de wok fayn en den nid fo ripent en mentenens Pipul den kin kip den motoka klin en mentenens fayn fayn wan! Motalman bɔdi kompleks en kompleks pas eni motoka, en God want wi fo kip am**



**klin en wok fayn, en abop mo en mo pan in pawa Di sikrit fo get welbodi nto jos pan kemikal element den bot i de bak pan fo abop pan God in pawa, o di layf pawa we de insay di bodi**

**Dis layf pawa we de insay wi bodi na in rili de gi layf Na wan pawa we de oltem we, bay God in komand, de mek en sopt wi ogan den Dis layf pawa de mek di maynd get trenk en it de gi am tin fo it Bot if den no yuz am di rony we, i no de wok igen en leta i no go gri fo wok Fo egzampul, in pawa kin wik na di yay, we kin mek wi no si fayn No it no go ebul fo gi trenk, no chenj di briz no go ebul fo si di sel dem refresh en gi dem rayz, en natin no go ebul fo gi di bodi enaji bak we di layf fcs we i de insay de begin fo don**

**Fast de rest di ogan den we don taya, en di bodi in sistem en important enaji sef, fri am from ova wok We yu stop fo tok to di important enaji se i fo dipen pan oda tin den we de komot na do fo it, wata, oksijen, en san layt fo mek i de, i kin fri en i kin abop pan insef**

**If ppsin it pasmak fo 365 dez insay di ia, i kin mek ppsin get difren sik den Fo it oltem, ilakses di bodi nid am o no nid am, na tru tru swe pan am Di mo we ppsin de pe atenshon pan in sens fo te en tray fo satisfay am, na di mo sik den we i go sofa I fayn fo enjoy it, bot fo bi slev to am kin get problem den we kin mek i fil pen en bad bad tin den kin apin so, ppsin kin ambog insef tru den di attachment to di bodi en in dimand dem Na tem fo pipul dem fo no se na di layf fcs we de s ostayn di bodi en kip am vibrant en enaji**

**Wi fo—witout obsession—put di big big empeshment pan di maynd fo mek in pawa strong en mek i ebul fo abop pan insef mo If ppsin insist fo mek in maynd bi slev to di bodi, di maynd go ton in bak pan am bay we i lef in pawa, fos di ppsin fo dipen pan oda ppsin o oda tin fo ep am No dokto o meresin no go**

**εp pɔsin we in maynd dɔn wik so dat di sik go wɔs Tri-  
kwata pan di mɛrɛsin de na di maynd**

**Insay India, wi kin lan fɔ win di bɔdi wit wil pawa,  
we kin mek pɔsin ebul fɔ abop pan di maynd bad bad  
wan Di wan dɛn we kin yuz bɔdi we dɛn kin yuz ɔltɛm  
fɔ gɛt wɛlbɔdi ɛn fɔ mɛn dɛn kin yus to dɛn ɛn so dɛn  
kin dipen pan dɛn ɔltɛm Bɔt di pawa we pɔsin gɛt na in  
maynd pas ɔlman Wan fɔ lan smɔl smɔl fɔ yuz di  
maynd ɛn di tin dɛn we i ebul fɔ du fayn fayn wan; den  
pɔsin go no se di maynd na suprɛm tul, ɛn di maynd  
go du ɛnitin we dɛn aks am fɔ a dɔn si ɛn ɛkspiriɛns  
dis fɔshand na mi yon layf**

**A bin de gi lekchɔ wan de, ɛn i bin rili wam Mi fes  
bin de drip wit swet, ɛn a nɔ bin ebul fɔ fɛn mi hankɛf  
Fɔ smɔl tɛm, a bin de na lɔs, bɔt a bin de pe atɛnshɔn  
pan di sɛntrɔm pan mi wil (di eria bitwin mi aybrɔw)  
ɛn pre kwayɛt wan se, "Lɔd, bay Yu gris, mi bɔdi dɔn  
kol!" Wantɛm wantɛm, di swet nɔ bin de igen, ɛn mi  
bɔdi bin kol lɛk aw i fɔ kol! So, if wi abop pan di  
maynd, dat kin bɛnifit wi bad bad wan! Bɔt pɔsin nɔ fɔ  
du tin pasmak ɛn dinay di bɔdi kpatakpata, bikɔs if i  
du dat, i nɔ go ebul fɔ tink, it, ɔ muv**

**Sɔm pipul dɛn kin tray fɔ pruv se dɛn maynd de  
kɔntrol di bɔdi, mɔ fɔ sho se dɛn gɛt wɛlbɔdi Bɔt  
wɛlbɔdi nɔto di men gol fɔ layf Fɔ rich to Gɔd na di tru  
tin we mek pɔsin fil se i gɛt wɛlbɔdi fɔ sɔm tɛm, bɔt  
tɛm go kam we natin nɔ go εp Dɔn, udat go εp? Gɔd  
Fastin na wan pan di big we fɔ kam nia Gɔd I de fri di  
layf pawa frɔm slev to it, i de afɛm se Gɔd de sɔpɔt wi  
bɔdi ɛn kip dɛn layf**

**Bɔt abit dɛn so pawaful dat we yu jɔs tink bɔt it  
kin mek yu want fɔ it wantɛm wantɛm Wan tɛm, we a  
bin yɔŋ bɔbɔ na India, a bin gɛt kol A bin want sɔm  
tamarind, we dɛn kin tek as bad bad tin fɔ kol Mi sista  
bin tranga wan nɔ gri, bɔt bikɔs a bin de kɔntinyu fɔ**

du am, i bin bring som pan di frut den we a bin de chew wan pis en afta dat i bin de spat am we a no swela, bikos di kray we a bin de kray fo di teys bin don satisfay Motelman kin kontrol boku tem bay we i de it pasmak I sori fo no se God no mek di bodi di kayn we we go mek wi ebul fo enjoy di we aw wi de te en put wisef fo it pasmak o it tin den we no fayn en no pwel di dijestiv sistem en oda ogan den

Bot fo tru, di wangren rod fo get welbodi en gladi at—di we we get sens pas ol—na fo kontrol inself Wan pan di big tin den we posin kin ebul fo du na fo bi masta pan inself, no fo de oda di kayn we aw den sens de rul am If yu put wan divays pan boku boku ilektrik chaj we no ebul fo bia da kayn ovalod de, i go bon am Semweso, evri tem we yu ovalod yu dijestiv sistem wit it, di layf pawa we get fo du wit di dijestiv sistem kin don We yu stop we yu it pasmak en we yu fast, dis layf fcs de rest en i de richaj wit kosmik enaji

If yu motoka brok, yu kin sen am na ripent shop Afta den don du di tin den we nid fo du, i kin ron bete fo som tem te oda tin brok, en yu kin sen am bak fo mek den mek am mo mentenens en ripent Na di sem tin kin apin to di bodi Di tin den we kin apin we posin fast kin mek posin soprayz If yu fast tri dez pan orenj jus, i go mek di bodi fayn fo som tem Bot if yu fast fo long tem, i go mek am bak ol, en yu go fil lek se na so i bi strong lek stel If yu want fo get welbodi we go de sote go, yu fo de wach di kwaliti en kwantiti fo di it we yu de it oltem

Yu fo no wetin fo du we yu de fast Medikal supavayshon impotant fo di wan den we want fo fast fo pas tri dez A no de advays enibodi fo mek den fcs fast tu long, as den go fil wik en taya Fo fast wan de insay di wik wit frut jus o tri dez konsekutiv evri mont pan orenj jus na gud we fo akostom yusef fo fast Di posin

we de fast fɔ rɛdi fɔ dil wit pipul dɛn we de sɔri fɔ dɛn  
we go mek dɛn biliv se dɛn gɛt maynd dat dɛn go sik ɔ  
day (Gɔd nɔ fɔ it) if dɛn nɔ it Na tru se yu kin fil wik  
we yu de fast fɔ lɔng tɛm, bɔt dis kin apin nɔmɔ insay  
di fɔs dez bikɔs yu layf pawa dɔn yus fɔ it Bɔt smɔl  
smɔl, as di de dɛn de pas, yu kin lɔs ɛni filin fɔ wikɛd  
Yu layf pawa ɛn spirit kin kɔmɔt nia it, ɛn yu kin si se  
di bɔdi rili sɔpɔt bay layf pawa

A no di sikrit we pɔsin kin fast we i nɔ lɔs ɛni wet  
We dɛn kin kɔnshɛns kɔntrol di layf fɔs, dɛn kin yuz  
am fɔ ridyus di bɔdi wet ɔ fɔ mek i kɔntinyu fɔ de We  
dɛn yuz dis we, di bɔdi in natura tɛmpracha nɔ de  
drɔp, ilɛk aw lɔng di fast tɛm Bay we dɛn de pul di  
kɔsmik ɛnaji tru wan patikyula chanel na di bɔdi, di  
layf fɔs de ful-ɔp bak bay da ɛnaji de instead fɔ abop  
pan sɔs dɛn we de na do

Laif de sote go ɛn i nɔ de dipen pan briz, it, wata,  
ɔ san layt Mɛmba se yu na sol we nɔ de day we de liv  
fɔs ɛn fɔs bay di pawa we Gɔd gɛt ɛn nɔto ɔda pɔsin

Kɔnshɛns kin stil de alayv afta yu day na yu bɔdi,  
bɔt di avɛrej pɔsin kin lɔs da sɛns de fɔ kɔntinyu ɛn  
biliv se i dɔn day ɛni wan pan wi go gɛt bɔdi day  
sɔmde, so nid nɔ de fɔ fred am Yu nɔ de fred fɔ lɔs  
sɛns na yu bɔdi we yu de slip; rather, you embrace  
sleep as a state of liberation you eagerly anticipate  
Semweso, day na stet fɔ rɛst—ritayayeshɔn frɔm layf  
Natin nɔ de fɔ fred We day kam, laf am Day na jɔs tɛst  
we in rizin na fɔ tich wan dip lɛsin Yu na sol, ɛn di sol  
nɔ de day No nid fɔ wet fɔ mek day tich yu dis we yu  
ebul fɔ no am naw Di fɔs wan lɛsin we yu fɔ lan na dat  
layf nɔ de dipen pan it We yu fast, yu kin kɔnfɔm dis  
fɔ yusɛf

ɔlman fɔ wok fɔ divɛlɔp in maynd abiliti so dat i go  
ebul fɔ du in wok bɛtɛ ɔnda ɔl di tin dɛn we de apin  
ɔda ɛn disiplin fɔ fala; bɔt, pɔsin nɔ fɔ strikt bɔt i fɔ

**fleksibul en get sens fo dil wit layf en di problem den we i get**

**ol di pikin in bes abit dem de fom bitwin di ej dem we i ol tri en sevin Wan say we de sɔpɔt de ep fo gayd den divelopment Bot fo chenj di prominent tendens dem nid speshal gayd**

**Insay mi prayvet skul, a bin de gi di boy pikin den strong trenin fo dil wit di bɔdi Den bin de fast en slip pan blankit na grɔn we no get pilo Sɔntende den bin de tink gud wan fo long tɛm Fo ep pikin den fo kɔmɔt na di slev we den bɔdi de mek na sɔntin we impɔtant pas ol en na blɛsin fo ol den layf Wan tɛm, wan pan mi student den bin sidɔm fo tink gud wan fo twelv awa we i no blink Dis kayn balans de briɲ bɔku bɔku gladi at Di ideal trenin lay na di balans, sayens disiplin fo bɔdi, maynd, en sol Dis na di men en minin fo fast**

**Na wan metafizikal, transendant no de biɛn fasting Fo tru, mɔtalman no de liv bay bred nɔmɔ Tu tin den de mek wi tay na di wɔl: briz en it We pɔsin de slip, i no kin no se i nid fo blo ol it bikɔs di sol kin kɔmɔt nia in bɔdi kɔnshɛns Fastin de elevɛt di maynd di sem we Tru fast, di maynd de abop pan in yon pawa den we i get we den pawa dem ya de sho, di layf fɔs na di bɔdi de amplify bay di eternal enɛji we de fol ol kontinyu from di kɔsmik ɛta to di bɔdi tru di bren en spayna**

**we di layf fɔs kɔmɔt from di ɛksternal mɛtirial sɔs dem we de sɔstayn di bɔdi, i de fil sɔpɔt from insay, en di maynd de no se di solid mɛtirial dem we di bɔdi bin de abop pan na jɔs rɔf en kɔnsantreyt manifestɔshɔn dem fo enɛji Di maynd kin dɔn intarakt dairekt wit di layf fɔs, instrɔkt am fo bɔn di chenj dem we i want na di bɔdi**

**Di maynd get di pawa fo du enitin Na dat mek Jizɔs Krays bin ebul fo tɔn ston to bred, jɔs lɛk aw wata bin**

**de flo bitwin di Prɔfɛt in finga dɛn, pis de pan am, we i put in an insay wan bɔtul we gɛt smɔl wata ɛn se: Kam to di blɛsin klin ɛn di blɛsin frɔm Gɔd**

**So, fɔ abop pan it kɔmplit wan na injɔstis to di maynd ɛn di layf pawa we de insay mɔtalman Tru fɔ fast fɔ long tɛm, di pɔsin we de fast de no se ɔltin na sɛns**

**ɛni pawa, bɔdi, ɔ tin we de na dis yunivas na tin we Gɔd in maynd kɔmɔt, jɔs lɛk aw ɔl di tin dɛn we yu de si na drim na di maynd we nɔ de na di wɔl de mek am**

**Di maynd de kɔntrol di bɔdi We yu de fast, if yu tink se yu bɔdi go wik as a rizulta, i go rili wik ɛn if yu tink se fast go mek yu nɔ gɛt bɛtɛ trɛnk, yu go fil wik as a rizulta fɔ da tink de**

**Bɔt if yu biliv yusɛf se yu bɔdi strɔng, yu nɔ go fil taya; insted, yu go fil big, refreshing enaji Bɔrku pipul nɔr no dis bikɔs dɛn nɔr ɛva ɛkspiriɛns am**

**Di maynd nɔ go sho in wɔndaful tin dɛn pas yu aktiv in pawa dɛn ɛn i nɔ go wok as long as yu de abop tumɔs pan matirial tin dɛn So, in wɔndaful tin dɛn de ayd frɔm ɔdinari sɛns**

**Bɔt we yu lan - tru fast - fɔ abop pan rizin, yu go si am de wok pan ɔltin, ilɛksɛf na fɔ win sik, fɔ brin prɔsperiti ɛn bɔku tin, ɔ fɔ no di men gol fɔ layf: fɔ fɛn Gɔd**

**ɛnibɔdi we ebul fɔ kɔntrol dɛn maynd go ebul bak fɔ kɔntrol dɛn bɔdi ɛn wetin i nid, ɛn i go gɛt pis na Gɔd in yay ɛn fridɔm frɔm di tin dɛn we de ambɔg dɛn na dis wɔl we de tay di sol ɛn di bɔdi togɛda**

**Na di ɔda say, di biliv se matirial nɔ de ɛn di spirit de ɔlsay nɔ fɔ bi bays pan vayg tiori ɔ tiori dɛm we dɛn nɔ go ebul fɔ ɛksplen lɔjik wan, bɔt bifo dat, i fɔ bi bays pan prɛktikal fawndeshɔn ɛn dip self-awareness**

**Pipul dɛm kin aydentify wit di bɔdi we it de s  
ɔstayn, bɔt dɛn nɔ kin no se di bɔdi in praymar sɔs na  
di layf fɔs Nɔ it ɔ ɛni ɔda we we de na do kin mek bɔdi  
we dɛn kɔl di kɔsmik kɔrɛnt kɔmɔt**

**Di rilayshɔn bitwin mɔtalman bɔdi ɛn maynd na  
ɛnaji, ɔ layf pawa Di ol Indian sɛnsman dɛn bin fɛn dis  
ɛnaji (prana ) ɛn dɛn mek di sayɛns we dɛn kɔl  
pranayama , we min fɔ kɔntrol di layf pawa we de na  
di bɔdi wit ɔl dɛn at**

**Jizɔs Krays bin fast na di wildanɛs fɔ fɔti dez ɛn di  
Prɔfɛt, pis de pan am, bin de fast ɛn se: “Fast ɛn yu  
go gɛt wɛlbɔdi”**

**Di wan dɛn we nɔ de fast nɔ kin ebul fɔ no frɔm  
ɛksperiɛns se layf pɔsibul if pɔsin nɔ it**

**Insay di fɔs stej dɛm fɔ fast fɔ wan wik, angri kin  
de Bɔt as di de dɛn de pas, di filin fɔ angri kin stɔp, ɛn  
di pɔsin we de fast kin gɛt layt, ɛnaji, trɛnk, ɛn fil se i  
dɔn fri frɔm di tin dɛn we de ambɔg in bɔdi Wetin  
mek? Bikɔs we yu nɔ gɛt tin fɔ it na di bɔdi, dat kin  
mek i abop pan tin dɛn we nɔ gɛt ɛnitin fɔ du wit am:  
wan tin we de naw, ɛnaji, tin we pɔsin de du, ɔ tin we  
de mek i gɛt layf**

**Mɔtalman wil na di big wan we de mek ɛnaji Tru di  
pawa we pɔsin want ɛn di tin we i want fɔ du, i kin gɛt  
spiritual pawa kwik kwik wan frɔm di rizɔva we nɔ gɛt  
ɛnd**

**Pɔsin we nɔ want fɔ du dɛn wok ɛvrɛde kin fil se i  
nɔ gɛt ɛnaji ɛn trɛnk Na di ɔda say, pɔsin we de wok  
tranga wan, wit zil, ɛn we rili want fɔ wok, di kɔrɛnt  
we de na di wɔl kin ful-ɔp am, ɛn in bɔdi ɛn spirit kin  
ful-ɔp wit di tin dɛn we de mek i gɛt trɛnk**

**ɛnibɔdi we no ɛn praktis mɛtafizikal we fɔ liv wit  
wil pawa, ɛn no aw fɔ kɔnshɛns fɔ pul layf pawa frɔm  
in kɔsmik sɔs we nɔ de dɔn, i fri frɔm bɔku fizik  
kɔnstrakshɔn dɛn**

**Di sɛnsman ɛn yoga pipul dɛn na India se matirial na kɔnsɛntret mental ɛsin Sɔm pan dɛn pruv dis tru tin bay we dɛn sho se dɛn ebul fɔ bi mɔtalman ɛn manipul dɛn yon bɔdi ɛn ɔda tin dɛn bay wil**

**Mɔdan sayɛns dɔn pruv se matirial na vaybreshɔn fɔs Di kemikal ɛliment dɛn we mek ɔl di fɔm ɛn shep dɛn na di yunivas, frɔm rɔk ɛn planɛt to mɔtalman, nɔto natin pas difrɛn fɔm ɛn difrɛn we dɛn we ilɛktron de shek, Fɔ ɛgzampul, ays, i kin kol, i wet, ɛn i shep Wi kin si am ɛn tɔch am If wi mɛlt ays, i kin tɔn to wata If wi bɔyl wata, i kin tɔn insay stim ɛn afta dat i kin bi tin we pɔsin nɔ de si So, frɔm sayɛns pɔynt, ays ɔ sno nɔ rili de, pan ɔl we wi sɛns dɛn kin no am In ɛsin na ilɛktron dɛn we wi nɔ de si, ɔ fɔm dɛn fɔ ɛnaji**

**In ɔda wɔd, dat we dɛn kin sɔlv ɔ sɔlv insay wan stet we wi nɔ de si, dɛn nɔ kin se i gɛt rial ɛgzistens Frɔm dis pɔynt, wi kin tek matirial as sɔntin we nɔ de, bɔt in ɛgzistens na rilitiv**

**Matya de insay rilayshɔn to wi maynd Bɔt insay di men tin, na pawa we wi nɔ de si we nɔ de day ɔ chenj pas di we aw i luk ɛn di we aw wi bɔdi tan**

**Semweso, mɔtalman maynd ɛn matirial na tin dɛn we de sho se i gɛt divayn kɔnshɛns, we de jɔs insay fɔm Di trut na dat na di yunivasal maynd nɔmɔ rili de**

**Jɔs lɛk aw mama ɛn papa bɔn pikin, na so matirial de dipen pan maynd fɔ in ɛgzistens Mata na prodakt frɔm di divayn maynd ɛn i tan lɛk se mɔtalman maynd de si am Insay ɛn insɛf, matirial nɔ gɛt ɛni rial tin bikɔs i nɔ gɛt intrinsik ɛgzistens**

**Di ilɛktronik fɔs dɛn we de na di tin dɛn, pan ɔl we dɛn kray, dɛn gɛt vaybreshɔn dɛn we di kɔsmik layf pawa we de tink bɔt insɛf de mek, we insɛf kɔmɔt frɔm wan divayn sɔs**

**Gɔd se, “Di Layt fɔ di ɛvin ɛn di wɔl,” so lɛ layt de, ɛn layt bin de Dis min se di fos we di divayn maynd ɛn**



**di divayn wil bin de pe atenshon pan bin bi layt ɔ  
vibratin enaji**

**Di kɔsmik kɔrent fɔ layf ɛn di ilɛktron dɛn we afta  
dat we bin de shek shek wit big pawa bin bi di difrɛn,  
transparent fɔs dɛn na di nature Dɛn fɔs ya bin de sho  
as di fawndeshɔnal matirial ɛliment dɛn we di fizik  
yunivas kɔmɔt frɔm**

**Matter na rial tin ɛn mɔtalman kɔnshɛns kin no bɔt  
tru ɛkspiriɛns, lɔjik, ɛn sɔm lɛbɔtri ɛkspiriɛns,  
mɔtalman dɔn kam fɔ no se i fɔ gɛt wan pawa we go  
de sote go ɛn we nɔ de chenj biɛn ɔl di ilyushɔn imej  
ɛn fɔm dɛn we de na di wɔl we i tan lɛk**

**Wi kin ɔndastand dis trut bay we wi ɔndastand di  
kayn we aw di si tan, we de pan ɔl we in wef dɛn na fɔ  
shot tɛm we dɛn de sho wan, big tin: di si insɛf Wev nɔ  
go ebul fɔ de if di si nɔ de, bɔt di si de wit di wef ɛn  
atɔl**

**Dɛn kin ɔndastand dɛn kɔnsɛpt ya wit sɛns, bɔt  
dɛn nɔ kin rili ɔndastand dɛn pas pɔsin lan fɔ chenj  
matirial to layf fɔs, ɛn layf fɔs to kɔsmik kɔnshɛns, lɛk  
aw prɔfɛt dɛn, sɔm big big pipul dɛn, ɛn di wan dɛn we  
gɛt sɛns fɔ no dɛnsɛf dɔn du ɛn kɔntinyu fɔ du Fɔ dɛn  
pipul ya we gɛt sɛns, matirial nɔ de insɛf, bikɔs dɛn no  
wit sho se ɔnda di wef dɛn we Gɔd mek, de di tin dɛn  
we nɔ de chenj ɛn ocean of spirit we nɔ de chenj**

**Insay di filɔsofi dɛm fɔ Vedanta ɛn Yoga, di  
yunivas na drim insay di kɔnshɛns we de sote go, we  
de wek fɔ Gɔd (we nɔ de ɔvatak wit slip ɔ slip) Mat ɛn  
maynd, di yunivas wit in sta ɛn planɛt dɛm, di dense  
sɔfa wev dɛm ɛn di subtil, transparent ɔndakɔrent dɛm  
fɔ matirial krieshɔn, di mɔtalman fakulti dɛm fɔ fil, wil,  
ɛn kɔnshɛns, ɛn di stet dɛm fɔ layf ɛn day, nɛt ɛn de,  
wɛlbɔdi ɛn sik, sakrifays ɛn fayl, ɔl na rial tin dɛn  
akɔdin to di lɔ fɔ rilitiviti we de gayd dis kɔsmik drim**

**Olitin we den de si tru di lens fo rilitiviti na rial  
nomo to di motalman we de drim, we de ple den smol  
pat pan di big big kosmik drim Fo ronawe pan di  
kosmik ilyushon, o di lo fo rilitiviti, motalman fo wek  
from dis drim to di owe we go de sote go bot God**

**Wi no go ebul fo chenj dis drim tru imajineshon o  
dinay, bay we wi aksept layf we wi no gri wit day, o  
bay we wi gri wit welbodi we wi no de pe atenshon to  
sik Evri stet na impotant pat pan in opozit, lek di oda  
say na koyon o wan klos Dualities no separet bot i get fo  
du wit densef Di posin we de luk fo trut no de tray fo  
separet den na in maynd, bot i pas den tru no en sens**

**Enibodi we want fo aksept di gud, gladi, en yusful  
tin den nomo as tru tin den we get tu pipul den, na  
posin we de insay di ilyushon den we de na wol we de  
drim**

**Jos lek aw posin kin get drim den we kin tan lek se  
na rial tin fo som tem, bot i kin los den validiti we i kin  
chenj to wan stet we i kin wek, na so i posibul fo mek  
posin wek from wan drim bot tin den we tan lek se na  
rial tin en liv insay di rial en no chenj wol fo spirit**

**Na di posin nomo we pafekt, we don lan fo ekstend  
en chenj den konshens to di Absolut we no get end tru  
meditashon en tink bot, kin si di krieshon as divayn  
drim Na den nomo kin deklare wit shot se matirial no  
de Tru kontinyu fo disiplin insef, di divelopment fo di  
trenk we de insay, en di prektis fo sayens yoga  
meditashon, o eni oda rod fo rializashon spiritual  
rializashon—ileksef na fet, lov, savis, . fo dinay yusef, o  
fo woship wit ol yu at—di posin we de luk fo God kin  
solv tu tin den en no di wanwod we go de sote go bien  
ol di tin den we de sho se boku pipul den de en difrens**

**Enibodi we fri from di kosmik ilyushon no se God  
Olmayti de oltin na ol di egzistens, en so i de toch in  
divayn konshens en no di men tin fo tru**

**Pis de fɔ una**

**Di jentriman na di wan we Gɔd dɔn mek jentri**

**As di ticha Paramhansa Yogananda bin tɔk**

**Empara Akbar (1556-1609 C.E.) na bin wan pan di Mughal empara dem na India ɛn wan pan di big big rula dem na di Eshian kontinent ɔlsay na di istri I bin get di taytul fɔ "Patron of Humanity" bikɔs ɔf in jɔstis ɛn fayn we i bin de du to in pipul dem ɛn in tru tru konsyans fɔ den welbɔdi I bin wok bak tranga wan fɔ tek bak di Indian teritori dem we bin dɔn lɔs ɛn mek den jɔyn an fɔ bi a strong, sentralayz stet**

**Akbar na bin big pɔsin we bin de sɔpɔt fɔ mek difren rilijɔn den na India nɔ gri wit dɛnsɛf insay di tɛm we i bin de rul, Indu ɛn Islam bin de go bifo sayd to sayd wit wanwɔd ɔlsay Di Muslim empara (Akbar) bin de wɛr Islamik klos sɔntɛnde ɛn go pre na di mosket, ɛn ɔda tɛm den i bin de wɛr Indian klos ɛn go na di Indu tɛmpul fɔ tink gud wan ɛn wɔship**

**Dis empara we get big at ɛn we get fri-an nɔ ɛva stɔp fɔ wan de fɔ gi gift ɛn doneshɔn to di wan den we nid ɛp ɛn soshal institiushɔn den ɔlsay na di kontri**

**Na in kɔstɔm fɔ rayd insay wan fayn fayn kin kat we et fayn ɔs den de drɔ, di wan den we de gayd ɛn di wan den we de tɛl pipul den fɔ no se i dɔn kam wit drɔm, simbal, ɛn trɔmpɛt ɔlsay na di siti**

**Pan ɔl dis glori ɛn fayn fayn tin den, strikt ɔda den bin de frɔm di bigman pan insɛf fɔ stɔp di prushɔn ɛni tɛm ɛn ɛni ples if ɛni wan pan di pipul den we den de rul want fɔ aks am ɔ aks am fɔ ɛp**

**Wan de, we di big big kin in prushon bin de pas na wan big rod we get tik den na di tu say den, di empara bin notis tu blaynd man den we sidom som mita den from densef, de ala fo ep en fo ep den**

**Di elda tel di kat fo stop bifo di fos blaynd man, we bin de ala se:**

**"Di rich pipul na di wan dem we di empara de mek rich".**

**Afta we i tek tem lisen to da wod de, i tel di drayva fo muf go nia di oda blaynd man we bin de ala se:**

**"Di tru tru jentriman na di wan we God don mek jentri".**

**Fo wan ol mont, di empara bin de yeri di sem tu wod den evri tem we i pas nia di tu blaynd man den, we bin de aks am en God fo jentri Fo don, wan sens fo sori-at bin de kam insay am, en i bin want fo ep di fos man, we in moto na: "Di jentri pas olman na di wan we di empara de mek jentri".**

**Wan de, Akbar bin aks di posin we de mek bred na di pales fo bek am wan big bred (we get di tik kamaj tayp) wit wan sent we ful-op wit klin gold Akbar bin gi dis bred to di fos blaynd man en i no bin pe atenshon to di sekon man atol, we bin op fo get jentri from God, noto di empara**

**Jos afta dat, Akbar go go ontin trip, en we i kam bak i pas na di sem strit en si di blaynd man we bin gi am di bred we get gold stil de na in ples, de ala lek aw i bin de ala se: 'Di jentriman na di wan we di empara mek jentri'.**

**I aks fɔ mek dɛn stɔp di kiŋ in kat bifo di blaynd  
man ɛn tɛl am se: “Wetin yu du wit di bred we a gi  
yu?”**

**Di man ansa se:**

**'Yu Majesty, di bred we yu so gud gi mi bin tu big  
ɛn nɔ bin bek fayn bikɔs i bin tu ebi, so a sɛl am fɔ tɛn  
fils to di ɔda blaynd man ɛn a bin gladi fɔ gɛt dɛn fils  
dɛn de we bin ɔrizinali frɔm yu jenarositi'.**

**Akbar luk rawnd fɔ di ɔda blaynd man bɔt i nɔ si  
am Afta i aks bɔt am, i kam fɔ no se i dɔn gi di bred to  
in wɛf, ɛn jɔs lɛk aw i kɔt am opin, i fɛn di gold Wit am,  
dɛn bay wan smɔl os, ɛn dɛn sityueshɔn bɛtɛ afta Gɔd  
gi dɛn wetin dɛn want ɛn mek dɛn jɛntri wit in bɔku  
bɔku gudnɛs**

**We di empara yɛri dis, i ɔndastand di dip minin fɔ  
di tin we apin Wit ɔmbul we nɔ gɛt wan kɔmpitishɔn, i  
mek lɛk se i vɛks ɛn vɛks ɛn i begin fɔ kɔrɛkt di fɔs  
blaynd man, ɛn se:**

**'Wetin yu dɔn du, yu fulman? Yu gi mi bred we ful-  
ɔp wit gold to yu padi we bin abop pan Gɔd ɛn nɔ abop  
pan mi fɔ jɛntri Frɔm naw yu fɔ adopt in moto ɛn prich  
lɛk aw i bin de prich se: Di jɛntriman na di wan we Gɔd  
dɔn jɛntri'.**

**ɔ sɔntin we tan lɛk dat:**

**Di wan we gɛt di Wan we de gi, de gi**

**Na in nɔmɔ dɛn kɔl jɛntriman**

**Pis de fɔ una**

**Magnetik ɔ intelektual it**

**We pipul dɛn de tok bɔt fɔ it ɔ nyutrishɔn, dɛn kin min di fɔs it dɛm we dɛn de yuz fɔ sɔstayn di bɔdi Bɔt ɔda kayn it dɛm de we nɔ sɔmtɛm pas fɔ it fɔ it, ɛn b ɔku tɛm dɛn kin ivin implɛnt mɔr**

**Sɔm pan dɛn it dɛn de we gɛt sɛns ɔ we gɛt fɔ du wit Gɔd biznɛs:**

**Mental aktiviti ɔ kɔnsɛntreshɔn pan maynd, sɛns ɛn spiritual diskreshɔn**

**Fɔd we pɔsin kin it kin mek di bɔdi in sɛl dɛn kɔntinyu fɔ de, ɛn di it we pɔsin kin gɛt kin chaj di maynd wit wɛlbɔdi aydia dɛn, ɛn di it we gɛt sɛns kin mek di sol fil fayn ɛn mek i ebul fɔ du in wok**

**Intelektual nourishment kin bi di aidia dɛm we pɔsin de tink ɛn di wan dɛm we i kin gɛt frɔm ɔda pipul dɛm tru kɔntakt ɛn intarakshɔn wit dɛm**

**Pipul wae gɛt kol at ɛn nobul temperament kin ɛp fɔ mek wi tink magnet ɛn wɛl I nɔr kin at fɔ no if pɔrsin de pul in intelektual nourishment frɔm say wae gɛt pis ɔr disruptiv envayrɔment Wɔri, pwɛl hat, ɛn kɔnfyushɔn ɔl kin kɔmɔt frɔm wae i gɛt padi biznɛs wit di rɔng kayn pipul dɛm, ilɛksɛf na padi ɔr fambul, we kin mek i de tink bɔt wɔri ɛn gɛt trɔbul**

**di bɔdi de gɛt ɛnɛji ɛn aktiviti frɔm fɔs it dɛm, we magnetik it dɛm de gi di bɔdi ɛn maynd ɛnɛji chaj dɛm we izi fɔ daygɛst pas sɔlid ɛn likid it dɛm we nɔ kin izi f ɔ kɔnvɔlt to liv ɛnɛji**

**We yu ebul fɔ tɔn ignorance to sɛns**

**Frɔm wikɛd ɛn wik to wɛlbɔdi ɛn trɛnk**

**Waka wit kɔnfidɛns ɛn maynd - ivin if yu wan - na di rod dɛn na layf**

**En di gladi at we pɔsin kin gɛt we i gɛt kɔnshɛns  
we de alayv ɛn we de wach**

**En fet we nɔ de shek pan Gɔd in jɔstis ɛn di win  
we di trut win lay lay tɔk ɛn di rial tin we de apin pan  
ilyushɔn**

**En we yu de tray ɛvrɪde fɔ rilis yu tinkin to ay ɛn  
mɔ rifin lɛvɛl**

**I gɛt at we lɛk ɛn tɛl tɛnki**

**En gud intenshɔn to ɔda pipul dɛn**

**Yu intɛlektual nourishment na magnɛtik**

**En afta dat, i go atrak ɔltin we fayn ɛn we go  
bɛnɪfɪt yu**

**Frɔm tin dɛn, pipul dɛn, ɛn tin dɛn we de apin**

**I rili nid fɔ kɔntɪnyu di waka fɔ go na di shores fɔ  
sɛf ɛn sɛf**

**En las wan bɔt nɔto di las wan**

**We yu tray tranga wan fɔ gɛt wetin yu nid ɛn  
satisfay wit wetin Gɔd mek am izi fɔ yu**

**Bi jɛntri pan spirit ɛn satisfay pas di wan dɛn we  
de tink bɔt di tin dɛn we de na di wɔl ɛn we want fɔ  
ɛnɔɔj di tin dɛn we de apin fɔ shɔt tɛm**

**Pis de fɔ una**

**Gɔd nɔ de lɛf di wan dɛn we lɛk am  
Frɔm di buk we nem Yogi in Mɛmori: Wan  
ɔtobayografi (Indian Philosophy in the Life of a Yogi)**

**"If wi papa bin dɔn pul yu prɔpati, Mukunda <sup>(1)</sup>, yu fɔ dɔn rili fit fɔ gɛt am, bikɔs yu de west yu layf ful ɛn ful!"**

**Na so mi big brɔda in sɛmin rich na mi yes a bin jɔs kam bak wit Jitendra frɔm di tren, we dɛn kɔba am wit layt dɔst we wi rich na Ananta in os, we bin dɔn muf go na di ol siti na Agra Mi big brɔda bin de wok as akauntant na di gɔvment in pɔblik wok dipatment, so a tɛl am se, "Yu no, brɔda Ananta, se a de aks Gɔd fɔ mi inheritance".**

**I ansa se: "Mɔni de kam fɔs, ɛn Gɔd de kam leta! Udat no? Layf kin lɔng!"**

**A se: "Gɔd de kam fɔs, ɛn mɔni na in savant! ɛn udat go ebul fɔ tɔk wetin go apin? Laif kin shɔt!"**

**Mi ansa kam fɔ insɛf, a nɔ bin no se ɛnitin de kam apin (Bɔt alas! Ananta bin kɔmɔt na dis wɔl we i bin yɔŋ)**

**Mi brɔda in yay dɛn bin de shayn wit satisfay, as i stil op se a go kam bak na di famili nɛst, ɛn i se:**

**"A tink se na waes frɔm di ɛritaj Bɔt i tan lɛk to mi se yu dɔn kɔmɔt na Benares!"**

**So a tɛl am se, "Di tɛm we a de na Benares nɔ bin gɛt wan bɛnifit, bikɔs a fɛn ɔl wetin mi at bin want de de! ɛn yu kin shɔ se wetin a fɛn nɔto da (skɔla) we yu mit na yu kɔmpin, ɔ in pikin"**

**Ananta bin sheb wan laf wit mi we a mɛmba wetin bin dɔn apin, i admit se di kleva masta sabi bukman we i bin pik fɔ bi mi gayd, Benares, tɔn aut fɔ tru se i nɔ gɛt fɔ si bifo tɛm ɛn i nɔ gɛt sɛns I aks mi:**



**"So wetin na yu plan, mi brɔda we dɔn lɔs, we de waka waka?"**

**A ansa, a ɛksplen se: "Jitendra aks mi fɔ go wit am na Agra fɔ ɛnjoy di wɔndaful tin dɛn we de na di Taj Mahal, ɛn afta dat wi go go to mi gayd we a jɔs fɛn, we gɛt ɛmitaj na Varanasi".**

**Ananta bin trit wi fayn fayn wan, ɛn ivintɛm i bin de kɔntinyu fɔ luk mi bɔku bɔku tɛm wit yay we de luk gud wan, so a bin de tɛl misɛf se:**

**"A no wetin de bihain dat luk! I de kuk somtin op!"**

**ɛn fɔ tru, wetin a bin dɔn tɔk se go apin di tɛm we dɛn de it brɛkfas Ananta bin luk inosɛnt as i gɛda di trɛd dɛn fɔ di tɔk we wi tɔk yestede, i se, "So, na so yu fil se yu nɔ nid wi papa in mɔni!"**

**A se: "Bifo dat, na Gɔd nɔmɔ a abop pan".**

**I ansa se: "Wɔd dɛn chip, Mukanda! Fate dɔn protɛkt yu te dis tɛm Bɔt aw yu prɔblɛm go shem if yu fɔ abop pan da an de we yu nɔ de si fɔ gi yu it ɛn say fɔ slip! Yu go mɔs yuz fɔ beg na strit!"**

**A se: "Gɔd nɔ fɔ alaw mi! A nɔ go abop pan pipul dɛn we de pas insted ɔf Gɔd, we de opin di domɔt fɔ it fɔ di wan dɛn we de wɔship am ɛn abop pan am, ɛn gi dɛn bɔku bɔku tin dɛn fɔ liv, pas fɔ beg ɛn beg fɔ dɛn!"**

**I se: "ɔl dis na ritɔk ɛksprɛshɔn ɛn bombastik langwej! Lɛ wi se a aks yu fɔ put yu filɔsofi, we yu de bost ɛn bost bɔt, to di tɛst fɔ rial wɔl ɛkspiriɛns na dis matirial wɔl, yu go aksept?"**

**A se: "Yɛs, a aksept! I pɔsibul fɔ kɔnfyus Gɔd to di tiori eria nɔmɔ?"**

**Im se, "Wi go si Tide yu go get di chans either to expand pan mai views or to acknowledge dem validity".**

**Ananta bin stop fɔ sɔm tɛm dramatik wan, dɔn i kontinyu fɔ tɔk sloslo ɛn kwayɛt wan, ɛn se:**

**"A de propos se yu send mi wit yu padi Jitendra dis moning to di taun we de nia Brindbane, pan di kondishon se yu no tek wan single rupee wit yu, no beg fo fud o moni, no tel enibodi about yu predicament, and no go de witout it or get stranded fo Brindbane If yu go bak fo mai haus hia bifo midnait witout violet eni wan of di kondishon fo dis test, a go bi di most." pɔsin we sɔprayz na Agra!"**

**A se, "ɛn a aksept di chalenj".**

**No hesitation nɔ bin de na mi wɔd ɔ na mi at Gladi memori dɛn bɔt divayn intavyu bin de flash bifo mi: mi mɛn frɔm kɔlera we de kil tru beg to Gɔd bifo di imej fɔ Lahiri Mahasya; di gift we di tu kayt dɛn we de flay oba di ruf na di Lahore os; di amulet we kam jɔs insay di tɛm bitwin di pwɛl at ɛn frustrashɔn we Bareilly bin gɛt; di disisiv mɛsej frɔm di anonymous hermit of Banaras we de na do na di Pandit in kɔt; di vishɔn fɔ di Oli Mama ɛn yɛri in sublaym wɔd dɛn fɔ lɔv ɛn in ansa wantɛm wantɛm to mi wish dɛn tru Guru Mahasya; di gayd we bin kam di las tɛm ɛn ɛp mi fɔ gɛt mi ay skul diploma; ɛn afta dat mi neba ticha, di las blɛsin we kam to mi midul di fɔg fɔ wan layf-taym drim a nɔ go ɛva alaw mi "filɔsofi" fɔ bi inadequate to di strɛch na dis harsh wɔl, wan wɔl we biliv ɔl pan tanjibul pruf ɛn pruf**

**Mi brɔda ansa se, "Fɔ aksept di chalenj na ɔna fɔ yu, ɛn a go akɔmpan yu na di tren rayt naw".**

**Dɔn Ananta tɔn to Jitendra, we bin de gap wit sɔprayz, ɛn adrɛs am se: "Yu fɔ go wit am as witnɛs, ɛn i go mɔs bi se yu fɔ go wit am as pɔsin we dɛn dɔn du bad to bak!"**

**Insay af awa, mi ɛn Jitendra bin de ol wan-way tiket fɔ dis trip we wi bin de go wantɛm wantɛm, afta we Ananta bin dɔn inspekt wi gud gud wan na wan kɔna na di steshɔn ɛn mek shɔ se insɛf nɔ gɛt mɔni wit wi, ɛn di klos dɛn we wi bin rap rawnd wi wes nɔ bin de ayd pas aw i nid**

**"Ananta, gi mi wan ɔ tu rup as rizɔv so a go sɛn tɛligram to yu if bad lak," mi padi protest bitwin di kɔnflikt we de go bifo bitwin mɔni ɛn fet**

**A ala pan am wit kɔs se: "Jitendra, a nɔ go go bifo wit dis tɛst if yu kɛr mɔni wit yu as las garanti".**

**Jitendra ansa se, "Di klin we kɔyn dɛn de klin de mek i fil fayn" Bɔt i nɔ bin gɛt ɔda tin fɔ du pas fɔ sɛt mɔt we i kɔrɛkt am tranga wan**

**Mi big brɔda se, "Mukanda, a nɔ gɛt at".**

**Wan not fɔ ɔmbul bin ring na Ananta in vɔys, sɔntɛm in kɔnshɛns bin de chuk am fɔ we i sɛn tu bɔbɔ dɛn we nɔ gɛt peni to wan strenj siti, ɔ fɔ we i nɔ biliv pan Gɔd in pawa, dɔn i ad se:**

**"If, bay eni chans o gras, a manej saksɛsfulli pas di ordeal of Brandyban, a go aks yu fo konsakret mi as yu disaypul".**

**Dis prɔmis nɔ bin kɔmɔn ɛn i nɔ bin gri wit di kɔstɔm ɛn tradishɔn dɛn we dɛn dɔn mek Insay Indian famili dɛn, di big brɔda nɔ kin butu to di wan dɛn we yɔŋ pas am; i kam sɛkɔn to di papa fɔ gɛt rɛspɛkt ɛn**

obe frɔm di wan dɛn we yɔŋ pas am Bɔt, tɛm nɔ bin lɛf  
fɔ tɔk bɔt wetin i bin dɔn tɔk, bikɔs di tren bin dɔn  
bigin fɔ muf

Jitendra bin nɔ tɔk natin wit sɔri at as di tren bin  
de spid, dɔn i bin dɔn shift na in sidɔm ples ɛn pinch  
mi tranga wan na wan say we bin de at, ɛn se:

"A nɔ si ɛnitin we de sho se Gɔd go gi wi di nɛks  
it!"

So a se, "Bi kolhat, doubter, bikos God de wok  
sikrit".

I ansa se: "Yu kin mek i kwik? A de angri jɔs de  
tink bɔt wetin de wet fɔ wi A kɔmɔt na Varanasi fɔ  
ɛnjɔy fɔ si di Taj Mahal, nɔto fɔ go insay mi yon grev!"

So a se, "Tek at ɛn gladi, Jitendra! Wi nɔ de na wi  
rod fɔ tek wi fɔs luk pan di oli wɔndaful tin dɛn na  
Brindiban?" A ful-ɔp wit lɔng fɔ di jɔs tink se a go put  
fut pan di land we Masta Krishna in fut blɛs".

Na da tɛm de di domɔt fɔ wi kɔmpawtmɛnt opin ɛn  
tu man dɛn kam insay Di nɛks stɔp na di las wan

Di strenja we sidon opsait mi adrɛs mi wit notis  
intres, aks: "Ei guys, yu get eni padi na  
Brandenburg?"

A tɔn mi yay away pan am kol wan, se, "Dat nɔto  
yu biznɛs".

I se, "Sɔntɛm una dɔn rɔnawe pan una famili dɛn  
ɔnda di spɛl we di At Tif de spɛl Mi sɛf na man we gɛt  
spiritual lɔng, ɛn a go mek sho se una gɛt it ɛn ples fɔ  
slip frɔm dis bad bad ɔt".

**A ansa: "No, sa, lef wi alone Yu generous, bot yu mistek tink se wi na fugitive".**

**Wi tɔk dɔn dɔn de As di tren stɔp ɛn mi ɛn Jitendra kɔmɔt na di pletfɔm, wi tu chans padi dɛn put dɛn an rawnd wi ɛn kɔl taksi**

**Wi bin kɔmɔt na di ɔs bifo wan fayn fayn chapel na wan fayn fayn ples we de midul tik dɛn we de gro ɔltɛm I bin klia se pipul dɛn bin sabi di wan dɛn we bin de ɛp wi gud gud wan de, as wan bɔbɔ we bin de smayl bin kam nia wi ɛn kɛr wi go witout kɔmɛnt to wan risɛpshɔn rum usay wan ol uman we gɛt rɛspɛkt ɛn we bin de shayn bin wɛlkɔm wi**

**Wan pan di man dɛn adrɛs di ɔstɔ, se, "Mama Gauri, di tu prins dɛn nɔ go ebul fɔ atɛnd Na di las minit dɛn program chenj ɛn dɛn de sɛn yu tru tru tɛnki ɛn dip apɔlɔji Bɔt wi dɔn briŋ tu ɔda gɔst dɛm we a fil, we wi mit na di tren, fɔ bi Masta Krishna in disaypul dɛm".**

**Di tu kompɪn dem hed go na di doa, se: "Wi bid yu farewell, wi tu smol padi Wi go mit bak, God willing".**

**Mama Jouri brok insay wan swit, tɛnda smayl fɔ in gɔst dɛn we i nɔ bin de ɛkspekt as i se, "Wɛlkɔm! Yu nɔ bin fɔ dɔn kam ya pan bɛtɛ de a bin de ɛkspekt tu prins fɔ kam na dis ɛmita A gladi so se yu kam, ɔdasay a fɔ dɔn mɛlt wit shem if di it we a pripia wit da kayn kia de nɔ bin dɔn fɛn ɛnibɔdi fɔ test ɛn ɛnjoy am!"**

**Dɛn kayn wɔd ya bin gɛt sɔprayz ifɛkt pan Jitendra, we bɔs insay kray wata Di bad bad tin we i bin de fred na Brindbane bin dɔn chenj to bankwet we fit fɔ kiŋ ɛn prins dɛn Dis tin we bin apin wantɛm wantɛm bin tu bɔku fɔ am fɔ bia Di ɔstɔ bin luk am wit**

**kɔriɔs bɔt i nɔ bin gɛt kɔmɛnt, sɔntɛm i bin nɔ bɔt di  
yɔŋ pɔsin in imɔshɔnal ɔtbɔrst**

**Dɛn bin invayt wi fɔ it lɛnch, ɛn Mama Jouri kɛr wi  
go na di ples fɔ it, we bin de smɛl fayn wit fayn fayn  
smɛl dɛn, dɔn i lɔs insay di kichin we bin de nia de**

**ɛn a bin dɔn de wet fɔ dis tɛm, so a pik wan fayn  
ples na Jitendra in bɔdi ɛn pinch am di sem we lɛk aw i  
bin pinch mi na di tren, ɛn se:**

**"Gɔd de wok, ɛn kwik kwik wan bak, una we nɔ gɛt  
bɛtɛ fet!"**

**Di ɔstɔ bin kam bak wit wan fan, we i bin de fan  
wi insay di tradishɔnal lɛnch stayl we i nɔ bin stɔp, as  
wi sidɔm pan blankit dɛn we dɛn ɛmbroyd Di mɔnk dɛn  
bin kam wit lɛk tati difrɛn kayn it dɛn Dis nɔtɔ bin  
ɔdinari lanch, bɔt na bin fayn fayn fɛstival! Frɔm we  
wi kam na dis planɛt, wi nɔ ɛva test dɛn kayn fayn  
fayn it dɛn de**

**I adrɛs wi ɔstɔ, se: "Dis na tru tru it dɛn we fit fɔ  
prins, ɔnaful mama! A nɔ no us impɔtant tin we yu kin  
gɔst dɛn bin tek as impɔtant pas fɔ atɛnd dis  
bankwet! Yu dɔn gi wi mɛmori fɔ wan layf we wi nɔ go  
ɛva fɔgɛt!"**

**Bikɔs Ananta in kɔndishɔn bin mek wi nɔ ebɔl fɔ  
tɔk mɔ, wi nɔ bin ebɔl fɔ ɛksplɛn to di vɛnɛrabl uman  
se wi tɛnki gɛt tu minin, bɔt wi devoshɔn bin klia Wi  
bin kɔmɔt wit in blɛsin dɛn ɛn wan wam invitɛshɔn fɔ  
go bak na di ɛrimita**

**Di ɔt we bin de na do bin rili bad, so mi ɛn mi padi  
bin fɛn say fɔ ayd na di shed we wan kadamba tik de  
nia di monasti get Dis bin fala wɔd dɛn we de mek**

**pɔsin fil bad, as Jitendra, fɔ di sɛkɔn tɛm, bin sho se i de fred ɛn i de sɔprayz, ɛn i se:**

**"Na big big prɔblɛm yu dɔn put mi insay! Wi lanch na bin lɔk tin! ɛn naw aw wi go ɛnjoy di fayn fayn tin dɛn we de na dis siti we wi nɔ gɛt wan kɔyn na wi an? ɛn afta dat, yu go tɛl mi aw wi go ebul fɔ go bak na Ananta in os?"**

**So a se: "Naw we yu bɛlɛ ful-ɔp, yu fɔgɛt Gɔd kwik kwik wan!"**

**Mi wɔd dɛn nɔ bin harsh, bɔt i bin de kɔs am Aw mɔtalman mɛmori shɔt we i kam pan di blɛsin dɛn we de na ɛvin! Nɔbɔdi nɔ de na dis wɔl we nɔ gɛt sɔm ansa to dɛn beg**

**Jitendra ansa se, "A nɔ go ɛva fɔgɛt mi fulish we fɔ tek risk wit pɔsin we nɔ de tek tɛm lɛk yu!"**

**A se, "Inaf, Jitendra, fɔ di Gɔd we fid wi na di sem Gɔd we de kia fɔ wi na Brindban ɛn go briŋ wi bak na Agra!"**

**I nɔ tu te we a dɔn fɔ tɔk, wan yɔŋ man, we in fes bin de sho se i gɛt kɔrej ɛn kɔrej, kam nia wi kwik kwik wan We i tinap ɔnda wi tik, i butu bifo mi ɛn se:**

**"Mi dia padi, yu ɛn yu kɔmpin fɔ bi strenja ya, so alaw mi fɔ bi yu ɔs ɛn gayd".**

**Pan ɔl we di Indian man in fes nɔ bin de shayn, Jitendra in fes bin tɔn yɔlɔ fɔ sik wantɛm wantɛm A nɔ gri wit di ɔf Bɔt di yɔŋ man bin rili vɛks, insay wan we we, ɔnda ɔda tin dɛn, i bin fɔ dɔn rili laf I ansa se:**

**"Yu sho se yu nɔ go ebul fɔ pul mi kɔmɔt!"**

**A se, "Wetin mek nɔto so?"**

**I luk ɔp to mi wit kɔnfidəns ən se, "Bikɔs yu na mi ticha We a bin de tink gud wan na midulnɛt, a si di blɛsin Masta Krishna insay wan vishɔn, ən i sho mi tu figa dɛn ɔnda dis sem tik Wan pan dɛn na yu fes, mi ticha, we a dɔn si bɔku tɛm we a de tink gud wan! A go gladi bad bad wan if yu gri fɔ tek mi ɔmbul savis dɛn!"**

**So a se, "A gladi bak se yu fɛn mi Gɔd nɔ lɛf wi ən mɔtalman nɔ lɛf wi!"**

**Pan ɔl we a bin tinap ən nɔ muv, a bin de smayl to da fes de we bin want fɔ du sɔntin bifo mi, wan filin fɔ rɛspɛkt bin mek a butu wit spirit na di divayn fut dɛn**

**Di bɔbɔ se, "Mi padi dɛm, aw a rili want fɔ mek una ɔna mi os wit wan visit!"**

**A se, "Yu na jenaros yong man, bot wi no fit du dat bikos wi bi guest of mai broda fo Agra".**

**I se, "Den alaw mi at least fɔ go wit una ɔl tu na Brindiban as mɛmento fɔ dis mitin".**

**A gladi fɔ tek di invitesɔn Di yɔŋ man—we in nem na Pratap Chatterjee—bin aks fɔ wan kariɔ we ɔs dɛn kin drɔ, ən wi go na di Madhana Mohana tɛmpul ən ɔda Krishna tɛmpul dɛn Daknɛs bin fɔdɔm we wi bin stil de pre na di tɛmpul Afta dat, Pratap se:**

**"A kin aks yu permishon fo get som swit?"**

**I enta wan shop nia di tren steshon, wen wi de strol fo di waid strit, we nau pipul bin de ful-ɔp wit pipul ən i bin dɔn gro rili kol Wi padi disappear fɔ shɔt tɛm ən kam bak wit bɔku bɔku swit I smayl de beg as i ol wan wad banknot wit tu tikɛt dɛn we i bin bay fɔ wi**



**trip to Agra, se, "A beg yu fɔ grant mi dis." spiritual ɔnɔ".**

**Di akseptens we a bin gri wit nɔto natin pas fɔ rɛspɛkt da an de we a nɔ bin de si Nɔto di fri-an we i bin gɛt—we Ananta bin de provok—nɔ bin fa fawe pas aw i bin nid?**

**Wi luk fɔ wan kɔna we nɔbɔdi nɔ de nia di steshɔn ɛn a se:**

**"Pratap, a go tich yu Kriya: di we aw Lahiri Mahasya, di big big yogi fɔ di mɔdan tɛm ɛn dis we aw i de du am go bi yu spiritual gayd".**

**Di initiashɔn tek ples insay af awa, ɛn a adres di nyu disaypul, se: "Kriya go bi di prɛshɔ gem we go fulfil yu want Dis art, we yu si as simpul, gɛt di we aw pɔsin de go bifo kwik kwik wan na spirit Di oli Indian skripchɔ dɛn se di mɔtalman sɛf we in bɔdi nid wan milyɔn ia fɔ fri frɔm di kɔsmik dɛpshɔn, bɔt dis long natura tɛm kin shɔt bad bad wan bay Kriya Yoga Jɔs lɛk Jagades Chandra Bose pruv se di growth fɔ plant kin aksɛleret pas aw i kin bi, so bak di spiritual growth fɔ mɔtalman kin aksɛleret bay esoteric no Bi sincere in your practice, ɛn yu go kam nia Gɔd, di Ticha fɔ Ticha ɛn di Gayd fɔ Gayd".**

**Pratap se wit tinkin, "A fil big big gladi fɔ we a dɔn fɛn dis blɛsin yoga ki we a dɔn de luk fɔ fɔ long tɛm In spiritual inflɔɛns go fri mi frɔm di kɔnstrakshɔn dɛm fɔ di sɛns dɛm ɛn push mi to ay eria dɛm Fɔ si Masta Krishna tide na big blɛsin na mi layf".**

**Wi sidɔm fɔ smɔl tɛm insay saylɛns ɔndastandin, dɔn wi waka fri wan go na di steshɔn Joy ful mi as a de go insay di tren, we Jitendra de kray Mi fayvɛl to**

**Pratap bin de tɔch mi at, we mi padi dɛn ɔl tu de ala  
ɛn kray Wan tɛm bak, Jitendra bin gɛt sɔri-at, nɔto fɔ  
insɛf dis tɛm, bɔt agens insɛf, ɛn i bigin fɔ se:**

**"O, aw mi fet pan Gɔd bin wik! Mi at bin tranga,  
bɔt naw a nɔ go ɛva dawt if Gɔd de kia fɔ mi".**

**As midnaye rich so, di tu advantej we dɛn bin dɔn  
sɛn witout wan peni go insay Ananta in os In fes bin  
rili tan lɛk aw i bin prɔmis, ful-ɔp wit sɔprayz Kwayt  
wan, rup ren dɔŋ na di tebul I se wit jok se, "Tɛl di tru,  
Jitendra! Dis yɔŋ man nɔ dɔn yuz di haiwe robbery?"**

**Bɔt jɔs afta we i yɛri di ditel dɛn bɔt di stori, mi  
brɔda bigin fɔ sirɔs ɛn afta dat in at pwɛl, ɛn i tɔk wit  
spiritual zil we a nɔ ɛva si bifo:**

**"Di lɔ fɔ saplae ɛn dimand de rich fa fawe pas aw  
a bin de tink ɛn fɔ di fɔs tɛm a ɔndastand wetin mek  
yu nɔ bisin bɔt mɔni ɛn in vulgar hoarding na dis wɔl".**

**Pan ɔl we i bin let, mi brɔda bin insist fɔ dediket  
am to Kriya Yoga So, Masta Mukanda bin gɛt fɔ bia di  
risponsibiliti fɔ tu "student" dɛn we i nɔ bin aks fɔ  
insay wan de**

**Di nɛks mɔnin wi it brɛf insay wan ples we kol ɛn  
gɛt wanwɔd we nɔ bin de di de bifo a smayl to Jitendra  
ɛn se:**

**"Yu nɔ go depriv fɔ si di Taj Mahal Lɛ wi tek wan  
luk pan am bifo wi travul go Serampur".**

**Wi bin de tɛl Ananta fayn fayn wan ɛn put wi yay  
pan di fayn fayn ɛn proud monument na Agra: di Taj  
Mahal, in wayt mabul we de shayn na di san layt lɛk  
drim we gɛt pafɛkt wanwɔd Dak saypres tik dɛn rawnd  
am, grɔn we gɛt grɔn, ɛn wan lek we kwayɛt, ɛn dɛn**

**bin de drēs insay in insay wit kōmpleks tin dēn we dēn  
kōt we dēn mek wit ston dēn we nō gēt wan valyu  
Elegant garland ēn motif dēn bin de miks ēn kris di  
brawn ēn pepul mabul, we di layt we bin de kōmōt na  
di dome bin de was di grev dēn fō Emparō Shah Jahan  
ēn Mumtazi Mahal, di kwin fō in kinđōm ēn di tin we i  
lēk**

**Filin se a don si inof en eager fo si mi ticha, a set  
off wit Jitendra south towards Bengal wantem Mi  
kompin se, "Mukanda, a no si mi fambul fo mun a don  
chenj mi plan en mait visit yu ticha na Serampur  
leta".**

**Mi kōmpin - we dēn kin tōk fayn bōt as pōsin we  
de vēks - lēf mi na Kalkata, ēn a rich wit lokal tren na  
Sēbrampō, we de twēlv mayl na di nōt**

**A fil wan surj fō sōprayz we a no se twēnti-ēit dez  
dōn pas frōm we a mit mi ticha na Varanasi ēn i dōn tēl  
mi se: "Yu go kam bak insay 4 wiks!" Ēn na ya a tinap  
wit at we de bit na di kōt fō in ēmitaj na di kwayēt Rai  
Ghat, ēn go insay fō di fōs tēm di ēmita usay a bin dōn  
disayd fō spēn di big pat pan di nēks tēn ia wit di big  
sēj na India, mi ticha Swami Sri Yukteswar!**

**Ticha Paramhansa ēn Tagore**

**Frōm di buk (Di Filōsofi fō India insay di Layf fō  
wan Yogi)**

**Fō di sēnsman we nem Paramhansa Yogananda  
"Rabindranath Tagore tich wi fō siñ natura ēn  
spontan as we fō sho wisēf, jōs lēk bōd dēn we de siñ".**

**Dis ēksplen kam to mi frōm Bhola Nat, wan brayt  
14 ia ol bōbō na Ranchi Skul, afta a dōn prez in  
melodious singing wan mōnin Wit ō witout occasion,  
di bōbō go flow wit tunes lēk wan harmonious stream l**

**bin dɔn stɔdi bifo na Tagore in renowned  
Santinakitan, we min "harbor of peace," in Bulpur**

**A se to mi kɔmpin se, "Rabindranath in im dɛn dɔn  
de na mi lip frɔm we a yɔŋ ɔl di Bɛngali dɛn, ivin di  
vilej pipul dɛn we nɔ sabi rid ɛn rayt, dɛn kin ɛnjoy in  
sublaym poem dɛn bad bad wan".**

**ɛn i bin rid wit Bhola sɔm vas dɛn we Tagore rayt,  
we bin put bɔku bɔku Indian poem dɛn to myuzik, sɔm  
pan dɛn na in yon kɔmpozishɔn dɛn ɛn sɔm pan dɛn na  
bin ol tɛm**

**Afta wi dɔn fɔ siŋ, a se, de laf, "A mit  
Rabindranath jɔs afta i gɛt di Nɔbɔl Prayz fɔ Literature  
a fil wan strɔng want fɔ go fɛn am bikɔs a admaya in  
undiplɔmatik boldnɛs fɔ dil wit in kritik dɛm".**

**Bhola bin aks wit ɔl in at bɔt di stori, so a se:  
"Lingwist dɛn dɔn put Tagore ɔnda bita kritik bikɔs i  
introduks wan nyu stayl to Bɛngali poem bay we i  
miks kɔlokyual ɛn klasikal ɛksprɛshɔn dɛn we i nɔ tink  
bɔt di langwej bɔda dɛn we langwej masta sabi  
bukman dɛn de valyu in poem dɛn gɛt dip filɔsɔfik trut  
dɛn insay atraktiv, imɔshɔnal ɛksprɛshɔn dɛn, we i nɔ  
fala di litrɛri we dɛn dɔn establish." fɔm dɛn".**

**"Wan influential kritik wan tɛm bin diskraib  
Rabindranath—wit disdain ɛn contempt—as 'di dov  
poet we sɛl in cooing to di printa dɛm fɔ wan pittance'  
Bɔt Tagore in revaŋg bin de kam! Di ɔl Wɛstɛn litrɛri  
wɔl bin pe ɔmajɛ to am we dɛn translet in buk  
(Gitanjali: The Song Offerings) to Inglish Wan big grup  
fɔ masta sabi bukman dɛm, inklud in fɔma." kritik  
dɛm, travul wit tren go na Santiniketian fɔ gi dɛn  
kɔngrigeshɔn".**

**Rabindranath bin tek in visitɔ dɛn afta we i bin  
dɔn delay fɔ lɔng tɛm bay wilful, dɔn i lisin to dɛn  
flattering prez insay kwayɛt ɛn indipɛndɛns Fɔ dɔn, i  
tɔn di wɛpɔn dɛn fɔ dɛn kɔmɛnt pan dɛn, ɛn se:**

**"Jentilman dem, di sent ros dem fo respekt en ona we una de gi mi ya, miks wit di putrid smel dem fo una fɔs kɔntempt Eni kɔnekshɔn de bitwin we a gɛt di Nɔbɔl Prayz en dis sɔden apreshɔn we una gɛt? Mi stil na di sem pɔyt we bin ɔfend una we a bin ɔfred mi ɔmbul flawa dem na di shrine na Bɛngal".**

**"Di nyuspepa dem publish somari of Tagore bold rebuke, and a admaya di franknes of man we no de ful wit flat and ipokrit".**

**"Na in sɛktri, Mista C. F. Andrus <sup>(1)</sup>, we bin jɔs wɛr Bɛngali klos, en we bin de kɔl Tagore wit lɔv as in enjɛl masta (Gurudeva) bin introdyus mi".**

**"Rabindranath bin risiv mi wam wan, we a bin de rawnd am wit wan aura we gɛt karisma, rich kɔlchɔ, en tru tru kɔtisti Tagore bin ansa mi kwɛstyɔn bɔt di say den we in buk den kɔmɔt bay we i se in men inspekshɔn den kɔmɔt frɔm wi rilijɔn epik den en frɔm di wok den we di pɔyt Vidyapati bin du, we bin liv insay di fɔtin sentiwd".**

**Inspɛkt frɔm den mɛmori ya, a begin fo siɲ wan ol Bɛngali siɲ we Tagore bin dɔn adap to nyu fɔm, begin wit "Light Light the lamp of your love" Bhola jɔyn mi fo di gladi gladi siɲ as wi de strol rawnd di skul yad**

**Arawnd tu ia afta we den begin Ranchi Skul, a bin gɛt invitesɔn frɔm Rabindranath fo kam fɛn am na Santiniketan fo tɔk bɔt wi edyukeshɔn ideal dem we a gladi fo aksept en go mit am We a rich, i bin sidɔm na in tebul, en i bin slap mi as di epitome of true manhood, as eni atis kin imajin In handsome, delicately shaped face radiated nobility and dignity, framed by long ia, wan biad we de flɔ, en big, gud yay, ɔl drɛs wit enjɛl smayl In fayn fayn vɔys, lɛk di strech den we flut de mek, bin kapchɔ di at I bin long, strong, en kol, i bin de sho di sɔri-at we uman gɛt en di inosɛns we gladi pikin gɛt a dawt se eni ɔda ideal fo**

wan pɔyt we dɛn inspɛkt go ebul fɔ fɛn wan mɔ  
ɔtɛnɛtik ɛksprɛshɔn pas dis tender, solful pɔsin we de  
rid

Wantɛm wantɛm a bigin wit Tagore pan wan  
kɔmparativ ɛn dip stɔdi bɔt wi tu edyukeshɔn  
institiushɔn dɛn, we dɛn ɔl tu bin bil pan prinsipul dɛn  
we nɔ kɔmɔn Wi bin fɛn bɔku tin dɛn we fiba bitwin  
dɛn, lɛk fɔ lan na opin-ɛya, fɔ mek tin simpul, ɛn fɔ  
ɛnkɔrej yɔŋ pikin dɛn fɔ mek tin dɛn Bɔt, Rabindranath  
bin put big impɔtants pan di stɔdi bɔt buk ɛn poem, ɛn  
fɔ ɛksprɛs insɛf tru myuzik ɛn siŋ, sɔntin we a bin dɔn  
ɔlrɛdi si na Bhola Di Santiniketan bɔy pikin dɛn bin de  
praktis fɔ sɔm tɛm dɛn we dɛn nɔ bin de tɔk natin, bɔt  
dɛn nɔ bin de gɛt spɛshal trenin fɔ du yoga

Di pɔsin we rayt di poem bin lisin wit dip atɛnshɔn  
to di ɛksplɛn we dɛn de ɛksplɛn di Yogoda ɛgzampul  
dɛn we de chaj di bɔdi in sɛl dɛn wit aktiviti ɛn vitality,  
ɛn to di yoga kɔnsɛntreshɔn we dɛn de tich ɔl di  
Ranchi disaypul dɛn

Tagore bin tɛl mi bɔt in fɔs edyukeshɔn strɛch, ɛn i  
tɛl mi wit laf, "A rɔnawe frɔm skul afta a ol fayv ia" a  
bin ebul fɔ si wantɛm wantɛm aw in dilik poɛtik  
sɛnsibiliti dɛn bin de fɛt wit di dreadful disiplinari  
atmosfɛs na di skul

Di pɔsin we rayt di poem bin mek sayn to wan  
grup we de stɔdi na di gadin we gɛt bɔku bɔku tik dɛn,  
ɛn i se:

"Fɔ dis rizin a bin fɔdɔm di Santinikitian Instityut  
ɔnda di shed fɔ di tik dɛn ɛn di fayn fayn tin dɛn we de  
na di skay Di pikin fil se i de na in natura envayrɔment  
bitwin di flawa dɛn ɛn di bɔd dɛn we de siŋ so dat i go  
ebul fɔ ɛksprɛs di insay jɛntri we in yon talɛnt gɛt Tru  
no nɔ go ebul fɔ pɔmp ɔ stuf frɔm ɔda tin dɛn, bɔt bifo  
dat, no fɔ bi ɛp fɔ sho di trɔs dɛn we gɛt sɛns we nɔ

**gæt end we ayd insay di." dip dip tin dən na motalman sol" (2)**

**A gri wit am ən ad se: "Pikin dən idealistic tendencies ən dən lɔv fɔ hiro ən heroism de day pan angri na ɔdinari skul bikɔs dən de limited to it we dən mek wit statistics, events, ən historical periods".**

**Di pɔyt bin tɔk fayn bɔt in papa, Devendranath, we inspekt am fɔ begin Santiniketan I se: "Mi papa gi mi dis fayn fayn ples usay i bin dɔn bil tɛmpul ən gɔst os Mi edyukeshən ɛksperiəns begin ya insay 1901 wit tən pikin dən nɔmɔ Di et tawzin paund we kam to mi wit di Nɔbɔl Prayz we a spən fɔ kia fɔ di skul".**

**Di ɛlda Tagore (Devendranath), we bɔku pipul dən sabi as Maharishi (di Gret Sɛj), na bin rili wɔndaful man, as in layf stori sho I bin spən tu ia we i bin yɔŋ fɔ tink gud wan na di Himalayan monasti dən Semweso, in papa, Dwarkanath, bin gæt nem ɔlsay na Bɛngal fɔ in fri-an pɔblik filantropi Frɔm dis fayn fayn grɔn we wan famili we gæt layt we Rabindranath nɔ bin bɔn in wan pan in kriyaytiv ɛksprɛshən; in fambul dən bin sheb in talɛnt Dən kin tek in kɔzin dən, Gogonendra ən Upanendra, pan di atis dən we gæt ay pozishən pas ɔlman na India (3) Rabindranath in brɔda, Dwijendra, na bin dip sɛnsman bak we ivin di bɔd ən animal dən na di fɔrɛst bin lɛk**

**Rabindranath bin invayt mi fɔ slip na in gɔst os Dis na bin fayn fayn tin we a bin si da ivintɛm de we di pɔsin we rayt di poem bin sidɔm wit wan grup we na student dən na di kɔt! I bin tan lɛk se tɛm tinap wansay, ən di tin we a bin de si bin tan lɛk wan ol ɛmitaj to mi, wit di pɔyt Tagore we in disaypul dən bin de rawnd am, we dən bin kɔba am wit wan atmosfɛs we gladi ən oli lɔv Tagore bin de wev ən pafɛkt ɛvri bon we gæt lɔv wit trɛd dən we gæt wanwɔd ən gri Wetin na wan rare flawa we gæt tru tru spiritual poem**

**we blo na Gɔd in gadin, we de drɔ ɔda pipul dɛn to am  
wit in natura biuti ɛn sɛnt!**

**Insay in fayn fayn vɔys, Rabindranath rid to wi  
sɔm pan in nyu poem dɛn we i jɔs mek, we swit Mɔst  
pan in im ɛn stori dɛn, we i mek fɔ mek in disaypul dɛn  
gladi ɛn gladi, de na Santiniketan Di fayn fayn tin dɛn  
we in poem dɛn, fɔ mi, de insay di rɛfrɛns to Gɔd insay  
ɔlmost ɛvri vas, pan ɔl we dɛn nɔ tɔk bɔt di oli nem  
klia wan Fɔ ɛgzampul, i se:**

**"We a de drɔnk wit siŋ, a de fɔgɛt misɛf ɛn kɔl yu  
mi padi, O yu we na mi masta!"**

**Afta lanch di nɛks de, a nɔ want fɔ tɛl di pɔyt  
fayvɛl A gladi se in smɔl skul dɔn gro ɛn divɛlɔp to  
wetin naw na Vizva Bharati Intanɛshɔnal Yunivasiti <sup>(4)</sup>,  
usay studɛnt dɛn frɔm ɔl di kɔntri dɛn kin fɛn fayn ples**

**Usay di maynd fri frɔm fred ɛn di ed de ɔp**

**Usay no fri ɛn nɔ gɛt ɛnitin fɔ stɔp am, .**

**Di wɔl nɔ dɔn tɔn to pat dɛn we skata bay  
smɔl smɔl lokal wɔl dɛn**

**ɛn usay wɔd dɛn de kɔmɔt na di dip dip dip  
tin dɛn we di trut de, .**

**ɛn fɔ tray tranga wan fɔ mek dɛn ebul fɔ du  
pafɛkt**

**Usay di klin spring fɔ rizin nɔ lɔs in we na  
di dɛzat san san dɛzat dɛn we gɛt day kɔstɔm  
dɛn, .**

**ɛn as i de go bifo pan tink ɛn akshɔn we de  
bɔku ɔltɛm, .**

**So dat mi kɔntri go wek na di skay fɔ da  
fridɔm de, O mi papa <sup>(5)</sup>**

**Di ki fɔ di sikrit dɛn fɔ mek pɔsin gɛt sakrifays**

**Saksɛs min se pɔsin in satisfay ɛn satisfay insay  
in envayrɔmɛnt Tru saksɛs na di rizɔlt fɔ akshɔn dɛn  
we dɛn bil pan prinsipul dɛn fɔ du wetin rayt, ɛn i de**



**kɔba di gladi at ɛn wɛlbɔdi fɔ ɔda pipul dɛn as  
important pat pan pɔsin in yon gladi at If wi yuz dis  
prinsipul to wi matirial, intelektual, moral, ɛn spiritual  
layf, wi go gɛt wan kɔmplit ɛn kɔmprehensif difinishɔn  
fɔ sakrifays**

**Pipul dɛn gɛt difrɛn we fɔ si ɛn tiori bɔt sakrifays, i  
dipɛn pan wetin dɛn want fɔ du na layf I nɔ kɔmɔn fɔ  
yɛri sɔm pipul dɛn de ikwal sakrifays wit tif, dɛn de  
tɔk tin dɛn lɛk, "I bin bi saksɛsful tifman!" Dis de sho  
se sakrifays pan ɔl in fɔm ɛn difrɛn kayn tin dɛn we  
pɔsin kin want ɛn we pɔsin kin luk fɔ Bɔt, wi sakrifays  
nɔ fɔ ambɔg ɔda pipul dɛn**

**Wan ɔda tin de bak we wi kin du fɔ mek wi gɛt  
sakrifays: we wi ebul fɔ brɪŋ wanwɔd ɛn bɛnifit rizɔlt fɔ  
wisɛf, wi fɔ put ɔda pipul dɛn bak insay wi sakrifays ɛn  
sheb in frut dɛn wit dɛn**

**Sɔmbɔdi kin disayd fɔ sɛt mɔt fɔ long tɛm, nɔ gri fɔ  
tɔk to in famili mɛmba dɛn da tɛm de Pan ɔl we dis  
pɔsin kin gɛt sɔm pis insay in at bikɔs ɔf dat, di we aw  
i de biev na fɔ jɔs bisin bɔt insɛf nɔmɔ ɛn i kin ambɔg  
in famili in gladi at Dɛn nɔ go ebul fɔ tek dɛn as pɔsin  
we rili gɛt sakrifays pas di wan dɛn we dɛn lɛk dɛnsɛf  
bɛnifit frɔm wetin dɛn dɔn du**

**Sɛmweso, fɔ gɛt prɔpati sakrifays nɔto jɔs wi rayt  
fɔ ɛnjoy wɛlbɔdi fɔ wisɛf, bɔt na wi moral rispɔnsibiliti  
to ɔda pipul dɛn we i kam pan fɔ ɛp dɛn fɔ mek dɛn  
bɔdi ɛn layf bɛtɛ**

**ɛnibɔdi we gɛt sɛns kin mek mɔni Bɔt if dɛn gɛt lɔv  
na dɛn at, dɛn nɔ go ɛva yuz da mɔni de fɔ dɛnsɛf  
nɔmɔ; bifo dat, dɛn go sheb am wit ɔda pipul dɛn Mɔni  
na swɛ ɛn misfɔstans na di an fɔ di wan dɛn we de tink  
bɔt dɛnsɛf nɔmɔ ɛn di wan dɛn we misɛf, ɛn na blɛsin**

**en gift na di an fɔ di wan den we get gud at en sol we  
get fri-an**

**Fɔ egzampul, Enri Fɔd bin get bɔku mɔni, bɔt stil i  
nɔ bin biliv pan charity, we i bin si se i de enkɔrej  
pipul den fɔ nɔ du natin en fɔ les Bifo dat, i bin de gi  
wok en liv fɔ bɔku pipul den If Enri Fɔd bin de get mɔni  
en i bin de gi ɔda pipul den prɔpati bak, dat min se i  
bin get sakrifays di rayt we**

**Ivin di big big sent den nɔ kin get kɔmplit sev pas  
den sheb den sakrifays—den spiritual eksperiens en ay  
no—wit ɔda pipul den bay we den ep den fɔ rich oli  
ɔndastandin Fɔ dis rizin, di wan den we dɔn rich den  
kayn stej den de en rich den kayn stet den de kin rili  
want fɔ gi ɔndastandin to di wan den we nid am**

**If yu want fɔ get tru tru sakrifays, yu nɔ go jɔs gi  
yu yon gladi at, bɔt yu go mek ɔda pipul den gladi bak**

**Difrens pan sakrifays standad bitwin Is en Wɛst**

**Difren standad den de fɔ sakrifays na di Is en di  
Wɛst I sɔri fɔ no se, di Is de falamakata di wɔs tin den  
we den de si na Wɛstinian fim den mɔ en mɔ Pan ɔl we  
sɔm fim den de gi kɔrej, rial layf de sho se sakrifays nɔ  
izi bɔku tɛm Layf kin tranga en nɔ kin fɔgiv, en wi fɔ  
tray tranga wan fɔ get mɔni Tink bɔt di tray we yu fɔ  
tray fɔ mek yu bɔdi kɔntinyu fɔ get wɛlbɔdi en nɔ get  
sik! Ivin if yu saksɛs, dat saksɛs na fɔ shɔt tɛm Di bɔdi  
go dɔn ledɔm fɔ rɛst I nid fɔ fɛt wit bɔku bɔku pawa  
den, insay en ɔdasay, fɔ mek yu get di sakrifays we yu  
want Den pawa ya de wok tranga wan fɔ pul eni  
miniful tin we yu dɔn du**

**Di Wɛst de pe atɛnshɔn pan sɔm ɔ tɛmporari  
sakrifays we get fɔ du wit dis layf we de naw Di Is, na**

**di ɔda say, de pe atɛnshɔn pan sakrifays we go  
kɔmplit, we go las, ɛn we go de sote go**

**Di wan dɛn we dɔn rich di pinal fɔ sakrifays we go  
de sote go wi kɔl (di wan dɛn we win na ɔl tu di wɔl  
dɛn di wan dɛn we gɛt sakrifays na di ʒɔj in yay)**

**Dɛn pipul ya gladi na dɛn bɔdi, maynd, ɛn spirit  
Dɛn kin gɛt sɔm tin dɛn, bɔt dɛn gɛt bɔku bɔku jɛntri:  
di jɛntri we gɛt pis we de insay ɛn ɔndastandin pan  
spiritual tin dɛn bɔt di rilayshɔn bitwin di sol ɛn di  
divayn spirit, ɛn di rilayshɔn bitwin di bɔdi ɛn di  
kɔsmik layf**

**Na di Is, di aidia fɔ dis kayn sakrifays de insay di  
pikin in maynd Insay di Wɛst, dɛn kin gi di pikin pig  
bank ɛn tich am fɔ aspir fɔ gɛt mɔni fɔ mek i go ebul fɔ  
du wetin i want**

**I fayn fɔ wok tranga wan fɔ gɛt inof matirial  
sakrifays, bɔt dɛn fɔ tich pikin dɛn bak di valyu fɔ  
sakrifays we go las Di jɛntri we di sol gɛt de sote go  
na di bank we go de sote go, ɛn yu kin pul gladi at na  
da bank de ɛni tɛm**

**Bɔt ivin sakrifays pan Gɔd biznɛs kin bi wan say ɛn  
nɔ balans if yu gɛt prɔpati wok dɛn we yu nɔ ebul fɔ  
du**

**Na di big big yoga pipul dɛn nɔmɔ we dɔn fri  
dɛnsɛf frɔm di lɔ dɛn we Gɔd mek, nɔ go ebul fɔ tek  
pat pan tin dɛn atɔl**

**Insay di Is, di men tin we dɛn dɔn pe atɛnshɔn pan  
na fɔ mek pɔsin gɛt gladi at na Gɔd in yay, pan ɔl we  
bɔku tɛm dɛn nɔ de tek tɛm wit di tin dɛn we pɔsin kin  
gɛt na layf Insay di Wɛst, sɔm tin dɛn de we pɔsin kin  
gɛt fɔ ɛnjoy insɛf bɔt na smɔl tin dɛn we pɔsin kin gɛt**

**na in maynd Wetin den nid na fo balans bitwin di tu tin den, bikos fo pe atenshon pan wan tin nomo na layf kin mek posin no balans en i no kin ebul fo dil wit wetin layf want**

**Fo egzampul, if atis pe atenshon pan art nomo en no pe atenshon to ol oda tin, dat go mek i no balans we de sho se i de wori en no gladi Bot if i pe atenshon pan art nia spiritual tin, wok, sayens, en savis, i go mek i balans fayn fayn wan, i go get komplit sakrifays, en i go get tru tru gladi at**

**If den join di jentri wit sik en problem, di bad tin den we go apin to am go boku Hajin en welbodi biznes de pan di tin den we di West get trenk Insekt den we de ambog en di jem den we de kil pipul den, den kin kontrol den fayn fayn wan na divelop kontri den, we den boku na oda kontri den Bot fo pul den peshent den ya noto di men tin we den kin du, bikos oda kayn problem den de na divelop kontri den, lek we i at fo pe bil en di problem den we kin mek posin swela bikos of di sistem den we den kin bay insay instolment—sofa we kin mek posin no slip fayn en we kin mek posin no get pis na in maynd**

**Layf noto jos fo sev**

**God no mek dis wol fo wi jos fo it, slip, en day, bot fo mek wi no wetin i want en ondastand di rizin we mek wi de Na wan anful pipul den we get sens don ondastand wetin di kosmik plan min, bot boku pipul den blaynd en no no da rizin de Di wol kin bi sofa chamba fo di wan den we de liv we den no no bot di divayn plan Bot we yu si layf in eksperiens as yu ticha den en lan from den di tru tru we aw dis wol tan en di wok we den gi yu fo du na di kosmik drama, den**

**ekspiriens dɛn de kin bi valyu layt dɛn na di rod fɔ  
satisfay ɛn gladi at we go de sote go**

**Gɔd dɔn mek di cosmic illusion gɛt pawa pasmak**

**Wi de liv insay wan wɔl we chaotic ɛn trɔbul Yu  
kin tink se mɔni min gladi-at, bɔt we yu gɛt am, yu go  
si se yu stil nɔ gladi Yu kin gɛt jɛntri ɛn—Gɔd nɔ alaw  
yu—lɔs yu wɛlbɔdi ɔ yu kin gɛt gud wɛlbɔdi ɛn lɔs yu  
mɔni ɔ yu kin gɛt ɔl tu jɛntri ɛn wɛlbɔdi bɔt yu kin sɔfa  
bɔku prɔblɛm wit ɔda pipul dɛn, ɔfred gudnɛs nɔmɔ fɔ  
mek yu mit wit et ɛn vɛks in ritɔn If Gɔd nɔ de, natin  
nɔ de pan dis layf kin rili satisfay yu**

**If Gɔd bin want wi fɔ liv wi layf nɔmɔ wit tin dɛn  
we wi gɛt, wi go satisfay wit prɔpati ɛn satisfay wit di  
tin dɛn we de na di wɔl**

**Yu dɔn ɛva si wan grup we gɛt ship? If wan pan  
dɛn jomp, di ɔda ship dɛn de falamakata am witout  
hesitation Mɔs pipul dɛn tan lɛk dat Sɔmbɔdi kin kam  
wit wan aidia ɔ introduks nyu tren, ɛn ɔda pipul dɛn  
go jomp pan di bandwagon wantɛm wantɛm ɛn kɔpi  
am Dis patɛn dɔn de fɔ jɛnɛreshɔn dɛn ɔl neshɔn gɛt in  
kɔstɔm ɛn tradishɔn, ɛn wi nɔ go ebul fɔ tɔk se dɛn ɔl  
kɔrɛkt ɔ saund Bɔt udat no? Sɔm pan dɛn kɔstɔm ɛn  
tradishɔn dɛn de kin bi tin we nɔ mek sɛns, we nɔ gɛt  
wan minin, ɛn we nɔ gɛt wan minin**

**Wan we de fɔ chɛk ɛn jɔj dɛn kɔstɔm ɛn tradishɔn  
dɛn de**

**Fɔs, ɛvri tradishɔn bin gɛt jɔstis If wi si se jɔstis  
stil de ol tru, dat min se di tradishɔn gɛt minin ɛn  
bɛnifit Bɔt, i nɔ mek sɛns fɔ fala tradishɔn blaynd wan  
Wi fɔ no di tru ɛn fala am, no wetin kin mek wi gɛt  
gladi at ɛn afta dat wi fɔ yuz am**

**Laif fɔ izi If yu bin fɔ ɔndastand di wan wan kwaliti  
den we mɔtalman gɛt, yu go si se sɔm pan wi kɔstɔm  
en tradishɔn den na tin den we pɔsin kin laf**

**Na di Wɛst, pipul den de fala bɔku lɔ den Spɛshal  
klos den de fɔ go na do ivintɛm, fɔ dina pati, fɔ go fɛn  
pipul den, en fɔ go na do A ivin si wan advatayzment  
wan tɛm fɔ spɛshal jakit fɔ pipul den we de smok!**

**ɔganayzeshɔn na big tin, bɔt if pɔsin fala  
ɔganayzeshɔn en di we aw i de du tin pasmak, dat kin  
mek i sɔfa bɔku tɛm**

**Na di Is, os en klos simpul Na di Wɛst, layf so  
kɔmpleks dat gladi at nɔ de apin bikɔs wi de pe  
atɛnshɔn pasmak fɔ du tin den wan patikyula we**

**Wetin mek wi fɔ kɔmplikt layf bay we wi de tɔk mɔ  
bɔt aw fɔ arenj di os en di tebul wan patikyula we?**

**Na di Is, we wi invayt pipul den fɔ kam fɛn den,  
ɔlman kin gladi en wet fɔ den visit den de wit ɔl den at**

**Insay di Wɛst, den kin invayt di gɔst den, dɔn den  
kin pripia fɔ lɔng tɛm fɔ mek shɔ se ɔltin pafɛkt Wans  
di gɔst den dɔn kam, di pɔsin we invayt den kin rili wet  
fɔ den fɔ kɔmɔt!**

**Fɔ liv, klos, en it fɔ simpul Fɔ it it na rɛstɔrant nɔ  
kin mek yu gɛt mɔni, bɔt i nɔ bad fɔ du am wan wan  
tɛm I nɔ rayt fɔ spɛn lɔng tɛm na kichin, en nɔ lɛf tɛm  
fɔ ɛnjɔy ɔda tin den we impɔtant pas ɔl**

**We a bin de travul en lɛkchɔ, a bin de mek mi it  
simpul a bin jɔs de kip sɔm milk, lɛtis, en chiz na mi  
rum, en a bin fil fayn wit dat**

**Paradays de insay wi, nɔto insay tin den**

**Insay wi ascetic trenin na India, wi lan fɔ kontrol wetin wi want ɛn rayz pas wetin wi lɛk, nɔ lɛk, ɛn lɛk Wi bin gladi fɔ ɔl wetin wi bin gɛt Na di West, bɔt, bɔku pipul dɛn nɔ kin gladi pan ɔl we dɛn gɛt bɔku tin, lɛk se dɛn nɔ gɛt am atɔl Desire know no bounds Na mɔnin, afta i dɔn sheb ɛn drɛs, di fɔs tin we man want na fɔ it brɛf As soon as i sidɔm na di tebul, i wish se in wɛf bin dɔn pripia ɔda tin I, insɛf, wish se i bin gɛt bɛtɛ plet, spun, naif, ɛn fɔk**

**De de pas, ɛn di want fɔ dis ɛn dat kin kontinyu te natin nɔ ebul fɔ satisfay dɛn Fɔ dɔn, di man ɛn in wɛf nɔ kin gladi fɔ dɛnsɛf ɛn nɔ kin gɛt ɛni gladi at ivin pan dɛn pikin dɛn, dɛn kin lɔs dɛn mared gladi at Bikɔs dɛn kin filbad, dɛn kin tɔn pan di wan dɛn we de nia dɛn pas ɔlman Di uman kin nag, nag, ɛn kɔrɛkt in man pasmak, we i de ala pan di pikin dɛn, ɛn di pikin dɛn tɔn agens dɛn mama ɛn papa ɛn kɔmit fulish akt wit dɛn padi dɛn (ɛn so di saykl de kontinyu) .**

**I nɔ bad fɔ gɛt prɔpati; di rɔng tin na fɔ alaw wi prɔpati fɔ gɛt wi Wi fɔ fri wisɛf frɔm di atakshɔn to pipul ɛn tin dɛn bikɔs attachment de briŋ unhappiness**

**Mi paradays de insay mi As a de ɛnjoy Gɔd in blɛsin dɛn, a de tɛl am tɛnki, ɛn mi insay gladi at de gro If a nɔ bin gɛt da satisfay we a de insay mi at, ivin di gladi at ɛn gladi at we de na dis wɔl de bi ɛl a dɔn kam fɔ no se if da gladi at de we de insay mi nɔ bin de, di lod fɔ di wok we dɛn put pan mi fɔ dɔn pul mi pis ɛn mek a nɔ gɛt gladi at**

**Di big ɛnimi fɔ gladi at na fɔ lɛnt mɔni fɔ bay lɔjishɔn Pipul dɛn kin mistek biliv se dɛn nɔ go ebul fɔ gladi pas dɛn gɛt sɔntin we patikyula Bɔt ivin afta dɛn dɔn gɛt da tin de, dɛn nɔ go gɛt tru tru gladi at, pan ɔl we dɛn gladi fɔ sɔm tɛm So wetin na di pɔynt fɔ rɔnata**

**di miraj fɔ gladi at na di wɔl we prɔmis jɔs fɔ brok in prɔmis?**

**Pipul dɛn fɔ liv simpul layf ɛn nɔ nid bɔku prɔpati dɛn we nid fɔ pe atɛnshɔn to ɔltɛm**

**No dawt nɔ de se fɔ bay nyu tin na tin we kin mek yu gladi Bɔt afta sɔm tɛm, da gladi gladi de kin dɔn smɔl smɔl, ɛn yu kin ivin lɔs intres pan am ɔltogɛda, fɔgɛt bɔt am ɛn want ɔda tin Bɔt, dɛn nɔ go fɔgɛt di bil fɔ da tin de, mɔ if yu bay am pan instɔlment!**

**Pɔsin fɔ tek kɔntrol pan in layf ɛn mek am izi as i pɔsibul Dɛn fɔ kip sɔm mɔni fɔ tin dɛn we i nid ɛn fɔ ɛnitin we go apin to am, put di mɔni we i de kip pas fɔ spɛn pan lɔjishɔn, ɛn ɛp ɔda pipul dɛn di bɛst we aw i ebul We yu ɛp ɔda pipul dɛn, ɛp go kam to yu wan we ɔ ɔda we, ɛn yu nɔ go lɔs natin ɛn yu nɔ go gɛt natin**

**A no fɔ tru se ɔl wetin a nid go kam to mi, ɛn na dat mek a nɔ de wɔri bɔt wetin go apin tumara bambay Dis nɔto fɔ bost ɔ fɔ mek lɛk se a de du am, bikɔs a dɔn ɛkspiriɛns di wok ɛn di ɛfɛktiv we da blɛsin pawa de du na mi layf bɔku tɛm**

**Ilɛksɛf a de flɔt na di wɔl ɔ a de drawn na di dip dip si, a no se a de wit Gɔd ɛn I de wit mi, ɛn natin nɔ go ambɔg mi Da no de dɔn gi mi wan gladi at we a nɔ go ebul fɔ tɔk bɔt ɛn we dip**

**If nɔto fɔ di spiritual ɔndastandin ɛn ɛkspiriɛns dɛn we a bin gɛt, a fɔ dɔn bi di pɔsin we misɛf pas ɔlman na di wɔl we a dɔn gɛt bɔku jɛntri, bɔt a nɔ gri fɔ mek i bi slev mi, ɛn a nɔ alaw am fɔ tɔch ɔ chenj mi A de gi ɔl wetin a de gɛt na Gɔd in we ɛn to di wan dɛn we nid ɛp Mi gladi at we de insay mi na mi big tin—na jɛntri we ivin kin dɛn kin jɔs drim bɔt**



## **Sakses dipen pan internal achievement**

**We yu si boku boku pipul den we no get gladi at o sakrifays, no tink se na dis na den destiny Yu kin shep yusef to enitin we yu want fo bi Yu insay sakrifays na in rili de mek yu get sakrifays If yu no get sontin insay yusef, yu no go gladi Bot if yu no get sontin we de na do en yet yu gladi insay yusef, yu no get wan dawt se yu get sakrifays So, i no posibul fo joj pipul den bay we yu jos de pan den tin den we de apin na do Pan di boku boku pipul den, som pipul den kin de we don get ay pozishon na God in yay en we get dip pis insay den at en gladi at pan God biznes**

**Fo dis rizin, sakrifays pan gud abit en intelektual sakrifays—fo fri from di diktet fo bad abit en tin den we no fayn fo du—de bring gladi at fa fawe pas matirial sakrifays Insay intelektual sakrifays de na saykolojik welbodi we oda tin den we de na do no go ebul fo tek yu kin spen ol yu tem fo geda jentri, bot da jentri de no go gi yu di pis en sikyriti we go de sote go we yu de luk fo On di kontri, i go bring yu mo no gladi, bikos tru tru gladi at en pis de na di maynd, noto na di propati den we posin get**

**If yu no tek tem fo kolktiv yu maynd, no omos matirial jentri no go satisfay yu Dis kolktiveshon noto fo mek yu sofa, bot na fo tren yu konsheens fo men di tin den we yu de tink en du we de mek yu get gladi at**

**Yu gladi gladi na yu sukses, so no mek enibodi tif am from yu Protekt yusef from di wan den we de tray fo mek yu veks We a bin smol, a bin de los mi wamat enitem we posin de skata lay lay tok bot mi Leta, a kam fo no se mi pis na mi maynd impotant pas fo mek pipul den gri wit mi o prez mi**

**Kɔnshɛns na sɛns we pɔsin kin ɔndastand we de sho aw pɔsin in tru tru pɔsin ɛn wetin mek i want fɔ du sɔntin We yu kɔnshɛns kliɑ, ɛn yu no se yu de du wetin rayt, yu nɔ gɛt natin fɔ fred Klin kɔnshɛns na tɛstament fɔ gud kɔndɔkt frɔm Gɔd Fɔ bi fri pɔsin na di kɔt fɔ kɔnshɛns min fɔ gɛt gladi at ɛn fɔ gɛt Gɔd in blɛsin**

**If pɔsin nɔ de gɛt mɔni, na bikɔs i nɔ de pe atɛnshɔn fɔ gɛt mɔni Semweso, if i nɔ gladi, na bikɔs i nɔ de pe atɛnshɔn fɔ gɛt gladi at**

**Di miul we de kɛr gold lod na in bak nɔ no di valyu fɔ wetin i de kɛr Semweso, mɔtalman so bizi fɔ kɛr di lod fɔ layf na in sholda wit di op fɔ gɛt sɔm gladi at na di ɛnd pan di rod dat i fɔgɛt se i de kɛr insay insɛf wan spiritual gladi at we pas ɔl ɛn we go de sote go**

**(Lɛk kamɛl dɛn na di dɛzat, we de day bikɔs dɛn tɔsti we dɛn de kɛr wata na dɛn bak)**

**Bikɔs i de luk fɔ gladi at pan "tin dɛm" i nɔ no se i gɛt bɔku bɔku gladi at insay insɛf**

**Gi di duty in due**

**Yoga nɔ de advays fɔ lɛf ɔ shirk layf in rɛspɔnsibiliti Bifo dat, i de aks yu fɔ ful yu maynd wit Gɔd as yu de ple yu pat pan di drama na layf If yu want fɔ liv yu layf we yu nɔ de si na fɔrɛst ɔ mawnten, biliv se yu go fɛn Gɔd bay we yu lɛf yu wok, yu fɔ rɛdi fɔs ɛn ebul fɔ sidɔm na meditashɔn (stil) ɔl di de fɔ sɔm dez na wan tɛm Such an effort na tru fɔ admirable fɔ di wan dɛn we ebul fɔ du am Bɔt fa fawe na fɔ de na di wɔl, bɔt stil nɔto fɔ am; fɔ du yu tru tru wok fɔ bɛnifit ɔda pipul dɛn ɛn di sem tɛm yu de tink bɔt Gɔd**

**Wan difrēns fɔ de bitwin big ɛn smɔl wok, fɔ put di impɔtant wan fɔs pas di wan we jɔs impɔtant Dɔn bak, no duty nɔ fɔ kɔntrayd ɔda wan Di skripchɔ dɛn tɛl wi se we wan duty de agens ɔda wan, na pruf fɔ se i nɔto tru tru duty Fɔ ɛgzampul, if yu de du faynɛns sakrifays pan ɔl we yu nɔ gɛt bɛtɛ wɛlbɔdi, yu de neglek yu bɔdi wɛlbɔdi Semweso, if yu so obsessed wit rilijɔn dat yu nɔ de tek tɛm wit yu faynɛns risponsibiliti, yu nɔ balans bikɔs yu dɔn alaw wan duty fɔ kɔnfyus wit yu ɔbligayshɔn to yu bɔdi ɛn famili ɛn if yu nɔ tek yu duty to Gɔd bikɔs ɔl yu atɛnshɔn de pan yu famili, dat nɔto tru tru duty**

**Bɔku pipul dɛn kin aks se: “Yu tink se wi fɔ gɛt mɔni fɔs fɔ du wetin wi fɔ du na di wɔl ɛn afta dat wi fɔ luk fɔ Gɔd?” ɔ "Wi fɔ fɛn Gɔd fɔs ɛn afta dat wi fɔ fɛn sakrifays?"**

**Gɔd de kam fɔs, ɛn wi nɔ fɔ begin ɔ dɔn wi de we wi nɔ tink bɔt am ɛn tink gud wan bɔt am Wi fɔ mɛmba se if wi nɔ bin gɛt di trɛnk ɛn ɛnaji we wi gɛt frɔm Gɔd, wi nɔ bin fɔ ebul fɔ du ɛnitin So, wi big wok na to am If wi du ɔl di ɔda wok dɛn we wi fɔ du we wi nɔ du wi duty to am, i nɔ go gladi I bɛtɛ fɔ du wi akshɔn dɛn di we we go mek Gɔd gladi**

**I fayn fɔ tink bɔt fɔ kɔba di fɛn fɔ Gɔd wit matirial sakrifays Bɔt pas pɔsin de tink gud wan ɛn ɔltɛm, so dat dɛn awareness of God go strong fɔs, di wɔl go ɔvawɛl dɛn kɔnshɛns, ɛn dɛn nɔ go fɛn tɛm lɛf fɔ spiritual tin dɛn ɛn if wi nɔ gɛt di shɔ filin se Gɔd de wit wi, wi wɔl wok dɛn kin bi sɔs fɔ saykolojik sɔfa Bɔt we yu fil se Gɔd de wit yu na ɔltɛm ɛn tink bɔt Am we yu de du yu wok, yu go de wit di wan dɛn we gladi pas ɔlman**

**Di wan den we lek God get blesin, bikos den de satisfay sote go en den get gladi-at sote go**

**If a no bin get di tichin den we mi mento, Swami Sri Yukteswar, bin gi mi, we gi mi divayn owe, a bin fo don los mi maynd fo long tem en a no bin fo ebul fo ep pipul den en bil tempul den fo fen en tink gud wan bot God Pan ol dis, som don tray fo ambog mi rod instead fo wok wit mi**

**Enibodi we de trit pipul den lek se na den masta we den fo obe, den go ton agens am en tray fo pul am komot bay ol we en we den de du am**

**Bot if yu tray fo gayd en advays oda pipul den wit tru tru lov, den go krawn yu fo bi kin na den at En we yu lek olman ikwal, yu go ebul fo no di wan den we de ansa da lov de**

**Divayn lov no get wan kompitishon**

**If yu bin no di stori bot God in lov we som pipul den we de wship God kin get! No oda eksperiens no de na layf we yu go kompia to da gladi at de we a bin no wan sent we bin de oltem insay di lov fo God, en in fes bin de shayn oli lov God in yay de oltem pan di wan den we lek am, en I no de eva lef den fo wan mont**

**A de si mi God we a lek pan oltin we de rawnd mi**

**A si am de luk mi from di flawa den en luk mi don from di mun in winda**

**A de si am na di fes fo di nature en di fes fo di wan den we get nobul sol en fayn at**

**Wi no fo forget di Gret Lov, di sos fo ol gudnes, lov, en gres Wi no fo alaw wi at fo ful-op wit di ilyushon en tin den we no impotant na dis wol, bot wi fo alaw wi at**

**fɔ ful-ɔp wit di divayn lɔv, we de gi layf bak to di at,  
inspekt di maynd, ɛn nyu di sol in trɛnk Dat lɔv nɔ de  
pas We di divayn lɔv gɛt di bi fɔ di pɔsin we de luk fɔ,  
di sɛl dɛn na in bɔdi gladi, ɛn i ful-ɔp wit di big big  
gladi-at ɛn bɔt dis ɛksperiɛns, wan pan Gɔd in lɔvman  
dɛn bin siŋ:**

**We di Masta fɔ di Yunivas bin go insay wan  
spiritual tɛmpul**

**Gladi at bin ful mi at, ɛn a fɔgɛt di bit we i de bit**

**ɔs lɛk aw ɔl di sɛl dɛn na mi bɔdi bin fɔgɛt di wok  
we dɛn bin dɔn gi dɛn fɔ du**

**I bin sɔprayz we i de lisin to di vɔys we de gi layf  
we go de sote go**

**Di vɔys fɔ di pɔsin we dɛn lɛk pas ɔlman we de na  
Gɔd in vɔys we de gi layf**

**Mi at, mi bren, ɛn ɛvri atɔm na mi bɔdi bin gɛt  
ilɛktrik**

**Bikɔs di divayn prezɛns we oli pas ɔl bin tɔch am**

**Dat na fɔ tɔk smɔl bɔt di lɔv we Gɔd gɛt ɛn di we  
aw i de afɛkt di wan dɛn we lɛk Gɔd in layf**

**Di sɔri-at we et ɛn wɔ de mek ɛn lɛf na pipul dɛn at  
na pruf fɔ se spiritualiti, sɔri-at, gudnɛs, ɛn lɔv na di  
men tin dɛn Et de pwɛl pɔsin, we lɔv na di pawa we  
pas ɔl na di wan ol wɔl**

**So, mi dia padi dɛm, wi fɔ no se na fɔ et ɛn di ful  
we wɔ de mek, ɛn tɔn to Gɔd wit wi ɔl ɛn lɛk am wit ɔl  
wi at Bikɔs in lɔv de gi sakrifays we ful-ɔp wit kɔmplit  
satisfayshɔn ɛn satisfayshɔn: sakrifays we wi nɔ go  
ebul fɔ gɛt ɔda we**

**Na lɔv nɔmɔ go bil wan bɛtɛ wɔl, brɪŋ gud to di pipul dɛn we de de, ɛn gi dɛn layf we gɛt rɛspɛkt If nɛshɔn dɛn go jɔs stɔp fɔ fos dɛnsɛf pan dɛnsɛf bay we dɛn de yuz di rayt we, ɛn instɛd dɛn go gri fɔ lɛk dɛnsɛf ɛn sɔpɔt dɛnsɛf, wi go witnɛs di wɔl sakrifays, we ɔl di pipul dɛn na di wɔl go ɛnjoy di frut dɛn**

**Tink bɔt di bɔku bɔku mɔni we dɛn kin spɛn fɔ kil wan mɔtalman wit ɔda pɔsin we dɛn de fɛt wɔ! Dis na shɛmful tin fɔ mɔtalman! ɛn wetin di ɛnd rizulyt go bi ɔda pas pen, sɔfa, pwɛl pwɛl ɛn pwɛl pwɛl?**

**Di wangren we fɔ mɛk dis mɔtalman sɔfa dɔn na fɔ lɛk pɔsin**

**As lɔng as wan nɛshɔn de bil ɛn divɛlɔp wɛpɔn dɛn we de kil bɔku pipul dɛn, ɔda nɛshɔn dɛn go tray fɔ mɛk ivin mɔ sofistikiɛtɛd ɛn kil we dɛn ɛn wɛpɔn dɛn fɔ protɛkt dɛnsɛf, ɛn pipul dɛn go liv wit fred ɔltɛm Wetin mɛk ɔl nɛshɔn dɛn nɔ de kɔltiv lɔv ɛn ɔndastandin instɛad fɔ mɛk pipul dɛn ɛt dɛnsɛf ɛn fɛt wɔ? Di tru sɔlv de insay wan yunivasal rilijɔn we gɛt lɔv ɛn ɔndastand Lɔv de mɛk mɔtalman win**

**Di pawa we de biɛn ɛvri pawa**

**Fɔs ɛn fɔs, ajɔst sakrifays wit di Masta fɔ di Yunivas Pipul dɛn so ɛnjoy dɛn wok dat dɛn tink se dɛn nɔ gɛt tɛm fɔ tink bɔt Gɔd Bɔt wetin go apin to pɔsin if Gɔd pul in pawa kɔmɔt na in bɔdi ɛn maynd? Di at nɔ go de bit igen, ɛn di bren nɔ go ebul fɔ tink igen**

**Gɔd na di divayn lɔv biɛn ɛvri mɔtalman lɔv, di yunivasal maynd biɛn ɛvri maynd, di ɔltimat wil biɛn ɛvri wil, di big sakrifays biɛn ɛvri wɔl sakrifays, ɛn di supɾɛm pawa biɛn ɔl pawa**

**Na di blɔd we de na ɛvri vein ɛn di briz we de biɛn  
di wɔd dɛn**

**If i pul in pawa pan mi, a go stɔp fɔ tɔk wantɛm  
wantɛm ɛn mi vɔys go sɛt mɔt sote go**

**If In pawa nɔ bin de wok na wi at ɛn maynd, wi fɔ  
dɔn bi bɔdi we nɔ gɛt layf**

**Lɛ wi kip - mek Gɔd kip yu - wetin fayn... ɛn lɛ wi  
mɛmba se wi fɔs duty na layf na to Gɔd**

**We wi du da oli wok de, wi kin kɔnɛkt wit wi sɔs ɛn  
wi at kin ful-ɔp wit gladi-at; dat na di big big sakrifays  
ɛn di ɔltimat triumph Pis de pan una**

**Di Tale bɔt di Ascetic Kin**

**Lɔng tɛm dɔn pas, na India, wan big sɛnsman we  
nem Vyasa, we rayt di Bhagavad Gita, we na di big  
wan pan di Indu spiritual tɛks dɛn bin de tru in big big  
spiritual pawa dɛn, i bin ebul fɔ kɔl wan spɛshal spirit  
insay in wɛf in bɛlɛ As di pikin we de na in bɛlɛ de gro  
insay am, di papa bin de gi di pikin we nɔ bɔn yet di  
sikrit dɛn fɔ no ɛn di men tin bɔt sɛns tru in wɛf in  
sabrɔshɛns**

**We dɛn bɔn di pikin, dɛn gi di pikin in nem  
Sukdeva Tɛnki fɔ di trenin ɛn kia we in papa we gɛt  
sɛns bin gi am, i pruv se in na ɛkstra ɔdinari pikin bay  
ɔl di stori dɛn We i ol sɛvin ia, i bin dɔn mɛmba ɔl di  
buk dɛn we gɛt fɔ du wit sɛns ɛn sɛns ɛn i bin rɛdi fɔ  
lɛf di wɔl fɔ go fɛn ticha we gɛt sɛns fɔ gɛt mɔ no**

**Insay India, di pɔsin we de luk fɔ trut de luk fɔ  
spiritual ticha dɛn te i fɛn pɔsin we no dip in at se na  
in na di gayd we Gɔd sɛn to am fɔ sev am frɔm di  
daknɛs we i nɔ no natin to di layt we de mek i no**

**We di want fɔ no bɔt spiritual tin dɛn de begin, di pɔsin we de luk fɔ Gɔd kin gɛt spiritual instrɔkshɔn wan wan tɛm frɔm difrɛn say dɛn Bɔt we di want fɔ Gɔd de mɔna am mɔ ɛn mɔ, Gɔd kin sɛn am wan spiritual ticha we gɛt strong grɔn pan divayn sayɛns dɛn, we de sav as di oli we fɔ gayd di pɔsin we want fɔ no bɔt Gɔd bak to di spiritual os—to di kɪndɔm we Gɔd de insay mɔtalman**

**We Sukdeva disayd fɔ begin fɔ luk fɔ pɔsin we go gayd am pan Gɔd biznɛs, in papa advays am fɔ go to Kɪɲ Janaka, di gɔvna fɔ di provins Sukdeva tek in buk dɛn ɛn go na di kɪɲ in kɔt As i go insay di pales get so, i si di kɪɲ sidɔm pan wan gold tron we dɛn ful-ɔp wit rubi ɛn dayamɔn, ɛn wan grup we gɛt uman dɛn we de fan am rawnd am fan dɛn we dɛn kin yuz pam-frɔnd (as dɛn bin de du trade trade na India insay di sɔmma we kin swɛla)**

**Da tɛm de, Kɪɲ Gnaka bin de (wan monji) na in tron de smok wan oriental huk, ɛn di pikin we nem Sukdeva bin sɔprayz we i si da tin de ɛn i bin tɔk to insɛf se: “Shem fɔ mi papa fɔ we i sɛn mi to dis kɪɲ we de na di wɔl to di kɔr! Aw man we gɛt dis kayn tin we kin lɛk fɔ gɛt prɔpati ɛn abit go bi mi ticha?!”**

**Bɔt Kɪɲ Gnaka na bin kɪɲ ɛn sɛnt I bin de liv na di wɔl bɔt i nɔ bin de na di wɔl Bikɔs i bin so advans pan spirituality, i bin no tru tɛlipati wetin bin de go tru Sukdeva in maynd, we bin kɔmɔt na in kɔt ɛn kam bak usay i kɔmɔt**

**Di kɪɲ-sɛnt sɛn mɛsenja afta di bɔbɔ, ɛn aks am fɔ kam bak We i kam bak, di ticha ɛn di disaypul mit fes-to-fes, ɛn na da tɛm de di kɪɲ pul in ɛdman dɛn na di wok ɛn wantɛm wantɛm dɛn begin fɔ tɔk fayn ɛn dip bɔt Gɔd ɛn in wɔndaful tin dɛn**



**Fo awa pas, en Sukdeva begin fɔ fid en fil angri, bɔt i nɔ bin want fɔ ambɔg Kiŋ Gnaka, we bin dɔn go insay Gɔd in si en we bin dɔn chak bikɔs i lɛk am**

**I nɔ tu te we wan awa dɔn pas, tu mɛsenja dɛn kam, dɛn de ala se: "Yu Majesty, di wan ol siti de bɔn, en di faya we de bɔn de kam nia di pales Yu go so gud fɔ supavayz di wok we dɛn de du fɔ fɛt faya?"**

**Di kiŋ ansa se, "A de tɔk wit mi padi Sukdeva bɔt di Gɔd we gɛt sɔri-at we de protɛkt ɔl di wan dɛn we de luk fɔ rɔnawe pan am en abop pan in ɛp A nɔ gɛt tɛm fɔ du ɛni ɔda tin Lɛf mi wan en go ɛp di ɔda wan dɛn fɔ ɔt di faya".**

**Afta wan ɔda awa, di sem tu mɛsenja dɛn kam bak to Kiŋ Janaka en ala se, "O Kiŋ fɔ di Ej, wi de beg yu fɔ kɔmɔt wantɛm wantɛm Di pales dɔn rawnd faya, en di faya de kam nia yu rum kwik kwik wan".**

**Di kiŋ ansa se, "No prɔblɛm! Nɔ bost mi, a stil de drink di divayn wayn wit mi dia padi Go en du wetin yu ebul".**

**Sukdeva bin sɔprayz wit di we aw di kiŋ bin biev, bɔt i bin tray fɔ de kwayɛt, di krawd we bin de rawnd am nɔ bin afɛkt am Smɔl tɛm afta dat, tu man dɛn, we di faya bin dɔn bɔn, bin kam nia di kiŋ en ala na di tap pan dɛn lɔng dɛn se: "O pawaful kiŋ, luk! Di faya we de bɔn de kam nia yu tron! Flɔ, Yu Majesty, bifo di faya bɔn yu!"**

**Di kiŋ ansa se, "Go, fɔ yu yon sef a de fil sef en sef na Gɔd in an, di wan we de protɛkt ɔltin, en a nɔ de fred di faya en di faya we de pwɛl am".**

**Di tu man dɛn rɔnawe wit dɛn layf, en di faya begin fɔ kam nia di bɔku bɔku Sukdeva in buk dɛn we bin de**

**nia am, bɔt stil di kiŋ bin kɔntinyu fɔ kol ɛn i nɔ bin bisin bɔt ɔl wetin bin de apin**

**We i yeri dis, Sukdeva panik ɛn lɔs in kɔmpɔzishɔn I grap frɔm in sidɔm ples ɛn bigin fɔ slap di faya wit in an, tray fɔ protɛkt in prɛshɔ buk dɛn Dɔn Kiŋ Gnaka smayl, ɛn wit wan jes, di faya dɔn lɔs lɛk se dɛn nɔ ɛva bi Sukdeva bin sɔprayz wit wetin i si ɛn sink bak na in sidɔm ples, i bin rili wɔnda ɛn kɔnfyus**

**Fɔ dɔn, di kiŋ se wit kol at, “O bɔy Sukdeva, we yu si mi yu bin tink se a na kiŋ we dɔn put misɛf pan tin dɛn na di wɔl, bɔt luk yusɛf! Yu lɛf di ɔlmayti ɛn Gɔd we de protɛkt yu fɔ protɛkt yu buk dɛn, we a nɔ bin pe atɛnshɔn to mi kiŋdɔm ɛn pales we de bɔn Gɔd bin du dis mirekul fɔ sho yu se pan ɔl we yu de asceticism na di wɔl, yu de mɔna yu buk dɛn pas Gɔd, ɛn a de atak mi kiŋdɔm mɔ, pan ɔl we a de liv na di wɔl instead fɔ de ayd ɛn a de na ɛmitaj”**

**Sukdeva bin shem, ɛn di sem tɛm i bin no se dis oli kiŋ na - ɛn nɔto ɔda wan - in spiritual gayd**

**Dɔn Kiŋ Ganakka aks Sukdeva fɔ du wan strong tɛst fɔ tich am di art fɔ liv na di wɔl we i nɔ fɔdɔm insay in trap ɛn tay am wit in kɔnstrakshɔn Wan de, di kiŋ gi Sukdeva tu bol dɛn we ful-ɔp wit ɔyl te to di brim ɛn tɛl am se: “Put wan bol na ɛni an ɛn go insay ɔl di rum dɛn na di pales wit in fayn fayn tin dɛn, ɛn go bak to mi afta yu dɔn si ɔl di tin dɛn we de insay de.” contents Bɔt mɛmba se a nɔ go aksept yu as mi disaypul if yu alaw wan drop ɔyl fɔ fɔdɔm pan di kap dɛn”.**

**Di kiŋ bin aks tu pan in gad dɛn fɔ go wit Sukdeva**

**Dat test bin rili tranga, bot afta tu awa, Sukhdeva komot win**

**Di kin se to am, "Sokdeeva, tɛl mi bɔt di ditel dɛn bɔt ɛni rum na di pales".**

**Sukdeva ansa se, "Royal Masta, mi maynd bin de ful-ɔp fɔ mek di ɔyl nɔ rɔsh pan di kap, ɛn na dat mek a nɔ bin notis ɛni ɔda tin na di pales".**

**Di kin ansa se, "Yu dɔn disapɔynt mi, Sukdeva! Yu nɔ pas mi tɛst A aks yu fɔ chɛk ɔltin na di pales chɛmba dɛn ɛn di sem tɛm nɔ mek wan drop ɔyl kɔmɔt na di tu bol dɛn Go bak ɛn tray bak, ɛn kam to mi we yu dɔn ɛn tɛl mi wetin yu dɔn si".**

**Tɛn awa afta dat, Sukhdeva kam bak wit kol at I nɔ bin dɔn tɔn ɛni ɔyl ɛn i nɔ bin de swet ɔ agitated lɛk bifo I bin ebul bak fɔ ansa di kin in kwɛstɔn dɛn bɔt wetin de insay di pales ɛn tɔk bɔt di ditel dɛn bɔt in rum dɛn wit wɔndaful prɛsishɔn**

**Kin Gnaka bin gladi fɔ di sakrifays we Sukdeva bin gɛt na di ɛgzam ɛn i bin tɔk wit saful vɔys se:**

**"Mi pikin, na attachment to possessions, no bi di possessions sef, na im de sos misery".**

**O Sukhdeva, na dis wɔl wi nɔ gɛt natin; tin dɛn we dɛn gi wi fɔ yuz di tɛm we wi de na dis wɔl fɔ sɔm tɛm Sɔm gɛt mɔ fɔ yuz pas ɔda wan dɛn, bɔt mɛmba se di jɛntrɪman ɛn di po pipul dɛn ɔl tu go lɛf ɔltin biɛn we di tɛm rich fɔ kɔmɔt Pɔsin nɔ fɔ liv layf we nɔ balans, tink bɔt Gɔd nɔmɔ ɛn nɔ pe atɛnshɔn to dɛn wok na di wɔl, lɛk fɔ put yu maynd pan di ɔyl we yu nɔ si wetin de insay di pales Bɔt insay yu sɛkɔn visit, yu kip yu atɛnshɔn mɔ pan di ɔyl, yet di sem tɛm yu si ɔltin na di pales ɛn absɔb in fayn fayn ditil dɛn Semweso, yu fɔ**

**kip yu maynd enjoy wit God, nɔ alaw di ɔyl we gɛt sɛns  
fɔ kɔmɔt na di bɔtul we yu gɛt sɛns, ɛn di sem tɛm yu  
fɔ aktif fɔ du wetin rayt ɛn du gud fɔ ɛp yusɛf ɛn di  
wan dɛn we God dɔn put na yu kia**

**Pis de fɔ una**

**Fɔ se day na biginin ɔ na ɛnd?**

**Insay di ia ɛn mɔnt dɛn, a bin de luk gud gud wan  
ɛn kɔntinyu fɔ luk fɔ am te a kam fɔ no di sikrit bɔt  
layf ɛn day ɛn if sol dɛn kin kam bak to bɔdi afta dɛn  
dɔn lɛf dɛn bɔdi we dɔn pwɛl**

**Fɔ bɔku pipul dɛn, dis kin tan lɛk natin pas wan  
aidia, ɔ jɔs wan biliv bikɔs ɔf di lɔk fɔ pruf Bɔt a nɔ de  
tɔk frɔm jɔs biliv; A dɔn fɛn pruf fɔ layf afta day ɛn bɔn  
bak So, a kin kɔnfɔm dis tru tin frɔm mi yon pasɔnal  
ɛksperiɛns**

**Pan ɔl we mɔtalman kin si day wit fred ɛn sɔri-at,  
di wan dɛn we dɔn go bifo wi na dɛn ples dɛn de we  
pipul dɛn kin gladi, kin si day as wɔndaful tin we kin  
mek wi gɛt gladi-at, pis, ɛn fridɔm**

**Layf afta day go rili fayn! Nɔ nid nɔ go de fɔ kɛr  
dis ebi ebi bɔndɛl bon wit ɔl di pen ɛn trɔbul dɛn we  
gɛt fɔ du wit am Sol dɛn na di ethereal wɔl de kip dɛn  
kɔnshɛns ɛn gladi fɔ dɛn fridɔm frɔm ɔl di fyzikal,  
matirial kɔnstrakshɔn dɛn**

**We pɔsin day, i kin fɔgɛt di tin dɛn we di bɔdi nɔ  
ebul fɔ du ɛn i kin no aw i rili fri Dɛn kin fil fɔ fred fɔ  
sɔm sɛkɔn: i kin fred fɔ di tin dɛn we i nɔ no, i kin fred  
fɔ sɔntin we mɔtalman nɔ sabi Bɔt afta dat, di sol kin  
gɛt dip no ɛn gladi pasmak we i kin gɛt fridɔm frɔm ɔl**

**di tin den we kin ambog am, mo di filin we i kin fil se i de ausayd di fizik kech**

**Natin no de fo fred, bikos as long as posin no day, i stil de alayv, en we i day, na di end en natin no go lef fo fred**

**Day na komon eksperiens: chenj we ol mortalman de go tru Le wi korej wisef wit di tru tin se day kin apin to olman, en na tem fo rest from di lod en wori we de na layf**

**Day na fayn eksperiens, bot posin no fo wish am as fo ronawe pan layf in harsh lesin den Fo ronawe na mistek lek wetin apin to am na dis wol, posin fo fes den wit maynd en maynd We posin ebul fo bia wit layf in problem den, day kin bi blesin we i fo get**

**Day noto end, bot na fo shot tem freedom we di divayn lo fo justis (karma) gi sol den we den de du den wok fayn fayn wan, o we pen don taya den trenk so dat den no go ebul fo bia fo liv en kontinyu fo waka na den rod**

**Fo di wan den we de sofa (en di wan den we de tink bot), day na fo fri from di pen we den de sofa na di bodi to wan stet we get kol at, wek, en pis Fo di wan den we don ol, na penshon we den fo get we den fo get tru di ia den we den de kontinyu fo wok en stretch Fo olman, na welkom rest Bot insay dis rest, di tin den we den kin want we den kin slip we no kin apin we den de na di wol egzistens de wek, en di sol de fil se i nid fo fulop den We den tin ya we den want, den kin dro di sol bak na di wol en den kin bon am bak**

**Wi tru tru sef, o sol, no de day insay in esin Wi kin slip fo som tem bikos of da chenj we den kol day, bot**

**wi important aydentiti nɔ go ɛva pwɛl Wi de, ɛn wi ɛgzistens de sote go Wan wef kin kam na di sho ɛn afta dat i kin kam bak na di si we i nɔ lɔs in ɛsin; bifo dat, i kin jɔyn wit di si ɔ i kin kam bak bak as ɔda wef**

**Di bɔdi kɔmɔt na di kɔsmik si ɛn i go day, bɔt di ɛsin fɔ di sol we de insay di bɔdi nɔ go ɛva stɔp fɔ de sote go Bikɔs fɔ dɔnawe wit da divayn ɛsin de nɔ pɔsibul**

**Wetin mek wi kin kray we di wan dɛn we wi lɛk day? Bikɔs wi de kray fɔ wi lɔs If di wan dɛn we wi lɛk dɔn lɛf wi fɔ stɔdi na skul dɛn we bɛtɛ pas di skul dɛn na layf, wi fɔ gladi fɔ dɛn instead fɔ kray fɔ dɛn Fɔ kray fɔ di sol dɛn we dɔn day de mek dɛn tay dɛn na di wɔl wit di rop dɛn we wi de sɔri, we de ambɔg dɛn fɔ go bifo to ay levul dɛn na Gɔd in ɔrayzin we nɔ gɛt bɔda**

**Day kin kam to di wan dɛn we de wok tranga wan ɛn wok tranga wan na layf as promoshɔn to ay stetɔs ɛn rank ɛn fɔ di wan dɛn we nɔ ebul, i kin kam bak fɔ gi dɛn nyu chans na nyu envayrɔment fɔ tray bak ɛn gɛt sakrifays**

**Di wan dɛn we nɔ gɛt layt de si day as tik wɔl we de ayd dɛn padi ɛn pipul dɛn we dɛn lɛk biɛn am sote go Bɔt di wan dɛn we nɔ gɛt ɛnitin fɔ du wit dɛnsɛf ɛn we dɛn want fɔ dɛnsɛf, we lɛk ɔda pipul dɛn as mɔtalman we de sho Gɔd, ɔndastand se we dɛn day, di wan dɛn we dɛn lɛk kin go bak to Gɔd fɔ blo insay In big big ples di briz we de blo fridɔm ɛn klin gladi at**

**Wi fɔ sɛn lɔv tinkin to di wan dɛn we dɔn pas ɛn aks Gɔd fɔ gi dɛn pis ɛn kɔmfɔt na dɛn nyu wɔl Dis kin bi bay we wi de pe atɛnshɔn gud wan pan di pɔynt bitwin di aybrɔw ɛn sɛn spiritual mɛsej to di wan dɛn**

**we wi læk na di layf we wi dɔn day Wi fɔ sɛn bak tink  
bɔt ɛnkɔrejment ɛn lɔv If wi mɛsej dɛn kɔntinyu, dɛn  
go mɔs fil am ɛn ansa wi filin Fɔ dɛnsɛf, insɛf, tink bɔt  
wi ɛn de wet fɔ wi, jɔs læk aw dɛn kin gladi ɛnitɛm we  
wi mɛmba dɛn ɛn sɛn mɛsej to dɛn we de sho se wi læk  
dɛn ɛn we wi want**

**ɛn di de go kam we Gɔd go mek di wan dɛn we læk  
dɛnsɛf kam togɛda bak, ɛn da tɛm de wi go no se dis  
mɔtalman layf nɔto ɔl wetin de, bɔt na jɔs wan link na  
di chen fɔ wan rilayshɔnship we go de sote go ɛn we  
nɔ go brok wit wi padi ɛn pipul dɛn we wi læk na dis  
layf ɛn di nɛks layf**

**Pis de fɔ una**

**fayn rizɔlt**

**Di maynd de mek ɛn mek nyu tin, na dat mek i fɔ  
gayd am fayn so dat i nɔ go mek**

**Na gud aidia ɛn tin nɔmɔ If yu ol wan aydia, wit  
wil ɛn maynd, i go du am**

**I go tek wan we we pɔsin kin si ɛn we pɔsin ebul fɔ  
yuz wetin i want fɔ du sɔntin**

**Bikɔs i kin yus ɔltɛm ɛn i kin ebul fɔ bil, i kin bi di  
masta fɔ in destiny**

**Tri impɔtant we dɛn de fɔ chaj yu wil pawa ɛn mek  
i strong ɛn wok fayn:**

**Fɔ pik wan simpul wok ɔ wok we nɔ bin pɔsibul fɔ  
praktis ɛn masta bifo, ɛn di disayd fɔ du am**

**Sakses na da wok ɔ wok de**

**Fɔs, mek sho se wetin yu don pik na sɔntin we  
pɔsin kin ebul fɔ du, don nɔ giv ɔp we yu nɔ ebul fɔ du  
am**

**En fɔ le pɔsin nɔ ebul fɔ du sɔntin**

**Fɔ pe atɛnshɔn pan wan gol en yuz ɔl di enaji en  
chans den we de fɔ rich am**

**Na dat na di gol**

**I rili impɔtant fɔ mek sho ɔltɛm, dip insay di  
kwayɛt sɛf, na wetin pɔsin want en tray fɔ**

**Di tin we i aks fɔ na fɔ in bɛst en i gri wit wetin  
Gɔd want Don i go ebul fɔ yuz in ful pawa**

**Di tin we i want fɔ du fɔ rich wetin i want, pan ɔl  
we i de pe atɛnshɔn pan Gɔd, we na di say we i de gi  
ɔl di pawa**

**En di tin den we den don du**

**Fɔ fred kin mek di enaji we de na layf wik**

**Mɔtalman maynd na big big tin fɔ kip enaji ɔ  
impɔtant tin fɔ du Dis wok na**

**I de yuz am ɔltɛm fɔ mek di mɔsul den de muv en  
fɔ mek di at, di long den, en di dayafragm wok**

**di sɛl metabolism en di bɔdi kemikɔl riakshɔn dem,  
en insay di fɔnshɔn fɔ di sɛns ɔgan dem**

**(Nerves) Apat from dat, den kin spɛn bɔku pan di  
impɔtant enaji insay**

**Tin, filin, en wil**

**Fɔ fred wikɛd impɔtant aktiviti Na wan pan di faya  
faya enimi dem fɔ di aktif wil Fɔ fred de bays pan**



**bay we yu de swel en ambog di layf aktiviti we n  
omal fo folo otem to di nev dem, i de sho lek se**

**I don paralyz, so di bodi kin taya en in trenk kin  
go don bad bad wan**

**Fo fred nor de ep yu fo pul di tin wae de mek yu  
frayd I de wik di wil en ovastimulate di bren**

**fo send signal we de ambog di bodi in ogan dem Fo  
fred de grip di at en i de mek di proses no de**

**We posin de digest, i kin mek boku problem den na  
in bodi We di konsheens de kontinyu fo pe atenshon pan  
God**

**Wi no go fred natin en wi go ebul fo win evri  
problem en problem wit maynd en fet**

**Wish na want we no get di enaji Intenshon na fo  
disayd fo du sontin: fo fulfil wetin yu want o**

**Desire Will, na di oda say, yu kin sho am bay we  
yu se: "A de wok tranga wan te a rich wetin a want".**

**"A want am" We posin tren in wil, i kin fri fos den  
we get important wok**

**En fo gayd am, noto fo jos want sontin we yu no du  
wetin nid**

**Fo get da tin de**

**Nyu tray afta den no ebul fo du dat kin mek den  
rili gro**

**Ivin if posin no ebul fo du natin fo bi sontin we de  
mek posin want fo du sontin en fo mek i gro na in bodi  
en in spirit We i no ebul fo du sontin**

**Fɔ ɛni prɔjek, i fayn fɔ analayz ɔl di tin dɛn we gɛt  
fɔ du wit am, di tin dɛn we de apin, ɛn di tin dɛn we de  
apin fɔ pul dɛn kɔmɔt**

**Fɔ pul ɔl di pɔsibiliti fɔ ripit di sem mistek dɛn  
tumara bambay Disabling failure na di we we fit pas ɔl**

**ɛn di sizin we fayn pas ɔl fɔ plant di sid dɛn we go  
mek pɔsin gɛt sakrifays**

**Blow ɛn panch frɔm sikɔstɛms kin mek i brus ɛn  
kɔntushɔn, bɔt pɔsin fɔ kɔntinyu fɔ gɛt kol at**

**Rayt ɛn wi ed ɔp Wi nɔ fɔ giv ɔp fɔ tray, bɔt wi fɔ  
tray bak**

**ɔda pas dat, ilɛk ɔmɔs tɛm wi nɔ ebul Wi fɔ tray  
we wi tink dat**

**Wi nɔ gɛt trɛnk fɔ tray tranga wan igen, te wi fil  
dip dip wan se wi dɔn du wi bɛst**

**Wi bin du wi bɛst, ɛn wi go du ɔl wetin wi ebul te  
wi tray fɔ gɛt sakrifays**

**Wi fɔ kɔntinyu fɔ fɛt di wɔ fɔ layf te di ɛnd, yuz wi  
pawaful pawa fɔ du sɔntin**

**Fɔ win ɔl di prɔblɛm dɛn we kin apin na layf**

**Nyu tin dɛn we dɛn kin du afta we dɛn nɔ ebul fɔ  
du sɔntin kin mek dɛn rili gro, bɔt dɛn fɔ mek dɛn wok  
togɛda ɛn mek dɛn gɛt mɔ pawa**

**Wit tek tɛm atɛnshɔn ɛn ifɛktiv dinamik wil**

**Ivin if yu dɔn fel te naw, i nɔ mek sɛns fɔ lɛ yu stɔp  
fɔ fɛt ɛn tek am se if yu nɔ ebul fɔ du natin as sɔntin  
we go apin to yu**

**En bay fate I bete fo mek posin day fet pas fo lef fo  
tray as long as i get tem**

**I kin ebul fo du mo, bikos di tray we i de tray go  
kontinyu fo get nyu layf ivin afta i day**

**Sakses en fail na di fayn autkam fo wetin posin  
don du trade, apat from wetin**

**I de du am naw So, di aidia dem fo sakrifays fo  
wek en richaj from di inkarneshon dem we bin don pas**

**Wit aktiviti en vitality fo ebul kontrol tink bot fo fel  
na presen layf**

**Di problem en problem den we posin we get  
sakrifays kin get kin pas di wan den we oda pipul den  
kin get**

**Di posin we no bin win bin fes am Bot di fos wan  
tren insaf fo rijek di aidia fo fel oltogeda**

**En ditayli otem**

**Di maynd fo chenj from frustrashon en pwel at to  
win en win, from wori to kol at**

**From intelektual konfyushon en saykolojik wori to  
mental fos, from konfyushon en trobul**

**Fo get pis, en from pis to oli spiritual gladi at**

**We yu get dis sens fo no yusef, di rizin fo yu layf  
go don krawn wit sakrifays en ajost**

**Glorious**

**Di nid fo get saykoanalysis**

**Fo di wan den we want fo get sakrifays, wi de gi  
dis advays:**

**Wan ɔda sikrit fɔ sakrifays na saykoanalysis  
Introspekshɔn na miro we pɔsin kin si tru**

**Di dip tin dɛn we ayd na yu maynd, we ɔda we go  
de ayd frɔm yu, de sho Tray fɔ no di pɔynt dɛn we yu  
nɔ ebul fɔ du**

**Difrɛns bitwin gud ɛn bad tin ɛn tin dɛn we yu kin  
want fɔ du Yuz yusɛf fɔ ɔndastand usay yu tinap naw**

**Wetin yu want fɔ du, ɛn us tin dɛn de ambɔg yu?  
Difayn di kayn we aw yu rial wok de**

**No wetin mek yu de liv yu layf Tray fɔ gɛt ɔl di  
kwaliti dɛn we pɔsin we rili bi gɛt**

**ɛn di wan we gɛt ay pozishɔn, we nɔ de muv wit di  
tin dɛn we i lɛk ɛn di tin dɛn we i want, pan ɔl we i de  
mek in maynd gri ɛn gri wit Gɔd**

**Yu go go bifo kwik, sef ɛn kɔnfidɛns pan di rod fɔ  
rich di gol we yu want**

**Di men gol na fɔ fɛn di rod fɔ go to Gɔd Bɔt wok ɛn  
rispɔnsibiliti dɛn de**

**Dɛn tin ya fɔ akɔmplit ɛn fulfil na dis wɔl Wilpawa  
kɔpl wit initiativ go ɛp wi**

**Fɔ difayn dɛn kɔmitment dɛn de ɛn fulfil dɛn to di  
ful mak**

**Di pawa we di tin dɛn we pɔsin kin du fɔ mek tin  
dɛn gɛt**

**Wetin na initiativ? Na di abiliti fɔ mek tin dɛn  
insay pɔsin: na spak frɔm di pɔsin we mek am**

**Infinity de gi di abiliti fɔ mek sɔntin we nɔbɔdi nɔ  
ɛva mek bifo, jɔs lɛk aw i de gi**

**Di motiveshon fɔ du tin dɛn na nyu ɛn kriyaytiv we  
Di tin dɛn we pɔsin we gɛt spirit kin du**

**Di initiativ kin bi as brilliant ɛn astonishing as a  
shooting star ɛn i tan lɛk se i de mek sɔntin**

**Frɔm natin, i pruv se wetin i tan lɛk se i nɔ  
pɔsibul, rili pɔsibul fɔ yuz am**

**Man na di big big pawa we di spirit de mek**

**Di spirit fɔ du tin ɛn fɔ mek nyu tin dɛn de mek  
pɔsin ebul fɔ tinap pan in yon tu fut, fri ɛn  
indipɛndɛnt;**

**Wan pan di tin dɛn we kin mek pɔsin gɛt sakrifays**

**Gɔd in pikchɔ de insay ɔlman**

**Bɔku pipul dɛn kin ɛkskyuz dɛn yon fɔlt dɛn we  
dɛn nɔ kin taya fɔ kɔndɛm ɔda pipul dɛn Wi fɔ rivɛns  
dis**

**Di pozishon na fɔ fɔgɛt ɔda pipul dɛn fɔlt (we nɔ de  
ambɔg pipul dɛn) ɛn put wi yon fɔlt dɛn ɔnda**

**Di maykroskɔp**

**Sɔntɛnde, i kin nid fɔ stɔdi ɔda pipul dɛn, bɔt if na  
so i bi, pɔsin fɔ kip wetin i de tink bɔt**

**Fri frɔm bias ɛn diskrimineshon Fɔ tink fayn ɛn we  
nɔ de tek wan pɔsin bɛtɛ pas ɔda pɔsin tan lɛk miro**

**Di klia, nɔ de shek shek miro, we nɔ de shek bay  
we dɛn de kɔndɛm am kwik kwik wan ɛn ɔl wetin de  
apia na da miro de**

**I go apia lɛk aw i rili tan, ɛn dɛn nɔ go mek am  
fayn ɔ chɛnj am**

**Lε wi si Gɔd in pikchɔ insay εvri mɔtalman, ilɛk  
uskayn trayb ɔ biliv Wi go test di swit we lɔv gɛt**

**Di oli wan na we wi fil wi wanwɔd wit mɔtalman,  
nɔto bifo In mutual service**

**Wi fɔgɛt di smɔl sɛf (di ego) εn tɔch di wan big sɛf  
we nɔ gɛt limit ɔ restrikshɔn**

**To am: Na Gɔd in spirit we de mek ɔl mɔtalman  
gɛt wanwɔd εn mek dɛn kam togɛda**

**Di abit dɛn we pɔsin kin gɛt we i de tink, de  
kɔntrol mɔtalman layf**

**Mɔtalman abit gɛt di pawa fɔ aksɛleret ɔ delay  
sakrifays It's not fleeting inspirations or**

**Brayt aidia dɛm, fɔ tru, εvrɛde maynd abit dɛm, de  
sho aw wi layf go go**

**Mental abit na mental magnet wae de atrak sɔm  
kayn tin εn pipul dɛm to wi**

**En tin dɛn we kin apin We wi de tink gud wan, dat  
kin mek wi ebul fɔ gɛt fayn εn bɛnɛfit chans dɛn, bɔt**

**Bad intɛlektual abit dɛn kin mek wi kam nia di  
wan dɛn we gɛt di kayn we aw pipul dɛn de biev εn di  
tin dɛn we dɛn kin want fɔ du na di wɔl, εn to tin dɛn  
we nɔ kin bi so**

**Dɔn advays**

**Bad abit kin neutralize εn dɛn pawa neutralized  
bay wae yu avɔyd εnitin wae kin trigger am**

**ɔ gi am layf bak, we yu nɔ de pe atɛnshɔn pan am  
ɔltɛm Afta dat, di maynd fɔ de to di abit**

**Fɔ du gud ɛn fɔ wok fɔ kɔntinyu fɔ divɛlɔp am te i  
bi impɔtant pat pan wi layf na sɔntin we wi kin du**

**Trɔst am ɛn abop pan am**

**Insay wi, tu pawa dɛn de we de agens wi we de fɛt  
we nɔ de taya: wan pawa we de kɔmpɛl wi fɔ du wetin  
wi nɔ fɔ du**

**Wi kin du am, ɛn ɔda pipul dɛn kin gi advays to wi  
wetin wi fɔ du, tin dɛn we kin tan lɛk se wi de du mɔ**

**Difikulti Di fɔs vɔys na bad vɔys, we di sɛkɔn vɔys  
na gud ɔ Gɔd in vɔys**

**Tru di tranga lɛsin dɛn we wi kin lan ɛvrɪde, wi kin  
si klia wan se bad abit dɛn kin gi tik tin fɔ it**

**Di tin dɛn we pɔsin kin want we nɔ gɛt ɛnd, pan ɔl  
we gud abit dɛn kin gi di tik we pɔsin want**

**ɛn ay ay spiritual aspireshɔn Dɛn tray fɔ pe  
atɛnshɔn mɔ ɛn mɔ fɔ divɛlɔp di rayt we**

**Fɔ di spiritual tik we gɛt blɛsin, so dat wan de wi  
go avɛst di frut dɛn we wi dɔn machɔ fɔ no wisɛf**

**Fil fɔ it**

**If pɔsin ebul fɔ fri insɛf frɔm ɔl kayn bad abit, ɛn if  
i ebul fɔ du ɔltin**

**Wetin gud ɛn nobul na lɔv tru nobul ɛn gud, nɔto  
bikɔs bad de brɪŋ sɔri ɛn rigrɛt**

**I go gro in spirit ɛn go bifo along di rod**

**Pɔsin go fri we i gri ɛn bay we i disayd fɔ lɛf in bad  
abit Dɛn go jɔs fri we**

**I kin bi masta, we ebul fɔ gi ɔda lɔ to aw i de fil,  
aw i de tink, ɛn aw i want fɔ du wetin i nid**

**I du am, ivin if i go agens wetin i want Insay da  
pawa de fɔ kɔntrol insɛf ɛn fɔ kɔntrol insɛf**

**Di sid dɛn fɔ fridɔm we go de sote go de insay**

**A dɔn tɔk bɔt sɔm impɔtant tin dɛn we de mek a  
gɛt sakrifays te naw: fɔ tink gud wan, fɔ du sɔntin fɔ  
du sɔntin, .**

**Saykoanalysis, initiative, ɛn self control Bɔku buk  
dɛn de tɔk mɔ bɔt wan ɔ mɔ pan dɛn tin ya**

**Mɔ pas dɛn tin ya, bɔt i nɔ gri se Gɔd gɛt di pawa  
we de biɛn di tin dɛn**

**Dat na sakrifays Alignment wit divain will na di  
most impɔtant element fɔ achieving sakes**

**Divayn wil na di pawa we de muv di wɔl ɛn ɔltin  
we de pan am, ɛn di yunivas ɛn ɔltin we de insay Na  
Gɔd in wil**

**Na Gɔd de push di sta dɛn na di spes, ɛn na in  
want mek di planɛt dɛn de na dɛn rod**

**ɛn di saykl dɛm fɔ bɔn, gro, ɛn rɔtin de gayd ɔl  
kayn layf Blɛsin fɔ Gɔd, ɛn blɛsin fɔ wetin i want Di  
wan dɛn we gɛt sɛns ɛn we sabi ɔltin**

**Pis, sɔri-at ɛn blɛsin fɔ Gɔd de pan una**

### **spiritual ekstasis**

Di rial ɛksperiɛns we pɔsin kin gɛt we i de gladi fɔ Gɔd  
Gɔd dɔn gi wi di pawa we spiritual inspekshɔn de gi: di  
ebul fɔ ɛksperiɛns di gladi at we i gɛt we i de insay wi Bɔt di  
wikɛd pawa dɛn we de na wi layf dɔn mek difrɛn we dɛn fɔ



falamakata lay lay en ful pipul den Di temporary yuforia fo  
rom en drugs na kompitishon fo tru tru spiritual eksperiens  
den Di yus fo rom en drugs boku tem kin mek wi put an pan  
mami en dadi biznes we de mek wi no ebul fo get spiritual  
inspekshon bay we den de stop di maynd wit tranga fizikal  
awareness

Boku pipul den kin drink rom fo pul wari en fo pul di  
memori den we de mek posin fil pen en we de ambog am Bot  
dis kayn forget we posin kin forget kin mek i no get sens we i  
bon wit na God in yay—yes, i kin mek i no get di trenk we i  
kin get we kin ep am fo win den problem den en get gladi at  
we go de sote go

God na di sos we de mek wi gladi en gladi, en I want wi  
fo luk fo in gladi at we de nyu oltem en fen am insay wisef  
Wan ful, setan kosmik fos de – Setan, Iblis, di Antichrist,  
o di Antichrist – we no de taya fo tray fo tamper wit ol di fayn  
fayn en sublaym manifesto en konsept den na dis yunivas  
Tru di krieshon, wi de si di tu pawa den we gud en bad  
de agens en agens densef: God mek lov, en di debul pawa  
mek pipul et God mek gudnes en fri-an, en di debul pawa  
mek pipul den de tink bot densef nomo en lek densef God mek  
pis en wanwod, en di debul pawa mek pipul den no get  
wanwod en fet-fet

We di posin we de luk fo am no dis, i fo ondastand se  
rom en drugs kin rili ambog in gladi at bikos den kin mek di  
tru tru spiritual gladi at no klia en i kin pwel di bren sel den,  
we kin ambog in sens en sens bad bad wan lvin wan doz fo  
drink rom o drugs kin mek i get adikshon, mo if posin get di  
predispozishon fo den bad bad tin ya from layf we i bin don liv  
trade Den fo avoyd bad tin den bikos den bad

We yu get tru tru spiritual ekstazi, yu go si se no oda  
eksperiens no de we yu go kompia Mama en papa den fo tray  
oltem fo mek den pikin den no bot God biznes bay we den de  
tich den fo tink gud wan en fo no wetin den de du, so dat den

no go sofa pan di temteshon fo ple wit di faya den we de mek  
den ful en lay lay enjoyment

Tru gladi at no get end Bot di gladi at we posin kin get  
we i de drink rom en drugs kin de fo shot tem en i kin jos lef fo  
rigret en filin we kin pwel posin in we

Evri net, we wi de slip wit pis en rest, wi kin get wan teist  
fo pis en gladi at We wi fodom insay wan dip slip, God de  
alaw wi fo liv insay wan sublaym, kwayet stet fo konshens,  
we wi kin forget ol di wori en wori wori den na dis wol We wi de  
tink gud wan, wi kin eksperiens dis blesin stet na wi maynd  
ivin di tem we wi de wek, en test wan pis na oda levul

We divayn gladi at de kam don, mi briz kin kol, en mi  
spirit kin go op, a kin get di gladi at we wan tawzin slip kin  
get wan tem, bot stil a no kin los mi odinari sens Dis kosmik  
eksperiens na fo di wan den we de dip dip wan fo rich di ay ay  
stet fo konshens

We yu bi ful-op wit di ovawel gladi gladi we God get, di  
bodi kin stil stil, di briz kin stop fo flo, di tin den kin kam fo no,  
en ivin kin don smol smol Di posin we de tink gud wan kin fil  
di rial tin bot in sol en di we aw i de nia di Wan we mek oltin,  
so i kin drink from di divayn blesin en test di gladi gladi we  
wan tawzin dos wayn no kin ebul fo gi

Di avrej posin kin fil lek se i de slip na di boda bitwin we i  
wek en slip, i kin fil fo shot tem fo fil fayn, bot dis filin kin don  
kwik kwik wan as den de dref go na dip slip Slip noto fo le i no  
no natin bikos, we yu wek, yu kin no if yu slip bin de rest o no  
bin de rest

Boku stet den de we posin kin slip—som layt, som dip  
Bot di spiritual eksperiens den we posin kin get wit God we i  
de tink, kin mek i gladi en i kin mek i fil fayn pas di big big  
gladi-at we i kin get we i slip o slip (di slip o slip we kin apin  
. bifo i slip)

Bifo di sikrit en sikrit den bot slip, den oli gladi-at den ya

de

A kin de na ɛni stet we a want bɔku tɛm a kin de bitwin

di wɔl fɔ slip ɛn di awareness fɔ di wɔl: insay wan sublaym  
stet

Mɔtalman maynd gɛt bɔku bɔku say we nɔ gɛt limit, bɔt

bɔku tɛm pɔsin nɔ kin no bɔt am A kin ɛksperiɛns tu stet dɛn  
wan tɛm: dip slip ɛn ful wek ɔ a kin slip, drim, ɛn yɛri ɔltin we  
de apin rawnd mi di sem tɛm

Sɔntɛnde a kin slip lɛk ɔdinari pɔsin a kin slip bak ɛn  
wach misɛf ful kɔnshɛns Insay di ay stet, yu bɔdi ɛn maynd  
de slip, yet yu fulɔp fɔ no ɔltin we de apin Dis na jɔs bay we  
yu kɔltiv di abiliti fɔ kɔnshɛns ɛn bay wilful fɔ go insay di ay  
stet fɔ kɔnshɛns ɛn kɔnshɛns ɛn bay wilful fɔ go bak to di  
nɔmal stet fɔ wek

I nɔ nid fɔ fred atɔl fɔ kɔmɔt na di bɔdi we yu nɔ gɛt di  
pɔsibiliti fɔ kam bak tru meditashɔn, insay pis, ɔ imajinɛshɔn

Dis aidia, we sɔm pipul dɛn de promot, nɔ gɛt ɛni  
fawndeshɔn Fɔ atak di bɔdi so strong dat i nɔ izi fɔ dɔnawe  
pan am Ivin if di kɔnshɛns awareness dɔn dɔn, i nɔ pɔsibul fɔ  
kɔmɔt na di bɔdi kɔmplit wan as long as di sabkɔshɔs maynd  
de kɔntinyu fɔ kɔnɛkt to am

If yu imajin sɔntin tu tranga wan, da tin de go bi  
hallucination, we nɔ go gɛt ɛni subjektiv rialiti Di difrɛns  
bitwin imajinɛshɔn ɛn fɔ no yusɛf Di impɔtant pruf fɔ di  
divayn sɛlf-no—fɔ Gɔd in awareness insay yu—na fɔ bi tru ɛn  
unconditionally gladi

If yu de gɛt gladi at we de go ɔp ɛn kɔntinyu we yu de  
tink gud wan, no se yu de ɛksperiɛns Gɔd in prezɛns na yu sol  
Bɔt if yu stɔp ɔ ambɔg di flɔ fɔ oli gladi at, dis na pruf fɔ wan  
fɔrina ɛliment na yu kɔnshɛns we yu fɔ dɔnawe wit fɔ mek yu  
gɛt gladi at we de insay yu bak

Di spiritual ticha, we rili no Gɔd, gɛt wan tin we i want: fɔ  
gi spiritual gayd to di wan dɛn we de luk fɔ am, ɛnkɔrej dɛn  
fɔ tink bɔt Gɔd ɛn kam nia am wit at, sol, maynd, ɛn du ɔl di  
wan dɛn we de mek i fil fayn, de gɛt Gɔd in blɛsin tru am,

bikɔs na jɔs wan ɔmbul inschrument we de na Gɔd ɔlmayti in  
an

Wan nɔ go ebul fɔ de wit Gɔd jɔs bay we i tink se i dɔn  
get spiritual layt fɔ impɔtant insɛf ɛn fɔ mek pɔsin get gud  
abit dɛn na impɔtant tin dɛn we pɔsin fɔ du bifo i rich ay stet  
Big difrɛns de bitwin fɔ no Gɔd di we we pɔsin kin ebul fɔ du  
ɛn fɔ no am rial we Na jɔs tru ɔmbul, sɛns, sinsi, gud abit, ɛn  
we i want fɔ rili want fɔ no Gɔd Na di wan dɛn we ɔmbul we  
kam fɔ no Gɔd ɛn udat Gɔd gri wit dis

Di wan dɛn we de go dip dip wan insay di kɔsmik  
kɔnshɛns, natin nɔ de fɔ mek dɛn get ɛkstra ɔdinari spiritual  
abiliti ɛn kɔntrol di natura pawa dɛn Bɔt, nɔbɔdi we get tru  
tru divayn kɔnshɛns nɔ de yuz in pawa fɔ bost ɛn sho ɔf, if i  
nɔ get sɛns ɔ i nɔ get sɛns

Pipul dɛn we get sɛns ɔndastand se na Gɔd nɔmɔ de  
ɛgzis ɛn wit ɔmbul, dɛn de atribyut to Am di ɛkstra ɔdinari  
gift dɛn we I dɔn gi dɛn

Yu nɔ tink se ɔltin we de na mirekul? ɛn yu nɔ tink se  
?mɔtalman, jɔs bikɔs i de, na mirekul bak  
If mɔtalman nɔ satisfay wit ɔl di wɔndaful tin dɛn we Gɔd  
?dɔn mek, wetin mek oli pipul dɛn fɔ du mɔ mirekul dɛn  
Gɔd in oli wan dɛn we de du wetin rayt nɔ de du ɛnitin  
pas Gɔd tɛl dɛn fɔ du am, ɛn sɔntɛnde fɔ rizin dɛn we nɔ klia  
ɛn we at fɔ ɔndastand

A go sho wit ɛgzampul aw ay kɔnshɛns difrɛn frɔm  
sɔbkɔshɛns kɔnshɛns  
nsɛns na da stet we yu kin – we yu wek ɛn slipɔy kɔdi h  
di bay wil ɛn witoutɔnsɛns – indyuz ɛni sɛns na di bɔɛn ful k  
ɛni ɛksternal stimulus  
Insay di eria fɔ imajineshɔn we yu nɔ no (di drim wɔl), yu  
kin drink wan kɔp ɔt milk, bɔt dis ɛksperiɛns de impɔz pan yu  
Insay ay kɔnshɛns, yu kin ɛksperiɛns di sem tin, ɔ ɛni ɔda tin,  
tru kɔnshɛns wil

If pɔsin nɔ ebul fɔ du dat, i nɔ fɔ ful insɛf fɔ tink se i dɔn  
rich di ayt dɛn we i get ay kɔnshɛns Di rod kin tan lɛk se i

long, bot wan tawzin mayl waka kin begin wit wan step En as  
long as posin stil get op, no tin no go ebul fo mek i no ebul fo  
rich di gol we i want

Boku boku pipul den kin kapcho wit di wondaful tin den  
we de apin na di sabkoshos maynd we de apin we yu de slip  
Bot we yu de na ay stet, yu kin si o no wetin yu want, noto  
tru imajineshon, bot tru rial tin a kin sidom na dis chia en  
shift mi maynd to eni ples en si eksaktoli wetin de apin de  
Sontende disaypul den kin liv insay di sabkoshens, en  
som tem den kin go op to ay konshens En som seleket som de  
we ebul fo pas ay konshens en get kosmik konshens: di eria fo  
di divayn spirit, we no get krijin o koz  
Insay wan stet we klin spiritual owe, di posin we de luk  
no nid eni previos imajineshon fo eksperiens tin den We den  
joyn wit kosmik konshens, den awareness de pan en joyn wit  
evri atom we de, bi konshens fo no di wan ol yunivas en ol di  
tin den we de na di wol Dis eksperiens na ekstenshon we no  
get end fo konshens Di wan den we de eksperiens dis  
awareness kin fil se den de na di fayv den na gras en na  
mawnten den ed, en bak na di mawnten den evri sel na den  
bodi en evri atom na di spes  
Bot kosmik konshens pas dat bak  
We posin kin fil in prezens insay ol di egzistens  
Gladi no bak wetin de pas egzistens  
I de joyn wit di ol-kompas divayn konshens Pis de pan yu

### **Tink gud wan**

**Insayt na di we we wi kin yuz fo no di wol fo Fom,  
we no de si di fayv sens o bay intelekt Na tru se di wol  
fo Fom de apia insay en tru di sens wol, en na tru se fo  
no di las wan min fo no di fos wan, bot difrens de pan  
aw den no di tu**

**Wi kin rili no di sɛns wɔl insay ɔl in dimɛnshɔn dɛn tru di sɛns we wi de si ɔ tink nɔmɔ? Fɔ tru, nɔto tru tru tin dɛn we nɔ gɛt ɛnd, tin dɛn we de apin, lɔ dɛn, ɛn rilayshɔnshɩp dɛn de, insay di nature ɛn insay wi yon bɔdi, we de stil bi buk dɛn we dɛn dɔn sial ɛn sikrit dɛn we ayd fɔ mɔtalman So aw wi go ebul fɔ ɔndastand di spiritual say dɛn we de pas ɔl di tin dɛn we wi de tink ɛn we wi de fil?**

**Insayt de spring ɛn ɔpreshɔn frɔm insay di sol, we tink de kɔmɔt witout Insayt de alaw wi fɔ tinap fes to fes wit di trut, we tink de gi wi indaykt imej bɔt am**

**Insayt de si di trut as wan kɔmplit wan bikɔs ɔf wan strenj ɛn wɔndaful kɔnekshɔn (bitwin am ɛn di trut), we di maynd de wok fɔ sheb ɛn skata di trut**

**ɔl mɔtalman gɛt di pawa fɔ sɛns, jɔs lɛk aw dɛn gɛt sɛns ɛn jɔs lɛk aw dɛn kin tren ɛn rifin tink, na so bak pɔsin kin gɛt sɛns ɛn divɛlɔp Insay sɛns, wi kin gri wit di trut kɔmplit wan\_ Di wɔl we gɛt gladi-at , wit wanwɔd pan nɔmba) ɛn wit di lɔ dɛn we de insay we de gayd di spiritual wɔl, ɛn wi de gri bak wit Gɔd**

**Aw wi kin no se wi de? Na tru di tin dɛn we pɔsin kin fil we i de fil? Wi sɛns dɛn kin tɛl wi bɔt wi ɛgzistens ɛn sho usay wi no se wi de? Na tru se nɔto di filin fɔ ɛgzistens nɔ de dipen pan di sɛns dɛm, we nɔ kin no bɔt ɛnitin if wi nɔ ɔndastand am fɔs se wi na pat pan di prɔses fɔ sɛns insɛf**

**Yu tink se di we aw wi de si tin ɛn di we aw wi de tink de tɛl wi se wi de? Fɔ tru, nɔto so, bikɔs di data na di maynd gɛt sɛns impreshɔn ɛn dɛn - as i tan lɛk - nɔ ebul fɔ pruv to wi se wi de**

**Di akt fɔ tink nɔ kin gi wi awareness fɔ ɛgzistens bikɔs ɛgzistens de insay di tinkin prɔses sɛf We wi kɔmpia wisɛf to di ɛksternal wɔl ɛn tray fɔ rizin ɔ tink se wi de, di awareness fɔ ɛgzistens de insay di very akt fɔ tink ɛn rizin Given di limiteshɔn fɔ tink ɛn di**

**inadequacy of di senses, aw wi go no se wi de? Di ansa de nɔmɔ pan di sɛns we di sol gɛt Dis no na di we aw pɔsin de tink bɔt insɛf I pas rizin ɛn di sɛns, we nɔ gɛt ɛni ɛgzistens we nɔ gɛt sɛns**

**Insayt at fɔ difayn bikɔs i so klos to wi ɔl ɛni wan pan wi fil am Wi nɔ no wetin na ɛgzistenshal awareness? I so famili as fɔ defy difinishɔn If yu aks pɔsin aw dɛn no se dɛn de, i nɔ go ebul fɔ ansa Dɛn no, bɔt dɛn nɔ ebul fɔ difayn am Dɛn kin tray fɔ ɛksplen ɛn ɛksplen am, bɔt dɛn wɔd dɛn nɔ kin ebul fɔ gi wetin dɛn fil insay dɛnsɛf Insayt gɛt dis kapasiti pan ɔl in fɔm ɛn manifestɔshɔn dɛn**

**Di nɔmba 4 we, we dɛn ɛksplen ɔdasay, na bay we wi de ɔndastand di mɔ we wi de pe atɛnshɔn to am, na di mɔ wi go no Gɔd**

**Tru insayt, pɔsin kin kam fɔ no Gɔd, ɛn kɔnekshɔn kin establish bitwin di sɛns ɛn ideal wɔl Dɛn kin si di las wan insay ɛn tru di sɛns wɔl Dɔn di inflɛns we di sɛns dɛn gɛt kin dɔn, di tin dɛn we kin ambɔg wi kin dɔnawe, ɛn wi kin kam fɔ no Gɔd—di say we di blɛsin de kɔmɔt—ɛn insay wi de dawn wan awareness of the One and All in One Dis na di insayt we di prɔfɛt dɛn, di big big pipul dɛn, ɛn sɛnsman dɛn na di wɔl**

**Di tɔd we, ɔ di kɔntemplativ we we wi bin dɔn tɔk bɔt, de kɛr wi bak to di wɔl fɔ sɛns we wi de praktis am tranga wan ɛn aktif wan, bɔt na indaykt we ɛn i nid mɔ tɛm fɔ mek insay wi wetin de apin tru dairekt insayt ɔ no**

**So, tru insayt wi kin no Gɔd pan ɔl di tin dɛn we i de sho Wi sɛns nɔ ebul fɔ sho am to wi, bikɔs dɛn jɔs de si in apia na do No sɛns ɔ rizin nɔ go ebul fɔ rili no Gɔd, bikɔs di sɛns nɔ go ebul fɔ pas di infɔmeshɔn ɛn data we di sɛns dɛn gɛt I kin jɔs ɔganayz ɛn intaprit di sɛns impreshɔn dɛn**

**We di sɛns nɔ ebɒl fɔ mek wi kam nia Gɔd, di sɛns sɛf de fel bikɔs i de abop pan dɛn So, wi fɔ tɔn to insay vishɔn fɔ sho Gɔd insay in blɛsin fɔm ɛn in ɔda manifestɔshɔn dɛn**

**Bɔt sɔm tin dɛn de we de ambɔg dis we aw pɔsin kin si tin we pɔsin kin tink bɔt, lɛk sik, maynd wik, dawt, les, tin dɛn we pɔsin want fɔ du, tink we nɔ de chenj, ɛn we i nɔ kin tinap tranga wan Dɛn tin ya we kin ambɔg wi kin gɛt ɔ wi kin gɛt am bay we wi de kip kɔmpin wit ɔda pipul dɛn Wi kin win di tin dɛn we wi kin gɛt we wi gɛt fɔ du tin dɛn we de ambɔg ɛn we nɔ fayn fɔ du sɔntin, wi kin ebɒl fɔ win bay we wi de tray tranga wan pan wi maynd, jɔs lɛk aw wi kin ebɒl fɔ win failure and frustration through willpower Wit di rayt tray ɛn di kɔmpin wit gud pipul dɛn—di wan dɛn we de gi dɛn layf to Gɔd—wi kin pul bad abit dɛn kɔmɔt na di sol in gadin ɛn plant gud wan dɛn na dɛn ples**

**If wi nɔ go wit di wan dɛn we dɔn si, tɔch, ɛn ɔndastand di trut na dɛn layf, wi nɔ go no wetin na da trut de**

**Di spirit fɔ aks kwɛstiyɔn de insay ɔlman, ɛn ɔlman na dis wɔl na pɔsin we de luk fɔ trut, we na in ɛritij we go de sote go, ɛn i de luk fɔ am ɔltɛm, wit sɛns ɔ fulish wan, te i fɛn am ɛn gɛt am bak kpatakpata**

**I nɔ tu let Di wan dɛn we de tray tranga wan go gɛt sakrifays, ɛn di wan dɛn we de bia go rich usay dɛn want fɔ go!**

**Di mɔtalman we wi nɔ de si**

**Masta Paramhansa Yogananda**

**Di rial aidia bɔt mɔtalman as pipul dɛn we wi nɔ de si wit di yay tan lɛk se i nɔ natin ɛn i nɔ mek sɛns Wi de si wisɛf ɛvride as pipul dɛn we wi de si Bɔt bɔku we dɛn de we wi de sho wi ayd, impɔtant nature**



**Fɔ egzampul, if yu lɔk yu yay, yu bɔdi nɔ go ebul fɔ si So aw yu go no se yu de? Yu de fil di wet we yu bɔdi gɛt, ɛn yu kin yɛri, smɛl, test, ɛn fil, bɔt yu jɔs rili de tink ɛn fil Yu na wan ayd kɔr we bɔku tin dɛn de rɔn rawnd Naw opin yu yay Di kwɛstyɔn na: yu na di fɔm we yu de si, ɔ di insay pɔsin we yu bin fil jɔs wan mɔnt bifo wit yu yay we yu lɔk?**

**Di mɔtalman we wi kin si nɔto big impɔtants Di ayd sɛf, ɔ sol, na in rili impɔtant We yu de slip, yu nɔ no bɔt di mɔtalman we yu de si, bɔt yu de no bɔt yusɛf bikɔs we yu wek yu no if yu slip bin gɛt pis ɛn rɛst ɔ nɔto so So, yu ayd sɛf na rial If yu nɔ bin gɛt dis sɛf we yu nɔ de si, yu imej we yu de si nɔ bin fɔ gɛt ɛni minin ɔ minin**

**If di bɔdi nɔ bin de we ayd, i nɔ go gɛt wan valyu, lɛk bɔdi we nɔ gɛt layf ɔ bɔdi we nɔ gɛt wan bɔt**

**Di ayd, insay pɔsin na di tru wan Bɔt stil, i strenj, pipul dɛn nɔ de tray fɔ analayz di kayn we aw dis ayd sɛf tan! Dɛn atɛnshɔn de ɔltogɛda pan di fyzikal fɔm, we dɛn kin tɔch ɛn si izi wan So, dɛn kin spɛn dɛn de ɛn nɛt fɔ atɛnd dɛn fyzikal bɔdi ɛn in nid dɛm, nɔ de ɛva stɔp fɔ tink se di insay sɛf we dɛn nɔ de si na di tru rial tin**

**Insay di bɔdi we wi de si, na wan bɔdi we gɛt layt we tan lɛk am Pan ɔl we mɔtalman nɔ de si am, na di planɛt ɔ ethereal ɛnvilɔp fɔ di sol**

**Pipul dɛm we dɛn kɔt finga de fil lɛk se i stil de de ɛnibodi we dɔn lɔs wan limb no dis sensɛshɔn Wan hiden, ethereal counterpart ɔ counterpart de to ɛvri ɔgan na di bɔdi Bihayn di fɔshal at de wan hat we ayd, if i nɔ bin de di at we wi de si nɔ bin ebul fɔ bit Mɔtalman gɛt ɔgan dɛm we wi nɔ de si fɔ si, yɛri, bren, bon, ɛn nerv dɛn ɔgan dɛm, we na di tisu dɛm fɔ layt ɛn aktiviti, de kɔnstɔt di invisible planɛt bɔdi fɔ di mɔtalman Di planɛt ɔ ethereal bɔdi lɛk di visible fɔshal b**

**ɔdi Di difrɛns na dat in luminous, vital fɔm na ekstrimli sɔbtɪl**

**We di bɔdi gɛt disabled, pɔsin nɔ fɔ kɔnvins insɛf se in yay nɔ de igen ɔ i dɔn lɔs in an Di yay ɛn an dɛn we wi nɔ de si stil de Pan ɔl we di bɔdi an kin paralayz, di an we wi nɔ de si nɔ de wok Nɔ ɛva biliv se di ɔgan dɛn we i nɔ de si kin afɛkt ɛni we bikɔs ɔf di sik we di bɔdi gɛt, bikɔs di bad tin dɛn we pɔsin kin tink go mek i nɔ ebul fɔ flɔ impɔtant ɛnaji fɔ di ɔgan dɛn na di bɔdi**

**Di ilɛktrik kɔrɛnt de flɔ tru di waya Uswan impɔtant pas ɔl: di waya ɔ di ilɛktrishɔn? Di waya de jɔs fɔ alaw ilɛktrishɔn fɔ pas tru am Di ɛgzistens fɔ ilɛktrishɔn nɔ de dipen pan di waya Semweso, di bɔdi de fɔ mek di pɔsin we wi nɔ de si, di sol, yuz am, ɛn nɔto di ɔda we**

**I sɔri fɔ no se dis ayd sɛf de tay to di bɔdi! If nɔto dat, wi go ebul fɔ waka pan wata, flay na di spes, ɛn go bak na di bɔdi**

**di ethereal bodi fɔ di veiled self possess sensory perceptions we fa fawe pas in physical counterpart Mɔtalman dɔn mek mashin dɛm we, insay sɔm kes dɛm, de fa pas di fyzikal bɔdi, we de limited by numerous constraints Bɔt as yu awareness of di ethereal body de divɛlɔp, yu go si se i kin yɛri wetin di ethereal bodi de divɛlɔp, yu go si se i kin yɛri wetin di yes nɔ kin yɛri ɛn si wetin di yay nɔ kin si I kin smɛl, tɛst, ɛn tɔch tin dɛm we de fa bifo di say we di fyzikal sɛns dɛn de**

**Pipul dɛn kin bisin bɔt ɛn intres ɔltɛm bɔt di lamp we de na di bɔdi we wi de si ɛn i nɔ kin ɛva kam na dɛn maynd fɔ fɛn da sikrit ilɛktrishɔn de we de layt da lamp de**

**Di mɔtalman we wi kin si gɛt siksti tin dɛn: kemikal tin dɛn we pɔsin kin bay na makit! Di bɔdi we**

de na di bɔdi nɔ ɡɛt bɛtɛ valyu pan di tin dɛn we de mek am l dɔn rich di tɛm we mɔtalman go ebul fɔ ɔndastand mɔ bɔt di mɔtalman we wi nɔ de si Dis mɔtalman we ayd na di wan we ɡɛt abiliti, tink, ɛn kɔmpin di wan we lɛk ɛn tink ɛn if i nɔ de, di bɔdi nɔ ɡɛt natin pas di kemikal ɛliment dɛn we i mek frɔm

Di spɔtlayt fɔ di maynd fɔ de insay, fa frɔm di mɔtalman we dɛn kapchɔ, we pɔsin kin si

Di bɔdi we de na di bɔdi kin sɔfa wit bak pen ɛn kramp, ɛn i kin pwɛl ɛn rɔtin bak wit di ej l kin kray ɔltɛm, kray, ɛn want dis ɔ dat

Di mɔtalman we wi kin si nɔ kin ebul fɔ bia we pɔsin fɔdɔm bad bad wan ɛn we kin krɔs in bon, ɛn sɔntɛnde i kin shrink bikɔs i jɔs chuk smɔl pin

Di mɔtalman we wi nɔ de si nɔ ɡɛt ɛni bad bad tin l fri ɛn i nɔ ebul fɔ kɔntrol insɛf l kin pul ɔl di prɔblɛm ɛn anɔynt dɛn we de na di bɔdi we wi de si

Di mɔtalman we ayd insay wi na wi tru tru sɛf

Dat bi we de biɛn di atɔm dɛn na di bɔdi na di sol, we nɔ de chenj, we nɔ de chenj, ɛn we nɔ de ɛva chenj ɔ dɔnawe wit am

Pɔsin kin tink se na di bɔdi, bɔt dɛn nɔ de Wan pat pan ays kin mɛlt ɛn nɔ de si am tru evapɔreshɔn Dis prɔses kin rivɛns bay we yu kɔndens di vapour to likwid ɛn afta dat yu friz di likwid bak to solid

Fɔ liv jɔs fɔ no bɔt di bɔdi we wi de si kin ambɔg di spirit bikɔs di bɔdi kin ɡɛt di pen dɛn we sik, injuri, angri, ɛn day kin ɡɛt Wi nɔ fɔ biliv wisɛf se wi na jɔs dis bɔdi we wi kin si, we kin rɔtin ɛn pwɛl

Di mɔtalman we ayd insay wi nɔ go ebul fɔ kil ɔ du bad Wi nɔ fɔ tray tranga wan fɔ ɔndastand wi we wi nɔ no, we go de sote go?

We wi no mɔ bɔt dis ayd sɛf, wi go ebul fɔ kɔntrol di mɔtalman we wi de si, lɛk aw di big big masta dɛn de du Di wan dɛn we de fil dɛn oli pawa ɛn no se di

ayd, insay sɛf de de, kin kɔmɔt nia di sɔfa we wi de sɔfa pan bɔdi, ivin we di mɔtalman we wi de si de pan trɔbul ɛn denja

Wetin na di rod fɔ mek wi gɛt da rayt de?

Mɔ tɛm fɔ spend na di kwayɛt fɔ tink ɛn pis Dis kin tan lɛk se i nɔ fayn fɔs, bikɔs fɔ liv wit kɔnshɛns awareness fɔ di bɔdi ɛn fɔ pasmak aydɛnshɔn wit in sɛns de mek i nɔ izi fɔ tink bɔt ɛni ɔda tin pas pɔsin in trɔbul we nɔ gɛt ɛnd, wetin i want, ɛn nid Bɔt wan nyu dimɛnshɔn go opin insay mɔtalman kɔnshɛns we pɔsin afɛm dɛn spiritual aydentiti ɛn kɔnvins insɛf se dɛn na fɔ tru, dɛn mek am lɛk aw Gɔd klin, se dɛn layf nɔ go ebul fɔ pwɛl ɛni we, ɛn na dɛn na di pɔsin we ayd, we go de sote go

Dat mɔtalman we wi nɔ de si de fɔm insay Gɔd in imej, fri lɛk di divayn spirit Insay di mɔtalman we wi de si de lay ɔl di wɔl in kɔnstrakshɔn ɛn trɔbul dɛn As soon as wi kam fɔ no bɔt wi bɔdi, wi de tay bay dɛn limiteshɔn Dis na di rizin we mek di big wan dɛn de tich wi fɔ lɔk wi yay ɛn mɛmba wisɛf—through meditation on the hidden self—se wi nɔ de bound by di limited physical capabilities of the di bɔdi

Bɔku tɛm a dɔn afɛm wit big fet ɛn kɔnvikshɔn se, "Mi bɔdi nɔ tay mi ɛnisay we a want fɔ go, a de de wantɛm wantɛm".

Yu kin se, "Dat na jɔs wan aidia" Fayn Bɔt wetin na aydia? ɔltin we yu si rawnd yu na kɔnkrit aidia Yu nɔ go ebul fɔ kɔnsɛv ɛnitin we yu nɔ tink bɔt Tin insɛf nɔ de si, yet i de mek ɔltin we wi de si rial So, if yu ebul fɔ kɔntrol yu tink, yu kin mek ɔltin si, ɛn yu kin si ɔltin tru di pawa we yu maynd fɔs gɛt

We yu de fos yu maynd tranga wan ɛn dip, yu kin si wit yu maynd in yay wetin yu de tink bɔt, jɔs lɛk se yu de si am wit yu bɔdi yay Tin dɛn we yu nɔ de si kin chɛnj to ɛkspiriɛns we yu kin si

If yu lɔk yu yay, yu nɔ go ebul fɔ si yu bɔdi, yet i stil de rial to yu So wetin mek yu tink se di pɔsin we ayd nɔ rial jɔs bikɔs yu nɔ ebul fɔ si am?

We yu de tink gud wan yu de luk di daknɛs bien yu yay we yu lɔk ɛn fos yu maynd pan di hidden sɛf ɔ sol we de insay yu

We yu praktis fɔ kɔrɛkt yusɛf ɛn tɔn yu maynd insay akɔdin to di sayɛns mɛditeishɔn tɛknik dɛn we yu spiritual gaydman de gi yu, yu go gro smɔl smɔl na spirit Yu meditashɔn dɛn go dip, ɛn yu sɛf we yu nɔ de si—di spiritual imej fɔ Gɔd insay yu—go bi rial to yu Insay dis gladi gladi wek fɔ no yusɛf, di limited fyzikal kɔnshɛns we bin rial trade nɔ go bi rial, ɛn yu lan se yu dɔn fɛn yu tru tru pɔsin we yu nɔ go ebul fɔ win ɛn yu dɔn no se i gɛt wanwɔd wit Gɔd

Yu go no bak aw di mɔtalman we wi nɔ de si de tay pan di bɔdi we wi de si bay we i de atak am we na kɔd we de na di maynd ɛn imɔshɔnal kɔd ɛn we i want fɔ gɛt patikyula tin dɛn na di wɔl

Bɔt we, tru dip meditashɔn, yu kin pul ɔ kɔt dɛn chen dɛn de, yu go fri ɛn yu go no se yu na Gɔd in imej Luk di mɔtalman we yu nɔ de si we dɛn put na jel na di fɔrɛst we gɛt bɔdi ɛn matirial sɛns

If yu bin no da mɔtalman we wi nɔ de si jɔs wan tɛm, yu go no se di bɔdi we wi de si na in ɔda shel, ɛn i gɛt bɔdi we de shayn ɛn bak in bɔdi we gɛt sɛns insay, ɛn yu go no bak se yu bi strenj pɔsin!

Fokus yu tinkin pan da yusɛf we yu nɔ de si Di mɔtalman we yu de si na ilyushɔn ɛn lay lay pɔsin Di pɔsin we de insay ɔ we yu nɔ de si na di tru wan We yu no dis, yu go no se yu nɔto bɔdi ɛn blɔd, bɔt yu na di pɔsin we ayd we yu nɔ go ebul fɔ rich fɔ rɔtin ɛn pwɛl

Yu na sol, ɛn di sol nɔ de day! Nɔ tink se di grev na yu ɛnd We di bɔdi we yu de si day, di sol de muf to

**ɔda lɛvul fɔ ɛgzistens Natin nɔ rili pwɛl Di ɔrijinal fɔm  
fɔ di bɔdi de ɔltɛm na di ɛtɛ**

**Pipul dɛn fil se dɛn pipul dɛn we dɛn lɛk we dɔn  
day dɔn go sote go bikɔs dɛn nɔ gɛt di maynd fɔs fɔ si  
dɛn insay dɛn translucent fɔm dɛn na di ethereal  
realm usay dɛn de ɔltɛm tink bɔt dɛn tru tin ya, ɛn  
ripit to yusɛf—if yu intres pan dɛn tin ya—"Mi na Gɔd  
in layt dizayn a de sote go ɛn a de waka waka ɔltɛm  
na Gɔd in kinɔm".**

**Yu na da pɔsin we ayd we day nɔ go ebul fɔ tɔch  
ɛn misfɔstans nɔ go ebul fɔ afɛkt, ɛn yu go de so sote  
go So wetin mek yu nɔ no se yu nɔ go day naw?**

**Wi fyzikal yay de ful wi fɔ tink se dis tu wɔl na rial  
Opin yu spiritual yay ɛn si yu fɔm we yu nɔ de si We  
yu spiritual yay opin insay di stilnɛs we de insay  
saylɛns, di tin dɛn we ayd go begin fɔ si**

**We yu de tink, drim, ɛn pe atɛnshɔn dip wan, na  
yu na di pɔsin we de ayd fɔ mek pipul dɛn nɔ si yu Da  
pɔsin de na di rial pɔsin, ɛn di pɔsin we yu de si na jɔs  
dɛn shado**

**Fɔgɛt di shado ɛn mɛmba di rial tin  
Bi wan wit di pɔsin we wi nɔ de si  
Di klin imej fɔ di Masta fɔ ɔl di tin dɛn we Gɔd  
mek!**

**Pis de fɔ una**

## **Introdyus di kɔsmik kɔnshɛns**

**Kɔsmik kɔnshɛns nɔ go ebul fɔ rich as lɔng as ivin  
smɔl intɛlektual trem ɔ smɔl wef de fɔ mental wɔri  
Sayntis mɛditeishɔn tɛknik dɛn de rili impɔtant di  
kwality fɔ mental fɔs ɛn ɛp pɔsin fɔ ebul fɔ kɔntrol dɛn  
tinkin, so dat i go sev dɛn fɔ lɔng tɛm we dɛn nɔ de  
frut na di say we di wan dɛn we nɔ de no de, wi nɔ de  
dinay di yusfulnɛs we di nɔ kɔnshɛns gɛt as ples fɔ kip**

memori en as ples fɔ slip en drim Bɔt dis eria kin bi sɔntin we de ambɔg fɔ tink gud wan, en i kin ol in yon atrakshɔn fɔ di wan dɛn we kin lɛk fɔ tink bɔt tin dɛn en we kin want fɔ kɔnɛkt wit di spirit wɔl bay we dɛn kin go insay di say we dɛn kin imajin tin dɛn we nɔ gɛt ɛni rial tin ɔ spiritual valyu en we nɔ rili difrɛn frɔm ɔdinari drim dɛn na nɛt Sayntis we dɛn kin yuz fɔ tink gud wan, pan ɔl we pɔsin kin tray fɔ du sɔntin, kin mek di maynd go bifo to wan sublime stet fɔ no yusɛf en fɔ gɛt wanwɔd wit Gɔd

Wetin wi fɔ avɔyd na da eria de we ful-ɔp wit ilyushɔn, imajinari ɛksperiɛns dɛn we sɔm mistek fɔ bi spiritual wan dɛn, bɔt we na ɛnitin pas spiritual Tru spiritual ɛksperiɛns en tru tru rializashɔn fɔ trut nɔ go ebul fɔ gɛt if yu nɔ pe atɛnshɔn pan Gɔd Kɔntemplativ kɔnsɛntreshɔn na stet we kɔmplit mental absɔpshɔn en tɔtal stilnɛs fɔ kɔnshɛns Di nature of existence na muvmɛnt, we di nature of di spirit na stilness ɔ immobility So, kɔnsɛntreshɔn impɔtant fɔ mek oli wanwɔd Di we ɛn art fɔ kɔnsɛntret en tink gud wan we dɛn de tich na di lɛsin dɛn fɔ no insɛf de mek mɔtalman kɔnshɛns alaynɛd wit divayn kɔnshɛns kɔmplit wan

Di wɔl in we na fɔ prich bɔku en put smɔl na prɔsis Yu kin yeri lɛkchɔ bɔt ɔni wan ɔndrɛd tɛm, bɔt yu nɔ go no in flawa te yu test am Semweso, di tru valyu fɔ ɛni tichin kin jɔs bi tru prɛktis Wi fɔ aplay en liv bay di tichin dɛn we prɔfɛt en big big pipul dɛn de tich Dɔn dɛn trut go bi wi trut, en wi go no se trut kin pruv en sho, en dat i de ɔlsay We wi de waka na di layt fɔ di trut, ilɛk wetin wi biliv ɔ wetin wi de du, Gɔd go gri fɔ tek wi wok en put wi wit di wan dɛn we i dɔn pik

**Wan fɔ waka di trut rod wit sinsi ɛn stedi Mɛmba, dia pɔsin we de luk fɔ, se pan bɔku bɔku pipul dɛn, na smɔl pipul dɛn nɔmɔ de rili luk fɔ Gɔd ɛn ivin pan dɛn pipul dɛn de we de luk fɔ Gɔd, na smɔl nɔmba nɔmɔ de bia te di ɛnd Bɔt di wan we de kɔntinyu fɔ waka na di rod go kam fɔ no Gɔd As lɔng as dɛn at de wit Gɔd, dɛn go rich di gol we dɛn want, ilɛksɛf dɛn stɔp ɛn fɔdɔm As lɔng as dɛn want klin ɛn wetin dɛn de du klin, dɛn nɔ gɛt natin fɔ fred, ɛn dɛn nɔ go fil bad**

**So, wi fɔ du ɔl wetin wi ebul fɔ mek fɔ tink bɔt Gɔd bi ɛkspiriɛns we wi dɔn liv na wi layf Fɔ tru tru fet na impɔtant tin ɛn we nɔ impɔtant, bikɔs fɔ jɔs mek lɛk se i de mek lɛk se i prawd mɔ ɛn mɔ ɛn i de mek dɛn nɔ gɛt di tru tin we dɛn want fɔ du**

**A op se Gɔd ɔlmayti go tek di fɔs ples na una layf ɛn se una nɔ go ɛva fɔgɛt Am, nɔto ivin fɔ smɔl tɛm Mek una nɔ satisfay wit di gladi gladi we nɔ de te na dis wɔl, bɔt una mek Gɔd bi yu blɛsin ples fɔ go ɛn yu ɔltimat gol na layf Bihayn di limited bɔdi de di infinite Absolute A nɔ de tɔk bɔt spiritual tin dɛn pas a fil Gɔd wit mi ɛn se a de in pafɛkt wanwɔd wit Him ɛn we a de tɔk frɔm da awareness de, a no se mi wɔd dɛn imbued wit di spirit fɔ tru, ɛn se ɔl di wan dɛn we de luk fɔ tru tru pipul dɛn go no di trut fɔ wetin a de tɔk**

**Sɔm pipul dɛn de we kin kɔnfyus di tru tin dɛn wit lay lay tin dɛn, ɛn dɛn kin tɔk tranga wan se di tru tin dɛn na lay lay stori ɛn lay lay tin dɛn, ɛn di tin dɛn we dɛn kin tink bɔt na tru tin dɛn ɛn layt dɛn we de shayn na daknɛs**

**Di ebul fɔ pe atɛnshɔn rili impɔtant pan di spiritual rod fɔ go bifo ɛn fɔ gro na spirit If pɔsin nɔ pe atɛnshɔn pan in maynd, i nɔ go ɛva ebul fɔ fɛn Gɔd Wi fɔ lan fɔ lɔk di winda dɛn fɔ kɔnshɛns fɔ mek ɔda vɔys**



**dən we de na dis wɔl ɛn tin dən we de ambɔg am nɔ  
kam insay**

**We dən kalibrayt kɔnshɛns ɛn spiritually tuned,  
wan ɛksperiɛns kɔnekshɔn de rich, ɛn di pɔsin we de  
luk fɔ di divayn prezɛns Gɔd de ɔltɛm ɛn sote go wit  
mɔtalman ɛn ɔlsay Bɔt, di inability fɔ no In prezɛns  
kɔmɔt frɔm di maynd in preoccupation wit bɔku purely  
worldly matters Focused attention, or meditation on  
God, is the tool that enables us to feel In nearness To  
this end, Sufi dən kin kɔntinyu fɔ mɛmba Gɔd, dən kin  
ripit Gɔd in nem (lɛk "No gɔd nɔ de pas Gɔd" ɔ "O  
Living, O Self-Subsisting") te dən ɔl biin absɔb insay di  
minin Dən kɔnshɛns kin chenj izi wan to di spiritual  
dimɛnshɔn, ɛn dən kin ɛksperiɛns stet dən fɔ spiritual  
ɛkstazi we fiba di wan dən we yoga pipul dən kin  
ɛksperiɛns we dən de tink gud wan bɔt di spiritual  
ɛksperiɛns na wan, pan ɔl we dən kin gɛt di difrɛn we  
dɛn fɔ gɛt am**

**Gɔd nɔ de fa frɔm mɔtalman Na mɔtalman we de  
distans inɛf frɔm Gɔd bay wilful tru in tink ɛn akshɔn  
We yu si tru tru spiritual layt we yu de tink gud wan,  
tray fɔ grap am ɛn fil se yu de insay am: wan wit am  
Gɔd de na di at fɔ da layt de—layt pan layt ɛn di mɔ yu  
de kam nia da blɛsin layt de, na di mɔ yu de kam nia  
Gɔd**

**Wan sayn we difrɛn frɔm divayn layt na dat di  
vishɔn we i de si kin ɔltɛm wit wan filin we kin apin  
wantɛm wantɛm ɛn we kin mek i gladi ɔ gladi we kin  
pas ɔlsay na ɛvri atɔm na ɛvri sɛl na ɛvri tisu na di  
bɔdi Dis filin fɔ gladi nɔto sɔntin we pɔsin kin tink bɔt;  
bifo dat, sɔm kin si am se i nɔ kin izi fɔ bia di kayn we  
aw di spiritual gladi at kin tranga bikɔs di maynd ɛn  
bɔdi nɔ kin yus to am Dis gladi gladi na di men gol, ɛn**

**blæsin fɔ di wan dæn we de test in næktɔ, bikɔs dæn dɔn drink frɔm di spring we de kɔmɔt na di wata we gæt layf**

**Di mɔ pis we pɔsin de fil we i de kɔnsɛntret, na di mɔ dæn go dip ɛn gæt sakrifays we dæn de tink gud wan bɔt Gɔd If di tɛm we dæn spɛn fɔ rid spiritual buk dæn, dæn bin de yuz am insted fɔ tink gud wan, di prɔgrɛs, pan maynd ɛn spiritual, go bi fa fawe Pipul dæn we de luk fɔ sirɔs pipul dæn kin ridyus dæn slip ɛn dediket mɔ awa fɔ tink gud wan bikɔs di ɔda tin dæn we dæn kin ɛksperiɛns we dæn de tink gud wan kin mek dæn gæt trɛnk ɛn mek dæn fil fayn pas slip**

**If pɔsin nɔ ebul fɔ mek di vɔys dæn we de na in kɔnshɛns nɔ tɔk natin, i nɔ go ebul fɔ rich to Gɔd Dis na di rizin we mek prɔfɛt ɛn oli pipul dæn bin de fɛn say fɔ rɔn go na kev, mawnten, ɛn fɔrɛst I rili nid fɔ put yusɛf insay stilnɛs insay in at bɔku tɛm tru di prɔsis fɔ kɔnsɛntret ɛn tink gud wan, ɛn afta dat dæn go fɛn big pis ɛn dip gladi at As di sɛns tɛks dæn se:**

**Di wan we fri frɔm nyu tin dæn we i want ɛn we i want fɔ gæt prɔpati, we de kɔntrol in at ɛn maynd (in filin ɛn tink) ɛn we de luk fɔ ples we kwayɛt, fɔ tray ɔltɛm fɔ gæt wanwɔd wit di spirit we de ɔlsay na di wɔl**

**I nid bak fɔ mek wi praktis mɔ fɔ mek wi nɔ tɔk natin na say dæn we wi de wɔship Wi fɔ tɔk smɔl ɛn tink gud wan We a bin de tren mi spiritual trenin na India, mi ticha, Sri Yuktiswar, bin jɔs de gi wi wan lɛkshɔn wan wan tɛm Bɔku tɛm, wi bin de sidɔm rawnd am kwayɛt ɛn dip kɔnsɛntreshɔn**

**Tru spiritual gaydman gæt mɔ pas jɔs di no we dæn rayt Frɔm am, wi kin lan sɛns ɛn no bɔt wan gɔd bikɔs**

**i no en no se i no, bikos i no di trut insay en insef, en i no jos rid buk**

**Spays sheb to tu pat o aspek Krieshon na wan pat pan di spes, en pan di oda aspek na God nomo, usay krieshon no de atol Dat na di eria fo daknes we no dak en layt we no de shayn Usay no san no de komot, no mun no de shayn, en no faya no de bon, na de God in ples we go de sote go, we go de sote go**

**Dis duality de aplay bak to mortalman konshens Mortalman get tu aspek: wan we yu de si en di oda wan we yu no de si Wit opin yay, yu de si manifest egzistens en si yusef insay am Wit yay we yu lok, yu no de si natin pas wan dak vayd Bot stil, yu konshens de kontinyu fo rili no en aktif If, tru dip kontemplashon, yu kin go insay di daknes bien yay we den lok, yu go no di layt from we ol di krieshon den we komot Insay wan stet we spiritual ekstazi, konshens de pas di layt we de sho insef en go insay di eria fo di yunivasal konshens, we de bien ol di fom en shep den fo di krieshon Dis konshens pas ol di sens we posin de si As fo in esin, in gladi gladi, en di stet den we get fo du wit am, i at fo gi den wetin den fo du insay prexis diskripshon bikos den de pan wan spiritual dimenshon we no kin apin so oltem pipul den kin go fen den, pan ol we in trut de en di tru tin we i bi**

**God don gi wi di chans fo eksperiens, insay wi konshens, di sem we aw di lo den we de gayd di yunivas de wok Dis fomles stet fo konshens, we posin kin si ivin wit yay we den lok, wi kin kompia am to di eria we no get end (daknes we no get daknes) en (layt we no get layt), usay God de apat from eni wan pan di fom den, atribyut den, en tu tin den we de sho in matirial krieshon Insay dis ekspenshon we no get**

**baund of eternity biyond creation, God onli exists in a consciousness of absolute bliss, perpetually present, conscious, and renewed Dis kɔnshɛns defy diskripshɔn ɛn kɔmpiashɔn bikɔs i rili yunik Insay dis eria fɔ sote go, usay di Absolut ɛn di Infinite de rul supɾem, no wɔl ɔ krichɔ dɛn nɔ de we gɛt ɛni kayn Bɔt na di ɔda say na di spes, Gɔd de ɔltin—ɔl di tin dɛn we Gɔd mek—insay insɛf**

**Insay di say we di tin dɛn we wi nɔ de si de, di faktri fɔ di yunivas dɛn de Wan man we de stɔdi bɔt di sta dɛn bin tɔk se di spes rili wɔndaful; ɔltin de kɔmɔt frɔm am ɛn sɔlv insay am So, usay atɔm dɛn, di tin dɛn we de insay dɛn, ɛn ɔl di wɔl dɛn de lɔs to?**

**ɛnitɛm we tin tan lɛk se i de mek pɔsin want fɔ du sɔntin ɛn i de mek pɔsin want fɔ du sɔntin, lɔk yu yay Luk insay yusɛf ɛn tink bɔt usay layf kɔmɔt Yu nɔ go si natin ɛn nɔ fil natin, bɔt ɔl di tin dɛn we yu de si de kɔmɔt frɔm da say de we yu nɔ de si (ɛn layt de shayn na daknɛs) (Di Layt we de na di ɛvin ɛn di wɔl) (Di Layt we de na di ɛvin ɛn di wɔl) If yu kɔntinyu fɔ luk di daknɛs wit kwayɛt, dip kɔnsɛntreshɔn, yu go fɛn da big layt de Fɔ biyond di daknɛs lay spiritual awareness, ɛn biyɔn di daknɛs de lay ɔda eria dɛn (Insay mi papa in os bɔku big os dɛn de) (ɛn di os fɔ di layf we go dɔn pas ɔl bɛtɛ, ɛn aw fayn fayn os fɔ di wan dɛn we de du wetin rayt!)**

**Di Yunivasal Maynd de dairekt biyɔn spes Bifo mɔtalman kɔnshɛns de di kɔnshɛns fɔ Gɔd Inaf fɔ dis ignɔrans fɔ In prezɛns Wi fɔ stɔp ɛn churn di daknɛs tru kɔntemplɛshɔn ɛn nɔ stɔp te wi fɛn Am De, insay di Absolut we nɔ gɛt ɛnd, na bɔku bɔku tin dɛn we pɔsin kin si, innumɛrabl insay vishɔn, ɛn sɔlvishɔn fɔ ɔl di prɔblɛm dɛn we de na layf**

**Di tru tin dɛm we a dɔn kam fɔ ɔndastand tru introspekshɔn de sho di fisiɔlɔjik lɔ dɛm we dɛn dɔn diskɔba sayɛns tru ɔda we dɛn We a kin lɔk mi yay, a kin si di transparent kɔrɛnt dɛm na layf we de flɔ tru mi bɔdi Nɔ tink se na yu wan de na di stilnɛs we yu de ɛkspiriɛns Gɔd de wit yu, ɛn no rizin nɔ de fɔ tink se I nɔ de Di ays ful-ɔp wit myuzik we di wan dɛn we de tek am de pik So na wit Gɔd I de wit wi insay ɛvri moment of our existence Bɔt fɔ no In prezɛns, wi fɔ praktis dip meditashɔn Wi nɔ fɔ mek wi yaylid dɛn lɔk we wi de slip bifo wi gɛt ivin di smɔl sayn fɔ se Gɔd de wit wi; na da tɛm de nɔmɔ wi go ebul fɔ slip fayn ɛn pis ɛn yu, we de want ɛn lɔng, de luk gud gud wan na di daknɛs te yu fɛn in wɔndaful sikrit dɛn**

**Wan tɛm, a bin sidɔm na mi laybri arawnd 4 oklɔk aftanun we wantɛm wantɛm mi briz dɔn lɔs ɛn mi an ɛn fut dɛn stiff A si misɛf de witnɛs di prɔses fɔ day Briz ɛn muvmɛnt kɔmɔt na mi bɔdi, yet a bin kɔntinyu fɔ no natin Na bin wɔndaful ɛkspiriɛns a si mi bɔdi ɛn ɔl di nature as muvmɛnt kɔsmik imej dɛn we dɛn mek wit divayn layt ɛn a ala wit gladi at se, "Day nɔ de, mi Gɔd Dis! ɔl di wɔl nɔto natin pas wan muv imej galari!"**

**Di rula we sidɔm na in chia ɔ tron kin se: "Mi na di masta we dɛn obe ed fɔ butu to mi" Bɔt lɛ day gi da masta we obe wan pan in bad bad blo dɛn ɛn i go bi tin we dɔn pas**

**Mi padi dɛm, di tru kiŋ na di wan we lɛk Gɔd, fil in prezɛns insay ɔl di tin dɛn we Gɔd mek, ɛn kia fɔ ɔda pipul dɛn lɛk aw i de kia fɔ insɛf Ivin day nɔ go mek i fred ɔ fred, bikɔs i si am as pasej fɔ go na Gɔd in kiŋdɔm (we dɛn go de sote go)**

**Tri we de fɔ mek mɔtalman kɔnshɛns go bifo to kɔsmik kɔnshɛns Di fɔs wan na di soshal we, usay wi**

de drɛb selfishnɛs frɔm wi sol ɛn rɛdi ful wan fɔ ɛp  
pipul dɛn ɛn sav di wan dɛn we nid ɛp Wi fɔ de biɛn ɛn  
fetful to wi padi dɛn ɛn fil lɔv fɔ ɔlman we Gɔd dɔn gi  
wi famili so dat wi go ɛkstɛnd di bɔda dɛn na wi  
kɔnshɛns bay we wi de sho se wi rili bisin bɔt ɔda  
pipul dɛn ɛn fɔ dɛn Wi de lan lɔv ɛn sakrifays fɔ di wan  
dɛn we wi lɛk na famili layf, ɛn so wi kin ajɔst sɔm  
ɛkspɛnshɔn na wi kɔnshɛns Bɔt dis nɔ inɔf Lɔv we kin  
kɔnfyus insɛf to wan smɔl sɛklɔ kin bi we i kin stɔp ɛn  
nɔ kin ebul fɔ ɛkspɛn We i kin bi pɔsin we nɔ gɛt pɔsin,  
in sɛklɔ kin gro ɛn in rich de bɔku Dis kayn lɔv fɔ mɛn,  
ɛn wi fɔ tray fɔ gi ɔlman di sem lɔv we wi kin fil fɔ wi  
famili ɛn di wan dɛn we wi lɛk, fɔ wok fɔ ɔda pipul dɛn  
jɔs as wi de wok fɔ wisɛf (Gɔd lɛk di wan dɛn we de du  
gud) Dis na di soshal we fɔ gɛt kɔsmik kɔnshɛns—di  
we fɔ sav ɛn lɔv

Gɔd lɛk wi ikwal lɛk wan big kɔsmik famili ɛn i de  
ɛkspɛkt wi fɔ lɛk wisɛf If wi lɛk, wi de fil gladi; if wi nɔ  
lɛk, wi de pɔnish wisɛf wit pen ɛn sɔfa

Di we aw di wɔl de tink fɔ chɛnj Wi ɔl bi bikɔs wi  
tru tru nature na ɔltin we wi bɔn wit

A kin gɛt gladi at fɔ gi ɔda pipul dɛn ɛn gɛt di big  
big gladi at we a de witnɛs dɛn gladi at We wi lɛk ɔda  
pipul dɛn ɛn sɔri fɔ dɛn, wi kin si se ɔl di tin dɛn we de  
apin de ansa wi Prɔfɛt ɛn big big pipul dɛn dɔn sho wi  
di rod fɔ gɛt kɔsmik awareness Dis na aw wi fɔ gri fɔ  
gi lɔv, savis, ɛn sɔri-at

Pɔsin we gɛt yunivasal awareness na pɔsin we  
gladi Dɛn nɔ de limit dɛn lɔv to sɔm sɛlɛkɛt smɔl, dɛn  
de pul ɔlman kɔmɔt na dɛn sɛklɔ fɔ lɛk ɛn sɔri-at Dis na  
aw wi fɔ si di wan ol wɔl as wi famili Dis awareness de  
wit mi ɔltɛm, ɛn a fil se ɔlman na mi yon Pɔsin we gɛt

**universal awareness lek ol pipul den lek aw den lek den  
broda, sista, mama en papa, en padi den**

**Di sekɔn rod fo kosmik konsheɳs na tru self-disiplin  
Wan no fo fɔdɔm pan eksɛs Enjoy tin den fayn, bot in at  
en sol no fo get tayt padi biznes wit den Di wan den we  
want fo mek di broda den na den konsheɳs bɔku, fo fri  
fo tink en du sɔntin, fo du gud, fo saful, en fo gladi, fo  
kɔrɛkt dɛnsɛf, fo kontrol wetin den want, fo avɔyd fo bi  
slev to abit dɛm we de ambɔg, en fo du tin di we aw  
den biliv, we get rayt fo du wit gud abit en gud abit I  
important fo mek yu ebul fo kontrol yusɛf en pas di tu  
tin dɛm we get fo du wit ɔt en kol, gladi en pwɛl at,  
wɛlbɔdi en sik fo mek yu ebul fo get kosmik konsheɳs**

**Wi fo bia ɔltin witout agiteshɔn ɔ saikɔlɔjik  
distɔblɛshɔn Di wan we no tay insɛf to di rop den na  
dis wɔl, ɔ alaw imɔshɔn den we no get kontrol fo tos  
am ɔ tamper wit in spiritual pis, get tru tru  
ɔndastandin en dip sɛns Di tɔd we na di metafizikal  
wan Di pɔsin we de luk fo fri insɛf frɔm di  
konstrakshɔn den na di bɔdi tru di rayt kontemplashɔn  
fo mek i ebul fo si smɔl di ay ɔrayzɔn dɛm fo konsheɳs  
en tɔch den dimɛnshɔn Dis kin apin nɔmɔ bay we den  
de mek di swɛlin we de mek di tink den we de bit di  
lek na di sol kol, we de mek wev en trɔbul insay am  
We di tin den we no gri wit wetin de apin de go dɔŋ, di  
wata we de ɔp de kol, en di skay en ol wetin de insay  
de tan lek se den de sho klia wan en klin**

**If yu put wata bɔtul we den sial insay tank we get  
wata, di tin den we de insay di bɔtul kin stil de  
separet frɔm di wata we de rawnd am Bot if yu pul di  
sil, di wata we de insay di bɔtul kin miks wit di wata  
we de insay di tank Semweso, ɔdinari pipul den kin  
pul God kɔmɔtnia den layf bikɔs di tin we den kin yuz**

**fɔ no natin kin blok bikɔs dɛn nɔ no natin Bɔt wans  
dɛn dɔn es di sil ɔp tru di rayt we fɔ tink gud wan, di  
pɔsin we de luk fɔ am kin gɛt Gɔd in pis insay ɛn na do  
na di bɔdi We pɔsin de tink gud wan mɔ ɛn mɔ, pis de  
gro, ɛn gladi at na Gɔd in yay de kam bak**

**Gɔd de rawnd mɔtalman ɔlsay, bɔt dɛn nɔ de si am  
Dɛn nɔ go ebul fɔ fil in rial prezɛns insay dɛn ɛn rawnd  
dɛn pas dɛn pul di plɔg ɔ vel we de sho se dɛn nɔ no  
natin ɛn put dɛn kɔnshɛns insay In oli awareness**

**If pɔsin drawn na di si we gɛt tin dɛn we i want, i  
go drawn Bɔt if i drawn na Gɔd in si, i go liv sote go**

**ɛn we una fɛn Gɔd, mi padi dɛn, una go fil tru ɛn  
satisfay we go de sote go**

**Mɔtalman padi biznɛs kin brok ɛn skata, bɔt Gɔd  
nɔ go lɛf yu**

**Ivin if ɔlman lɛf yu ɛn lɛf yu, as long as Gɔd de wit  
yu, ɔltin go bi yu yon**

**Pis, sɔri-at ɛn blɛsin fɔ Gɔd de pan una**

**Yoga ɛn di we aw pipul dɛn de si tin we ay pas ɔl**

Yoga na wan kɔleshɔn fɔ sayɛns we fɔ mek mɔtalman  
sol jɔyn bak wit di Divayn Wi kɔmɔt frɔm Gɔd ɛn wi fɔ go bak  
to Am I tan lɛk se wi dɔn separet frɔm am ɛn wi fɔ kɔnshɛns  
fɔ mek wi gɛt wanwɔd bak wit Am Yoga de tich wi aw fɔ pas  
di ilyushɔn we wi kin gɛt we wi separet ɛn no se wi gɛt  
wanwɔd wit Gɔd Di Inglish pɔyt Milton bin rayt bɔt mɔtalman  
sol ɛn aw i kin gɛt in blɛsin bak Dis na di men gol fɔ yoga: fɔ  
gɛt bak di paradays we dɔn lɔs we gɛt spiritual kɔnshɛns, tru  
we mɔtalman no se i bin bi ɛn i de kɔntinyu fɔ bi wan wit di  
Divayn Spirit ɔltɛm



Di tru fawndeshon fo rilijon fo bi sayens we ol di wan den  
we de luk fo pipul den kin yuz fo mek den ebul fo rich di wan  
en wangren God Yoga na da sayens de

I rili nid fo get mo sayens we fo du rilijon Di difren strong  
tichin den don mek pipul den no get wanwod, pan ol we wan  
os we skata agens inself no go ebul fo tinap So, di wanwod we  
difren sekt en rilijon den get kin jos apin we di wan den we de  
fala en du den rilijon den de get tru tru insay ondestandin bot  
God Na da tem de nomo wi go get tru tru brodaship bitwin  
motalman onda God in papa

Ol di big big rilijon den na di wol de tok bot di nid fo fen  
God en di broda en sista den we motalman get, en di tin den  
we den de tich get gud abit den en gud abit den, So, wetin de  
mek den rilijon den ya difren en no get wanwod? Na blaynd  
fanatism na pipul den maynd Wi no go ebul fo rich to God  
bay we wi de pe atenshon pan di tichin rigidity, bot bifo dat,  
tru di rial no bot di divayn spirit We pipul den grap di  
universal trut den we de mek di impotant fawndeshon den fo  
di difren rilijon den, ol di problem den we get fo du wit rilijon  
fanaticism go don Ol pipul den na mi famili en di wan den we  
a lek, en na dat mek a de wship God na ol di tempul den we  
den bil na In yon on

Wi fo begin fo bil wan wanwod we de olsay na di wol, we  
wi de falamakata di konsept fo di Ol-Rilijon Templ (di Templ fo  
Ol Rilijon den), fo respekt ol di rilijon den we de kol fo wship  
God en gayd den pipul den we de fala am to Am Den kayn  
tempul den de, we den don gi to di wan en di wangren God  
we ol rilijon den de wship, fo bil olsay, en a tok se dis go apin  
tumara bambay Pipul den na di Is en West fo pwel—en pwel—  
di narrow, artificial barriers within the houses of God As pipul  
den de rich fo no densef tru yoga, den go no se God lek den ol  
en na den pik den

Dis spiritual union de klia wan pan di big wan den we get self-knowlege Di blaynd nɔ kin ebul fɔ lid di blaynd pipul den Na spiritual ticha we rili no Gɔd kin rili gi divayn no to ɔda pipul den Fɔ get divayn no bak, pɔsin fɔ get dis kayn ticha we get layt Enibɔdi we fala tru tru ticha ɔ spiritual gayd kin tan lɛk den, fɔ dis kayn pɔsin we get sɛns de wok fɔ elevɛt di disaypul to di disaypul level of their own self-knowlege We a fɛn mi ticha we a rili rɛspɛkt, a disayd fɔ falamakata am pan ɔltin: fɔ put Gɔd in wan na di tron na mi at ɛn sheb In blɛsin wit ɔda pipul den

Di wan den we get sɛns se fɔ mek pɔsin get dip no, i fɔ pe atɛnshɔn pan di spiritual yay we no ɔltin

Insay dip kɔnsɛntreshɔn, ivin pɔsin we nɔto yogi de frɔs den brɔ Dis sɛf pɔynt na di sɛnt fɔ frɔs ɛn di say we di sɛkɔral yay de, we na di winda bak fɔ spiritual insayt Dis na di tru "krɔs bɔl" we di yogi de luk insay fɔ ɔndastand di sikrit den na di yunivas Di wan den we rich dip dip na den kɔnsɛntreshɔn go ebul fɔ go insay dis "tɔd" yay ɛn no Gɔd So, pipul den we de si trut fɔ kɔltiv di abiliti fɔ rilis den kɔnshɛns ɛn sɛns tru dis tɔd yay Di prɛktis fɔ yoga de ɛp di disaypul fɔ opin di wan yay fɔ intuitiv awareness

Insayt, ɔ dairekt no, nɔ de abop pan ɛni sɛns infɔmeshɔn Dis na di rizin we mek den kin kɔl am bɔku tɛm intuitiv abiliti (di siks sɛns) ɔlman get dis siks sɛns, bɔt bɔku pipul den nɔ de wok fɔ divɛlɔp am Bɔt, ɔlmost ɔlman dɔn get intuitiv ɛkspiriɛns Sɔntɛm den kin get filin se sɔntin de kam apin, ɛn afta dat i kin apin pan ɔl we ɛni sɛns pruf nɔ de

I impɔtant fɔ mek wi get dairekt, intrinsik insayt ɔ self-no, bikɔs pɔsin we rili no Gɔd na inɛf sɛf-assured Den no, ɛn den no se den no se Wi fɔ shɔ bɔt Gɔd in prezɛns lɛk aw wi shɔ bɔt di teist fɔ fig ɔ greps A jɔs tek di wok fɔ introduks ɔda pipul den to Gɔd afta mi ticha sho mi di rod fɔ pafɛkt wanwɔd

wit Am, en afta a don eksperiens in prezens en in prezens bin  
rili no se In egzistens de insay mi

Di West bin de oltem bizi fo bil big big choch en katidral  
fo wship, bot den big big en fayn fayn tin den ya no kin ep di  
wan den we de luk fo God fo fen Am Na di Is, di tin we den kin  
pe atenshon pan na fo mek pipul den we get divayn no bot  
God, den pipul ya we get sens no kin izi fo pipul den we de luk  
fo spiritual tin den oltem, bikos buku tem den kin de na say  
den we de fa en we nobodi no de, na dat mek, spiritual senta  
den impotant, usay pipul den kin ebul eksperiens di divayn  
prezens, en ticha den we get sens kin ep den pan dis Aw  
posin go get divayn no from ticha we no no God? Mi ticha bin  
mek a biliv se i impotant fo no God bifo a tray fo tok bot am  
to oda pipul den, en mi at ful-op wit tenki fo in gayd Fo tru, i  
!bin get wan wit God

Fos, den fo no God insay di bodi we wi de si, en enibodi  
we de luk fo am fo rifin den tinkin evride, put pan di olta na  
den sol di inosent, sent flawa den we get klin, oli lov Enibodi  
we fen God insay go no bak se in de na evri tempul, choch,  
mosket, oli ples, en geda we den de go insay  
Yoga de chenj tiori tioloji to prektikal eksperiens  
Fo lek God wit ol yu at min fo pul yu maynd komot nia di  
sens en gi am to God Di ol di tin we posin de pe atenshon pan  
fo gi am to God we i de tink gud wan Enibodi we de luk fo  
God fo lan fo konsentret in maynd Wan prea we den de tok  
we in maynd de bisin bot oda tin den di sem tem na tin we no  
get wanwod en we God no gri wit Yoga ticha den se fo mek  
posin go fen am fos di wan ol maynd en wit komplit  
konsentreshon fo tink

Som pipul den se Indian pipul den fit pas oda pipul den fo  
du yoga, en se yoga noto fo olman Dis noto tru Buku pipul  
den tide de na di pozishon fo praktis yoga pas Indian pipul  
den, bikos sayens advansment don gi motalman buku fri tem

Di Is nid fɔ yuz mɔ pan di Wɛst in advans tɛknɔlɔji dɛn fɔ mek  
layf izi ɛn fulfil, ɛn di Wɛst fɔ lan frɔm di Is di prɛktikal,  
mɛtafizikal we dɛn fɔ yoga so dat ɔlman go ebul fɔ fɛn in we  
to Gɔd Yoga nɔto rilijɔn sɛkt, bɔt na sayɛns we de ɔlsay, we  
pɔsin kin yuz, ɛn we wi kin yuz fɔ fɛn Gɔd

Yoga na fɔ ɔlman: fɔ pipul dɛn na di Wɛst ɛn pipul dɛn  
na di Ist Dɛn nɔ go se di tɛlifon nɔto fɔ di Is jɔs bikɔs dɛn mek  
am na di Wɛst Semweso, di yoga we dɛn dɔn mek na di Is  
nɔto fɔ di Is nɔmɔ bɔt na fɔ bɛnifit ɔl mɔtalman

Ilɛksɛf dɛn bɔn pɔsin na India ɔ ɛni ɔda say na di wɔl,  
wan de i go day Bɔt pɔsin kin lɔs insɛf na Gɔd ɛvride, ilɛksɛf  
na fɔ sɔm tɛm nɔmɔ Yoga de gi di we ɛn di ebul fɔ du dat

Mɔtalman de liv na di bɔdi lɛk prizina dɛn we dɛn dɔn  
kapchɔ, ɛn we dɛn tɛm dɔn, dɛn de sɔfa di shem we dɛn de  
drɛb dɛn kɔmɔt Lɔv fɔ di bɔdi nɔto natin pas fɔ lɛk fɔ de na jel  
Bikɔs wi dɔn yus fɔ liv na di fizik kech, wi dɔn fɔgɛt di minin  
fɔ tru tru fridɔm No ɛkskyuz nɔ de fɔ nɔ de luk fɔ fridɔm  
Diskɔba yusɛf ɛn ɔndastand di we aw yu de sote go na  
impɔtant tin fɔ ɛvri mɔtalman Yoga illuminates the rod  
Di sol fɔ go ɔp bak to Gɔd

Bifo di yunivas bin de, di yunivasal kɔnshɛns bin de  
Wetin na di yunivasal ɔ di kɔsmik kɔnshɛns? Na di Absolut  
Spirit, ɔ di Gɔd we nɔ gɛt ɛnd ɛn we nɔ gɛt bɔda, we de sote  
go, we de no, ɛn we de ridyus ɔltɛm, we ayd biɛn ɔl di kɔsmik  
fɔm dɛn, shɛp dɛn, ɛn tin dɛn we de apin We di tin dɛn we  
Gɔd mek bin kam, di kɔsmik kɔnshɛns bin de sho insɛf na di  
matirial yunivas as spiritual kɔnshɛns, di klin riflɛkɛshɔn fɔ  
Gɔd in maynd ɛn kɔnshɛns, we de ɛn ayd insay ɔl di tin dɛn  
we de apin kriɛshɔn We spiritual kɔnshɛns bin de kam dɔɲ  
insay mɔtalman bɔdi in bɔdi, i bin bi sol ɔ sublaym kɔnshɛns:  
wan divayn gladi gladi, we de sote go, we de kɔnshɛns, ɛn  
we de ridyus ɔltɛm, we de wan wan insay di fyzikal strɔkchɔ  
We di mɔtalman sol jɔyn wit di bɔdi, i de sho as sɛlf-kɔnshɛns

ɔ di ego Yoga de tich se di sol fɔ go ɔp di lada fɔ kɔnshɛns fɔ  
rich di divayn spirit

Di sikrit fɔ gladi: fɔ fil di divayn prezɛns

I fayn fɔ ɛnjoy layf; tru gladi gladi de pan nɔ fɔ tay pan  
ɛnitin ɛnjoy di sɛnt we flawa gɛt, bɔt tray fɔ si Gɔd insay am  
A dɔn kip mi sɛns kɔnshɛns so dat, bay we a de yuz dɛn, a go  
ebul fɔ tink bɔt Gɔd ɔltɛm ɛn fil in prezɛns na mi at "Dɛn mek  
mi yay fɔ si Yu fayn fayn wan ɔlsay, O Masta Dɛn mek mi yes  
fɔ yɛri Yu vɔys we de rawnd ɔltin" Dat na yoga: union wit Gɔd  
De nɔ nid fɔ go na di fɔrɛst fɔ fɛn Am Di wɔl abit dɛn go tay  
wi ɛnisay we wi de te wi fri wisɛf frɔm dɛn Di yogi sabi aw fɔ  
fɛn Gɔd na di kev na in at ɛnisay we i go, i kin kɛr wit am di  
blɛsin awareness fɔ di divayn prezɛns

Yumaniti nɔ jɔs dɔn go dɔŋ to di lɛvɛl we pɔsin kin gɛt  
sɛns, bɔt i dɔn bi slev bak wit di aberrant stet dɛn we de mek  
pɔsin nɔ bɔt sɛns, lɛk fɔ it pasmak, fɔ vɛks, ɛn fɔ jɛlɔs  
Yumaniti fɔ pul dɛn dɔti ɛn aberration ya fɔ mek i ebul fɔ fɛn  
Gɔd ɔl tu di pipul dɛn na di Ist ɛn di wan dɛn we de na di  
Wɛst fɔ fri frɔm dis sɛns bondage Wan ɔdinari pɔsin kin vɛks  
bikɔs dɛn nɔ dɔn gi dɛn kɔfi, we biliv se dis we dɛn nɔ gɛt  
ɛnitin, dat go mek dɛn ed at! Di yogi we pafɛkt na mɔtalman  
we dɔn fri

ɔlman gɛt di potenshal fɔ bi yogi ɛnisay we i de rayt naw  
Bɔt wi kin tink se ɛnitin we pas di ɔrayzin fɔ wi ɔdinari layf ɛn  
abit dɛn na sɔntin we strenj ɛn i at fɔ ajɔst

Di we aw dɛn de du yoga de gi fridɔm Som yoga pipul  
dɛn kin tek di detachment ɛn asceticism to ekstrem Dɛn se  
pɔsin fɔ slip pan bed we gɛt nel we dɛn nɔ go ambɔg am, ɛn  
dɛn kin gi ɔda kayn we fɔ kɔrɛkt pɔsin in bɔdi we nɔ gɛt ɛni  
bɛnifit pan Islamik tichin dɛn Na tru se pɔsin we kin sidɔm  
pan bed we gɛt nel ɛn stil tink bɔt Gɔd de sho se i gɛt bɔku  
bɔku trɛnk na in maynd Bɔt dɛn kayn ɛkstra ɔdinari feat dɛn

de nɔ nid fɔ du am; pɔsin kin jɔs sidɔm na chia ɔ na fayn bed  
en tink gud wan bɔt Gɔd

Yoga masta Patanjali se eni bɔdi we de alaw di spayna fɔ  
kip tinap stret fayn fɔ tink gud wan, dat na, yoga fɔs pan Gɔd  
I nɔ nid fɔ du kɔntɔrshɔnal twist fɔ praktis egzampul dɛn we  
nid ɛkstra ɔdinari bɔdi bia en fleksibiliti, lɛk Hatha yoga Gɔd  
na di ɔltimat gol, en di filin fɔ In prezɛns na wetin wi fɔ tray fɔ  
en wok fɔ ajɔst Di Bhagavad Gita se: "Di wan we de put insɛf  
."pan Gɔd en put insɛf insay am, na in balans pas ɔlman

Indian yoga pipul dɛn dɔn sho se dɛn nɔ kin ebul fɔ pas  
ɔltin we kol en ɔt pasmak, ɔ we mɔskito en ɔda insɛkt dɛn we  
kin mek pɔsin vɛks kin bit Dɛn kwaliti dɛn ya nɔto tin dɛn we  
pɔsin fɔ du bifo i bi yoga, bɔt na natura abit dɛn we pɔsin we  
sabi du yoga gɛt Tray fɔ pul ɔ fɔ bia wit tin dɛn we nɔ fayn if  
nid de, we nɔ go gɛt prɔblɛm wit in maynd If pɔsin kin klin,  
nɔ de nid fɔ dɔti Pɔsin kin lɛk fɔ liv na smɔl smɔl os jɔs lɛk aw  
i kin lɛk fɔ liv na big big os Di tin we kin mek pɔsin gɛt  
sakrifays na Gɔd in yay na fɔ wok tranga wan en fɔ kɔntinyu  
fɔ wok tranga wan Fɔ tru, di tin dɛn we dɛn kin avɛst bɔku,  
bɔt na smɔl pipul dɛn nɔmɔ kin rɛdi fɔ avɛst am! Di wan dɛn  
we de na di wɔl kin luk fɔ Gɔd in gift en fayv, bɔt di wan dɛn  
we gɛt sɛns kin luk fɔ di pɔsin we gi am insɛf

Enibɔdi we want fɔ bi yogi fɔ tink gud wan We i wek na  
mɔnin, di yogi nɔ de tink fɔs bɔt it fɔ gi in bɔdi tin fɔ it, bɔt i  
de gi in sol di nɛktɔ fɔ divayn kɔmyunion I ful-ɔp wit di  
inspekshɔn fɔ dip meditashɔn, i kin du ɔl in ɛvrɛde wok dɛn  
wit gladi at en wet Gɔd mek dis wɔl lɛk aw i mek am bay  
wilful fɔ mek mɔtalman wok towards improving the world  
Westinian pipul dɛn kin tɛnd to di ɛkstrem fɔ de fɛn nyu en  
impɔtant matirial kɔmfɔt ɔltɛm, we di Istan pipul dɛn kin tend  
to di ɛkstrim fɔ kɔntinyu fɔ satisfay wit wetin dɛn gɛt Sɔntin  
de we dɛn want insay di impulsiv Westinian spirit en di Istan

spirit we den kin plan fo du, en wi fo fen wan midul rod bitwin  
di tu

### Meditashon de mek di yogi

Fo fen God, posin fo tink gud wan evri monin en ivintem,  
en enitem we i posibul insay di de Apat from dat, i impotant  
fo di posin we want fo tink gud wan fo dediket som awa evri  
wikde fo tink gud wan Dis noto tin we no mek sens Som pipul  
den kin du wetin den lek fo long tem evride we den no taya o  
no taya Di wan den we want fo go bifo pan God biznes fo  
devote mo tem to God Wi fo mek God fil se wi lek am pas ol  
oda tin We wan i kin sabi fo tink gud wan en i kin ebul fo go  
insay ay konshens, posin no go nid fo slip pas fayv awa fo  
wan de Wan kin yuz som awa den na net, ali monin, en olide  
fo introspekshon en tink bot God Dis we ya, enibodi, ivin di  
posin we enjoy en bizi pas olman, kin bi yoga—if i want—we  
no nid fo wer toban o fo mek in ia long

Ples dem fo wship na di sel dem, en di oni na di shot no  
se motalman na spirit en na wan wit God Na tru se God de na  
ol di ples dem we den de wship, bot fo jos go na den oli ples  
den de no go du fo mek God biliv se i sho inself Fo go na say  
den we den de wship boku tem na gud tin, bot fo tink gud  
wan evride i bete, en den ol tu fo du togeda bikos fo go na  
ples den fo wship i no go ebul fo avoyd fo bring inspekshon,  
we fo tink gud wan evride de mek posin go bifo pan God  
biznes We di posin we de luk fo in at de bon wit zil, en we i de  
pre afta i pre, God de ansa in kol

Dis devoshon we no de shek impotant fo fen Am Fo bi  
yogi en di sem tem kip paz wit di spirit en dimand den we di  
tem de du, posin fo tink gud wan na os, korekt inself, en du ol  
di wok den bikos i lek en sav God Mi big tin we a want na fo  
bil tempul fo God na pipul den sol en witnes God in smayl we  
de shayn pan den fes Di big tin we a don du na layf na fo  
posin fo dediket wan tempul to God insay den yon sol Dis kin

izi fɔ du, ɛn na jɔs fɔ dis rizin we mek pipul dɛn no dɛnsɛf  
kam na di wɔl ɛnibɔdi we put Gɔd na tron na in sol na yoga  
ɛn i kin se wit mi se yoga na fɔ di Is, di Nɔt, di Sawt, ɛn di  
West Na fɔ ɔl pipul dɛn we nɔ gɛt ɛksɛpshɔn Tiolojikɔl rod dɛn  
na sɛkɔndari rod dɛn, we di rod fɔ yoga na di aywe we de go  
na di pales fɔ divayn blis, we, wans pɔsin rich, i nɔ de ɛva  
kɔmɔt

Pis de fɔ una

### **spiritual sid dɛn**

Tich mi, O Masta, fɔ gɛt maynd ɛn gɛt maynd, wit  
maynd ɛn kɔntinyu fɔ bia, pan ɔl we yu de tek tɛm ɛn tek  
tɛm

Gɔd de na mi at ɛn rawnd mi, de gayd ɛn wach mi So, a  
go pul di daknɛs we de mek a fred we de ayd in layt we de  
gayd mi ɛn mek a stop na di daknɛs we mistek de

\*\*\* .

Wi kin tan lɛk di wan dɛn we wi kin sidɔm wit ɛn padi  
biznɛs wit, nɔto jɔs tru tɔk ɛn intarakshɔn, bɔt bak tru di  
magnɛtik vaybreshɔn we wi nɔ de si we dɛn kin kɔmɔt We wi  
go insay dɛn magnɛtik fil, wi nɔ kin no se dɛn magnetizm kin  
afɛkt wi So, i rili impɔtant fɔ di wan dɛn we want fɔ gro na  
spirit fɔ gɛt padi biznɛs wit di wan dɛn we gɛt spiritual  
inklinshɔn, so dat dɛn go ɛnkɔrej, kɔntinyu fɔ gɛt zil, ɛn mɛn  
dɛn lɔng fɔ Gɔd

\*\*\* .

Di wan dɛn we gɛt sɛns kin gɛda di ros dɛn we de na di  
trut ɛn wok fɔ mek di sol dɛn gɛt fayn fayn kwaliti dɛn ɛn  
mek dɛn fayn fɔ mek dɛn go go insay di paradays we gɛt  
sɛns

\*\*\* .



Yu Masta, yu loɒ inof fɔ ɔltin

\*\*\* .

Pan ɔl we di kɔsmik loɒ de luk kɔmɔt na di smɔl smɔl  
winda dɛn we gɛt bɔku bɔku mɔtalman loɒ, di tɛm we yu tink  
se yu dɔn si am, i de go bifo ɛn kɔntinyu fɔ go bifo te yu ebul  
fɔ si in wan ol tin tru di winda we yu kɔsmik kɔnshɛns de

\*\*\* .

I bɛtɛ fɔ lɛ wi sidɔm togɛda ɛn tɔk bɔt wi opinion wit opin  
maynd ɛn rɛspɛkt wisɛf, mɛmba se pipul dɛn we gɛt sɛns nɔ  
de agyu bɔt dɛn de tɔk wit kol at ɛn wit sɛns

\*\*\* .

Pɔsin fɔ tren insɛf ɛn in fambul dɛn fɔ avɔyd fɔ tɔk bad  
bɔt ɔda pipul dɛn ɔ fɔ tɔk bad bɔt dɛn, ɛn bifo dat, fɔ pe  
atɛnshɔn pan fɔ impɔtant insɛf ɛn fɔ kɔrɛkt dɛn yon mistek  
Wi nɔ fɔ et ɔda pipul dɛn jɔs bikɔs dɛn difrɛn frɔm wi, ɔ bikɔs  
dɛn opinion difrɛn frɔm wi yon, ɛn wi nɔ fɔ insist se na wi yon  
biliv nɔmɔ na di kɔrɛkt wan

\*\*\* .

O wata we de kɔmɔt na loɒ, lɛ wi fil se wi at dɔn ful-ɔp ɛn  
wi tɔsti dɔn kɔmɔt bikɔs ɔf di bɔku bɔku tin dɛn we yu lɛk we  
de flɔ ɔltɛm

\*\*\* .

Pɔsin fɔ lan fɔ lisin pas fɔ tɔk, fɔ sidɔm kwayɛt wan, ɛn fɔ  
ɛnjoy fɔ de wit ɔda pipul dɛn

\*\*\* .

We yu fos di san layt tru wan magnifying lens pan smɔl  
pɔynt, i de mek ɔt, ɛn da ɔt de kin mek wud, klos, pepa, ɛn  
ɔda tin dɛn bɔn

Sɛmweso, we di maynd de pe atɛnshɔn prɛsishɔn, in  
kɔnsɛntret ɛnaji kin bɔn di bad ɛn rut dɛn fɔ dawt biɛn ɛni  
fayl ɛn mek di layt fɔ sɛns shayn wit brilians ɛn shayn

We di maynd de alaynɛd wit Gɔd, di sɔs fɔ ɔl gudnɛs ɛn  
di ɔrijin fɔ ɔl blɛsin pawa, i de kam fɔ no di divayn prɛzɛns ɛn  
gɛt ɔl di ɛliment dɛn fɔ sakrifays Dɛn ɛliment ya gɛt tayt padi

biznes wit Gɔd in big big pawa, we ebul fɔ mek nyu rizin ɛn  
chans fɔ sakrifays pan ɛni fild

\*\*\* .

We di shel dem fɔ pen ɛn kɔnfyushɔn fɔdɔm rawnd mi, lɛ  
a, O Masta, fil sef ɛn sef na di fɔt we yu nɔ go ebul fɔ win we  
yu de protekt mi

\*\*\* .

Lɔv na di siŋ we di at de siŋ we di sol de siŋ to Gɔd

\*\*\* .

Mi tɔsti we nɔ de dɔn kin jɔs kɔmɔt bay Yu blɛsin tɔch  
pan mi sol, we de bɔn wit lɔng fɔ Yu Di big big briz we nɔ get  
op dɔn stɔp, di briz we nɔ get op dɔn kol, ɛn di drɔp dɛn we  
Yu pis de mek dɔn wet ɛvri fayv na mi layf, ful mi at wit  
satisfay, ɛn naw a de siŋ ɛn chant Yu blɛsin nem

O Gɔd, mek mi bɔd we de na paradays we de ɛnjoy fɔ  
drink frɔm Yu hilin spring dɛn we de flɔ frɔm di ɛvin we yu de  
de ɔlsay

\*\*\* .

Di trut fɔs kam na wi kɔnshɛns lɛk di tin, klia drɔp dyu  
[pan ros petal].

I nɔ mata aw yu wok smɔl ɛn ɔmbul na di ple fɔ layf, in  
impɔtants ikwal to di wan we di big big wok dɛn de du pan  
tin dɛn we de ɛp fɔ mek di ple go bifo

\*\*\* .

Mek a, O Gɔd, luk di lɔ dɛn bɔt gud kwaliti nɔto wit fred  
ɛn fred, bɔt wit kɔmfɔt ɛn lɔv ɛn lɛ a mɛmba se gud kwaliti,  
we in prinsipul dɛn kin at fɔ fala fɔs, kin dɔn put krawn fɔ  
gladi ɛn satisfay pan mi ed we dɛn fala in lɔ dɛn

ɛn ɛp mi, Masta, fɔ nɔ fɔget se bad tin we de mek prɔmis  
fɔ sɔm gladi ɛn gladi at na di biginin de briŋ bɔku sɔri ɛn sɔri-  
at insay in wek

\*\*\* .

Mɔtalman lɔv fɔ bɔku ɛn go bifo to divayn lɔv

Divayn lov de tray fo sho insef na motalman sol tru di  
difren we den en di we aw den de sho di lov we mared en  
mama en papa get en di lov we padi den get fo densef

Di buku buku en difren rilayshonship den we de na famili  
en sosayti na tin den we nid fo mek motalman lov klin from  
doti tin den en chenj am to klin spiritual lov

Affirmashon den:

We evride de shayn, a go shawa olman we a mit wit wef  
den we de mek a gladi

A go bi mental ray of san shain to evribodi we kross mi  
rod

A go layt kandul fo smayl na di at fo di wan den we sori  
en we no get bete trenk

\*\*\* .

Wi no bin destined fo liv insay di desolation of barren  
desires en di misery of fading ops Ep wi, O Masta, fo brok di  
chen den we de tay wi en foj wi rod wit ditarminieshon we no  
de shek, tru di wildanes we limites, to di gladi nyu land

\*\*\* .

Masta, mek a fil yu nia en no se yu de na di dip dip tin  
den we a de fil, en mek a no se yu sens we de shayn de sopt  
mi ondestandin, en se mi layf na wan we de sho yu yon en  
wan layf

\*\*\* .

Kruk na sik we de kam pan God biznes, en enibodi we de  
du bad bad tin den o filin den, dat kin mek i no gladi en i kin  
pwel in nervos sistem

\*\*\* .

Di at na di sent fo fil, en posin no fo ambog oda posin in  
at

\*\*\* .

God na mi tru tru jentri en a jentri tru am

\*\*\* .

Di wanwod we de insay wod den:

Fo korekt yusef

Fɔ lɛk ɔda pipul dɛn  
Fɔ du gud to animal dɛn  
Lɔv fɔ gɛt gud kwaliti dɛn  
Lɔv fɔ pis ɛn kol at  
Lɔv fɔ di bigman dɛn  
Fɔ sho sɔri-at to di po pipul dɛn ɛn di wan dɛn we nid ɛp  
ɛn fɔ ɛp dɛn  
Otomatik ɔnɛs ilɛk wetin go apin  
Fɔ du di wok bikɔs yu lɛk di wok ɛn rɛspɛkt am  
Lɔv fɔ du wetin rayt ɛn fɔ rifɔm  
Enjoy literary taste ɛn du wetin nid fɔ du  
Fɔ rɛspɛkt yusɛf  
Fɔ du tin wit ɔl yu at  
Raqqɑ  
De biɛn  
Chivalri fɔ fɛt wɔ  
peshɛnt  
Fɔ alaw  
I de tray fɔ fala di fut step dɛn fɔ big sol dɛn ɛn maynd  
dɛn we gɛt layt  
Fɔ bi pɔsin we ɔnɛs  
Fitnɛs we pɔsin kin gɛt  
saful  
I simpul ɛn i klia  
Tink di rayt we  
Di we aw pɔsin kin fil bɔt Gɔd  
Fɔ satisfay  
Wan lɔv fɔ klin in bɔdi ɛn fɔ klin in maynd  
Fɔ ɔmbul ɛn fɔ avɔyd fɔ mek prawd  
Lɔv fɔ gud tin  
Fɔ du tin tret  
Fɔ mɛmba di gud we dɛn sho di wan dɛn we fit fɔ gɛt am  
Risɛkt fɔ oli tin dɛn  
Frɔm di smɔl buk we nem: Psychological Chart  
\*\*\* .

Yu kin get spiritual senseshon bay we yu tren di maynd  
fo enjoy di gud kwaliti den we fayn fayn tin den get na di say  
we ayd insay mortalman

O Masta, di lov we de komot na mortalman at don tempt  
mi fo fen di sos we klin lov de insay Yu

Insay di stil we mi sol stil de, a de butu misef wit ombul  
bifo Yu prezens we de olsay, a no se Yu de gayd mi oltem na  
di rod den fo no misef

A go luk fo yu, mi God, te a fen yu, en we a fen yu, a go  
gladi fo tek ol di blesin en gud tin den we yu de gi mi

Insay di solitude of mi tinkin, a long, O Lord, fo yeri Yu  
voys Banish from mi di netmer dem fo harsh voys dem we stil  
de lurk insay di fold dem fo mi memori A want fo lisin to Yu  
kol en melodious voys sote go insay di tranquility of mi sol

\*\*\* .

O Masta, mek di ren we Yu scri-at de kam pan wi sol en  
was di doti we no no natin we de tay pan den, so dat den go  
get den klin en transparency bak en shayn wit Yu divayn layt

\*\*\* .

Illeksef na mawnten kev o na di midul pan bizi strit, o na  
di jongron na di modan layf enisay we wi de go en enisay we  
wi ton, ist en west, not en sawt en olsay, le wi, O Masta, fil se  
yu de nia so dat wi at go get korej bay yu prezens we de  
protekt wi

\*\*\* .

Le wi tan lek flawa en ros, en le wi skata smol smol smol  
smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol

\*\*\* .

Drink to yu fil from di wata we get pis we de flo from di spring den we fayn fo si en from yu maynd fo get fayn we fo si tin en tek abit den we go ep yu

No luk fo gladi at nomo wit fayn fayn klos, fayn fayn it, fayn fayn fonicha, lojishon en induljens, bikos den tin ya go trap yu gladi at bien aw yu de luk na do Bifo dat, mek yu imajineshon go op pas di kingdom we get aydia den we no get limit

\*\*\* .

Infakt, olman kin sofa, te to som mak, wit di problem we de mek den veks, pas nomo den don rich wan advans stej fo no wan stej fo spiritual gladi gladi o wan stet fo kol

Veks – pan eni we we i tek – komot from di no ebul fo fulfil wan want We di sol no get insay gladi at we de komot from di konekshon we di sol get wit in divayn sos, motalman de tray fo fulfil in want tru di sensful gladi at we inself no fayn we den gi am we no de sote go en boku tem di tin den we no fayn fo du

Boku tem, den tin den de we posin kin want kin mek posin in at pwel en afta dat i kin veks, en dis kin mek posin no get bete maynd pan God biznes

Di we we go ep yu fo lef fo veks na fo adres di men tin we de mek yu veks: di tin den we yu want Di mo di tin den we yu want, na di mo di tin den we yu go fil bad go de

I no posibul fo mek wi du ol wetin wi want bikos di tin den we wi want no de satisfay en no get limit Di mo we wi de tray fo du wetin wi want, na di mo wi de lek am, en di mo we wi de atak am, na di mo wi de fil pen fo le den no get oltin we go satisfay di tin den we wi want en fulop di tin den we wi want

\*\*\* .

Sakses, komfyut layf, men sik den we no go men, en kontrol abit den ol den tin ya kin apin en ajost

If yu don taya ol di we den en di tin den we yu de tray fo du en yu si se den no get yus, opin di domot we de insay en

spiritual pawa go fɔ insay ɛn drɛb ɔl di wikɛdnɛs, fɔlt ɛn frustrashɔn

If yu aks Gɔd fɔ ɛp yu fɔ tink gud wan ɛn fɔ pe atɛnshɔn dip wan kwayɛt wan, yu go si wan ples we yu go gɛt trɛnk we nɔ de dɔn

Gɔd nɔ de tek wan pɔsin bɛtɛ pas ɔda pɔsin ɛn i de ansa ɔl di wan dɛn we rili want fɔ ɛp am

We a bin fɛn Gɔd insay misɛf, a bin fɛn am ɔlsay

A bin rili want am frɔm we a bin smɔl, ɛn wan tɛm we a bin yɔŋ a bin rayt lɛta to Am Yɛs, a bin rayt lɛta to Gɔd ɛn gi am taytul dis:

"To God in Heaven" ɛn a put am na di mailbox

We wi rayt to pɔsin, wi de ɛkspekt fɔ gɛt ansa We a nɔ gɛt ansa, a bin de kray bɔku bɔku wata Bɔt di ansa bin dɔn kam to mi, nɔto tru wɔd dɛn we dɛn print pan pepa, bɔt insay wan wɔndaful vishɔn we de shayn

ɔlman kin gɛt ansa frɔm Gɔd if di tray sirɔs ɛn di tray kɔntinyu

If yu dayrɛkt yu kwɛstyɔn dɛn to Gɔd, rap dɛn wit dip filin, ɛn sɛn dɛn tru di mail fɔ tink gud wan, dɛn fɔ ɔnɛs ɛn fɔ tru yu go gɛt di ansa

\*\*\* .

Pis de kɔmɔt insay di sol; na di blɛsin insay ɛnvayrɔmɛnt usay gladi at de blo ɛn go bifo

\*\*\* .

Mɔtalman kin aksept bɔku lay lay tin dɛn wantɛm wantɛm bɔt di tin dɛn we dɛn nɔ ebul fɔ du ɛn dɛn nɔ kin aks dɛn sirɔs kwɛstyɔn dɛn, so dat kin alaw dɛn tin dɛn de fɔ kɔntrol dɛn layf ɛn di tin dɛn we kin apin to dɛn Pipul dɛn we de tink nɔ kin izi fɔ gri wit di tin dɛn we dɛn de du; bifo dat, dɛn kin tray fɔ chɛnj am, ɛn na dis kin mek pɔsin ebul fɔ go bifo

\*\*\* .

Pipul dɛm wae de tink kin tink bɔt wetin de arawnd dɛn ɛn dɛn kin sɔprayz wit wetin dɛn de si Dɛn kin luk gud wan

en aks kwēstyɔn bɔt wetin mek tin kin apin ɔr nɔr kin apin na wan patikyula we

\*\*\* .

Apat frɔm we pɔsin de it, slip, en wok, den kin op se i go gɛt sɔntin we gɛt valyu frɔm dis layf

\*\*\* .

Wi fɔ pul di we aw pɔsin de tink bɔt wisɛf nɔmɔ, en dis kin apin bay we wi de tray fɔ bisin bɔt ɔda pipul den Wi fɔ kia fɔ ɔda pipul den, en di bɛst we fɔ tich dis na fɔ du gud egzampul

I at fɔ ɛnjoy prɔsperiti en kɔmfyut layf insay di tɛm we pipul den de tink bɔt dɛnsɛf nɔmɔ en gridi we wi kin se, "Gɔd in blɛsin na fɔ mi en fɔ yu bak," dis wɔl go bi bɛtɛ ples

\*\*\* .

We wi de waka na siti strit, wi kin si se wɔl dɔn rawnd wi, bɔt we wi go insay plen, ɔl di tin den we de ambɔg wi kin lɔs, en wi kin si wan ples we nɔ sheb Semweso, we wi de waka na siti we de fa frɔm ɔda pipul den en we gɛt smɔl maynd, wi kin fil se wi dɔn kɔnfyus wit rigid en limited dogmatic ideas Bɔt we wi go insay wan plen we opin en expansive horizons, wi kin si wan unlimited space of human brɔda en sista en lɔv

\*\*\* .

Di pɔsin we de slip dɔŋ di stip stip rod den we bad nɔ de fil nɔ de agens am, bɔt jɔs afta we i tray fɔ tinap agens di bad abit den en di bad abit den bay we i tek spiritual lɔ den fɔ kɔntrol insɛf, i de si se bɔku bɔku tɛmteshɔn den dɔn wek fɔ fɛt di tray we i de tray en fɔ mek i nɔ du di fayn wok den we i de du

\*\*\* .

Sɔntɛnde, tin den kin wok fayn pas wɔd den Mɔtalman maynd na di pawaful pɔsin we de transmit en tek ɔltin If yu de brodkas gud tin den ɔltɛm, we ful-ɔp wit lɔv, den tink den de go gɛt fayn impak pan ɔda pipul den Semweso, if yu projekt tin den we gɛt chaj wit jɛlɔs ɔ et, ɔda pipul den go gɛt den tink den de en ansa wit di sem tin den



A de aks Gɔd fɔ sɔpɔt yu tray wit in trɛnk ɛn blɛsin If di prea na tru ɛn di tin dɛn we yu want fɔ du klin, di chenj we yu want go apin wit Gɔd in ɛp

\*\*\* .

Di ɛko dɛm fɔ di ia we dɔn pas, wit in sɔri ɛn laf, dɔn dɔn, ɛn naw di ɛko fɔ di Nyu Ia antɛm de siŋ ɛnkɔrejment, de tɛl wi op, ɛn **wispa** :

"Rishep yu layf pafɛkt wan Abandon di gras dɛm fɔ ol fred ɛn frɔm di dɛzat gadin we bin de trade, gɛda ɛn sev ɔl di sid dɛm fɔ gladi, ajɔstment, op, gud tink ɛn du, ɛn nobul, ay tin dɛm we yu want".

Insay di dɔti dɔti grɔn fɔ ɛvri nyu de, plant dɛn pawaful sid dɛn de, wata dɛn, ɛn kia fɔ dɛn te dɛn gro ɛn ful yu layf wit di bɛnifit dɛn we nɔ kin bɔku we yu blo

Di nyu ia de wispa:

"Wek di spirit, we dɛn kapchɔ to di abit dɛn, ɛn ɛnkɔrej am fɔ du nyu tin dɛn we go bɛnifit yu Nɔ ɛva stɔp fɔ tray, ɛn nɔ ɛva rɛst te yu gɛt fridɔm we go de sote go ɛn win karma (di ɔltɛm chasing ɛn pursue kɔnsikuns fɔ past akshɔn dɛn)".

Wit maynd we dɔn rɛf ɛn we wi dɔn chak wit gladi at we de nyu ɔltɛm, lɛ wi gladi togɛda ɛn waka an to an go na di os we de na ɛvin usay wi nɔ go ɛva kɔmɔt igen

\*\*\* .

Vɛks ɛn di mɛmori we di ɛlifant gɛt

Di wan dɛn we want pis insay dɛn at fɔ ɔndastand aw pɔsin kin vɛks ɛn bɔku tɛm i kin mek bad bad tin apin

Bikɔs ɔf di lɔs intanɛnt balans bikɔs ɔf wamat, bɔku pipul dɛn dɔn tɔn agens wetin dɛn want to kriminal ɛn kilman dɛn we tɔsti blɔd

Fɔ ambɔg di tin dɛn we pɔsin want, i de mek di maynd blaynd We di fɔg we di tin dɛn we i want fɔ du tek pɔsin in maynd, i kin lɔs in sɛns ɛn biev di we we nɔ fit fɔ bi pɔsin we gɛt ay pozishɔn

We pɔsin nɔ ɡet sɛns, dat kin mek pɔsin no di we aw  
pɔsin kin no we i bɔn we na di tin we de mek pɔsin du ɔl di  
tin dɛn we pɔsin kin du fayn ɛn fɔ du gud tin

We di stiarin fɔ pɔsin in maynd nɔ wok fayn, i nɔ go ebul  
fɔ avɔyd fɔ ɡet aksident ɛn dɛn kin si dɛnsɛf pan pen ɛn sɔfa

Fɔ ɛgzampul: Di man de drayv wit gladi at, ɛn we i de go  
na di pak, in wɛf tɛl am fɔ chenj dairekshɔn fɔ go na in mama  
ɛn papa dɛn os instead fɔ go na di pak, ɛn na ya in gladi at  
kin tɔn to vɛks

A pik dis ɛgzampul bikɔs na kɔmɔn tin we kin apin Insay  
nɔmal kes dɛm, di rizulyt na ɔ di man nɔ gri wit wetin in wɛf  
aks fɔ ɔ gri wit vɛks ɛn nɔ gladi, ɛn na dis kin jɔs apin Insay ɔl  
tu di kes dɛm, vɛks kin tek ova, di atmosfɛs kin tɛns, ɛn di  
pis kin ambɔg

Sɔntɛnde, vɛks kin tɔn to bad bad tin fɔ di wan dɛn we  
ɡet bad bad wamat Wamat kin afɛkt di mɛmori, ɔ di drayva  
kin fɔɡet fɔ drayv tek tɛm ɛn pe atɛnshɔn, ɔ i nɔ kin wach di  
trafik signal dɛn, ɛn dis kin mek pɔsin rɔsh ɔ, Gɔd nɔ gri fɔ  
mek i day

Fɔ dɔn, vɛks kin lɔk di stiarin fɔ di wil na di chariɔt fɔ layf  
ɛn i kin mek i nɔ ebul fɔ rich di tin dɛn we i want fɔ du ɛn di  
tin dɛn we i want fɔ du

Di mɛmori we di ɛlifant ɡet:

Di fakulti we dɛn kɔl "mɛmori" na gift frɔm Gɔd to  
mɔtalman, ɛn na big blɛsin i bi! Dɛn kin gi animal dɛn bak fɔ  
mɛmba; if i nɔ bin de, dɛn nɔ bin fɔ ebul fɔ no dɛn yɔŋ wan  
Sɔm animal dɛn ɡet fayn fayn mɛmori, lɛk aw di stori we de  
kam biɛn bɔt ɛlifant sho

We wan big ɛlifant bin de kɛr tik, lɛk aw bɔku ɛlifant dɛn  
we dɛn dɔn tren kin du na di ls, wan bɔbɔ kam nia am, chuk  
am wit nidul na in trɔnk, ɛn rɔnawe

Wan ia pas afta dat tin apin, ɛn di sem ɛlifant mit di sem  
bɔbɔ na di rod I bin rili fayn fɔ mek di ɛlifant tek in revang  
So, i rap in trɔnk rawnd di bɔbɔ ɛn trowe am wit fɛt-fɛt na di  
ɔda say na di rod So, animal dɛn kin mɛmba tin dɛn

\*\*\* .

We di at ful-ɔp wit di lɔv we Gɔd gɛt ɛn di yay dɛn de shayn wit In layt, pɔsin in magnetizm kin bi spiritual in nature Big difrɛns de bitwin spiritual magnetism, wit in sublaym inflɔɛns, ɛn animalistik magnetizm, we pasɔn ɛn instinkt de drɛb Spiritual magnetizm de bays pan altruism ɛn di bɛnifit fɔ ɔda pipul dɛn, we animalistik magnetizm de drɛb bay selfishness ɛn di eksplɔyt ɔf ɔda pipul dɛn

\*\*\* .

Pɔsin kin gi insɛf fayn fayn advays dɛn we gɛt bɛnifit ifɛkt pan di sabkɔshɔs maynd, we insɛf kin afɛkt di kɔnshɛns maynd Negatif sɔgzhɛshɔn, ilɛksɛf na insɛf sɛf ɔ frɔm ɔda pɔsin, kin ambɔg di bren ɛn dɛn fɔ avɔyd am

Mɔtalman de gi wi in advays ɛn afta dat i de lɛf wi fɔ avɛst di frut we wi de du [we kin bi di rizin fɔ in bad advays].

Gɔd in rod de mek pɔsin gladi ɛn du gud ɔltɛm

\*\*\* .

Wit di transparency of dip contemplation, a go sɔrɛnda di divain layt we de flɔ ɔltɛm insay mi dip, ɛn a go rayz mi lɔv ɛn longings to di ɔlmayti

A fil Yu prezɛns, Masta, insay di dip dip rɛs dɛm na mi bi, ɛn a si Yu de blo na di gadin fɔ mi lɔv ɛnvlɔp mi insay Yu lɔv ɛn mek a ɛnjoy Yu blɛsin sɛnt

O Masta, gi mi pis so dat mi sol go gɛt rɛst ɛn si di rayt we de gi op biɛn di klawd dɛn we nɔ bisin Mek di layt we de sho se a nɔ bisin bɔt mi, shayn na mi at so dat a go fil kol ɛn kɔmfɔt na mi spirit

\*\*\* .

Mek Yu glori shayn, O Masta, ɛn mek ignorance lɔs frɔm di shores of di wɔl sote go, ɛn bak fɔ fɛt ɛn jɛlɔs Dispel di daknɛs fɔ ignorance wit di layt fɔ Yu sɛns Transfɔm wikɛdnɛs to trɛnk ɛn frayd to resolve, ɛn baptayz maynd ɛn spirit wit Yu hiling layt

\*\*\* .

Jos lek aw den kin gi olman di san layt, bot stil som pipul den de we lek fo liv na daknes, na so di layt fo di sens we God gi kin fiod ol say, bot stil som pipul den de we de luk di wol from bien di winda den na den dak maynd tin den, we den don doti wit ignorance

\*\*\* .

O Masta, sev wi from we wi no no natin en di tin den we i de du, en from fred en wori, en mek di wata we de ron na Yu sens swip ol di tin den we don pwel en di doti tin den we de na wi layf

\*\*\* .

Enibodi we sabi aw fo gladi na di tem we wi de naw, don fen in we fo go to God

\*\*\* .

Mi na di kapten fo mi ship we get gud tinkin, gud wil, en fruitful, benifit aktiviti den A go stiar di ship na mi layf, oltem a de fiks mi yay pan di shayn planet we get pis na di skay we a de tink bot God dip dip wan

\*\*\* .

If wi no pik fo gladi, nobodi no go ebul fo mek wi gladi, en wi no fo blem enibodi fo dat En if wi disayd fo gladi, nobodi no go ebul fo pul da gladi at de pan wi

\*\*\* .

Pandemik, bad bad tin, en vaylent chenj den na di nature we de bring pwel pwel, pwel pwel, en bad bad tin den we de apin ol say noto "divayn decrees" Den disasta ya komot from motalman tink en akshon Enisay we di wol in dilik balans fo gud en bad de ambog bikos di wef en vaybreshon we de geda bad bad wan we motalman get fo du wit bad tin en bad tin, chaos en pwel pwel we de ol say ensue Di wol go kontinyu fo sofa from wo, disasta, en bad bad tin den te motalman korekt di we aw den de tink en biev we no fayn Wo no kin apin as God in lo, bot na bikos boku pipul den de tink bot densef nomo if pipul den de tink bot densef nomo if pipul

dən de tink bɔt dɛnsɛf nɔmɔ if dən gɛt wanwɔd, di industri,  
pɔlitiks, spiritual, ɛn nashɔnal, wɔ dən nɔ go de igen

We di matirial spirit tek mɔtalman kɔnshɛns ɛn dominate  
di tink, i de pul transparent negatif redyushɔn Di kumulativ  
fɔs fɔ dən negatif vaybreshɔn ya de pwɛl di ilɛktrik balans na  
di nature bad bad wan, we de mek atkwɛk, wata we de rɔn,  
ɛn ɔda disasta dən

Nɔto Gɔd gɛt fɔ du wit am, dən fɔ kɔntrol mɔtalman ayd  
dɛn bifo i pɔsibul fɔ kɔntrol di tin dən we Gɔd mek

\*\*\* .

A go tray fɔ du ɔl di fayn ɛn fayn tin dən bikɔs a lɛk Gɔd  
ɛn fɔ mek i gladi

\*\*\* .

Di maynd fɔ plow wit di plɔg fɔ kɔrɛkt sɛns bikɔs in grɔn  
dray ɛn at Di grɔn fɔ wet wit rɛdi ɛn akseptans, ɛn di sid dən  
fɔ fet fɔ plant na di fɔrɔs, dɔn wata am wit wan wil we gri wit  
di divayn wil

\*\*\* .

Pɔsin we gɛt natura l kol kin kip in kɔmpin ɛn de  
kɔntinyu fɔ gɛt pis ɔnda ɔl di tin dən we de apin Dɛn nɔ kin  
alaw bak di filin ɛn pawa fɔ kɔntrol am ɛn mek i disayd fɔ du  
bad tin

\*\*\* .

Yu na di layt we de shayn na di sta dən, di ɛnaji we de  
na di atɔm dən, di gudnɛs we de na di at, di fayn fayn tin dən  
we de na di trut, ɛn di bigman we de pan ɔnɛs

Bles wi, O Masta, so dat wi go sho Yu gudnɛs pan wi pan  
wi wɛlbɔdi, wi intɛlektual aspireshɔn, ɛn wi spiritual layf ɛp  
wi fɔ ful wisɛf wit Yu suprɛm pawa, Yu sɛns we nɔ gɛt ɛnd, ɛn  
Yu ɔthɛntiti we nɔ gɛt bɔda, ɛn lɛ wi no se Yu na di watawɛl  
fɔ wɛlbɔdi, di si we de gi layf, ɛn di sɔs fɔ ɔl ɔndastandin ɛn  
no

\*\*\* .

O Divayn Lɔv, yu na di sikrit ɛko we de kɔmɔt frɔm di  
kev dɛn na at ɛn di vɔys fɔ silent filin

Yu na di majik man we pɔsin nɔ de si fɔ sol, di wan we  
de spak we de kɔmɔt na di dip dip padi biznɛs

Yu na blɛsin enjɛl we de wispa di swit wɔd dɛn to sol dɛn

Yu na di silent langwej we pipul we lɛk pipul dɛn de tɔk  
ɛn di ink we dɛn nɔ de si we dɛn de yuz fɔ rayt mɛsej na dɛn  
at pej

Yu na di sɔs fɔ ɔl di fayn fayn imɔshɔn dɛn, ɛn yu at de  
pul in puls frɔm di kɔsmik at

Lɔv na tɔk we tu at dɛn de tɔk kwayɛt wan, ɛn na di kɔl  
we ay pas ɔl fɔ ɔl di tin dɛn we gɛt layf ɛn we nɔ gɛt layf fɔ  
go bak na di os we ɔlman gɛt wanwɔd

Lɔv na di puls fɔ layf

I de gro na di gadin we gɛt spiritual flawa ɛn i de slip  
biɛn di daknɛs we di tin dɛn we de na do gɛt

Na di nɛkɔ we ol pas ɔl ɛn we swit pas ɔl, we dɛn kip  
insay di bɔtul dɛn we gɛt at

Lɔv na di layt we de brok di wɔl dɛn we dak bitwin wan  
wan pipul dɛn, famili, ɛn neshɔn dɛn

Lɔv na di flawa fɔ padi biznɛs, we de gro ɛn gro na di fil  
dɛm fɔ yɔŋ ɛn ol pipul dɛm

Lɔv na di get fɔ go na ɛvin ɛn na gud sol dɛn siŋ

\*\*\* .

Di wan dɛn we want fɔ ridyus dɛn layf fɔ no fɔs di fayn  
tin dɛn we dɛn want fɔ put insay dɛn layf, dɔn dɛn fɔ mek  
wan program we dɛn de fala ɛvrɪde, ɛn dɛn go fil bɔku gladi  
at bikɔs dɛn de du wetin dɛn dɔn disayd

If pɔsin nɔ fala di schedule fɔ mek i bɛtɛ, dat kin mek di  
wil wik ɛn i kin mek i nɔ ebul fɔ go bifo

Di wan dɛn we de alaynɛd dɛnsɛf wit di natura I ɔda tin  
dɛn we de apin na layf go ebul fɔ du tin dɛn we go mek i gɛt  
frut Nɔ lɔ nɔ de we de mek pɔsin nɔ chenj fɔ bɛtɛ ɛn fɔ no  
wetin i want fɔ du No tin we de ambɔg pɔsin nɔ go ebul fɔ  
stɔp pɔsin fɔ rich in ay ay gol dɛn pas nɔmɔ i gri wit dɛn tin  
dɛn de we de ambɔg am ɛn biliv dɛnsɛf se i nɔ go ebul fɔ win  
dɛn

\*\*\* .

Enisay we ɔda pipul den gladi fɔ di tray we a de tray fɔ  
du gud, na de a go ebul fɔ gi di bɛst savis

\*\*\* .

Tru lɔv—lɔv fɔ di at ɛn sol—na we de sho di divayn lɔv  
Divayn lɔv de tray fɔ sho insɛf tru di at ɛn sol fɔ mɔtalman  
Gɔd de tich mɔtalman divayn lɔv tru di pafɛkt mɛdiɔm fɔ  
mɔtalman lɔv

\*\*\* .

We yu mit pɔsin ɛn i se, "Aw yu de? A gladi so fɔ si yu,"  
we dip dɔŋ den nɔ kin fil fayn atɔl rawnd yu, yu kin si den  
insay filin wantɛm wantɛm ɛn nɔ want fɔ tɔk to den ɔ de wit  
den a kin lɛk fɔ ɔnɛs pas fɔ mek lɛk se yu de mek lɛk se yu  
na ipokrit ɛn fɔ mek ipokrit

Pɔsin in wɔd na ɔltin, ɛn i fɔ bi natura ɛn ɔnɛs, rɛspɛkt in  
wɔd, ɛn kip in prɔmis ɛn kɔmitment to ɔda pipul den

\*\*\* .

Gɔd na di sɔs we de gi yu maynd trenk, sɛns, ɛn bɔku tin  
Aks am fɔ gayd yu to di rayt rod fɔ rich di sakrifays we yu de  
luk fɔ Fɔs, mek sho se yu intenshɔn fayn, dɔn yu go gɛt di  
trenk fɔ rich yu gol

\*\*\* .

Lɔv na di spiritual wɛpɔn we de dɔn ɔl wɔ

\*\*\* .

Sisɛns strɔng fa fawe pas lay lay tɔk ɛn tɔk bad bɔt pɔsin  
If yu ebul fɔ protɛkt yusɛf na di fɔt fɔ sinsɪ, dat min se yu go  
bi di masta we den gɛt ɔnɔ na yu yon kinɔm

Trut go win, ilɛksɛf ɔda pipul den dɔn du yu bad

Gi sɛns to di wan den we de luk fɔ am, as lɔng as den  
want fɔ gɛt layt, ɛn du yu bɛst fɔ rayz ɛn klaym di lada fɔ no  
yusɛf

To Gɔd a dɔn dediket ɛn kɔnsakret mi vɔys, mi an, mi  
fut, mi at, mi bɔdi, mi filin, mi wil ɛn ɔltin

\*\*\* .

Noto di bɔdi nɔmɔ de mek pɔsin fil pen; pen de bak pan intelektual ɛn spiritual pen

I nɔ pɔsibul fɔ tink bɔt Gɔd we di maynd ful-ɔp wit milɛ, fred, ɛn we pɔsin de tink se bad tin de apin, ɔ we pɔsin de fɛt wɔ wit insɛf

Wi de sɔfa wit sɔri-at ɛn pwɛl hat, wit ɔda tin dɛm wae nɔr fayn ɛn saykilɔjik stet, ɛn wit wɔri, bɔrku pan dɛm na frayd wae nɔr gɛt ɛni fawndeshɔn Na spiritual lɛvul, wi de sɔfa wit nɔr no bɔt di kayn we aw wi sol nɔ de day

\*\*\* .

Di wan dɛn we gri wit Gɔd kin si fayn fayn tin dɛn we kin mek pɔsin blo ɛn dɛn kin test di swit we pas ɔl we pɔsin nɔ go ebul fɔ si ɛni ɔda we

We mi sol kɔl Yu, di klawd dɛn we Yu kwayɛt bin bɔs, O Gɔd, ɛn di ren we Yu sɔri-at bin de kam dɔŋ insay big big wata te i bi wata we de flɔd fɔ Yu gudnɛs Yu blɛsin riva bin kɔba di bank dɛn na mi bɔdi, ɛn mi sol bin fɔdɔm insay di wata we go de sote go, ɛn di bɔbul fɔ mi smɔl layf bin solv insay di si usay Yu ɔl-ɛn-kɔmpas de de

- SMɔL TɔK: Mi mentɔ tich mi aw fɔ yuz di chisel fɔ sɛns fɔ mek misɛf bi tɛmpul we fit fɔ di divayn prezɛns

If yu want fɔ rich wan fayn gol, begin bay we yu disayn wan mental mɔdel fɔ am Yu kin naw fɔ establish ɛni dairekshɔn fayn fayn wan na yu kɔnshɛns if yu plant wan strong aidia na yu maynd; dɛn yu ɔl biin go kɔnfɔm to da aidia de ɛn yu akshɔn go de in layn wit am

- SMɔL TɔK: Lɔv ɛn tolɛreshɔn impɔtant fɔ mek wanwɔd ɛn gri Lɔv de mek ɔltin we go bɛnifit ɛn we ebul fɔ gro, gɛt wanwɔd ɛn it, ɛn et de sheb ɛn pwɛl ɔl wetin dɛn kin ripɛnt

\*\*\* .

Fɔ fred na di big ɛnimi fɔ sakrifays bikɔs i de mek pɔsin nɔ want fɔ tray, if i nɔ want fɔ du dat, i nɔ go ebul fɔ du am

Di we aw pɔsin nɔ de tink, we i nɔ de tray tranga wan, ɛn we i nɔ de tray tranga wan, na ɔl di tin dɛn we de ambɔg di rod fɔ mek pɔsin gɛt sakrifays Di gol nɔ fɔ bi sakrifays



insef, bɔt na fɔ liv rayt layf we de mek pɔsin gɛt sakrifays If pɔsin want fɔ gɛt sakrifays pasmak, dat kin bi sɔntin we de ambɔg am Fɔ mek tin dɛn we pɔsin kin du we i want fɔ du sɔntin ɛn we i want fɔ rich di gol rili impɔtant fɔ mek i gɛt sakrifays

\*\*\* .

Evri tink we wi gɛt de mek wan patikyula vaybreshɔn We yu tink bɔt Gɔd wit yu ɔl biin, maynd ɛn limb dɛm - ɛn wispa "O Masta" bɔku bɔku tɛm insay yusef, yu de mek wan pawaful vaybreshɔn we de briŋ di divayn prezɛns insay yu layf

We wi no se Gɔd na wi pɔsin we wi lɛk sote go ɛn wi padi ɔltɛm, ɛn di lɔv we i gɛt fɔ wi pas ɛni ɔda lɔv, wi kin fil se i de nia wi ɛn tɔch am, so wi at kin gɛt kɔrej ɛn wi kin fil pis we pas ɔl na di spirit

We yu de tink bɔt Gɔd ɛn fil se gladi at de blo mɔ ɛn mɔ na yu at ɛn ɔlsay na yu bɔdi, ɛn bɔs da gladi at de kam to yu wan wan tɛm, no se Gɔd dɔn ansa di tin dɛn we yu at want ɛn di filin fɔ gladi we yu de gɛt na pruf fɔ da ansa de

\*\*\* .

We di maynd go insay wan stet we gɛt ay kɔnshɛns ɛn tɔch di infinite total prezɛns, i no se i de in kɔntakt wit Gɔd ɛn di ɛksperiɛns swit, bɔt i nɔ pɔsibul fɔ ɛksprɛs insay wɔd di stet fɔ da kɔnekshɔn de we pas diskripshɔn

\*\*\* .

A nɔ bin yuz mi magnetizm fɔ luk fɔ tin dɛn we gɛt layf, bɔt a bin de yuz am fɔ mek Gɔd kam de we de sote go ɛn we nɔ de pwɛl

\*\*\* .

Gi mi, O Masta, di dip tin dɛn we mi at want, ɛn mek a yɛri Yu blɛsin vɔys na di dip pat na mi sol A nɔ go ɛva fɔgɛt Yu, mi Gɔd we a lɛk, ɛn a nɔ go waka na di rod dɛn we layf de witout Yu Bi mi gɔst we go de sote go ɛn de na di say we oli fɔ mi pis ɛn spiritual gladi Lɛ mi at bit wit Yu lɔv, ɛn mek mi tinkin wok insay wanwɔd, so dat a go bistow Yu pis ɛn lɔv

pan ɔda pipul den En mek di sent fɔ Yu lɔv kɔmɔt na di ros na  
mi at, drɔ sol den we de luk fɔ pis en briŋ den to Yu

\*\*\* .

Di mawnten sinima den we den peint pan di blu kɔtin, di  
mekanik den we mɔtalman bɔdi de mek we de mek pɔsin in  
maynd ful, di flawa den we den mek fayn fayn wan, di fayn  
fayn tin den we gud sol den get, di ay ay tin den we den de  
tink bɔt, en di dip we aw den lɛk wi, ɔl dis de mɛmba wi bɔt di  
Wan we mek ɔltin we wɔndaful en we rili fayn

\*\*\* .

A go du mi bɛst en du ɔl wetin a ebul fɔ mek misɛf en  
ɔda pipul den jɛntri pan Gɔd fɔs en fɔs a go bil os den we get  
sens midul gadin den we get pis ɔltɛm, we ful-ɔp wit di flawa  
den we get fayn fayn spiritual gud kwaliti den

\*\*\* .

I nɔ mata if a na smɔl wef ɔ big wan, as lɔng as di big si  
fɔ layf de sɔpɔt mi

A go delv dip insay tinkin te a fɛn di sikrit fɔ sikrit, en a  
go fos di layt fɔ insayt - lɛk tɔch - so dat di fes we oli pas ɔl  
go apia to mi

\*\*\* .

Mek yu layt shayn insay mi, rawnd mi, en ɔlsay

\*\*\* .

Lɔv na faya we ayd en we Gɔd tɛl am fɔ du, i de mɛlt di  
rɔf we di wan ol wɔl get en chenj am to sɔntin we wi nɔ de si  
we get lɔv we go de sote go

\*\*\* .

Jɔs lɛk aw di san de sɛn layt en wam, na so a go spre  
layt fɔ op na di po en di wan den we den dɔn drɛb, en a go  
mek nyu zil insay di at fɔ di wan den we tink se den nɔ get op

\*\*\* .

Masta, lɛ a nɔ bɔn misɛf en ɔda pipul den wit di faya we  
de bɔn we de mek a jɛlɔs, bɔt lɛ a aksept wit kɔnvikshɔn en  
satisfay di gud en lɔv we a fɔ get frɔm di wan den we a lɛk

\*\*\* .

A sef en sef bien di wɔl dɛn fɔ mi klia kɔnshɛns a dɔn bɔn di dak past en a jɔs bisin bɔt tide, en a nɔ go fred natin pas misɛf we a de tray fɔ ful mi kɔnshɛns

\*\*\* .

Tide a go put faya pan di rut dɛm fɔ wɔri en fred en bɔn di faya fɔ gladi fɔ layt di tɛmpul fɔ di sol we de insay mi

\*\*\* .

Nɔbɔdi nɔ go vɛks mi wit bad bad wɔd ɔ abit we nɔ de tek tɛm, en nɔbɔdi nɔ go ebul fɔ inflɔws mi wit flat, prez, en kɔmpliment fɔ mek a tink se a big en impɔtant pas mi tru tru sɛf

\*\*\* .

O Masta, mek mi at spays fɔ kɔntinyu Yu blɛsin prezɛns, en mek i bit wit Yu lɔv sote go

\*\*\* .

If yu yuz yu wil pawa kɔrɛkt wan, i go mek nyu karma fɔ yu, bɔt bɔku pipul dɛn nɔ want fɔ chɛnj en nɔ want fɔ tray, so dɛn kin fɔdɔm pan prɔblɛm dɛn en dɛn nɔ kin ebul fɔ bia wit prɔblɛm dɛn

\*\*\* .

Masta, ɛp mi fɔ difrɛns bitwin gladi at we go de sote go na di sol en di gladi at we de pas na di bɔdi Lɛ a nɔ drawn misɛf insay di gladi at we di sɛns dɛn we de pas de gɛt, en ɛp mi fɔ rifin mi sɛns so dat dɛn go mek a gladi ɔltɛm

\*\*\* .

A bin separet di rayt dɛn na mi maynd frɔm di smɔl, smɔl say we di sɛns dɛn de en fri dɛn na di ɔrayzɔn dɛn na di spirit, so di tin dɛn we a bin de si bin de gro en mi awareness bin de skata ɔlsay

\*\*\* .

Pɔsin nɔ fɔ fil se i nɔ ebul fɔ du ɛnitin ɔ i dɔn trɔs if i gɛt abit dɛn we i nɔ want we i want fɔ lɛf Naw na di chans fɔ win dɛn abit dɛn de bay we i de tray tranga wan en praktis fɔ tink gud wan ɔltɛm

\*\*\* .

O Masta fɔ sol ɛn at, di raytin fɔ gladi at we de spre na di skay we mi insay mi at de sho se yu blɛsin apia de kam nia

\*\*\* .

O Masta, a de smayl di smayl fɔ di wan dɛn we gɛt kɔnfidɛns ɛn we gɛt kɔrej, bikɔs ilɛksef a de flɔt na di say we dis layf de ɔ a de drawn ɔnda di wef dɛn we de mek a day, a de kɔntinyu fɔ de na di at fɔ Yu layf we go de sote go, we de gi mi sikyɔriti ɛn protekshɔn, ɛn Yu strong, blɛsin an de sɔpɔt mi

\*\*\* .

Sik, ol ej, ɛn day na di prɔblɛm ɛn tin dɛm wae de ambɔg di bɔdi wae de ambɔg Saikɔlɔjik sik, bɔt, kin kam insay di maynd tru sɔri-at, frayd, vɛks, wae pɔrsin nɔr want, wae pɔrsin kin vɛks, et, wae pɔrsin kin fil bad, fiva wae de mek pɔrsin fil bad, ɛn wan kayn saykolojik kansa wae kin paralayz mental faculties Di sik wae de denja pas ɔl, bɔt na di sik we di sol gɛt, we de sho se i nɔ no natin, we ɔl ɔda sik dɛn kin kɔmɔt ɛn skata

\*\*\* .

Di wɛlspring fɔ sublime idealism we de nourish wi filin fɔ lɔv ɛn rifin imɔshɔn dɛn nɔ fɔ alaw fɔ dray

\*\*\* .

ɔltin we atraktiv na do de gɛt in apil frɔm di insay sɛf ɛn natin nɔ de dɔti di klin miro na di sol lɛk saykilɔjik distɔrshɔn lɛk vɛks, malis, jɛlɔs , ɛn et ɛnibɔdi we tray fɔ fri insɛf frɔm dɛn kɔmpawnd ya, we nɔ de nia di nature of di spirit, go mek di layt fɔ insay biuti rayt frɔm insay

\*\*\* .

Kɔnshɛns fɔ rayz frɔm di limited fyzikal eria to di unlimited horizons of tranquility insay di sol

\*\*\* .

O spirit we klin ɛn we nɔ gɛt wan sin, fri mi frɔm di tin dɛn we a want fɔ du we nɔ de satisfay, so dat ɔl di gridi tin dɛn we a want fɔ du go tɔn to ashis insay di faya we gɛt sɛns, ɛn so dat a go trangayes ɛn mekɔp mi maynd fɔ stɔp ɔl

di tin den we di sens den de du en so dat a go gri wit wetin  
Yu want, ple mi simpul myuzik insay wanwɔd, du mi smɔl  
smɔl wok den, en siŋ mi ɔmbul siŋ

Masta, ep mi fɔ yuz mi sens den nɔmɔ di we we fayn en  
we gɛt sens, en fɔ mek den fayn so dat den go ep mi fɔ gɛt  
tru tru gladi at

\*\*\* .

Di stɛl we gɛt sens we wi de pul tru di faya den we de  
bɔn we ɛkspiriɛns de klin na wɔndaful tin Layf de klin wi bay  
we i de chenj wi bays metal den to prɛshɔ ɛliment den so dat  
wi go liv na dis layf as sol den we klin lɛk jɔlɔs, we at lɛk stɛl,  
en di sem tɛm we wi kin ebul fɔ chenj en bɛn we wi nɔ go  
brok ɔnda di prɛshɔn we tin tranga en di prɔblɛm den we at  
fɔ gɛt

\*\*\* .

Wan hidɛn fos de we de wok fɔ impruv wan moral en  
spiritual plan fɔ briŋ ɔda en wanwɔd bitwin wetin tan lɛk  
dissonance en chaos in krieshɔn

\*\*\* .

O mi divayn pɔsin we a lɛk, yu na di gladi we go de sote  
go, we de ridyus ɔltɛm yu na di blɛsin fɔ di sol en yu na di  
gladi at we a de long fɔ

\*\*\* .

Wi fɔ pre to Gɔd wit ɔl den at en abop pan am, en den go  
ansa am kwayɛt wan en wit kol at we ayd we de mek pɔsin fil  
fayn en we de mek pɔsin in layf chenj kwik kwik wan

\*\*\* .

Fɔs, wi fɔ gɛt di gladi at we wi kin gɛt we wi de togɛda  
wit Gɔd so dat wi go kɔmpia am to smɔl smɔl tin den we wi  
kin ɛnjoy na dis wɔl Dɔn, di tin den we wi want go bi di kayn  
we we ay pas ɔl Di tin den we wi want nɔ gɛt ɛnd; no sooner  
is wan desire fulfil dan oda wan tek in ples, en so on Bɔt we  
yu fɛn Gɔd, ɔl yu want fulfil

\*\*\* .

Pipul den we get fri an en we get gud at we de tek yu fri  
gift den en sheb am wit oda pipul den de mek den ondestand  
mo en kam nia yu blesin prezens As wi de get boku boku gift  
en blesin den from yu evride, le wi ton to yu fo prez en tel  
tenki, O Giva fo ol gift en blesin den

\*\*\* .

As long as yu de wit mi, Masta, no bad tin no go apin to  
mi bikos yu go ton in bak pan mi en protekt mi from bad tin

\*\*\* .

Mi caravan fo prea de mov to yu I don ambog ya en de  
bay sand storm fo pwel at Bot we a si from fa di oasis we yu  
de enkorej mi kwayet wan, a de refresh en mi trenk de nyu,  
so a de ridobul mi tray fo rich to yu, a de wet fo dip mi tosti  
lip den insay di spring we yu gladi en drink te a don

\*\*\* .

O Masta, mek a si gudnes en klin nomo, en tok wad den  
nomo we den inspekt Mek a blo di sent we de mek yu lov, wit  
in smel we de komot na evin, en it simpul en fayn it, en blo di  
fayn fayn sent den we de memba mi bot Yu Mek a fil Yu  
blesin toch

\*\*\* .

Insay di gadin we spiritual wek de, a geda di drop den  
we a ripent, en insay den kray wata we yu lek, mi at bin klin  
kpatakpata

\*\*\* .

Mi yay, O God, de kapcho di tin den we de chenj oltem  
na layf en di fayn fayn ples den we de na di wol, wit den  
difren en boku boku kolo flawa den en di klawd den we de dref  
kwayet wan akodin to di crayzin Opin mi sol in yay so dat a  
go si Yu fayn fayn tin den we pas ol pan ol wetin gud en fayn,  
en le a no si natin we de pas Yu

\*\*\* .

Mek a wev wan saf saf kapet we de mek yu no sef we ol  
yu lov pipul go waka pan fo dia we fo wek sote go

\*\*\* .

Gɔd de mɛmba wi ivin we wi nɔ mɛmba Am If i fɔgɛt di tin dɛn we Gɔd mek fɔ ivin smɔl tɛm, ɔltin go dɔnawe wit am Udat pas Gɔd nɔmɔ de sɔpɔt dis Wɔl as i de flɔt na di spes? Udat ɔda pɔsin de mek tik dɛn gro ɛn flawa dɛn de blo? Fɔ tru, na Gɔd de mek wi at bit Na in de dayjɛst wi it ɛn mek di sɛl dɛn we de na wi bɔdi nyu ɛvrɪde Bɔt stil, na smɔl pipul dɛn nɔmɔ de mɛmba am ɛn gi am di tɛnki we i fɔ gɛt!

\*\*\* .

Masta, lɛ wi luk gud kwaliti wit lɔv ɛn no se fɔ obe Yu lɔ dɛn we yu mek, go krawn wi wit di krawn fɔ Yu sɔri-at

\*\*\* .

Lɛ wi no, O Masta, se Yu na di watawɛl fɔ wɛlbɔdi, di si we de gi layf, ɛn di say we ɔlman ɔndastand ɛn no fri wi frɔm ignorance ɛn di tin dɛn we i de du, frɔm fred ɛn wɔri, ɛn mek di wata we de rɔn na Yu sɛns swip ɔl di pwɛl pwɛl ɛn pwɛl pwɛl we de kɔmɔt na wi layf

\*\*\* .

Bɔku tɛm a bin de lisin we a de tink gud wan to di swit swit siŋ dɛn we di wan dɛn we de nia yu bin de siŋ to wɔndaful ɛn sublaym spiritual simfɔni dɛn fɔ kɔmplit pies dɛn fɔ vajɪnal kɔral siŋ fɔ di filin dɛn na mi at ɛn to poignant hymns we de translet mi ol longing fɔ yu ɛn mi growing yearning fɔ mit yu

\*\*\* .

Enjoy di breathtaking views of ideas in di unseen ɛn hidɛn world of biuti insay yu sol

**Bitwin Alegzanda ɛn di Yogi**

**Unwavering Will: Di Stori bɔt aw dɛn fɛn di Aktik**

**Udat na di fɔs mɔtalman we in yay bin ful-ɔp wit kray wata (ɛn sɔntɛm i bin gladi ɛn kol bak) we i si di Aktik fɔ di fɔs tɛm insay istri?**

**Aw ɛn ustɛm dis bin apin? Na dat wi go tray fɔ no insay di layn dɛn we de kam**

**Fɔ lɔŋg tɛm naw, pipul dɛn dɔn de tray fɔ rich na da kol rijyɔn de na di wɔl, ɛn istri nɔ ɛva no wan advantej we gɛt maynd pas dɛn tray ya, we kin lɔs dɛn layf bɔku tɛm Di ditel dɛn bɔt di we aw dɛn dɔn go na di nɔt kin tɔk bɔt di heroic feats ɛn bak bɔt trajedi dɛn**

**Ɔndrɛd ɛn sɔntɛm bɔku bɔku ia bifo dis tɛm, di pipul dɛn we bin de na di say dɛn we de rawnd di Mɛditarenian Si bin biliv se di wɔl tan lɛk wan smɔl smɔl disk we wan big riva rawnd am we dɛn kɔl Oceanus**

**Dɛn nɔ bin no bɔku tin bɔt di rijyɔn dɛn we de fa frɔm dɛn, bɔt dɛn bin lɛk fɔ drim ɛn tink bɔt dɛn fa fa ples dɛn de, lɛk di wan dɛn we de biɛn di Alps ɛn di Bolkans**

**Frɔm dɛn rijyɔn dɛn ya, dɛn bin de pul tin fɔ mek brɔnz, ɛn dɛn bin de pul amber fɔ mek jɔlɔs ɛn ɔnamɛnt Bɔt dɛn nɔ bin gɛt tin dɛn we pɔsin kin abop pan bɔt di nɔt, so di wan dɛn we de rayt poem bin tek am pan dɛnsɛf fɔ wev stori dɛn we kin mek pɔsin want fɔ no mɔ bɔt wetin de biɛn di mawnten dɛn**

**Wi lijen ɛn imɔtal pɔyt, Homa, tɛl wi bɔt di Simmerians na di mist nɔt, ɛn di jayant dɛn we de de, usay di de dɛn so shɔt dat shɛpad we de kam bak na ivintɛm go mit ɔda shɛpad we de go gras na mɔnin Ɔda stori dɛn sho se pipul dɛn bin no sɔntin bɔt di Nɔt Pol, bɔt bɔku pan dɛn aidia bɔt am nɔ bin kɔrɛkt, bɔku tɛm dɛn kin ivin mistek**

**As tɛm de go, pipul dɛn bin tray fɔ rich na di pol dɛn Insay 500 bifo Krays, wan man we nem Hamilcius we kɔmɔt na Kataj bin tek wan big waka fɔ go na di nɔt, i rich na Ayriland ɛn rayt in waka Dis na di fɔs stori we pɔsin kin abop pan Di tray we dɛn bin tray**



afta dat, wit di pipul den na Skandinevian we bin de sil kros ays si en fen Ayland From de, den kontinyu fo luk fo mo land en propati den

Dozin pipul den de we tray en no ebul Wi go ignore di ditel dem fo den tray en go to di fos posin we fen di Not Pol

Den bon Robt Edwin Piri na Pensilvenia insay 1856 I bin stodi injineri en afta dat i joyn di Amerika Nevi I bin fil se i rili want fo go fen di say den we de na di polar I bin no ol di denja en problem den we di wan den we bin de fen di ples bifo am bin don get, bot i bin don mekop in maynd fo go bifo en i bin no dip dip wan se i no go bak from in disayd

Wan man we nem Piri we bin de fen wi, bin tray fo no ol wetin i ebul fo no bot di Aktik, di we aw i de, en di tin den we de arawnd am

Insay 1886, i bin travul go na di not pat na Grinland, en fayv ia afta dat, i bin du sekon ekspedishon, i bin stodi di pipul den, kros di glasia den, en pruv se Grinland get di not pat na di si, en dis bin mek i konfyus se i na di ayland we big pas ol na di wol Tu ia afta dat, i bin go bak na Grinland Insay 1898, i bin begin fo travul fo 4 ia

Naw Peri bin fil se i redi fo go na di say we den no I bin begin in denja joyn insay 1902, bot den bin fos am fo kam bak bikos of tin den we i no bin don tink bot Insay 1905, i tray bak, dis tem i rich di latitud we de na di not pas ol Fo don, insay 1908, i set sel pan di stiama we den kol Ruzvelt, en in et travul bin don krawn wit sakes en in kompini den bin de komot na di bot, tek dog sled, en begin fo go na di Pol Na difren say den, som pan in kompini den bin de bien fo mek kamp

**dɛn ɛn stok tin dɛn fɔ mek i go bak, ɛn dɛn bin de ɛp  
am bak**

**I kɔntinyu fɔ travul wit wan blak savant ɛn 4  
Eskimo dɛn, ɛn i bin gɛt tin fɔ it fɔ fɔti dez**

**Pɛri bin tɛl di wan dɛn we i lɛf biɛn na di las  
steshɔn ɛn waka go nia di pol, i rich de Epril 6, 1909,  
ɛn leta i tinap ɔp di wɔl**

**Bifo Peary rich na di Nɔt Pol, wan Amerikin  
astronaut Frɛdrik Kuk bin sɛn wan tɛligram frɔm di  
Shetland Ayland dɛm we se i bin rich na di Nɔt Pol  
wan ia bifo Bɔt we sayɛnsman dɛn bin chɛk wetin Kuk  
bin tɔk, dɛn si se na lay ɛn i nɔ bin rich na di Nɔt Pol  
Bɔt pan ɔl dat, dɛn bin gri wit sɔm pan di tin dɛn we i  
fɛn na di eria**

**Pɛri bin gɛt ɛkstra ɔdinari wilpawa, i bin de fos  
insɛf fɔ waka kɔntinyu pan ɔl we i bin de fil bad bad  
wan na in fut, di rizɔlt fɔ lɛ i lɔs in fut finga dɛn insay  
1898 bikɔs ɔf frɔstbayt, we mek i nid fɔ kɔt dɛn fut Bɔt  
stil dis disabiliti nɔ bin mek i nɔ ebul fɔ waka (wit in  
kɔmpin we bin de biɛn am ɛn we i valyu, di Blak man  
we nem Matyu ɛnsin) 1,400 kilomita (we i bin de oba  
di fut ays insay kɔndishɔn dɛn we rili at!) rawnd di nɔt  
pat na Grinland fɔ mek wan ditayl map fɔ di rijyɔn  
Wetin na big big tin fɔ bi heroism!**

**Dɛn stil de tek Pɛri as wan pan di man dɛn we gɛt  
maynd ɛn we gɛt maynd fɔ du wetin dɛn want**

**Insay dis kɔntɛks, Imam Ali (mek Gɔd gladi fɔ am)  
se:**

**"So yu fɔ de wok tranga wan ɛn wok tranga wan,  
rɛdi ɛn rɛdi, ɛn inkrisayz yu prɔvishɔn".**

**Pis de fɔ una**

**Bitwin Ałegzanda ɛn di Yogi**

**Wan fayn fayn stori dɛn de we Grik istriman dɛn ɛn ɔda pipul dɛn we bin de wit ɔ fala Ałegzanda we i bin de kampen fɔ go na India bin tek tɛm rayt, Dɔktɔ Makrɛndl bin translet dɛn stori ya fɔ mek pipul dɛn no mɔ bɔt di ol India Wan pan di tin dɛn we bin rili wɔndaful we Ałegzanda nɔ bin ebul fɔ win di wɔ na di big intres we i bin gɛt pan di Indian sɛns ɛn di kɔmyuniti we gɛt yoga ɛn man dɛn we bin de wɔship Gɔd we i bin de mit wan wan tɛm, wit dɛn tru tru wan desired to associate We di Grik sojaman rich na Taxila na di nɔt pat na India, i sɛn Onaskritus, we na bin disaypul na Dayogenes in Grik skul, fɔ kam wit di Indian hermit masta Dandamus, we bin de liv na Taxila da tɛm de**

**Oniskertius bin tɛl Dundamus afta i fɛn in ayd ples na di at fɔ di fɔrɛst:**

**"Grit ɛn pis, O ticha fɔ di Brahmin! Ałegzanda, we na di big gɔd Zus in pikin ɛn masta fɔ ɔl di tin dɛn we Gɔd mek, de aks yu fɔ go to am If yu du dat, i go gi yu bɔku bɔku blɛsin, bɔt if yu nɔ gri, i go kɔt yu ed".**

**Di yoga man bin tek dis ɔbligaytɔri kɔl wit kol at, i bin jɔs es in ed frɔm in bed we dɛn mek wit lif, ɛn i ansa se:**

**"ɛn misɛf na di gɔd Zus in pikin, if Ałegzanda na a nɔ de aks fɔ ɛnitin frɔm wetin Ałegzanda gɛt, bikɔs a satisfay wit wetin a gɛt, we a de si am de muf wit in man dɛn we nɔ gɛt aim ɔva wata ɛn land, ɛn i nɔ gɛt ɛnd fɔ in waka waka ɛva".**

**"Go ɛn tɛl Alɛgzanda se na Gɔd nɔmɔ fɔ gɛt ɔl di wɔship ɛn rɛspɛkt Na in na di supɾem kin we nɔ de ɛva kɔmand bad bad bad tin bikɔs na in mek layt, pis, layf, ɛn wata, ɛn na in mek mɔtalman bɔdi ɛn mɔtalman sol To am ɔl pipul dɛn de kam bak we day fri dɛn, so dat dɛn nɔ go de ɔnda di bad bad tin dɛn we sik de du igen".**

**Di man we gɛt sɛns kɔntinyu fɔ tɔk wit kwayɛt kɔmɛnt:**

**"Alɛgzanda nɔto gɔd bikɔs i go mɔs test day ɛn aw pɔsin lɛk am go bi di masta fɔ ɛgzistens we i nɔ dɔn go na di tron fɔ di insay yunivas yet, ɛn i nɔ go insay di abyss layf layf wan, ɛn i nɔ no di rod we di san de pas oba di big big rijyɔn dɛn na di wɔl, ɛn pan ɔl dat, di neshɔn dɛn we de nia am nɔ yɛri bɔt am?!"**

**Afta dis kɔs, we dɛn kin tek as di bad bad atak we dɛn kin atak (di Masta fɔ di Wɔl) in yes, di sent bin tɔk bak wit sɔri-at se: "If di kɔntri dɛn we Alɛgzanda in kɔloni naw nɔ go du fɔ satisfay in gridi, lɛ i krɔs di Ganges Riva ɛn i go fɛn wan big kɔntri we go ebul fɔ tek ɔl in man dɛn."**

**"Wetin Alɛgzanda de gi mi ɛn di gift dɛn we i prɔmis nɔ gɛt wan valyu to mi Di tin dɛn we a rili valyu ɛn tek as yusful ɔ valyu na dɛn tik ya we a de bil mi os frɔm, dɛn flawa plant ya we de gi mi tin fɔ it ɛvrɪde, ɛn di wata we de mek a nɔ tɔsti ɔl di ɔda prɔpati dɛn, we dɛn gɛda wit big kia, na lod to dɛn ɔna dɛn, we de lɛf dɛn wit natin pas sɔri ɛn rigrɛt, di lot fɔ." pipul dɛn we nɔ gɛt layt As fɔ mi, a de ledɔm wit pis midul di lif ɛn gras dɛn na di fɔrɛst, ɛn bikɔs a nɔ gɛt natin fɔ mek a wek, a de slip fayn, a de ɛnjoy wan swit ɛn kwayɛt slip If a bin gɛt sɔntin we nid fɔ gayd ɛn wach, i go ambɔg mi rɛst ɛn mek a nɔ gɛt di gladi at fɔ slip Di wɔl de gi**

**mi ɔl wetin a nid, jɔs lɛk aw mama de gi am bebi wit  
milk a de rɔm enisay we a want, ɛn a nɔ de wɔri fɔ  
trɔbul mi ɔ fɔ pwɛl mi layf".**

**Ivin if Alegzanda kɔt mi ed, i nɔ go ebul fɔ pwɛl mi  
spirit Mi ed we go kwayɛt afta day, ɛn mi bɔdi we go  
tan lɛk klos we rɔtin, go de na di wɔl usay dɛn mek  
dɛn**

**As fɔ mi, as spirit, a go dɔn go ɔp to Gɔd, we wɛr  
wi bɔdi ɛn put wi na dis wɔl so dat wi go pruv to Am—  
we wi de ya—if wi go put wisɛf ɔnda wetin i want ɛn  
liv fɔ obe am ɛn we wi tinap bifo am, I go aks fɔ mek  
dɛn aks wi akɔn fɔ wetin wi de du, Na in na di jɔj jɔj  
we de kɔndɛm ɔl di bad tin dɛn, sin, ɛn fɔ du bad, usay  
di kraym dɛn we di we dɛn de mek pipul dɛn sɔfa kin  
bi pɔnishmɛnt fɔ di pɔsin we de mek dɛn sɔfa**

**Mek Alegzanda yuz dis trɛtin fɔ mek di wan dɛn  
we want jɛntri ɔ we de fred day fred Alegzanda in  
wɛpɔn wik agens di wan dɛn we de du yoga**

**Wi nɔ lɛk mɔni ɛn wi nɔ de fred day Go tɛl am se  
Dundamus nɔ nid ɛnitin we yu gɛt, ɛn na dat mek i nɔ  
gri fɔ kam to yu Bɔt if yu nid Dundamus, den kam to  
am yusɛf" Alegzanda bin gɛt wit dip atɛnshɔn di yogi  
in ansa pan Onesicritus in tong, ɛn i fil mɔ ɛn mɔ want  
fɔ si Dundamus, we - pan ɔl we i nekɛd ɛn ol - bin fɛn  
insay am pɔsin we win siti dɛn ɛn we de ɔnda kɔntri  
dɛn we pas in ikwal**

**'s Diary: Wan ɔtobayografi**

**Na Paramhansa Yogananda rayt am**

**Sɔm tin dɛn we wi kin no bɔt Gɔd biznɛs  
Fɔ di ticha we gɛt sɛns Paramhansa Yogananda**

**Gɔd dɔn gi wi fridɔm fɔ disayd fɔ du sɔntin ɛn i dɔn put kɔnshɛns insay wi fɔ no difrɛns bitwin gud ɛn bad, ɛn bitwin wetin go bɛnifit ɛn wetin bad**

**We wi fil se spiritual pawa de aktif insay wi bi, wi kin fil se wi de go bifo ɛn mek prɔgrɛs, so wi kɔnfidɛns pan Gɔd ɛn pan wisɛf de go ɔp, ɛn di momentum fɔ di prɔblɛm dɛn de go dɔŋ so dat wi go dil wit dɛn kɔnstrɔktiv wan wit kɔnfidɛns, kɔmfɔt, ɛn balans**

**Wi tru tru nature na di spirit, we in essential na pis, serenity, tranquility, ɛn calmness Dɛn blɛsin ɛliment ya de insay wi ɛn na impɔtant pat pan wi spiritual bi**

**Bɔku tɛm pipul dɛn kin tɔk bɔt di prɛshɔn we dɛn kin fil ɛn di saykilɔjik strɛs we dɛn kin gɛt ɔnda di wet fɔ bɔku tin dɛn we dɛn kin aks fɔ, bɔt wi nɔ fɔ alaw wisɛf fɔ bi prey to ɛni kayn prɔblɛm, ɛn wi fɔ mɛmba ɔltɛm se Gɔd dɔn gi wi inɔf trɛnk fɔ dil wit ɔl di prɔblɛm dɛn we wi de gɛt**

**Kip Gɔd na una at as una de waka na di rod dɛn we de mek layf**

**Kip yu fut na grɔn ɛn yu ed ɔp di klawd dɛn we nɔ no natin na di ɔrayzin fɔ di san we gɛt sɛns we go de sote go**

**We wi nɔ ebul fɔ ɛnjoy layf ɛn tek pat pan wɛlbɔdi ɛnjoyment dɛn we gɛt wɛlbɔdi, wi kin sirɔs ɛn fred pas aw wi fɔ fred lvin if i tan lɛk se di ples dak ɛn dak, wi fɔ kɔntinyu fɔ biliv se di san go kɔmɔt bak ɛn di wan dɛn we de na di rayt rod go kam, ilɛksɛf i tan lɛk se di distans lɔng ɛn aw fa di ples de**

**Insay ɔmbul, tru tru spiritual trɛnk de, di big big we aw pɔsin de wɔship Gɔd, di dip lɔv, ɛn di wɔndaful we aw pɔsin satisfay ɛn put insɛf dɔŋ**

**Di pɔsin we gɛt strɔng wil de gri wit Gɔd ɛn i nɔ de wet fɔ mek di planɛt ɛn sta dɛn gi am dɛn smayl Bifo dat, i de kɔntinyu in waka lɛk mɛtiɔ we de chuk am,**

**we nɔ afɛkt am pas di sta we de gayd Gɔd, we na di san fɔ di san ɛn di Masta fɔ di lɔ ɛn sol dɛn**

**Wan nɔ fɔ tink bɔt wetin i lɔs ɛn we i nɔ ebul fɔ du sɔntin, bɔt i fɔ tray bak ɛn bak, ilɛksɛf i nɔ ebul fɔ du am ɛn aw i bita**

**Yu ay, O padi biznɛs, ɛn yu grɔn fayn ɛn oli! Lɔv na yu nourishment ɛn loyalty yu drink**

**Wi kam na dis wɔl fɔ divɛlɔp wisɛf ɛn fɛn ɔl di tin dɛn we wi ebul fɔ du na Gɔd in yay, nɔto fɔ go insay dak si we gɛt lay lay tin dɛn we gɛt bɔku bɔku denja dɛn**

**Di swit gladi at we de na di filin se wi sef ɛn sef bifo Gɔd**

**Di sizin we pɔsin nɔ ebul fɔ du na di bɛst ɛn di rayt tɛm fɔ plant di sid dɛn we go mek pɔsin gɛt sakrifays Dɛn fɔ dɔnawe wit di tin dɛn we nɔ ebul fɔ du na in rut, ɛn dɛn fɔ plant di fil dɛn we de na layf wit wok tranga wan ɛn wit maynd, ɛn plant am wit di sid dɛn we gud fɔ mek dɛn ebul fɔ avɛst bɔku bɔku tin dɛn, if Gɔd want**

**Na smɔl pipul dɛn nɔmɔ kin analayz dɛn sityueshɔn ɛn disayd if dɛn de go bifo ɔ bak As mɔtalman we gɛt sɛns, sɛns, ɛn ɔndastandin, wi big wok na fɔ yuz wi sɛns ɛn sɛns di rayt we**

**No tru tru spiritual pɔsin nɔ go ebul fɔ du witout matiral sakrifays ɛn nɔbɔdi in matiral kɔnsyans nɔ so bɔku dat i de mek i nɔ ebul fɔ tink bɔt Gɔd ɛn dediket di tɛm we dɛn nid fɔ tink gud wan, fɔ sav, ɛn fɔ du di wok dɛn we i de du na Gɔd in yay**

**Pɔsin fɔ liv wit ɔl in tinkin, filin, ɛn sɛns, ɛn fɔ de wach ɛn pe atɛnshɔn to ɔltin we de apin rawnd am, jɔs lɛk pɔsin we sabi fɔ tek pikchɔ we de wet fɔ di chans dɛn we fit pas ɔl fɔ tek di fayn fayn pikchɔ dɛn we de sho di say dɛn we pɔsin kin si we kin mek i gladi pas ɔl**

**Every human being possess untapped potential  
Dɛn gɛt ɔl di trɛnk we dɛn nid Di maynd sɛf na suprɛm  
pawa ɛn i fɔ fri frɔm ɔtdɛd, ristrikt abit ɛn kɔnsɛpt**

**Lɛ wi mɛmba sɛ as lɔng as di sɛns fɔ "sɛf" de  
dominant, di abit de fɔ distans wisɛf frɔm Gɔd, fɔ tek  
am sɛ wi gɛt inɔf trɛnk ɛn sɛns fɔ tinap pan wi yon tu  
fut we nɔ gɛt sɔpɔt ɛn sɔlv wi prɔblɛm dɛn fɔ wisɛf**

**Wi de fred sɛ if wi put wisɛf ɔnda wetin Gɔd want,  
wi nɔ go gɛt gladi at pan wetin Gɔd sɛn wi, ɛn dis na  
sayn fɔ wikɛd fet Bɔt i nɔ go tɛ igen, dɛn go fos wi fɔ  
tɔn to Gɔd ɛn ɔlman go diskɔba dis trut na in layf, if  
dɛn nɔ dɔn diskɔba am yet**

**Wi fɔ tɔn to Gɔd wit kɔmplit kɔnfidɛns ɛn tɔk to am  
frank wan ɛn intimately insay di simpul langwey - di  
langwey na di at - ɛn aks am fɔ ɛp wi fɔ luk fɔ am ɛn  
abop pan am fɔ mek wi at kol ɛn fri wi frɔm prɔblɛm ɛn  
aɔnynt ɛn frɔm ɔltin we kin tinap na wi rod ɛn tray fɔ  
tɔn wi away frɔm wi spiritual purpose**

**Nɔ alaw yusɛf fɔ bi viktim fɔ di wɔl ɛn in trap dɛn  
Yu fɔ tek kɔntrol pan yu layf, wek yu insay trɛnk, ɛn  
stiar di ship fɔ yu layf to sɛf haba**

**We maynd shek di dɔst fɔ ignorance ɛn brok di  
shackles we de tay dɛn pawa, dɛn go ebul fɔ mek tin  
dɛn ɛn fɔ gɛt gud intarakshɔn wit layf**

**If pɔrsin nɔr strɛs wit pɔrsin wae strɔng pas insɛf,  
i nɔr go strɔng Semweso, we yu de fes yu prɔblɛm wit  
kɔrej ɛn spiritual trɛnk, yu kin strɔng ɛn ebul fɔ bia**

**Nɔ tink sɛ yu wik ɛn nɔ ebul fɔ fes di tin dɛn we de  
apin na layf, ilɛksɛf dɛn at ɔ dɛn at Gɔd dɔn gi yu di  
trɛnk fɔ win ɛvrɛdɛ chalenj Mɛmba sɛ ilɛk aw big yu  
prɔblɛm dɛn, yu gɛt inɔf trɛnk fɔ dil wit dɛn Gɔd de wit  
yu ɛn i go sɔpɔt yu as lɔng as yu biliv pan am ɛn  
kɔntinyu fɔ bia wit di kɔrej we di brayt wan dɛn gɛt na  
di fɛt na layf**



**Di tɛm dɔn kam fɔ mek mɔtalman difayn in  
pozishɔn ɛn disayd di rod we i fɔ tek: ɔ to di chaos ɛn  
distrukshɔn ɔ to di ay yunivasal ideal dɛm we di  
Ebraam rilijɔn dɛn de advatayz fɔ spay sol ɛn di wɔl  
frɔm sɔfa ɛn bad bad tin dɛn If mɔtalman ple in wok as  
i fɔ , ɛn di prinsipul dɛm fɔ gudnɛs, lɔv, ɛn gud gud  
abit de gayd am, den di daknɛs go mɔs lif ɛn di daknɛs  
go dɔn**

**Yu gɛt sublaym pawa ɛn prɛshɔ talɛnt dɛn we de  
slip dip insay yu bi, yet yu nɔ de yuz dɛn Set out  
towards the horizons of a refined life where there is  
achievement, gladi, ɛn pis**

**We pɔsin tɛl mi se i nɔ go ebul fɔ du dis ɔ da wok  
de, a nɔ biliv am, bikɔs i kin du ɛnitin we i want fɔ du  
if i rɛdi insɛf fɔ am**

**A si yu de plant di grɔn na mi sol wit di plɔg fɔ tɛst  
ɛn trɔbul, skata di sid dɛn fɔ yu sɛns na in fɔro dɛn a  
kɔntinyu fɔ wata dɛn sid dɛn de, ɛn we di san we yu  
gɛt sɔri-at shayn pan dɛn, dɛn gro ɛn gro fayn fayn  
wan, dɛn de bia wan blɛsin avɛst fɔ satisfay ɛn  
satisfay**

**Di silkwom de spin trɛd rawnd insɛf insay di kɔk  
Bifo i kɔmɔt na da kɔklɔ de lɛk bɔtaflay, bɔku tɛm i kin  
si insɛf day na di silk prizin we i mek Dis kin apin bak  
to mɔtalman Bifo dɛn wing fɔ no gro, dɛn kin wev  
rawnd dɛnsɛf trɛd dɛn we de mek dɛn fred, wɔri, ɛn nɔ  
no natin te sik kam ɛn di awa fɔ kɔmɔt kam, ɛn na so  
di ɛnd de kam**

**Bɔku tɛm wi kin si se wi de na prizin we wi mek  
wisɛf Wetin de briŋ ɔl dis sɔfa? Wi yon tink ɛn di we  
aw wi de liv wi layf we nɔ fayn, bikɔs wi de du tin bifo  
wi tink Wi fɔ fri wisɛf frɔm di tin dɛn we wi de tink bɔt  
fɔ vɛks ɛn fɔ tink bɔt wisɛf nɔmɔ, ɛn frɔm layf we nɔ  
gɛt disiplin ɛn we nɔ gri wit di tin dɛn we wi want fɔ  
du we wi ay ɔl di wan dɛn we gɛt spiritual ambishɔn**

**dən fə kip dən ɛnaji de flə ɔltəm ɛn dən spirit strong tru  
gud tinkin, op, ɛn wok we go mek dən gət prɔdækʃən**

**Nɔ fə fred min fə gət fet pan Gɔd ɛn in prɔtɛkʃən,  
ɛn gət fet pan in ʝɔstis, sɛns, sɔri-at, lɔv, ɛn de ɔlsay**

**No prɔtɛkʃən ɔ sikyɔriti nɔ de ausayd Gɔd Wi fə  
tən to am kɔmplit wan if wi want sef ɛn pis na wi  
maynd**

**Di wan dən we de tink bɔt dən yon sef ɛn kɔmfət  
nɔmɔ, fəgət ɔ nɔ pe atɛnʃən to wetin ɔda pipul dən  
nid, infakt de kɔt di po we go bi dən lɔt wan de**

**Di wan dən we de tay pan dən jɛntri instead fə yuz  
am fə du gud tin nɔ de briŋ prɔsperiti fə dɛnsɛf na dən  
layf afta dən dɔn day; bifo dat, dən bɔn dən po, na di  
tin dən we di jɛntriman dən want ɛn want de drɛb Bɔt  
di wan dən we de sheb dən bɔku bɔku tin wit ɔda pipul  
dən kin mek dən gət prɔsperiti ɛn bɔku tin dən ɛnisay  
we dən go**

**We yu gi to di wan dən we fit fə gət am wit ɔl yu  
at, yu go si se Gɔd de wit yu ɔltəm ɛn i nɔ go ɛva lɛf  
yu, ɛn yu nɔ go nid ɛnitin wit in ɛp ɛn kia So put yu  
trɔst pan Gɔd ɛn in ɛp go kam to yu ɛn in kia go kɔba  
yu**

**O pɔsin we a lɛk, we ayd frɔm Gɔd, yu na di  
watawɛl fə lɔv we de flə frɔm di at fə padi biznɛs, ɛn yu  
na di wam rayt dən we de opin di bɔd dən fə filin dən  
to fresh ros dən we de biɛn pɔsin ɛn we gət sɔri-at fə  
tink bɔt poem**

**Wi ɔl na mɔtalman transmita ɛn risiva: yu de gət  
di tin dən we ɔda pipul dən de tink tru yu at, we na di  
sɛnta fə filin, ɛn yu de transmit yu yon tinkin tru di  
spiritual yay (na di fɔrɛst bitwin di aybrɔw), we na di  
sɛnta fə fɔs ɛn wil Yu ɛntena de na di bren, di sɛnta fə  
ay, intuitiv awareness ɛn perception**

**Lɛ wi se yu de fa frɔm yu os ɛn yu want fə no  
wetin de apin de If yu sɛns rili kol ɛn yu maynd**

**kwayet, yu go ebul fɔ no aw yu famili de fil ɛn tink na os**

**We yu gɛt bɔku pawa fɔ pe atɛnshɔn, di tin dɛn we yu de tink bɔt kin go ɔlsay, ɛn yu sɛns kin gɛt impɔtant trɛnk**

**ɔltin na di yunivas na ɛnaji ɔ vaybreshɔn Di vaybreshɔn fɔ tɔk na wan we we de sho ɔ ɛksprɛshɔn we gɛt mɔ pawa pas di vaybreshɔn we de mek pɔsin tink Di tin dɛn we ɔl mɔtalman de tink bɔt de ripɛl tru di ɛtɛ Bikɔs di tin dɛn we pɔsin de tink gɛt ay vaybreshɔn rank, dɛn nɔ dɔn sho am yet Laki, wi nɔ no di tin dɛn we ɔl pipul dɛn de tink bɔt!**

**We yu prɛs ɔ tɔn di redio bɔtin dɛn (ɛn bay ɔda we dɛn ya), yu kin yɛri difrɛn tiun ɛn sawnd dɛn If nɔto fɔ di inhɛrɛnt ɔwe we de insay di layers dɛn na di ɛtɛ we redio wev dɛn de travul tru to yu risiva, yu go yɛri ɔl di brodkas sawnd dɛn wan tɛm**

**Gɔd mek di ɛtɛ ɛn inspekt mɔtalman maynd fɔ mek we fɔ transmit ɛn gɛt vaybreshɔn tru dis midioɔm Redio wev dɛn de abop pan di ɛta fɔ mek dɛn propag ɛn pan ilɛktrishɔn fɔ transmishɔn ɛn risɛpshɔn Dɛn vaybrɛshɔn redio wev ya na aydia dɛn we dɛn kin transmit tru spɛs to ɛni rɛsɔnant risiva**

**We yu de nia pɔsin we yu lɛk, yu kin no wetin dɛn de tink, bɔt yu nɔ go ebul fɔ no wetin pɔsin de tink bɔt we de fa pas yu gɛt sɛns we dɔn rili divɛlɔp Di wan dɛn we de praktis ɔltɛm fɔ kɔnsɛntret ɛn tink gud wan kin gɛt dip tranquility ɛn dɛn tinkin kin bi mɔ rifin as a rizulta fɔ dis prɔsis, we kin mek dɛn ebul fɔ no wetin ɔda pipul dɛn de tink ɛn want ivin frɔm fa!**

**Wan visitɔ bin aks se: "Dɛn nɔ tink se di sɛns we di oli wan dɛn gɛt na bikɔs Gɔd gɛt spɛshal fayv?"**

**Di ticha #Paramhansa ansa se:**

**"Nɔ Di tru tin we se sɔm pipul dɛn nɔ gɛt bɛtɛ oli no pas ɔda wan dɛn nɔ min se Gɔd de stɔp ɔ stɔp in**

**gudnes fɔ flɔ to mɔtalman Bifo dat, na bikɔs bɔku  
pipul dɛn de ambɔg di flɔ we in layt we de shayn ɔltɛm  
de flɔ ɛn mek i nɔ shayn na dɛn sol."**

**Wan pan di disaypul dɛn se, "A de go na di il dɛn  
fɔ de mi wan wit Gɔd".**

**Di ticha Paramahansa bin ansa se:**

**"Yu nɔ go go bifo pan spiritual wan if yu du dis Yu  
maynd nɔ ebul fɔ pe atɛnshɔn dip pan di spirit naw Yu  
tinkin go mɔs de hover rawnd memori bɔt pipul ɛn di  
wɔl gladi-at, ivin if yu seklɔd yusef na wan kev we gɛt  
fɔt ɔnes ɛn fetful fɔ du yu layf wok wit ɛvrɪde  
meditashɔn na di bɛst we".**

**Spiritual flash dɛn**

**Yu tink se wan kɔmɔn ɛn jɔnaral rizin de biɛn di tin  
dɛn we di pipul dɛn we de na dis wɔl de du?**

**Yu tink se sɔntin de we wi ɔl nid fɔ du we go mek  
wi ɔl tek akshɔn?**

**If yu simpul wan fɔ no wetin mek mɔtalman want  
ɛn wetin i want fɔ du, yu go si se na wan tawzin ɛn  
wan gol dɛn de, sɔm pan dɛn de dairekt ɛn sɔm nɔ de  
dairekt, bɔt di men gol stil de fɔ gɛt blɛsin ɔ gladi at**

**Mɔtalman in praymar gol na fɔ avɔyd pen ɛn want  
ɛn gɛt gladi at we go de sote go If wi go ebul fɔ pul  
pen fɔ ɔltɛm ɛn want ɛn gɛt gladi at we go de sote go  
na ɔda tin Bɔt di rial tin sho se wi de tray tranga wan  
ɛn kɔntinyu fɔ rɔnawe pan sɔfa ɛn pen ɛn gɛt gladi at ɔ  
gladi at**

**Wetin mek pɔsin kin wok lɛk pɔsin we begin fɔ du  
wan wok we i de du?**

**Na bikɔs i want fɔ bi pɔsin we sabi du wan pan di  
wok dɛn we i de du**

**Wetin mek i gɛt fɔ du da wok de?**

**Na bikɔs dat de mek i ebul fɔ gɛt mɔni?**

**ɛn wetin mek i fɔ gɛt mɔni?**

**Na bikɔs i go ebul fɔ du wetin in yon ɛn in famili  
nid bay we i de gɛt am**

**Ɛn wetin mek dɛn fɔ mit dɛn nid dɛn de?**

**Na bikɔs dis kayn investigeshɔn kin ɛp fɔ pul pen  
ɛn gɛt gladi at**

**So, wi si se fɔ du wetin wi nid, fɔ pul pen, ilɛksɛf  
na bɔdi ɔ wi maynd, ilɛksɛf i smɔl ɔ i rili bad, ɛn fɔ gɛt  
gladi at na di men tin we wi want fɔ du**

**Wi nɔ nid fɔ aks mɔ bɔt di rizin we mek wi gɛt  
gladi at, bikɔs no ansa nɔ de fɔ dat, ɛn na dat na di  
men tin we wi want fɔ du**

**So ilɛk wetin na di kayn wok we wi de du ɔ di tin  
dɛn we wi want fɔ du—fɔ stat biznɛs, fɔ mek mɔni, fɔ  
bi padi, fɔ rayt buk, fɔ gɛt no, fɔ manej kingdom, fɔ gi  
bɔku bɔku mɔni, fɔ fɛn kɔntri dɛn, fɔ want fɔ gɛt nem,  
fɔ ɛp di wan dɛn we nid ɛp, ɔ fɔ want fɔ bi pipul dɛn we  
lɛk mɔtalman in gudnɛs—if wi chɛk wi tru tru tin we wi  
want fɔ du ɛn kip am na wi maynd, di luk fɔ Gɔd go bi  
rial tin we mek sɛns ɛn we rili rial, bikɔs Gɔd na da  
gladi gladi de we wi de tray fɔ gɛt ɛn wi sol dɛn de wet  
fɔ**

**\* \* \***

**If sɔmbɔdi fɔ kɔba in fes wit mask, yu kin stil no  
se mɔtalman bin de de Semweso, nature tan lɛk big  
vel, we swel wit divayn prezɛns Gɔd de biɛn nature in  
vel ɛn mask, bɔt mɔtalman kin trowe wan fleeting,  
superficial glance ɛn nɔ kin no di prezɛns fɔ di being  
we ayd biɛn nature in kɔtin**

**If Gɔd nɔ ɛp mɔtalman, i go mɔs fel bikɔs di trenk ɛn  
sɛns fɔ win di fɛt fɔ layf kɔmɔt frɔm di say we nɔ gɛt ɛnd**

**Wen a sidon fo silent, stil, atentiv meditashon, a  
de fil tremor of glad insaid mai biin and a de yeri God  
de wispa, "A de ya".**

**Di maynd we Gɔd gi wi na di get fɔ go na ɛvin: na di get we de na do fɔ in kiɳdɔm, bɔt pipul dɛn nɔ de yuz am lɛk aw dɛn fɔ yuz am**

**Wi nɔ nid fɔ wet te wi kɔmɔt na di Wɔl fɔ yuz wi maynd fɔ fɛn Gɔd; di tɛm dɔn naw, ɛn di ples dɔn de ya Di wan dɛn we nɔ de yuz dɛn maynd fɔ fɛn di sikrit dɛn na layf ɛn di sikrit dɛn we de na dis Wɔl nɔ go ɛva fɛn dɛn ɛni ɔdasay**

**\* \* \***

**ɔl mɔtalman na fɔ sho Gɔd in pawa we nɔ gɛt ɛnd ɛn i fɔ sho sɔm pat pan da pawa de pan ɔl wetin i de du**

Di wan dɛn we de tray fɔ tɔk to Gɔd wit ɔl dɛn at, we na di Fɔs Kɔz ɔ Fɔs Muv fɔ de, na dɛn de nia fɔ solv di sikrit bɔt layf

**We yu want fɔ mek sɔntin, nɔ abop pan tin dɛn nɔmɔ we kɔmɔt na do, bɔt fɔs, go insay yusef ɛn luk fɔ di sɔs we nɔ gɛt ɛnd ɔl di prɛktikal we dɛn fɔ mek yu gɛt sakrifays, ɔl di tin dɛn we yu dɔn mek we yusful to mɔtalman, di myuzik we dɛn dɔn mek fayn fayn wan, ɛn di oli tɛks dɛn, dɛn kin rayt dɛn na Gɔd in arkiv**

Di wan dɛn we nɔ de pe atɛnshɔn to Gɔd kin kɔt dɛn yon layf layn

**Mɔtalman wil na big big jɛnɛratɔ fɔ ɛnaji, ɛn bay we i yuz wil pawa ɛn want fɔ gɛt tru tru ɛnaji sɔs, pɔsin kin kɔnɛkt kwik kwik wan wit di infinite distributor of inner forces**

**Di wan dɛn we nɔ want fɔ du dɛn wok ɛvrɪde kin fil se dɛn nɔ gɛt ɛnaji, we di pɔsin we de wok tranga wan we de wok wit zil ɛn zil de chaj in bɔdi ɛn maynd wit di kɔrɛnt we de na di kɔsmik**

**\* \* \***

**Na pɔsin in wok fɔ want fɔ gɛt fayn fayn gol dɛn Fɔ bisin bɔt tin dɛn we nɔ impɔtant ɛn we nɔ gɛt yus na fɔ west in maynd ɛnaji we nɔ gɛt wan minin**

**Dən fə pul di gras dən kəmət na di gadin na di  
maynd ən mek dən fayn wit di flawa dən we Gəđ lək so  
dat i go mek di fayn fayn Gəđ we lək fayn fayn tin dən  
kam to inşef**

**gadin fə kəntinyu fə gro fayn fayn wan na di grən  
we gət sənş, yu fə mek layf simpul ən pul prəblem dən  
We yu de du ɔltin wit maynd we de pe atənsən ən we  
nə de ambəg yu, yu kin analayz wetin yu de du, pik  
wetin impətant ən impətant ən trowe wetin de ɔp ən  
we nə nid Wans yu dən dən wan wok, yu kin pul yu  
maynd pan am ən yuz am fə du ɔda tin dən we yu want  
fə mek**

**\* \* \***

**Bəku təm pipul dən kin tink bət ɔda tin we dən de  
du səntin, ən dən nə kin no di rayt we fə put dən  
maynd pan di tin we dən de du**

**Wi fə lan fə tink bət wan tin wan təm wit ɔl wi  
maynd fakulti Wi kəmplit atənsən fə pe atənsən pan  
da wan tin de nəmɔ**

**Pəsin nə fə bi pəsin we nə bisin bət ɔda pipul dən,  
we nə gət zil ən fil Fə du tin les ən nə tek təm, i kin  
mek i ləs in trənk ən bikəs ɔf dat, i kin fel ən nə gladi  
Pəsin nə fə jəs bi saykiləjik mashin we de mek inşef  
kəntinyu fə de Lək animal we de du tin bay instinkt**

**Na big mistek fə mek pəsin nə wek inşef ən aktiv  
in maynd fakulti Gəđ dən gi wi dən fakulti ya ən i want  
wi fə yuz dən wit sənş ən fə no ɔltin we wi de du gud  
gud wan**

**Wi fə tink gud wan bak bifo wi du enitin ən yuz wi  
maynd di we we go ep wi fə gro ən no se wi impətant  
fə gət wanwəd wit di ɔlmayti Krieta ɔltin we wi de du  
fə bi bay we wi de tink gud wan ən plan wit sənş**

**\* \* \***

**Wan mətəfə de fə wan ɔs-drə kariɔ we drayva we  
de ol di ren de drayv Dis mətəfə de riprizen di sol we**

**de rayd insay di fizik kariɔ we di ɔs dɛn we di sɛns dɛn de pul de pul Tink de ol di ren, ɛn kɔnshɛns wil de gayd Di pɔsin we gɛt di kariɔt na in impɔtant pas ɔl, dɔn di drayva ɛn di ren we nid fɔ kɔntrol di ɔs dɛn, dɔn di ɔs dɛnsɛf, ɛn las wan di carriage Semweso, di sol na di wan we impɔtant pas ɔl, dɔn di kɔnshɛns wil de fala am, dɔn di tink we de kɔntrol di reins, dɔn di ɔs dɛn, ɛn las las di bɔdi**

**Di wɔl maynd we de lid wik bɔdi na layf de alaw in impuls dɛn we nɔ de kɔntrol fɔ rɔn rampant instead fɔ mek in bɔdi strɔkchɔ strɔng ɛn rifin in sɛns bay we i de yuz kɔntrol insɛf ɛn dayrɛkt dɛn wit innate discernment to in spiritual purpose we ɔl dɛn tin ya de fɔ**

**As i de waka na di rɔf ɛn chukchuk rod dɛn we di sɛns dɛn de yuz, i de pwɛl di chariɔt we i gɛt na in layf ɛn lɔs**

**Di pɔsin we de luk fɔ no bɔt insɛf no gud gud wan se di impɔtant tin we i want fɔ du na layf na fɔ rili fɛn spiritual gladi at we ayd dip insay di sol, ɛn di sem tɛm i de lan fɔ divɛlɔp in layt mental ɔ saykilɔjik pawa dɛn ɛn rifin in sɛns fɔ mek i kɔntinyu fɔ waka di rod dɛn we i de go bifo fɔ rich di gol we i want, fɔ tray fɔ avɔyd fɔ fɔdɔm insay di trap dɛn we de mek i fil pen na in bɔdi ɛn in maynd**

**In ɔda wɔd dɛn, di disaypul ɔndastand di kɔrɛkt we aw i go ebul fɔ gro pan Gɔd biznɛs pan ɔltin ɛn pan ɔltin**

**As fɔ di delusional wɔl pɔsin, in wangren tin we i bisin bɔt na fɔ satisfay in bɔdi want ɛn gladi fɔ in whims, nɔ tek in duty fɔ divɛlɔp in mental ɛn spiritual fakulti**

**\* \* \***



**Dən kin trit di nervos disoda Dən wan wae gət dis sik fə analayz dən kəndishən ən pul di pwəl hat ən bad bad tin dəm wae de pwəl dən sməl sməl**

**Objektif analisis fə pəsin in yon prɒbləm ən fə kip kəmپəz pan ɔl di sityueshən ən sikəstems na di ki fə mən krɛse sik Dən wan wae de sofa wit nervos fə ɔndastand dən kəndishən ən no se fə de tink bət bad tin na di rut we de mek dən nɔ balans ən nɔ ebul fə bia wit layf**

**Bədi we kol ən rilaks kin mek di nerv dən kol ən i kin mek pəsin gət pis na in maynd**

**- .**

**Notis: Dis nɔ min se yu nɔ fə go to spɛshal pipul dən we sabi du dis wok, na dat mek dən mek dis klarifyeshən**

**\* \* \***

**Insay difrən tɛm ən ples dən, mɒtalman dən gət, tru rizin, bɒku aidia bət layf ən di sol**

**Fə ɛgzampul, we pəsin we kəmɒt na wan fɔs trayb gət ed we de at, in famili kin tink se in sol dən rɒnawe kəmɒt na in bədi, so dən kin kol di majik dɒktɔ fə gi di sol bak to am Di dɒktɔ kin go na di fɔrɛst fə go fən di sol, we i fən ən briŋ am kam bak wit am insay bɒks ən put am bak na di pəsin in ed, ən di ed we de at kin dən akɒdin to di biliv we pipul dən biliv**

**Insay ɔda kɒlchɔ, dən kin du di "sniz" fə pəsin we sik bay we dən de put huk (kɒba ayeɪn dən we gət shap pɔynt) na in bədi so dat in sol nɔ go rɒnawe we i de sniz, bət di huk dən go kech am!**

**Jɒs lɛk aw sɒm pipul dən dən rich kɒrɛkt kɒnklushən bət mɒtalman maynd bikɔs ɔf di we aw dən de tink we nɔ fayn, ɔda pipul dən dən rich - tru rial we aw pipul dən de si tin - difrən, rich ən fayn ɔndastandin**

**Wi no se di sol nɔto di sem wit di briz bikɔs sɔm pipul dɛn de we dɔn de na kɔma fɔ lɔng tɛm we dɛn nɔ de blo, so dat de pruv se di sol nɔ go ebul fɔ kɔnfyus na di briz Di sol ay pas di briz ɛn i ay pas ɛni ɔda bɔdi stet**

**Ilɛksɛf pɔsin biliv se in na spirit ɔ i nɔ biliv am, di lɔ we de na di wan ol wɔl stil se i fɔ sho in spiritual pɔsin**

**I nɔ mata aw pɔsin de wok ɔ in layf, in ɔwe de divɛlɔp ɛn go bifo ɛnitɛm we dɛn yuz dɛn sɛns fɔ mek tin ɛn fɔ mek tin dɛn we pɔsin de du ɛvri kɔnstrɔktiv akshɔn de ɛp fɔ mek mɔtalman divɛlɔp ɛn mek pɔsin ɔndastand mɔ**

**\* \* \***

**A lɛk fɔ rid, bɔt a nɔ kin ebul fɔ rid tu pej dɛn bifo dɛn kɔl mi fɔ dil wit ɔda tin, ɛn na dat mek a dɔn chɛnj fɔ rid ɛn tink gud wan**

**As a de delv insay di dip pat na mi sol, layt dɛn we de shayn de apia ɛn di big big gladi at de kam, wan gladi at we de akɔmpan mi ɔl di de Dis na wetin a dɔn ɛksperiɛns na mi layf ɛn wetin ɔl di wan dɛn we de tɔk to di blɛsin Masta insay di wispa fɔ di sol ɛn di lɔng we di at de fil de ɛksperiɛns**

**Taym tu valyu fɔ west Gɔd want wi fɔ balans ɛnibɔdi we alaw in layf fɔ nɔ balans, di lɔ we de ɔlsay na di wɔl go pɔnish am**

**If yu liv simpul layf, ɛksesaiz ɛvrɛde, rid buk dɛn we gɛt valyu ɛn we go bɛnɛfit yu, ɛn gɛt di abit fɔ tink bɔt Gɔd ɛvrɛde, yu sɛns go puls wit gladi at, impɔtant kɔrɛnt dɛn go flɔ tru yu blɔd, ɛn yu bɔdi in sɛl dɛn go ful-ɔp wit layt ɛn ɛnaji we yu nɔ ɛva ɛksperiɛns bifo Yu go gɛt ɔl di no we yu want frɔm di spirit we de insay yu**

**Dis na aw mi layf dɔn de ɔltɛm a nɔ rid twɛnti buk insay twɛnti ia a nɔ proud fɔ am, ɛn if nɔto fɔ gɛt**

**divayn spiritual awareness tru meditashon, a fɔ dɔn bi kɔmplit ignorant**

**We a luk wan buk, a kin si se Gɔd dɔn ɔlrɛdi sho mi di tru tin dɛn we de insay de**

**ɔl di ay ay aydia ɛn trut dɛn kɔmɔt frɔm Gɔd we No ɔltin, ɛn if yu tink bɔt Am, yu go gɛt In sɛns dairekt wan**

**So, fɔ rid gud buk dɛn bɛtɛ pas fɔ west tɛm pan tin dɛn we nɔ gɛt wan bɛnifit, ɛn i bɛtɛ pas fɔ rid na fɔ tink gud wan ɛn mek pipul dɛn no di tru tru trut, we na Gɔd**

**\* \* \***

**Bɔku pipul dɛn de we kin rid ɔltɛm bɔt dɛn nɔ kin ebul fɔ gi yu ɛnitin we gɛt valyu Di bɛst we fɔ rid buk na fɔ tink bɔt wetin de insay ɛn si aw dɛn go afɛkt yu yon layf**

**I impɔtant bak fɔ yuz sɛns so dat yu nɔ go blaynd wan aksept ɔltin we yu rid Wetin yu rid fɔ satisfay yu maynd ɛn yu lɔjik Fɔ mek yu rili fit fɔ rid, buk fɔ mek yu tink, dɔn yu go fil se yu maynd de divɛlɔp ɛn bɔku**

**Di wan dɛn we nɔ de rid ɔ tink bɔt, bɔt de liv layf we nɔ gɛt ɛni rizin ɔ minin, nɔ de divɛlɔp ɛni dip ɔndastandin ɔ gɛt sɔm no**

**Wanwɔd de mek wi kɔmpitabl ɛn gri wit di divayn pawa we de mek wi tink ɛn shayn pan wi maynd wit di layt dɛn we de inspekt wi we ay pas ɔl**

**Meditashon na di we fɔ rich di ay sɛf**

**Mɔtalman kin du bad to dɛnsɛf if dɛn nɔ rid, bɔt fɔ tink gud wan bɛtɛ pas fɔ rid {Fɔ pipul dɛn we de tink gud wan}.**

**\* \* \***

**Balans impɔtant pan ɛvri pat na layf I fayn fɔ kip yusful ridin matirial dɛn we yu kin gɛt ɛn fɔ rid dɛn we yu de ɛnjoy yusɛf Di tin dɛn we impɔtant pas ɔl na spiritual buk dɛn, dɔn sayɛns wok dɛn, sɔm istri,**

**filosofi, sirios buk den, biyografi bot big big pipul den, travul stori den, en eni oda tin we kin mek posin in maynd buku en gi dip inspekshon**

**Buk den kin bi padi den we no de komot bien den, en if di tin den we yu pik na ay kwaliti, yu go get mo benifit from den**

**Fos, i kin tan lek se i no izi fo ondestand di men tin we di spiritual tichin den en di aydia den we big big pipul den we de tink bot get, bot afta som tem, yu go si yusef de tink bot wetin den rayt en de enjoy den tink Yu go fil se yu don get sontin we get valyu, bikos ol den pipul den de we get sens bin pul den sens en no from di trus we no get end we get God in sens—aydia den we sontem no go eva kam na yu maynd insay yu wan ol layf**

**\* \* \***

**Flawa en ros den fayn en den get layf, bot bien den, na wan gadin we fayn en fayn pasmak pan ol we dis gadin rili klia en i at fo no fos, if yu ebul fo go insay di spiritual dimenshon tru di get we di spiritual yay de, yu go ebul fo fen da ethereal realm de en enjoy in wondaful tin den**

**A de liv na da saful saful eria de usay fayn fayn kwaliti den en fayn fayn tin den we a de tink bot, swit en smel pas eni flawa o ros we de na dis wol De, di bi na mi maynd de kontinyu fo sip di nektu we de sho se God de**

**We wi de dayrekt wi fos insay, en liv mo en mo na da ayd wol de insay wi, wi de si se wi spiritual kwaliti den de tek speshal fom den we de akt lek winda den we wi de yuz fo no di swit we God get we pas di diskripshon en imajineshon**

**\* \* \***

**Enibodi we yeri o rid den wod ya no se a de tok di tru**

**If a bin fə sho ɔl di pawa dən we Gɔd dɔn gi mi,  
pipul dən nɔ go flɔk to mi nɔto bikɔs a lɛk Gɔd, bɔt na  
bikɔs ɔf mirekul Bɔt a nɔ want dis kayn disaypul we de  
ɔp ɔp Dɛn nɔ fə drɔ dən bay pawa, bɔt na di lɔv we Gɔd  
gɛt, ɛn na dat na mi men tin na layf**

**If a nɔ bin kam fə no Gɔd, a nɔ bin fə dɔn tɔk dis  
we ɛn ɔlman kin kam fə no am if dən want**

**A nɔ de tray fə win pipul dən bay we a de apil to  
dən imɔʃhɔn, bɔt bifo dat a de tɔk to dən maynd ɛn  
adres dən lɔjik ɛn diskreʃhɔn Blaynd fet nɔ gɛt yus  
Pɔsin fə aktiv di fakulti fə ɔndastand we Gɔd dɔn gi  
dən ɛn nɔ aksept tin dən na fes valyu, bɔt bifo dat i fə  
ɔndastand di kɔz, ifɛkt, ɛn lɔjik biɛn dən spiritual  
ɔrienteshɔn ɛn prɔsis**

**If a bin gɛt wan tawzin mɔt, a go tɔk wit dən ɔltin  
bɔt Gɔd ɛn di impɔtant tin fə tɔn to am ɛn fə no am**

**\* \* \***

**Gɔd nɔ de aks mɔtalman fə mek i dak, nɔ gɛt  
maynd, nɔ gɛt natin, ɔ fə mek in fes kray Dis nɔto di  
rayt we fə ɔndastand Gɔd, ɛn nɔto di rayt we fə gɛt in  
fayv Di mɔ we pɔsin de gɛt pis, na di mɔ i go ebul fə fil  
di we aw Gɔd de de Di mɔ we i gladi, na di mɔ i de gɛt  
wanwɔd wit Gɔd Di wan dən we no Gɔd gladi bikɔs na  
Gɔd de mek i gladi pas ɔl**

**Pipul dən kin tray fə gɛt gladi at pan rɔm, mami ɛn  
dadi biznɛs, ɛn mɔni, bɔt di pej dən na di istri ful-ɔp  
wit stori dən bɔt dən op dən we dɔn brok ɛn drim dən  
we nɔ apin Di tɛm we a dɔn spɛn fə tink gud wan dɔn  
mek mi layf gɛt bɔku tin dən we a nɔ go biliv**

**Divayn gayd ɛn sɛns de insay spiritual gladi gladi  
We pɔsin gri wit Gɔd, ilɛksɛf i mek mistek we i nɔ  
want, i go no aw fə kɔrɛkt di mistek, ɛn if i tɔk di rayt  
tin we i tink, Gɔd go kɔrɛkt am ɛn kɔrɛkt am bikɔs i lɛk  
in disaypul**

**\* \* \***

**Dən fə mek balans bitwin spiritual no ən di natura  
sayns If dən nɔ ɡet dis balans, wan wan pipul ən  
neshən dən go stɔp midul misɛf ən pwɛl pwɛl If di lida  
dən na di wɔl tide bin ɡet spiritual layt ən wok togɛda,  
dən go ebul fə pul wɔ ən po kɔmɔt na di wɔl insay sɔm  
ia**

**Spiritual awareness min se pɔsin no di divayn  
prezɛns insay insɛf ən insay ɔl ɔda tin dən we ɡet layf**

**Dat ɔwe nɔmɔ kin sev di wɔl, ən if i nɔ de, a nɔ si  
ɛni op fə pis Lɛ mɔtalman bigin wit insɛf, bikɔs tɛm tu  
valyu fə west**

**Diuti nid wi fə du wi pat fə brin Ɠɔd in Kinɔm kam  
na di Wɔl**

**Bɔku pipul dən kin shem fə luk fə Ɠɔd, bikɔs dən  
kin fred se layf go bi dak ən pwɛl at, we nɔ go ɡet fayn  
fayn tin dən ən gladi at Bɔt di kɔmɔn tin na tru! Di klin  
gladi at we di wan dən we rili sabi Ɠɔd kin ɡet we dən  
gri wit am pafɛkt wan, wi nɔ go ebul fə tɔk bɔt am**

**A de insay wan stet we spiritual gladi de ən nɛt  
Dat gladi na Ɠɔd, ən fə no am min fə kɔba ɔl di sɔri-at  
ən bɛr am witout rigrɛt**

**\* \* \***

**We i de ya fə sɔm tɛm, mɔtalman de gi big  
impɔtant tin to dis spɛktakl Bɔt i nɔ fə put insɛf pan  
am pasmak ən di tin dən we de apin we nɔ ɡet ɛnd,  
bikɔs if i du dat, i go distans insɛf frɔm Ɠɔd, we de  
tray ɔltɛm, pan ɔl we ən bay ɔl we, fə drɔ wi to insɛf  
bikɔs i bisin bɔt wi bad bad wan ən di bɔku bɔku lɔv  
we i ɡet fə wi**

**I de put ɔl di mirekul dən we wi want fə si bifo wi:  
di wɔndaful tin dən we de gro ən di ɔda we aw tin dən  
de apin we nɔ ɡet ɛnd**

**I de biɛn di flawa ən ros, ən ɛnibɔdi we de luk fə  
am wit ɔl in at, i nɔ go ebul fə avɔyd fə fɛn am**

**Natural sayensman den nɔ bin rich wetin den fɛn tru blaynd prea, bɔt na bay we den fala di lɔ den we empirical science se Semweso, ɛnibɔdi we rili ɛn wit ɔl in at fɔ fala di lɔ den na spiritual sayens go si Gɔd ɔtomɛtik wan nia den**

**Na tɛm fɔ lɛ mɔtalman opin in spiritual yay ɛn no se fɔ fɛn Gɔd, i nid fɔ rili want ɛn kɔntinyu fɔ du wetin Gɔd want ɛn fɔ tek tɛm fala Gɔd in lɔ den**

**\* \* \***

**Gɔd de nak na wi at domɔt den kwayɛt wan, de kɔl wi bak to am, bɔt bɔku pipul den nɔ want fɔ go bak Bɔt stil, we di wɔl dak bifo den yay, ɛn den kin miks pan prɔblɛm ɔ sik, den kin rɔsh fɔ pre to am ɛn aks am fɔ ɛp den**

**Di wan den we de mek den tayt tayt padi biznɛs ɛn gri wit Gɔd insay di tɛm we den gɛt gladi at ɛn prɔsperiti go fɛn Gɔd nia den we den nid am Bɔt di wan den we de tek tɛm fɔ mek den gɛt dis rilayshɔnship, kɔndɛm dɛnsɛf fɔ fes den prɔblɛm den ɛn strɛch wit den prɔblɛm den nɔmɔ te den ebul—wit sɛns ɛn fɔ put dɛnsɛf ɔnda den ɔl—tɔn to den padi we go de sote go ɛn nak na In domɔt we gɛt gudnɛs**

**Fɔ di bɔku bɔku pipul den, na smɔl pipul den nɔmɔ de rili luk fɔ Gɔd Usay di wan den we bin tink se dis wɔl na den yon tu ɔndrɛd ia bifo dis tɛm de? Dɛn ɔl nɔ de igen, ɛn sɔntɛm na smɔl wan nɔmɔ, di wan den we tɔn to Gɔd ɛn kam fɔ no dɛnsɛf, bin ɛva rili ɔndastand di rial tin bɔt layf Bɔt stil, ɛni jɛnɛreshɔn we de kam afta dɛnsɛf de tek dis layf as rial layf!**

**\* \* \***

**Bifo ɛni ɔda mɔtalman bin de wit wi, udat bin de wit wi? Gɔd ɛn we wi kɔmɔt na dis wɔl, udat go de wit wi? Gɔd ɛn nɔ ɔda Bɔt i go at fɔ no am da tɛm de pas wi tray fɔ no am naw If yu luk fɔ Gɔd wit ɔl yu at ɛn dip wan, yu go fɛn am, ɛn yu shɔ se i de wit yu ɔltɛm**

**go get trenk Wɔri ɛn ilyushɔn go lɛf yu, ɛn yu nɔ go ɛva  
ful yu igen**

**ɔltin we de na tɛmteshɔn fɔ mek mɔtalman kɔmɔt  
nia Gɔd Bɔt Gɔd de mek pɔsin want fɔ du am fa fawe  
pas ɛni tɛmteshɔn we de na dis wɔl If yu bin fɔ get ivin  
smɔl smɔl tin bɔt am, yu go no dis trut ɛn yu go ebul  
fɔ fɛn am tru prea, tink bɔt Gɔd biznɛs, ɛn disayd fɔ du  
sɔntin we nɔ de shek**

**\* \* \***

**Di tɛmpul we Gɔd lɛk pas ɔl na di tɛmpul we get  
kol at ɛn pis insay fɔ di wan dɛn we de fala am, usay  
dɛn kin go insay fɔ tink gud wan ɛn tɔk to dɛnsɛf, ɛn  
lɛf di wɔl ɛn di tin dɛn we de mɔna am we nɔ get ɛnd**

**Wi nɔ fɔ dazl wit dis prushɔn we de chenj ɔltɛm we  
mɔtalman de chenj As di karavan fɔ tɛm de kɔntinyu fɔ  
waka, yu go dɔn no se yu na impɔtant pat pan di big  
wan We pɔsin mek tɛmpul we get fayn fayn tin dɛn ɛn  
pis na spirit insay insɛf, i go ebul fɔ no se Gɔd de wit  
am ɛn fil se i de nia am ɔdasay, di ilyushɔn dɛn we de  
na di wɔl bɔku, de ɔltɛm, ɛn in wɔri de ful wi at**

**Dɛn go pul ɛni wan pan wi kɔmɔt na dis wɔl kwik ɔ  
leta, ɛn na dat mek wi fɔ ɔndastand naw di rizin fɔ layf  
Di men tin we mek mɔtalman ɛkspiriɛns na dis wɔl na  
fɔ ɛnkɔrej wi fɔ fɛn di minin fɔ layf Mek fɔ no Gɔd yu  
gol, ɛn no se if yu luk fɔ di sikrit na layf siribɔs ɛn tru  
tru, i go mek yu nɔ get bɔku prɔblɛm dɛn ɛn sev yu  
frɔm difrɛn fred dɛn**

**Di fred fɔ day, fɔdɔm, trɔbul, ɔ sɔri kin wek big  
panik insay pɔsin We pɔsin nɔ ebul fɔ ɛp insɛf ɛn in  
fambul ɛn padi dɛn nɔ ebul fɔ gi ɛni ɛp, pwɛl at kin  
ambɔg am, ɛn i kin tan lɛk se di wɔl dak to dɛn Bɔt nid  
nɔ de fɔ rich da stet de If dɛn tink bɔt Gɔd ɔlsay na  
dɛn layf ɛn kɔntinyu fɔ get kɔnekshɔn wit am, dɛn go  
si am nia insay di tɛm we tin tranga ɛn tranga de**

**\* \* \***



If borku pipul si porsin nor fayn, den fo egzamin densesf Som kayn porsin in pasonaliti kin de wae de of-put Sontem den kin tok tumos, kin lek fo miks pan oda pipul den biznes, or kin lek fo tel oda pipul dem wetin nor fayn wit dem en aw den fo liv den layf, witout aksept eni sogzheshon fo mek den ebul fo important densesf Dis na jos som egzampul dem fo saykilojik kwaliti dem wae kin mek wi nor at fo si oda wan den

Fo biliv pan God en fo get fet pan God na tu difren tin Biliv no get wan valyu pas wi eksperiens am en liv bay am Biliv we de chenj to eksperiens kin bi fet, en fet we no de shek no go ebul fo rifyut o kontrayd bikos na konvikshon we posin kin ondastand en we no de shek bot di trut Na big pawa, en di tin den we kin komot from am kin mek posin soprayz Fet de wok wit absolyut presishon en i no de lef ples fo mistek

\* \* \*

Insay posin in yay, di wan ol istri bot in layf de, en den no go ebul fo ayd am from di wan den we sabi rid am Spirit yay en wol yay de we de tretin, koni yay en yay we de mek posin want fo du sontin, den rayt o wetin posin de du na in yay, en if a fo analayz wetin a de si insay den, pipul den go soprayz wit di sens we a get

Wi fo avoyd akshon den we de doti di maynd en koropt di sol Di akshon den we no rayt de mek bad o bad bad maynd vaybreshon we de sho pan posin in apia en in abit Bifo dat, wi fo du tin den en tink bot tin den we de men di fayn kwaliti den we wi want Di wan den we de tink bot den tru tin ya go si se den layf go bi wondaful fayn fayn wan

\* \* \*

Tru padi no kin rili ondastand wi Yu kin tok klia wan wit yu padi we den no ondastand yu, bot padi

**biznes nɔ go ebul fɔ gro ɛn go bifo as long as ɛni hint ɔ dimand de from wan to di ɔda wan**

**Padi biznes kin jɔs bil pan fawndeshɔn fɔ indipendens ɛn ikwal spiritual So, di intarakshɔn bitwin padi dɛn fɔ bi bay dis prinsipul ɛn insay layt fɔ dis trut If yu trit pɔsin bad, yu nɔ go ɛva ɛksperiens di swit we in padi biznes gɛt**

**Bɔku pipul dɛn de we de waka di rod dɛn na layf we nɔ gɛt padi dɛn a nɔ ebul imajin aw dɛn ebul fɔ kontinyu!**

**Tru padi nɔ kin rili ɔndastand wi, ɛn if dɛn du am, na fɔ shot tɛm nɔmɔ If pɔsin betray yu trɔst ɛn loyalty, kontinyu fɔ gi dɛn yu lɔv ɛn ɔndastandin lɛk se natin nɔ apin, jɔs lɛk aw yu go want fɔ gɛt trɔst ɛn loyalty in return**

**Bɔt if da pɔsin de kontinyu fɔ du tin wit disgres ɛn et yu, ɛn kontinyu fɔ slap di an we i stret fɔ padi biznes to am, dat min se i bɛtɛ fɔ pul yu an fɔ sɔm tɛm**

**\* \* \***

**Dɛn go pul ɛni wan pan wi kɔmɔt na dis wɔl kwik ɔ leta, ɛn na dat mek wi fɔ no di rizin we mek wi gɛt layf naw**

**Di men gol fɔ mɔtalman ɛksperiens ya na fɔ mek pipul dɛn want ɛn ɛnkɔrej pipul dɛn fɔ fɛn di minin ɛn di rizin fɔ layf Dis mɔtalman joyn nɔ fɔ gi impɔtant pasmak As di karavan fɔ tɛm de kontinyu fɔ go, wi go dɔn no se wi na pat pan wan big ɛgzistens, ɛn dat mek, wi fɔ mek di no bɔt Gɔd bi wi las gol**

**Di fred fɔ day, fɔ fel, fɔ gɛt prɔblɛm, ɔ fɔ sɔri we de mek pɔsin fil pen, kin mek pɔsin fred bad bad wan**

**We pɔsin nɔ ebul fɔ ɛp inɛf, ɛn we in famili nɔ ebul fɔ gi ɛp, in maynd nɔ kin jɛlɔs Bɔt Gɔd nɔ go lɛf di wan dɛn we biliv pan am ɛn abop pan in ebul fɔ ɛp dɛn**

**Bifo ɛni mɔtalman bin de wit wi, Gɔd bin de wit wi ɛn we wi kɔmɔt na dis wɔl, Gɔd go de wit wi**

**Bɔt wi nɔ go ebul fɔ no Gɔd pas wi tray tranga  
wan naw ɛn tray tranga wan fɔ tɔk to am ɛn kam nia  
am mɔ ɛn mɔ**

**\* \* \***

**We a bin smɔl, a bin de sɔfa bikɔs a bin de fil bad  
bad wan, ɛn dis bin mek a bin de sɔfa pas ɔlman**

**Na bin wan we fɔ mek a sɔfa bikɔs a bin rili fil bad,  
i bin tan lɛk to mi se ɔda pipul dɛn kin ɛnjoy fɔ mek a  
vɛks ɛn tek mi pis na mi maynd**

**Nɔ mek ɛnibɔdi tek yu pis**

**Di anɔyntɛd we a bin de vɛks nɔ bin jɔs bikɔs ɔda  
pipul dɛn bin de provok ɛn provok mi; i bin kɔmɔt bak  
frɔm mi sensitiviti to dɛn kɔmɛnt dɛn a diskɔba se di  
mɔ we a de agyu wit mi kɔmɛnt dɛn, na di mɔ dɛn de  
ɛnjoy am**

**Fɔ dɔn, a disayd se nɔbɔdi nɔ go ebul fɔ pwɛl mi  
insay pis, ɛn a se to misɛf: "Lɛ dɛn kɔrɛkt as dɛn want,  
bɔt a nɔ go pe atɛnshɔn to dɛn kɔmɛnt igen".**

**ɛn na dat bin apin a nɔ bin pe atɛnshɔn to dɛn  
kɔmɛnt dɛn we nɔ rayt ɛn we de mek pɔsin fil bad atɔl,  
lɛk se dɛn nɔ de Smɔl smɔl, dɛn nɔ bin want fɔ provok  
mi ɛn bi mi padi dɛn; sɔm bin ivin fala mi fut step**

**Na fɔ natin fɔ tray fɔ aks ɔda pipul dɛn fɔ du gud  
ɛn rɛspɛkt; bifo dat, wisɛf fɔ fit fɔ gɛt am**

**If wi de tɔk to ɔda pipul dɛn wit ɔl wi at, sho se wi  
rɛspɛkt dɛn, ɛn gi wi bak di kayn we aw dɛn de du gud  
ɛn di we aw dɛn lɛk wi, dɛn go trit wi wit rɛspɛkt ɔltɛm**

**Wi nɔ fɔ paralayz di gudwil we ɔda pipul dɛn gɛt to  
wi wit wi ekstrim sensitiviti we dɛn de kɔrɛkt wi  
kɔnstrɔktiv wan, bɔt bifo dat wi fɔ wok togɛda wit  
ɔlman we de tray fɔ ɛp wi**

**\* \* \***

**Dis wɔl go gɛt prɔblɛm ɛn trɔbul ɔltɛm Bifo i giv-ɔp  
pan fred ɛn wɔri, mɔtalman fɔ tɔn to Gɔd ɛn gɛt pis,**

**sef, en sef, nɔto fɔ inɛf nɔmɔ bɔt fɔ di wan dɛn we i  
lɛk we Gɔd dɔn put fɔ kia fɔ am**

**Wi nɔ fɔ tu atɛnd di drim dɛn fɔ dis layf we nɔ de  
te, bifo dat, wi fɔ gɛt wanwɔd wit Gɔd**

**Apat frɔm Gɔd, no sikyɔriti nɔ de ɛnisay Wi fɔ no  
wi kɔnekshɔn to Gɔd so dat wi go pul wisɛf pan  
ilyushɔn wans ɛn fɔ ɔltɛm**

**We wi de tink gud wan bɔt Gɔd, wi kin fil se i gladi  
ɛn wi kin pul di bad bad drim dɛn we wi kin drim na  
layf**

**\* \* \***

**Wan ɛgzampul fɔ mek di bɔdi rilaks ɛn fɔ mek di  
maynd kol:**

**Tayt yu bɔdi mɔsul dɛm mɔdaret yuz wil pawa Wit  
wil pawa, dayrɛkt di layf fɔs (di tɛm we di mɔsul dɛn  
de tɛnsion) fɔ flɔd di bɔdi ɔ ɛni pat na di bɔdi wit  
aktiviti**

**A kin fil di ɛnaji de shek shek, puls, chaj di bɔdi ɛn  
gi am layf bak wit vitality**

**Rilaks ɛn fil se layf ɛn ɛnaji de flɔ tru yu bɔdi in sɛl  
ɛn tisu dɛn**

**A fil se yu nɔto di bɔdi, bɔt yu na di layf we de  
sɔpɔt di bɔdi**

**Fil di pis, fridɔm, ɛn di kolat we de kam we yu de  
praktis dis ɛgzampul**

**\* \* \***

**If na divayn awareness de gayd yu, ivin if i tan lɛk  
se di tumara bambay nɔ go fayn, tin go stil impɔtant  
ɛn yu nɔ go fel as long as yu de waka na Gɔd in layt ɛn  
in gayd yu de gayd yu**

**Wi fɔ pul di aidia se Gɔd, wit ɔl in wɔndaful pawa  
dɛn, de fa fawe na ɛvin, ɛn wi wik ɛn bɛr wi ɔnda bɔku  
bɔku prɔblɛm dɛn ɛn prɔblɛm dɛn na dis wɔl**

**Lɛ wi mɛmba se nɔto wi wangren de, se biɛn wi  
mɔtalman wil, na di big big divayn wil de, ɛn ɛnibɔdi**

**we de tray fɔ ɛp wit ɔl in at ɛn fetful wan, go mɔs gɛt am**

**\* \* \***

**ɔltin na di wan ol wɔl gɛt sɔntin fɔ du wit ɔda tin dɛn ɛn i gɛt sɔntin fɔ du wit ɔda tin dɛn**

**Tru di rayt we aw wi de yuz di mɔtalman sɛns we Gɔd gi wi, wi de no se ɔl layf gɛt sɔntin fɔ du wit di Suprim Mind**

**Sɔntɛnde wi kin tink se wi na pletin na di an fɔ fate, bɔt we wi rilis wi kɔnshɛns pas limited, illusory forms ɛn tɛst di extent of wi awareness ɛn understanding, wi kin kam fɔ no se insay wi na spak of divine power we de kriet ɛn sustain ɔl layf, ɛn se i de wet fɔ wek**

**\* \* \***

**Wan inferiority complex de bɔn frɔm wan hiden awareness fɔ wan rial ɔ we dɛn tink se wikɛd**

**Fɔ tray fɔ kɔmpɛns da wikɛdnɛs de, sɔm pipul dɛn kin yuz shild fɔ lay lay prawd ɛn dɛn kin mek dɛnsɛf ful-ɔp wit natin**

**Dɛn wan wae nɔr no di rial rizin bihayn da abnormal saykilɔjik stet kin se di pɔrsin gɛt supɛriɔriti kɔmpleks**

**Dɛn tu kɔmpleks ya de sho se dɛn nɔ gɛt wanwɔd insay ɛn dɛn de pwɛl pɔsin we de gro dɛnsɛf Dɛn bɔn dɛn frɔm imajinɛshɔn ɛn we dɛn nɔ de tek tɛm wit di rial tin, ɛn dɛn nɔ gɛt ɛni kɔnekshɔn to di kayn we aw di pawaful sol tan**

**Kɔnfidɛns fɔ dɛnsɛf fɔ de pan di fawndɛshɔn dɛn fɔ rial ajɔstment ɛn fɔ no se sol dɛn we gɛt layt nɔ gɛt natin bikɔs dɛn jɛntri pan Gɔd**

**\* \* \***

**Di nervɔs sistɛm gɛt tu wok dɛn:**

**Di nervous system de mek wi ebul fɔ intarakt wit di wɔl Ol yoga pipul dɛn bin kam fɔ no se di nervous system de wok bak fɔ kɔnɛkt mɔtalman wit Gɔd**

**di layf fɔs na di mɔtalman bɔdi kin fɔ fɔl kɔmɔt, frɔm di bren ɛn spɛnal kɔd tru di nɛv dɛm to di sɛns dɛm ɛn dɛn ɛkstɛrnal sɛns ɛkspiəriɛns dɛm**

**We dɛn kɔntrol da layf fɔs de - tru mɛditeishɔn - i de rivɛns in flɔ insay instead fɔ go na do, ɛn pul kɔnshɛns wit am to di transparent aks ɔ sɛnta dɛn usay spiritual pɔsibul ɛn no bɔt Gɔd de**

**Nɛvɔs—we na fɔ mek di nerv dɛn wok pasmak—de mek pɔsin nɔ ebul fɔ no natin, ɛn fɔ gɛt kol at kin mek pɔsin no bɔt Gɔd**

**We yu de tink gud wan ɛn stɔp di ɛkstɛrnal nervɔs ɛnaji ɛn mek yusɛf kol, di layf pawa de kɔmɔt na di sɛns to di sɛnta dɛm fɔ spiritual kɔnshɛns, ɛn afta dat wan kɔnekshɔn de bitwin yu nervɔs sistɛm ɛn di ay kɔnshɛns, so yu de fil di divayn prezɛns ɛn bi na di land we layt de pas di eria we yu de slip ɛn nɔ no natin**

**\* \* \***

**Bɔku pipul dɛn kin intres pan di fresh we yɔŋ pipul dɛn kin gɛt, lɛk aw na wan we ɔ ɔda we ɔlman de luk fɔ di "fountain of eternal youth," bɔt wetin na yɔŋ pipul dɛn?**

**Nɔto ɔl yɔŋ pipul dɛn na yɔŋ pipul dɛn fɔ tru, as sɔm rili ol ɛn dɛn kin tan lɛk se dɛn wik fa fawe pas dɛn rial ej Di ɔda we, sɔm ol pipul dɛn de we kin kɔntinyu fɔ yɔŋ pan ɔl we dɛn dɔn ol Dɛn kin kip dɛn maynd shap, dɛn trɛnk kin kɔmɔt na dɛn spirit we gɛt trɛnk to dɛn bɔdi ɛn fes, ɛn dɛn blɔd kin pul wit di gladi gladi we dɛn kin gɛt we dɛn de**

**Difrɛn frɔm dat, pipul dɛn de we nɔ fayn, we gɛt maynd, we de fil bad, we de kɔrɛkt, ɛn we de mek dɛn at pwɛl, lɛk se dɛn dɔn pas - mek una layf lɔng**

**No ekskyuz nɔ de fɔ misguided saykolojik stet Wi  
fɔ ɔltəm bi pɔsitiv, optimist, ful wit layf ən ənaji, gladi  
fɔ Gɔd in bləsɪn, ən imer insay wan surge of spiritual  
yɔŋ pipul we de kɔmɔt frɔm di dip dip we wi bi**

**\* \* \***

**Mi brɔda ən sista dən na dis wɔl, duya una mɛmba  
se Gɔd na wan ən wi ɔl na mɛmba dən na wan  
yunivasal famili So, wi fɔ tek kɔnstrɔktiv we fɔ ɛp  
wisɛf—wi tin dən, pan gud abit dən, pan mɔni biznɛs,  
ən pan spiritual tin dən—so dat wi go bi ɛgzampul  
sitizin dən na dis wɔl**

**If ɔlman na wan sosayti we gɛt 1,000 pipul dən bin  
de yuz fɔ tif, ful, ən fɛt fɔ mek dən jɛntri pan ɔl we ɔda  
pipul dən go gɛt mɔni, ɛni wan pan dən go gɛt 999  
ɛnimi dən Bɔt if ɛnibɔdi tray fɔ wok togɛda ən wok wit  
ɔda pipul dən, pas fɔ wok agɛns dən, ɛni wan pan dən  
go gɛt 999 padi dən**

**Sɛmweso, if ɔl kɔntri dən ɛp dɛnsɛf bikɔs dən lɛk  
dɛnsɛf, pis go de na di wɔl ən bɔku chans go de fɔ mit  
ɔlman in nid ən fɔ mek dən gɛt wɛlbɔdi**

**\* \* \***

**Di wan dən we dɔn gɛt spiritual layt de gɛt di bɛst  
kwality dən we man ən uman gɛt We pɔsin gɛt pafɛkt  
balans bitwin in sɛns ən imɔʃɔn, i dɔn lan wan pan di  
impɔtant lɛsin dən we i kam na dis wɔl fɔ mek i no se  
dɛn impɔtant nature na spiritual, nɔto bɔdi**

**We man ən uman de si dɛnsɛf jɔs as we fɔ satisfay  
wetin dən want, dən kin risk fɔ pwɛl wanwɔd ən lɔs tru  
tru gladi at Man fɔ mek uman fil se i nɔ de wit am jɔs  
fɔ du wetin i want fɔ du, bɔt as patna ən kɔmpin we i  
valyu, rɛspɛkt, ən tek as ɛksprɛʃɔn fɔ di minin we  
fayn ən dip pas ɔl na layf Wan uman, insɛf, fɔ si man  
insay di di sɛm we**

**We man en uman lek densef wit klin en tru tru lov,  
den kin get komplit kompitishon pan bodi, maynd en  
spiritual levul**

**We den sho se den lek densef fayn fayn wan, di tin  
we kin apin na we den kin get wanwod fayn fayn wan  
en get nyu gladi at**

**\* \* \***

**We posin no gladi na layf, i kin rili no am dip dip  
wan Na wan dairekt rod nomo de fo mek i gladi, en dat  
na tru konekshon wit God**

**God no go eva lef di wan den we abop pan am, en i  
no go eva lef di wan den we lek am**

**Di wan den we get sens pan God biznes kin sho di  
rod en sho di tin den we de ambog en trap den, bot di  
wan den we de luk fo sirios tin fo tray tranga wan en  
travul di distans densef Spiritual harmoni wit di wan  
den we get tru tru konekshon wit God de gi spiritual  
benifit to di wan den we want fo waka na di rod en rich  
di gol we den want**

**\* \* \***

**Pis na yu maynd**

**We yu de bon wori kin los den ot**

**Tranquility de komot, we de brin pis en tranquility**

**Na di wayt mast fo di bot we de gi layf**

**I ful-op wit di briz we de mek posin gladi we go de  
sote go, en i no get eni gladi-at**

**So i push di bot saful wan fo kros di wata we de na  
Lek Al-Rida**

**Trankwiliti na di saful saful flo we satisfay de flo  
to di si we get pis, we di wef den we de wori no toch  
am Na di ambola fo di sol, we de spre oba di maynd en  
at fo motalman fo protekt di gladi at na in layf, smol en  
big, from di ren we de mek i fred en wori**

**Na di not we de na evin we de komot na di layla fo  
layf Na di oli sol we de na di tebul fo layf, di spre y we**



de flay fròm di wata we de fòdòm fò ajòst, én di  
wòndaful, kwayèt mud we di kíndòm fò di sol de gayd  
insay wanwòd én wanwòd

Tranquility nòto jòs fò ritrit dèn we nòbòdi nò de  
Én nòbòdi nò de fò rònawe pan di krawd én nòys  
Bifo dat, i kin kam usay at dèn kin wèlkòm am  
Én i kin de usay sol dèn kin gèt kòrej insay am  
I nò mata us tèm én ples  
Na flawa we nò gèt wan bòt én we nò kin brok  
I nò kin ebul fò bia we pòsin tòch am ròf  
Bifo dat, i de liv, i de blo, én i de gro fayn fayn  
wan

If dèn wata am wit fresh, klin wata  
Tranquility na stil lek fò filin  
Fri fròm di wrinkles fò sòri  
Na in we de shed kray wata bikòs i de fred  
Fò di smòl smòl tin we de sho se yu de wòri én  
pwèl at

We dèn kòba di pej fò di sol we gèt kol at  
Wan layt we gèt klin wayt sno we brayt:  
Di sno we gèt kol at én pis na yu maynd  
Di big big briz we de mek pòsin fred én di ebi ebi  
ren we de mek pòsin wòri nò go win  
Disturb pis én kol at  
Bíen dis layt we at én we de shayn  
Fò dis blèsin, raytin glò

\* \* \*

Padi biznès na di klin we aw Gòd lèk wi  
Na bikòs na di at in fridòm fò disayd fò du sòntin, i  
bòn am  
Nòto famili instinkt de fos wi  
Pafèkt padi dèn nò kin éva pat  
Natin nò go ebul fò stòp di tayt padi biznès we dèn  
gèt lèk bròda én sista dèn

**Di jentri we padi biznes get na di prɔpati we valyu  
pas ɔl**

**Na bikɔs tru tru padi biznes get sɔntin fɔ du wit di  
sol**

**Bifo di limits fɔ dis wɔl**

**ɔl di padi dɛn we wi kin get tayt padi biznes wit**

**Wi go mit dɛn bak na di os we de na ɛvin**

**Na bikɔs tru tru lɔv nɔ de ɛva day**

**\* \* \***

**Bɔku pipul dɛn kin kam na di spiritual rod, bɔt di  
wan dɛn we de bia te di ɛnd go test di spiritual gladi-  
at ɛn ɛnjoy tru tru pis**

**Di disaypul dɛn we get tru tru disaypul dɛn - we  
no se di dak, dɔti rod dɛn na di wɔl de mek pipul dɛn  
at pwɛl ɛn dɛn de mek dɛn at pwɛl - de tɔn to Gɔd ɛn  
luk fɔ am wit ɔl tru tru trut, ɛn dɛn nɔ get ɛni dawt bɔt  
aw i go ebul fɔ sev dɛn ɛn kɔrej dɛn**

**Ilɛksɛf di pɔsin we de luk fɔ am get ansa we pɔsin  
kin si frɔm Gɔd ɔ i nɔ get am, i nɔ de lɔs in trɔst pan  
Am, bɔt i de kɔntinyu fɔ beg am insay di dip dip pat na  
in sol, i shɔ se I de yɛri di beg ɛn se I go ansa di kɔl we  
in at kɔl di rayt tɛm**

**\* \* \***

**Sayns dɔn pruv se ɔl di tin dɛn we de insay di tin  
nɔ go ebul fɔ pwɛl, ɛn ɛni wef we get ɛnaji nɔ go pwɛl**

**Dis kin apin bak to mɔtalman inɛf ɔ in spiritual  
ɛsin we nɔ de day**

**Matyu kin chenj, ɛn mɔtalman sol kin get  
ɛksperiɛns we kin chenj**

**Dɛn kɔl di las chenj day, bɔt day ɔ chenj in fɔm nɔ  
de chenj ɔ pwɛl di spiritual ɛsin**

**\* \* \***

**O Masta fɔ di yunivas ɛn di wan we di at dɛn lɛk,  
mek Yu kia fɔ wi Lɛ wi no se na Yu na di wan ɛn di  
wangren Divayn Kin, we sidɔm na di tron we wi want**

**Bifo di get fɔ layf ɛn day, Yu, O Masta, na di wangren ɛn di bɛst gol**

**Yu na rial layf, ɛn natin nɔ de if yu nɔ de**

**Bles wi so dat wi go si gud, yeri gud, ɛn tink bɔt tin dɛn we go mek wi gɛt maynd ɛn we go bɛnifit wi**

**Di wan dɛn we ɔmbul na di big wan dɛn na di wɔl**

**Di pɔsin we de luk fɔ Gɔd fɔ luk fɔ Gɔd insɛf, bikɔs nɔbɔdi nɔ go ebul fɔ gi am da no de; bifo dat, i fɔ wok fɔ gɛt di bɛst prayz**

**We pɔsin we de luk fɔ Gɔd disayd tranga wan fɔ fɛn Gɔd ɛn jɔyn da disayd de wit siriks tink bɔt am, i go fɛn Am**

**Wans yu tɔch di divayn prezɛns, yu pas di lɔ fɔ kɔz ɛn ɛfɛkt**

**Di gladi at we mɔtalman de imajin ɛn luk fɔ de insay Gɔd, ɛn di wan dɛn we de kɔntakt am na dɛn rili gladi**

**Bles wi, Masta, so dat wi go gi yu fɔs ples na wi layf ɛn so dat wi nɔ go alaw di tɛmteshɔn dɛn na di wɔl fɔ kɔmpit wit yu lɔv na wi at**

**Lɛ wi opin wi at fɔ divayn lɔv so dat i go kam insay wi layf, ful-ɔp dɛn wit layt, ɛn adorn dɛn wit di ros dɛm fɔ gladi at**

**Eni gud tin we wi de du na invɛstismɛnt we wi de win sote go**

**Biɛn di smɔl kɔnshɛns we mɔtalman gɛt, na Gɔd in pawa we nɔ gɛt ɛnd de**

**Simpul layf de gi fridɔm**

**We tin dɛn kin kol, i kin pɔsibul fɔ lisin to di divayn program tru di redio we de mek pɔsin want fɔ du sɔntin ɛn we wi gɛt sinsi, wi kin mek pipul dɛn we gɛt tru tru pipul dɛn kam to wi, ɛn tru dɛn, wi kin ɛksperiɛns Gɔd in gudnɛs ɛn lɔv**

**\* \* \***

**No mata yu ej, if yu se "I can" yu yɔŋ**

**Di maynd we Gɔd dɔn gi wi na pawaful tin ɛn i  
want wi fɔ yuz am fɔ du gud**

**Di mɔ we a de tink bɔt Gɔd insay mi, na di mɔ In  
prezɛns de sho klia wan to mi na di wɔl we de rawnd  
mi**

**\* \* \***

**Bles wi, O Masta, ɛn mek wi lɛk Yu wit big lɔv  
So dat wi go ɛnjoy yu prezɛns ɛn yu go gladi fɔ yu  
ɛvrɪde na wi layf  
So dat di wɔl ɛn di tin dɛn we de tɛmt wi nɔ go  
ebul fɔ gɛt wi at  
ɔ distɛkt wi ɛn mek wi nɔ tink bɔt yu  
Bles wi so dat wi go liv ɛvrɪde insay yu layt ɛn pis  
Wi de rili want yu ɛn wi de wet fɔ yu wit ɔl wi at  
Bifo yu want fɔ gɛt tin dɛn we de apin na di wɔl we  
nɔ de sote go  
Dairekt di kɔs fɔ wi layf to yu  
So dat wen bad abit dɛn de tray  
Fɔ posɛs wi ɛn tay wi kɔnshɛns to di kɔnstrakshɔn  
dɛn na dis wɔl  
Wi aidia dem de flay to yu wit hai spid  
Di wɔl, Masta, de mek wi wɔri  
We yu de tink gud wan  
I de briŋ sef ɛn pis na wi sol  
Yu na wi layf  
ɛn yu na di wan we wi lɛk  
ɛn di swit we wi de de  
Wit dip devoshɔn wi de butu to Yu  
O Masta fɔ wi at  
Wi de aks yu fɔ ful wi layf wit yu lɔv  
ɛn fɔ sho yusɛf to wi  
ɛn to ɔl di wan dɛn we de fala yu ɛn di wan dɛn we  
lɛk yu**

**Buddha ɛn in pɔsin we i lɛk: Masta #Paramhansa  
Mɔ lekchɔ dɛn we di ticha go gi**

**Paramhansa Yogananda, we de wok fɔ yu**

**Na di link we de dɔŋ ya:**

**wwwswaidayogakɔm na di wɛbsayt**

**Insay India, dɛn kin tek Buddha as Gɔd in bɔdi I  
bin liv lɛk fayv ɔndrɛd ia bifo Jizɔs Krays ɛn na bin wan  
Indian kin in pikin**

**Gautama in papa (we leta dɛn kam fɔ no as  
Buddha, we min "di wan we gɛt layt") bin rawnd in  
prins bɔy pikin frɔm we dɛn bɔn am wit ɛvri lɔjishɔn ɛn  
fayn fayn tin dɛn, i bin de shaw am wit induljɛns we nɔ  
gɛt bɔda dɛn se Gautama in mared bin so fayn ɛn i bin  
rili bɔku dat di kinɔm dɛn we bin de trade nɔ bin ɛva  
si di kayn we aw i tan**

**Dis we ya, Gautama bin gro ɛn rich man, ɛn i bin  
biliv se di wɔl we de rawnd am na ples we pipul dɛn  
kin gɛt gladi-at ɔltɛm ɛn tin dɛn we kin mek i gladi we  
nɔ gɛt ɛnd**

**Bɔt Prins Gautama bin rili want fɔ fɛn di wɔl biɛn  
di pales get dɛn ɛn di fayn fayn gadin dɛn Wan de, i  
bin go insay disgiz wit in chariot drayva fɔ go si di wɔl  
fɔ insɛf**

**Di fayn yɔŋ man bin sɔprayz ɛn rili afɛkt am we i si  
fɔ di fɔs tɛm na in layf wan ol man we nɔ gɛt bɛtɛ  
trɛnk, ɛn ɔda pɔsin we de blo in las briz, ɛn i si bak  
wan bɔdi we nɔ gɛt layf**

**I luk in bɔdi we gɛt wɛlbɔdi ɛn we gɛt layf ɛn aks di  
payɔnia if in bɔdi sɛf go ol wan de, rɔtin, ɛn lɔs in spak  
fɔ layf Di payɔnia nɔ bin want fɔ ansa se:**

**"O Prins, ɔl mɔtalman bɔdi kin gɛt sik, wik, ɛn ol,  
ɛn na dat mek dɛn fate na day".**

**We di yon prins yeri dis, i begin fo tink sirios wan bot di ilyushon den we de na dis wol Wan net, we in wef en in wangren boy pikin bin de slip, Gautama bin luk den las wan, en wit yay we bin de kray, i komot na di pales fo go fen di trut we go fri mortalman from sori en pen sote go en gi den tru tru ondestandin bot di sikrit bot layf en day**

**Di prins bin de du boku we den fo asceticism en fo dinay insef Den se i bin spen sevin ia fo fast en oda tin den we get fo du wit God biznes Fo don, we i bin de tink gud wan oda wan banyan (fig) tik na di Bodh Gaya rijon na India, i bin get kompli sens**

**Don i begin fo it bak normal wan fo gi in bodi tin fo it en spre ol say na India di prinsipul den bot sori-at en ikwal lov fo ol di tin den we get layf—mortalman, bod, en animal I advays bak se i no fo atak di tin den we de na di wol wit di op fo get nirvana, o di stet fo lef di sol we de fri di sol from we i bon bak**

**Leta, di wan den we bin de fala am bin skata di tin den we i bin de tich ol say na India, Japan, Chaena, en oda say den na di wol**

**Boku tem den no kin ondestand di stet we Nirvana de, o di we aw tu tin no de, den no kin ondestand am se na fo donawe wit di sef Bot wetin Buddha bin min na fo donawe wit di posin we no get bete posin o di lay lay posin we i bi, Den fo donawe wit dis smol posin so dat di sol we no de day go ebul fo fri from di saykl we i de go bak to mortalman bodi**

**Di Budist tichin fo donawe wit pipul den, we bin de tek am as di gol fo layf, leta den tek in ples na India wit di Swami tichin we Shankara, we na di posin we mek di Swami oda na India, we bin tich se di gol fo**

**layf na fɔ ɡɛt blɛsɪn kɔnʃhɛns union wit di yunivasal spirit we nɔ go dɔnawe wit sɛlf-awareness**

**Masta Buddha ɛn in disaypul dɛn nɔ bin mared We dɛn bin de travul na India, wan strenj tin bin apin to Buddha we bin mek in disaypul dɛn kɔnfyus ɛn mek sɔm pan dɛn daut di we aw dɛn tɪʃa de biev**

**As di big Buddha bin de rɛst wit dɛn na di shed fɔ wan tik, wan uman kam nia dɛn ɛn i nɔ bin ebul fɔ stɔp di Buddha in bɔdi ɛn in fes, we bin de kɔmɔt pan wan ɛkstra ɔdinari layt I bin lɛk am wantɛm wantɛm I bin rili lɛk am, i bin rɔʃh to am wit opin an fɔ ɔɡ am ɛn kis am, ɛn ala se, "O gladi ɛn layt fɔ layf, mi at de bit wit lɔv fɔ yu!"**

**Di disaypul dɛn bin sɔprayz we dɛn yɛri dɛn masta de ansa di pɔsin we de tɛmpt am bay we i se, "Mi dia, a lɛk yu bak Bɔt nɔ tɔʃh mi naw, bikɔs di tɛm nɔ rich yet".**

**I ansa se: "Yu se 'mi lɔv' ɛn yet yu nɔ alaw mi fɔ tɔʃh yu!"**

**Di big Buddha ansa se: "Rɛst ashu, mi lɔv, se a go tɔʃh yu leta, bɔt nɔto naw ɛn a go pruv aw a lɛk yu".**

**We i fain se i nɔ biliv wetin i tɔk, i ad se: "Trɔst mi wɔd dɛn, mi fambul, ɛn nɔ ɛva daut am Leta, we yu lɔvman dɛn we lɛk yu naw dɔn lɛf yu, a go kam to yu".**

**In studɛnt dɛn bin kɔnfyus we dɛn yɛri dɛn masta in stori dɛn ya bɔt lɔv, ɛn sɔm pan dɛn bin tink se dɛn tɪʃa dɔn rili fɔdɔm na di trap we di uman we de ful pipul dɛn de du**

**Bɔku ia afta da tin de apin, we Buddha bin de tink gud wan wit in disaypul dɛn, i ala wantɛm wantɛm se:**

**"A fɔ go, bikɔs mi pɔsin we a lɛk we de ful mi de kɔl mi  
I nid mi naw, ɛn a fɔ du di prɔmis we a bin mek to  
am".**

**As i tɔk dɛn wɔd ya so, i grap ɛn rɔn go, ɛn di  
disaypul dɛn rɔn afta am fɔ tray tranga wan fɔ sev am  
frɔm di tɛmt we di uman we de ful am bin de tɛmpt  
am**

**Fɔ dɔn, di big ticha ɛn in disaypul dɛn rich na di  
sem tik usay i bin dɔn mit di pɔsin we de tɛmpt am ia  
bifo Wetin dɛn si ɔnda da tik de?**

**Dɛn si di sem uman ledɔm na grɔn, in fayn bɔdi  
ful-ɔp wit smɛlpoks ɛn ful-ɔp wit dɔti dɔti smɛl, we de  
bɔn**

**Di disaypul dɛn bin de shek shek ɛn muf kɔmɔt nia  
am wantɛm wantɛm, bɔt Buddha, wit in saful at ɛn dip  
lɔv, sidɔm nia am, es in bɔdi we bin de rɔtin, put am  
na in lap, ɛn wispa na in yes:**

**"Mi lɔv, a kam fɔ pruv aw a lɛk yu, ɛn fɔ fulfil mi  
prɔmis se a go tɔch yu A dɔn wet fɔ lɔng tɛm fɔ pruv  
to yu mi sinsi lɔv A lɛk yu we ɔlman stɔp fɔ lɛk yu ɛn a  
de tɔch yu we yu padi dɛm - di de dɛm fɔ glori - nɔ  
want fɔ tɔch yu".**

**We i tɔk dɛn wɔd dɛn de, i mɛn am wantɛm  
wantɛm frɔm di bad bad sik we i bin gɛt ɛn aks am fɔ  
jɔyn in disaypul dɛn famili, ɛn i bin ansa di rikwest wit  
maynd ɛn gladi at we nɔ de shek!**

**Pis de fɔ una**



**Affirmashɔn dɛn Fɔ jɛnɛral hiling**

**Na di tron fɔ ɛvri filin, ɛvri tink ɛn wil, .**

**O Masta, Yu sidɔm, ɛn Yu de wach mi bi**

**Yu de tink, wil, ɛn filin**

**Yu de gayd Yu de dayrɛkt ɛvri tink, wil, ɛn filin**

**So dat yu go du wetin yu de gayd yu**

**ɛn fala yu gayd**

**ɛn bi yu ɛgzampul**

**Insay di tɛmpul fɔ kɔnshɛns layt de**

**Yu layt na di bigman we de mɛn pipul dɛn**

**Wetin mi yay dɔn si bifo, a de si naw**

**Mi tɛmpul dɔn layt naw, daknɛs nɔ de insay!**

**A bin slip ɛn drim se dɛn go pwɛl di tɛmpul**

**Wit di aks dɛm fɔ fred ɛn ignorance, ɛn di faya  
dɛm fɔ wɔri**

**Yu jɔs wek mi fɔ si di strɔkchɔ intakt, nɔto insay  
ruins!**

**A want fɔ wɔship yu, a want fɔ si yu**

**Insay mi bi, insay di sta dɛn**

**Insay di bɔdi in sɛl dɛn, dɛn kin wok ɔltɛm**

**I de kɔrɛkt ɛn mek ɛnitin we nɔ fayn na di bɔdi**

**Oh, aw a kin want fɔ wɔship yu**

**A de si yu na mi bɔdi, rawnd mi, ɛn na ɔl di tin dɛn  
we de apin**

**Yu na ɔl-ɛgzistent**

**Mi lɔv fɔ yu, O Masta, nɔ gɛt ɛnd!**

**Yu wil, O Masta, de wok tru mi**

**Mi wil na spak fɔ yu layt**

**Insay mi, layt de shayn, ɛn daknɛs de push bak**

**A go intend ɛn want**

**A go wok ɛn bil**

**No mek mi ego gayd mi**

**Bifo dat, na yu de dayrɛkt**

**ɛn na yu na di wan we a de lisin to**

**A go akɔmplit am tru di pawa we a want**

**Aktiv we nɔ de taya**

**So mek a mekɔp mi maynd strɔng, O Masta**

**Na Yu big big wil**

**Mek wi, O Masta, bi**

**Lɛk smɔl pikin dɛn we nɔ du natin**

**Lɛk di wan dɛn we de ɛnjoy di kɪndɔm na ɛvin**

**Yu lɔv we de insay wi na pafɛkt**

**ɛn as yu na pafɛkt pɔsin**

**Dis na aw wi gɛt wɛlbɔdi, pan bɔdi ɛn maynd**

**Yu de ɔlsay ɛn pafɛkt de na yu fes**

**Yu layt de shayn insay di bɔdi  
I sɛl dɛn gɛt wɛlbɔdi we yu de pul frɔm yu layt  
Mek a no se yu de liv na mi maynd  
Wit mi sol ɛn mi bi  
Wit evri atom fo mai bodi  
Mek a no se!  
O layf na mi layf, yu pafɛkt, yu de ɔlsay  
Yu de na mi at ɛn yu de na mi maynd  
Wit mi yay, mi fes, ɛn mi bodi  
Na yu de muv mi fut so dat a go waka  
Dɛn ɔl tu gɛt sawnd  
Yu trɛnk na yu sɔpɔt; yu aktiviti na yu trɛnk  
A nɔ go fɔdɔm bikɔs una de sɔpɔt mi  
A nɔ de fɔdɔm bikɔs  
A de abop pan yu trɛnk!  
Yu de na mi trot  
Yu de na mi bɛɛ ɛn na mi bɔdi  
ɛni ɔgan de shayn wit layt  
Na mi spayna yu de flik, yu de shayn  
I gɛt pawaful chaj, i gɛt wɛlbɔdi ɔlsay  
Yu de flɔ tru mi nerv dɛn, klin ɛnaji  
I fayn pafɛkt wan**

**Insay mi vein dɛn na mi at i de flɔ**

**Yu na faya we de bɔn ɔl di dɔti tin dɛn**

**I de mek di bɔdi klin frɔm ɔl di sik dɛn**

**Jɔs lɛk aw yu na mi pɔsin we a lɛk, na so misɛf na  
yu pɔsin we a lɛk**

**A de fil yu prezɛns na mi maynd**

**I de puls wit di kɔrɛnt we layf de mek**

**Mek mi imajinɛshɔn soar pas ɔl di limit dɛn**

**Mek i flay na ɛvri rijyɔn we nɔ gɛt ɛnitin fɔ ambɔg  
am ɔ we nɔ gɛt ɛnitin fɔ stɔp am**

**If a tink bɔt sik dɛn, misɛf kin sik**

**We a de tink bɔt wɛlbɔdi biznɛs, a kin fil se a dɔn  
wɛl**

**ɛvri mɔnt, ɛvri awa, ɛvrɪde**

**A kin fil se a strɔng, a kin fil se a gɛt wɛlbɔdi**

**A kin fil gladi, trɛnk, ɛn gladi**

**A bin drim se a sik**

**A wek ɛn laf we a fɛn**

**Mi kray wata de kɔmɔt na mi yaylid**

**Dis na kray wata fɔ gladi, nɔto kray wata fɔ sɔri**

**A rili gɛt wɛlbɔdi ɛn a gɛt wɛlbɔdi**

**Pan ɔl we dɛn bin de drim bɔt sik**

**Oh God, mek a fil yu gladi**

**ɛn a lɛk yu ɛn yu prezɛns**

**Ilɛksɛf a de obe ɔ a traŋa**

**A go kɔntinyu fɔ bi di pɔsin we yu lɛk, mi Masta,  
sote go**

**Mek a fil se a gɛt wɛlbɔdi ɔltɛm**

**ɛn a gladi na mi layf**

**Mek a ful yu gladi at**

**Mek a ɔndastand, O Wan we No ɔltin**

**Bikɔs Yu want fɔ gɛt sɛns!**

**Self-analysis: Na di men tin we go mek yu gɛt  
gladi at**

**Masta Paramhansa Yogananda**

**Transleshɔn: Mahmuud Abas Masoud**

**Lɛ wi lɛf di kɔnfins fɔ di ego ɛn waka waka tru di  
big, boundless meadows of spiritual progress Lɛk di  
karavan fɔ tɛm, we de ɛva travul along di rod dɛm fɔ  
layf, so bak di karavan fɔ di sol fɔ waka along di rod  
dɛm fɔ ultimate expansion to di threshold of di divane  
spirit**

**Di tin we dɛn kin du fɔ du di impɔtant wok dɛn we  
pɔsin fɔ du na layf kin kɔntinyu fɔ bɛr am ɔnda di rɔb  
ɛn dɔti tin dɛn we mɔtalman abit dɛn gɛt, Pɔsin fɔ fri  
insɛf frɔm di stifling inflɔwɛns we dɛn abit ya gɛt ɛn  
bigin fɔ plant di sid dɛn fɔ di sakrifays we pɔsin kin  
want fɔ gɛt na di grɔn na in layf Layf kin gɛt valyu ɛn  
minin we wi du di wok we impɔtant pas ɔl ɛn we  
impɔtant pas ɔl: fɔ fɛn di tru minin ɛn valyu we wi gɛt**

**Mɔtalman fɔ ɔndastand se dɛn dinamik kɔsmik  
imej ya we de sho layf nɔ de prɛzɛnt witout rizin  
ɛvrɪde wi de si nyu tin dɛn, ɛn ɛvrɪde de brɪŋ nyu lɛsin**

**dɛn we wi fɔ lan bay we wi de pe atɛnshɔn pan di men  
tin we mek mɔtalman de: fɔ no di Suprim Biin we ayd  
biɛn di vel fɔ layf**

**Bɔku bɔku pipul dɛn nɔ de ɛva du self-analysis  
Saykolojik wan, dɛn kin kɔmpia dɛn to ɔtomatik  
prɔdak dɛm na dɛn envayrɔment Dɛn kin spɛn dɛn layf  
de bizi wit brɛkfas, lanch, dina, wok, slip, ɛn go ya ɛn  
de fɔ fɛn ɛnjɔymɛnt ɛn ɛnjɔymɛnt Dɛn nɔ no wetin dɛn  
de luk fɔ, wetin mek dɛn de luk fɔ am, ɔ wetin mek  
dɛn nɔ dɔn fɛn kɔmplit gladi at ɛn satisfay we go las  
Witout self-analysis, pipul dɛm de stil bi ɔtomatɔn, we  
dɛn de gɔv di kɔndishɔn dɛm na dɛn envayroment Prɔp  
self-analysis na di mɔst ifektiv we fɔ go bifo ɛn divɛlɔp  
in pɔtɛnshal**

**Self-analysis must be conducted with honesty and  
integrity Di bɛst we fɔ du dis na fɔ mek pɔsin rayt  
wetin i de tink ɛn wetin i want ɛvrɪde, alaw am fɔ  
kɔnfrɛnt in tru tru sɛf we nɔ gɛt ɛmbɛllishmɛnt ɔ  
prɛtɛnshɔn Bɔku pipul dɛn nɔ kin chɛnj fɔ bɛtɛ bikɔs  
dɛn nɔ kin si dɛn yon fɔlt**

**Olman na prodakt fɔ in envayrɔment ɛn ɛriti Pɔsin  
we dɛn bɔn na wan patikyula kɔntri go sho di difrɛn  
kwaliti dɛn we da kɔntri de gɛt Sɔmbɔdi we bɔn na  
Chaina ɔ wan Wɛstɛn kɔntri go mɔs sho di kwaliti ɛn  
kwaliti dɛn we gɛt fɔ du wit dɛn kɔntri dɛn de Di  
envayrɔment we pɔsin de liv insay na bikɔs ɔf tin dɛn  
we i gɛt frɔm in mama ɛn papa: di bɛnɪfɪt ɛn di tin dɛn  
we i want we i dɔn gɛt insay in layf we i bin dɔn liv  
trade Di kwaliti dɛn we i gɛt frɔm di bɔdi we i bin dɔn  
gɛt trade, de mek i gɛt di di bɔn we pɔsin bɔn na di  
famili ɔ di say we i de**

**We wi de rid bɔt famili dɛn we pipul dɛn sabi, bɔku  
tɛm wi kin notis se big pipul dɛn pikin dɛn nɔ kin rili**

de na di sem intelektual level lek den mama en papa  
Dis bayolojikal en jenetik fayl na motalman kin mek  
pipul den soprayz en aks kwestyon den: Wetin mek wi  
no kin si di sem rizolt na motalman layf lek aw wi kin si  
na di plant en animal kingdom den, usay gud brid den  
kin prodyuz gud brid? Wi fo go insay di insay wok we  
motalman layf de du fo fen di ansa

I no kin izi fo fen pikin na famili we speshal pan  
buk en sayens we no get eni intres pan buk en magazin  
atol Na tru se den bon am en men am na say we pipul  
den lek buk en magazin, bot stil i no get di sem tin den  
we i kin tink bot Wetin mek en aw den kayn paradoks  
ya kin apin? Envayroment en eriditi no de gi lojik  
eksplen fo dis tin we de apin Bot bien ol den tin ya na  
di trut bot riinkarneshon Wi bon insay wan patikyula  
famili bikos of wan kayn we we fiba som kwaliti den  
Bot eni memba na di famili na independent posin, wit  
trayt den we den bring from den layf we den bin don liv  
trade Fo dis rizin, pan ol we som bayolojikal en jenetik  
similitu den de bitwin famili memba den, eni posin  
difren from oda pipul den pan kolcho en posin in  
pasonaliti

Posin kin pik fo bon insay wan patikyula famili en  
insay wan patikyula soshal o nashonal envayroment fo  
patikyula rizin den we den don disayd bay di tin den  
we i don du trade From dis poynt, posin na di akitok fo  
in yon destiny en di posin we de plan in fate Posin kin  
predikt, to som mak, wetin i go bi insay in fiuja layf  
bay we i de analiz wetin i want en di important abit  
den we i get na dis layf

Dis na di say we di important tin fo analiz densesf  
fo mek posin gro pan spiritual tin den de Som pipul  
den kin adikshon fo rid trajik novel, den kin tek am se

na dən fav jənəreshən ən fil se dən go kontinyu fə enjoy  
dən fə di res ɔf dən layf Bət if dən bin fə analayz  
densesf, dən go si se bəku tēm dən kin gət pwəl hat ən  
vɛks bikɔs dən kin rid dis kayn buk ɔltēm Bikɔs ɔf dis  
pwəl hat, dən kin want fə lɛf di abit ən insted fə gət di  
abit fə rid spiritual buk dən we de mek dən tink ən gi  
dən filin wit fayn ən fayn fayn aidia dən If dən mek dis  
chenj, dən go si se dən layf dən tek wan fayn nyu we  
bikɔs dən gət kənshens sɛns ən strong ditarminieshən

Na tru se wi kin chenj wisɛf kwik kwik wan if wi  
want, bət fə chenj di we aw wi de du tin ən di abit dən  
we wi de du fə lɔng lɔng tēm, wi nid fə rili tray ən gət  
strong wil

Fə pul wan abit we dən rili stɔp, ɔl di pawa dən we  
de mek pɔsin disayd fə du sɔntin, dən fə mobiliz am na  
di ɔpɔzit dairekshən te di bad abit nɔ gət pawa ən i nɔ  
gət pawa igen Bəku pipul dən nɔ gət di peshɛnt ən  
peshɛnt we i nid fə dis Bət, pɔsin fə no se wetin i dən  
mek ɔ du, dən kin pul am ɔ mek i nɔ gət pawa igen

We yu de analayz yusef, gət strong want fə pul yu  
wikɛd tin dən ən bi di pɔsin we yu mek fə bi Nɔ fil pwəl  
ɔ frustrate we yu diskɔba fɔlt dən we ɔnɛs self-  
analysis de sho; bifo dat, tek am se na chans fə no  
wetin nid fə adrɛs pan yu pɔsin

wan tiori dən kɔmɔt we de kɔlɛm se tink na  
prodakt fə di endokrin gland dɛm Dis kɔnsept nɔ gət f  
ɔs Fɔs ən bon nɔ kin prodyuz tinkin Di maynd na di  
masta akitekt fə ɔ ltin, ɔl tu jənərɔl ən spɛsifi k Jɛs lɛk  
aw wata de bi ays tru kol, tink de tek fɔm fə fɔm tru k  
ɔndensɛshən ɔltin na di yunivers dən de tink in fɔm f  
ɔm lvin di endokrin ɔgan na fɔs mɔdel fə wan sɔm m  
ɔdel fə tink



**Pɔsin in bɔdi ɛn in maynd stet kin rili miks Fɔ  
ɛgzampul, dɛn dɔn si se pipul dɛn we gɛt liva sik kin  
vɛks ɛn nɔ kin vɛks bad bad wan We pɔsin de sɔfa wit  
di bayl we de kɔmɔt pasmak ɔ in liva nɔ de wok fayn, i  
nɔ kin fil fɔ smayl ɔ gladi wit ɔlman we i mit Bifo dat, i  
kin fil vɛks ɛn vɛks Tin ɛn filin kin afɛkt di kayn we aw  
i de fil**

**We di ɔgan dɛn pwɛl, i kin ambɔg di maynd trɛnk  
bad bad wan, we kin mek i wik Di wan dɛn we de it  
bɔku mit kin vɛks ɛn vɛks bɔku tɛm If pɔsin it grep jus  
nɔmɔ fɔ wan wik, i go fil se i gɛt trɛnk ɛn i go gɛt  
wanwɔd wit ɔlman**

**If yu it pasmak ɛn it tin dɛn we nɔ fayn, dat kin  
mek ɛn kip bɔku bɔku pɔyzin na di bɔdi, we nɔ gɛt wan  
dawt se i kin gɛt bad bad impak pan di maynd, we kin  
mek i slo, i kin taya, ɛn i kin izi fɔ mek i vɛks We yu  
fast wan wan tɛm pan grep ɔ ɔrɛnj jus, dat kin ɛp fɔ  
klin di bɔdi, we insɛf kin ɛp fɔ mek di bren gɛt layf bak  
ɛn gi am trɛnk Dɔn bak, di tritment fast fɔ wan de  
insay di wik, ɛn sɔm tɛm dɛn fɔ tri dez wan tɛm (we yu  
de drink wata ɛn jus we yu de fast), dɛn dɔn sho se i  
kin ɛp fɔ klin di bɔdi frɔm di pɔyzin we dɔn gɛda ɛn  
west Fɔ fast fɔ pas tri dez wan tɛm, yu fɔ du am ɔnda  
di sɔpɔtishɔn fɔ dɔktɔ ɔ pɔsin we sabi bɔt fast**

**Wan tɛm a mit wan sɛvinti ia ol man we wɛr layt  
klos, nɔ kot, ɛn nɔ sɔks, pan ɔl we i bin rili kol I mek a  
no se i nɔ de fil kol atɔl! I bin dɔn yus in bɔdi to di kol  
wɛda Di maynd de afɛkt di bɔdi pas aw di bɔdi de  
afɛkt di maynd, pan ɔl we di bɔdi in kemikal ɛliment  
dɛn de afɛkt di maynd ɔltɛm**

**(Note: Serious research into the impact of food  
and nutrition on mental health had been underway for  
many years before Paramhansa made this**

observation People who grew up in poverty and were deprived of proper nutrition certainly showed impaired mental development and slower responses In addition, science has shown that some forms of insanity [which are still considered incurable] have improved significantly with the simple use of vitamins Also, the causes fɔ sɔm kayn pwɛl hat, wɔri, ɛn ɔda filin kin kɔmɔt frɔm wae di kemikal dɛm wae de insay di bɔdi nɔr balans)

Pan ɔl we di maynd gɛt bɔku pawa pan di bɔdi, i nɔ fayn fɔ lɛ yu nɔ pe atɛnshɔn to di bɔdi Pɔsin fɔ put wɛlbɔdi it fɔs pas it we nɔ gɛt wɛlbɔdi If tin kin mek yu liv wit pipul dɛn we de mek yu vɛks, i fayn fɔ chenj di say we yu de wan wan tɛm Bɔt ivin bɛtɛ pas ɔl dis na fɔ chenj yu saykilɔjik stet so dat yu nɔ go mɔna yu wit di tin dɛn we ɔda pipul dɛn de du Chenj yusɛf, ɛn yu go ebul fɔ liv wit pis ɛn gladi at ɛnisay

Di wɔl as a ɔl tan lɛk mental asylum Sɔm pipul dɛn kin sɔfa wit jɛlɔs ɛn jɛlɔs, ɔda wan dɛn kin sɔfa wit vɛks, et, ɛn lɔst Dɛn kin bi viktim fɔ dɛn abit ɛn filin Bɔt yu kin mek pis na yu envayrɔmɛnt Analayz yusɛf Imɔshɔn dɛn gɛt difinit riperkushɔn na yu maynd ɛn bɔdi Envy ɛn fred kin mek yu fes tan lɛk se yu nɔ gɛt wan kɔlɔ, pan ɔl we lɔv kin mek i shayn We yu kin kol, yu go bi gladi

Ilɛk us kayn sɛf pɔsin de tray fɔ gɛt, i fɔ tray fɔ analayz in tru tru nature ɛn divɛlɔp in bɛst kwaliti dɛn Pɔsin kin gɛt moral, ethical, patriotic, artistic, ɔ entrepreneurial identity, ɛn ɔda tin dɛn If dɛn gol na fɔ alaynɛd wit di highest moral ideals, dɛn fɔ liv wit integriti ɛn gɛt gudwil ɛn benevolent intentions to ɔlman Dis na di essence of virtuous conduct Na prawd we de drɛb di wan dɛn we de jɔstify dɛnsɛf fɔ kɔrɛkt ɛn

**køndem di wik wan dēn we de rawnd dēn Bōt di wan dēn we gēt fayn abit ēn ɔndastandin sol kin sɔri fɔ ɔda pipul dēn ēn nɔ kin køndem dēn fɔ mistek dēn we kɔmɔt frɔm we dēn nɔ no natin ēn we dēn nɔ de jɔj di rayt we**

**Di wan dēn we gēt di abit fɔ lɛk prɔpati kin sɔfa bɔku tɛm we nɔ nid Dēn kayn pipul ya fɔ lan fɔ kɔntrol dɛnsɛf, ɔdasay dēn kin tan lɛk tin dēn we de muv na di wɔl, dēn fɔ smok sɔm nɔmba fɔ sigrɛt ɛvrɪde ēn it patikyula it Dēn kin gēt ed pen if dēn mis dēn kɔfi ɔ lanch ēn dēn kin jɔs slip pan matres we gēt patikyula kwaliti dēn Pan ɔl we kɔmfɔt fayn, pɔsin nɔ fɔ alaw dēn fɔ mek insɛf bi slev Balans impɔtant, ēn if pɔsin nɔ balans dēn maynd, bɔdi, ēn spiritual nature, i nɔ go no gladi at I nɔ mek sɛns fɔ alaw di matiral nature fɔ dominate pɔsin in sɛns ēn sɛns Di las wɔd ēn di las disizhɔn fɔ bi fɔ kɔnshɛns ēn sɛns ɔltɛm**

**Wan simpul layf ēn ay ay tinkin fɔ bi di gol dɛm fɔ mɔtalman Wi fɔ kɛr ɔl di ɛliment dɛm fɔ gladi at insay wisɛf Dis kin pɔsibul tru meditashɔn ēn alaynɛd wi kɔnshɛns wit spiritual gladi we de ɛva ridyus Gɔd na ɔlman gladi, ēn insay wanwɔd wit Am, wi fil In gladi ēn teist In swit Wi nɔ fɔ ɛva mɔtgɛj wi gladi at to ɛni ɛksternal inflɔɛns lɛk di envayrɔmɛnt we wi de liv ɔ wok, wi fɔ protɛkt wi insay pis frɔm in inflɛns Analayz yusɛf ēn bi wetin yu fɔ bi ēn wetin yu want fɔ bi Pipul dēn nɔ kin lan tru tru kɔntrol fɔ yusɛf; bifo dat, dēn kin du tin dēn we de ambɔg dēn yon wɛlbɔdi ēn stil biliv se dēn gladi! Bōt dēn gladi at na lay lay tin Di tru tin fɔ gladi ēn sakrifays de fɔ du di tin dēn we yu want fɔ du bikɔs na yu wok, ēn nɔ du bad tin bikɔs fɔ avɔyd dēn bɛtɛ**

**Yu nɔ fɔ kip yu maynd preoccupied wit bɔku bɔku tin dɛn we de mɔna yu ɛn intres Evaluate dɛn fɔ no if dɛn rili impɔtant Taym valyu ɛn nɔ fɔ west Fɔ rid wan buk we go bɛnifit yu kin mek yu wɛlbɔdi bɛtɛ fa fawe pas fɔ wach fim A kin se bɔku tɛm se, "If yu rid fɔ wan awa, rayt fɔ tu If yu rayt fɔ tu awa, tink fɔ tri awa If yu tink fɔ tri awa, tink gud wan fɔ di wan ol tɛm"**

**ɛnisay we a go, a kin ɔltɛm kip mi spiritual pis ɛn tranquility Di kɔmpas nidul ɔltɛm de pɔynt nɔt Semweso, di maynd fɔ de ɔltɛm dayrɛkt to di pol fɔ spiritual gladi; den nɔbɔdi nɔ go ebul fɔ ambɔg yu pis ɔ ambɔg yu balans**

**Pɔsin fɔ tray fɔ bi bɛtɛ ɛvrɪde pas di las wan, ɔdasay i kin de go bak pan wɛlbɔdi, pis insay in at, ɛn gladi at Wetin mek? Bikɔs dɛn nɔ de tray fɔ kɔntrol wetin dɛn de tink ɛn du Mɔtalman kin mek dɛn abit, ɛn dɛn kin chenj dɛn If yu si se yu kin tink bad, rawnd yusɛf wit gud pipul dɛn, rid gud buk, ɛn tink gud wan Fɔ chenj yu kɔmpin dɛn, if nid de, kin gɛt fayn impak pan yu layf**

**We yu disayd fɔ chenj fɔ bɛtɛ, mɛmba se gud kɔmpin ɛn gud tin dɛn we yu de du rili impɔtant ɛn i impɔtant fɔ mek yu ebul fɔ du wetin yu want Di tin dɛn we di envayrɔmɛnt gɛt—gud ɔ bad—i strong pas di pawa we yu want, so mɛmba dis we yu de dil wit ɔda pipul dɛn**

**Fɔ analayz yusɛf impɔtant bak fɔ mek yu ebul fɔ ɔndastand yusɛf If yu ebul fɔ analayz yusɛf wit maynd ɛn nɔ fred, yu go ebul fɔ bia wit di analisis we ɔda pipul dɛn de du ɛn di we aw dɛn de kɔrɛkt yu nɔ go afɛkt yu**

**Di wan den we de tink bɔt ɔda pipul den fɔlt na pipul den we de it animal den Di wɔl ful-ɔp wit bad, so pɔsin nɔ fɔ tɔk bad, ɔ tink bad, ɔ du bad Bifo dat, pɔsin nɔ fɔ tan lɛk ros, we de spre di sent fɔ gud, klin intenshɔn, ɛn fɔ lɛk brɔda Lɛ pipul den fil se yu na tru tru padi—bilda, nɔto pɔsin we de pwɛl If yu want fɔ bɛtɛ pas yu, analyze yusɛf ɛn kultivat di fayn fayn kwaliti den we de insay Wan kayn sol de tɔk mɔ bɔt in ɔna pas wɔd, bikɔs i de pul wan spɛshal vaybreshɔn we ɔda pipul den kin fil ɛn ɔndastand we nɔ gɛt mistek Tink bɔt layt, ɛn daknɛs go dɔn Stɔdi, tink, ɛn du wetin yu ebul fɔ ɛp ɔda pipul den ɛn pul di lod fɔ wɔri, pen, fred, ɛn injɔstis frɔm den sholda**

**Bɔku pipul den de waka waka we nɔ gɛt aim na layf, we nɔ gɛt klia gol Difayn yu purpose ɛn wok fɔ rich am Sɛt asay tɛm fɔ introspekshɔn ɛn prayvet prea Bɔku tin den de we de mek pɔsin inspekt wi de wet fɔ mek pipul den no bɔt am, bɔt stil bɔku tɛm wi de west wi tɛm ɛn trɛnk pan tin den we nɔ impɔtant Gladi at nɔ go kam pas wi pe atɛnshɔn pan di sɛns we big big pipul den gɛt ɛn den layt de gayd wi Dɛn aidia den de na ɔda spiritual buk den ɛn raytin fɔ ɛp ɛn gayd wi**

**I fayn fɔ ɛnjoy di gladi at na layf, bɔt no ɔda tin nɔ de fɔ tek ples fɔ insay layf ɛn fɔ tink bɔt yusɛf, bikɔs gladi at de pan fɔ tink gud wan ɛn fɔ no big big maynd den tru den aydia den we den dɔn kip na buk, jɔs lɛk aw i dipen bak fɔ rawnd yusɛf wit gud ɛn nobul pipul den**

**Fɔ de yu wan kin fayn fɔ di wan den we lɛk fɔ tink gud wan, bɔt dat nɔ min fɔ distans yusɛf frɔm pipul den ɔ fɔ ayd yusɛf We yu want fɔ de wit ɔda pipul den, du am wit ɔl yu at, wit ɔl yu lɔv ɛn padi biznɛs, so dat**

**yu padi den go get kɔmfɔt na yu fes ɛn ɔltɛm we yu de  
luk fɔ si yu ɛn ɛnjoy yu gud kɔmpin**

**Pis de fɔ una**

Risk we go wok fayn

Paramhansa Yogananda, we de wok fɔ yu

**A go insay di ɛmitaj ɛn wit prawd gi mi ticha, Sirri  
Yuktsuwar, wan basket we get vejitebul, ɛn se:**

**"Dis na gift fɔ yu, sa! Den siks big kɔliflawawa ya a  
plant wit mi yon an ɛn kia fɔ ɔl di tɛm we den de gro  
wit di tɛnda we mama get fɔ in bebi pikin".**

**Sri Yuktiswar ansa wit wan grateful smayl, "Tɛnki  
Duya kip am na yu rum; a go nid am tumara fɔ wan  
spɛshal dina".**

**A bin jɔs kam na di siti na Puri fɔ spɛn di sɔma  
ɔlide na mi ticha in kɔstal ɛmitaj Dis tu stori, gladi  
gladi ritrit de luk oba di Bay of Bengal ɛn na di ticha  
bin bil am wit di ɛp we in disaypul den bin ɛp mi**

**A wek ali di nɛks mɔnin, di briz we de blo na di si  
we get sɔl ɛn di kol at we de na di ɛmti ples bin mek a  
fil fayn a yɛri di ticha de kɔl mi wit in fayn fayn vɔys,  
so a luk di kɔliflawawa den, we ful-ɔp wit lɔv ɛn lɔv, dɔn a  
tek tɛm arenj den ɔnda mi bed**

**Di ticha se, "Lɛ wi go na di bich" I waka bifo, ɛn a  
fala am wit wan grup we na yɔŋ student den Di ticha  
luk wi wit kɔs ɛn se:**

**"Duya una waka insay tu row, kip una stɛp den in  
sink wit dɛnsɛf".**

**Dɔn i bin de chɛk wi as wi de obe am ɛn bigin fɔ tɔk sɔntin we gɛt fɔ du wit:**

**O bɔy pikin dɛn, una strong ɛn mach insay ɔda rank dɛn!**

**A bin rili kɔle di we aw di ticha bin ebul fɔ kip di fayn fayn stɛp dɛn we in yɔŋ student dɛn bin de du**

**Di ticha luk mi na mi yay ɛn se, "Stɔp! Yu dɔn lɔk di bak domɔt na di ɛmita?"**

**A ansa se, "A tink so, sa".**

**Seri Yuktsuwar nɔ tɔk natin fɔ sɔm minit, wan smɔl, we i bin lɛf smɔl fɔ lɛ i stɔp fɔ smayl bin de ple na in lip, dɔn i bin dɔn tɔk se:**

**"Nɔ, a bin fɔgɛt se dɛn nɔ fɔ yuz Oli mɛditeishɔn as ɛkskyuz fɔ neglek fɔ du bɔdi it".**

**A bin tink se i de jok, bɔt i ad se: "Yu siks kɔliflawe go soon bi fayv".**

**Wi bin kam bak lɛk aw di ticha bin tɛl wi, ɛn we wi kam nia di say usay dɛn de du di ritual i se:**

**"Wet smɔl Luk, Mukunda (Paramhansa), na yu lɛft krɔs di kɔt we de go na di rod Sɔmbɔdi go kam de shot tɛm ɛn na in go bi di kɔz fɔ yu pɔnishment".**

**A ayd mi anɔynt pan dɛn vayg wɔd ya Wantɛm wantɛm, a si wan vilej man na di rod de dans strenj ɛn de mek sayn wit in an dɛn we nɔ gɛt sɛns a bin nia fɔ bit mumu wit want fɔ no mɔ ɛn a bin de luk gud gud wan pan di tin we a bin de si we rili ridikul jɔs lɛk aw di man bin de kam fɔ lɔs na wi yay, Sri Yuktswar se, "Naw i go kam bak".**

**Di vilej man chenj in kɔs wantəm wantəm ɛn go na di bak pat na di ɛmitaj Afta i krɔs wan san san rod, i go insay di bildin tru di bak domɔt, we a nɔ bin dɔn lɔk, jɔs lɛk aw mi ticha bin dɔn tɛl mi Sɔm tɛm afta dat, i kɔmɔt na do ɛn kɛr wan pan mi prɛsayz kɔliflawaden, in prayz bin klia as i de waka wit wan ays we gɛt rɛspɛkt ɛn rɛspɛkt**

**Dis kɔmik scene, we a apia as di viktim, nɔ bin stɔp mi fɔ gi chase to di tifman, we a bin de rɔnata wit furious spid we a bin jɔs rich di af-af we Sri Yuktiswar kɔl mi, shek wit laf frɔm ed to fut, ɛn aks mi fɔ kam bak Bitwin bursts of mirth, i ɛksplen:**

**"Dat po man bin de kray fɔ kɔliflawaden So a bin tink se i nɔ go at fɔ am fɔ gɛt wan pan yu kɔliflawaden we yu nɔ mentenɛt fayn!"**

**A rɔsh go na mi rum ɛn kam fɔ no se di tifman na pɔsin we lɛk vɛjitebul, bikɔs i nɔ bin tɔch mi gold ring dɛn, mi wach, ɔ mi mɔni, we ɔl skata pan di blankit Bifo dat, i bin dɔn krep ɔnda di bed to di baskɛt we ayd we gɛt kɔliflawaden, we de fulfil wetin in at want**

**Da ivintəm de a aks Sri Yuktwar fɔ ɛksplen to mi da tin de we apin, we nɔ bin de witout sɔm tin dɛn we bin de mek a kɔnfyus Di ticha shek in ed smɔl smɔl, ɛn se:**

**"Yu go ɔndastand se wan de Sayns go soon diskɔba bɔku lɔ dɛn we wi nɔ no".**

**Afta sɔm ia, we di wɔndaful tin dɛn we redio de du bin kam wantəm wantəm pan wan wɔl we bin de fred, dɛn mɛmba di ticha in prɔfɛsi Di ol aidia dɛn bɔt spɛs ɛn tɛm bin dɔn lɔs sote go, bikɔs naw nɔto wan os de, ilɛksɛf i smɔl, we di bɔku bɔku redio (ɛn sataylayt)**



channel den we de ɔlsay na di wɔl nɔ ebul fɔ rich Ivin di maynd den we nɔ klia pas ɔl dɔn opin en den dɔn bɔku bifo di pruf we nɔ pɔsibul fɔ se na wan pan mɔtalman in yon difayn kɔntribyushɔn dem: di tɔtal we di egzistens de

Yu kin ɔndastand di kɔmik stori bɔt di kɔliflawaya bay we yu kɔmpia am to redio Mi ticha na bin kɔmplit transmita en risiva Tin den we pɔsin kin tink bɔt nɔto natin pas subtil, ethereal vibrations Jɔs lɛk aw sensitiv redio kin pik wan patikyula program frɔm bɔku bɔku pipul den we den kin brodkas ɔlsay, na so bak Sri Yuktiswar bin gri fɔ tek wan tink—di tink bɔt di fulman we bin de tink bɔt kɔliflawaya—frɔm di bɔku bɔku mɔtalman tinkin den we den de brodkas na dis wɔl As wi de waka go na di bich, di ticha si di simpul vilej man in want en wantem wantem i akt fɔ fulfil am Mi ticha in oli yay si di man de dans bifo di student den du Mi fɔgɛt fɔ lɔk di emitaj domɔt gi di ticha wan fayn ekskyuz fɔ pul mi wan pan mi plant den we a lɛk So, Sri Yuktiswar, we dɔn akt lɛk a receiver, also acted as a transmitter Insay dis rol, di ticha bin ebul fɔ gayd di vilej man fɔ rivens in stɛp en go na wan patikyula rum fɔ gɛt wan singl kɔliflawaya

Insayt na gayd fɔ di sol en i kin rili sho insɛf pan pɔsin di tɛm we i gɛt kol at Klose to ɔlman dɔn eksperiens wan insay intuition we nɔ ebul fɔ eksplen ɔ i dɔn ebul fɔ tɛl ɔda pɔsin wetin i de tink fayn fayn wan

Mɔtalman maynd we nɔ gɛt di tin den we de ambɔg am we i de wɔri, gɛt di kapasiti fɔ du ɔl di kɔmpleks wok den we redio de du: fɔ transmit en gɛt tin den we i de tink bɔt, en fɔ filta di tin den we i nɔ want Jɔs lɛk aw di pawa we redio steshɔn gɛt fɔ transmit di tin den we i de yuz, na so di pawa we

**mortalman maynd gæt, læk redio, de dipen pan di pawa  
we enibodi gæt fɔ du**

**Ɔl di tin dɛn we pɔsin kin tink bɔt kin kontinyu fɔ  
de drɛf sote go na di yunivas Tru dip konsɛntreshɔn,  
ticha we gæt sɛns kin kech ɛn rid di tin dɛn we enibodi  
de tink bɔt, we de alayv ɔ we dɔn day Tin dɛn we pɔsin  
kin tink bɔt, kɔmɔt frɔm wan ol wɔl, nɔto wan pɔsin,  
Dɛn nɔ kin ebul fɔ mek tru bɔt dɛn kin fɛn am Lay lay  
tin dɛn we pɔsin kin tink bɔt—smɔl ɔ big—de kɔmɔt  
frɔm di kayn we aw pɔsin nɔ ebul fɔ no wetin i want Di  
gol fɔ yoga na fɔ mek di maynd kwayɛt so dat i go yɛri  
di pɔsin we nɔ de tink gayd di vɔys we de insay, we nɔ  
de chenj ɔ kɔnfyus**

**Redio ɛn tɛlivishɔn bin briŋ di vɔys ɛn pikchɔ dɛn  
fɔ ɔda pipul dɛn we de fa wan tɛm insay bɔku bɔku  
pipul dɛn os Dis na bin di fɔs sayɛns we sho se  
mortalman na spirit we de ɔlsay na di wɔl Pan ɔl we  
blaynd sɔbjɛktiviti de tray bay ɔl we fɔ rul ɛn tek di  
men tin we mortalman de du, i nɔto bɔdi we dɛn  
kɔnfyus to wan patikyula pɔynt na di spes, bɔt na  
spirit we de ɔlsay na di wɔl**

**We i kam pan dis, Chals Rɔbɔt Richɛt, we dɔn win  
di Nɔbɔl prayz pan Fisiɔlɔji, bin rayt dɛn tin ya:**

**"I rili strenj ɛn wɔndaful se tin dɛn we nɔ pɔsibul  
fɔ du na di wɔl stil de apin We dɛn dɔn establish, dɛn  
nɔ go mek wi sɔprayz pas aw sayɛns bin du am insay  
di las sɛntiwɔd Dɛn tink se di tin dɛn we wi de aksept  
wantɛm wantɛm naw nɔ de mek wi sɔprayz igen bikɔs  
dɛn dɔn ɔndastand am Bɔt dis nɔ de apin If dɛn nɔ de  
mek wi sɔprayz igen, nɔto bikɔs wi ɔndastand dɛn, bɔt  
na bikɔs dɛn dɔn kam fɔ no if wi fɔ mek ɔltin sɔprayz."  
wi nɔ go ɔndastand, den wi fɔ sɔprayz wit ɔltin: bay  
wanston we dɛn trowe na di ays, bay wan akɔn we de**

**gro to big ɔk tik, bay we mækkyuri de bɔku we dɛn  
wam am, ɛn we ayɛn we magnet atrak".**

**"Sayns tide nɔ kɔmplikt igen Di wɔndaful ɛn nɔ  
ɛkspekt fakt dɛm we wi pikin dɛm go deduce dɔn de  
nia wi naw ɛn de luk wi, so fɔ se, pan ɔl we wi nɔ de si  
dɛm Bɔt i nɔ inof fɔ se wi nɔ de si dɛm: wi nɔ want fɔ si  
dɛm, bikɔs as soon as wan fakt we wi nɔ ɛkspekt ɛn  
we wi nɔ sabi apia, wi de tray fɔ put am insay di  
jenɛral freym fɔ aksepted no, ɛn wi de gɛt." angri if  
enibodi dea foh experiment afta dat!"**

**Sos: Yogi in Dayari: Di ɔtobayografi**

**A bin si yu de ayd**

**A bin de luk wan flawa ɛn pre, ɛn wantɛm wantɛm  
a si yu, O Divayn Spirit, we ayd insay am I bin de pul  
di sɛnt we de na yu prezɛns, in peta dɛn bin tint wit  
yu rosy inosɛns, ɛn in at bin de shayn wit di gold fɔ yu  
sɛns**

**ɛn a si yu pawa we de kɔba ɔltin de sɔpɔt in slɛnd  
stem ɛn in lush grin lif dɛn As fɔ di mistɛri dɛm fɔ layf  
ɛn sote go, a si dɛn de slip na di pɔlin dɔst, ɛn yu tɔch  
we nɔ gɛt ɛnd inspekt di bi ɛn inflam in brɔst, so i  
bigin fɔ sip yu swit**

**Gi mi no bɔt di wɔndaful tin dɛn we Yu mek ɛn sho  
mi Yu sikrit dɛn we nɔ gɛt ɛnd, we ayd ivin insay di  
smɔl smɔl gras dɛn we de gro nia di rod**

**Wispa frɔm di tɛm we go de sote go**

**Fɔ tek pɔsin in nature ɔ fɔ win di bad abit dɛn**

**I nɔ izi fɔ difayn temperament, bɔt wi no wetin i bi  
We yu de na stet we yu de agyu ɛn vɛks, yu bihayvya  
nɔr nɔmal, ɛn yu nɔto di pɔsin we yu fɔ bi As a rizulta,  
yu kin fil pwɛl hat ɛn pul yusɛf kɔmɔt ɛn wetin kin bi**

**mɔ ful pas fɔ mek pɔsin mek insɛf nɔ gladi tru in akshɔn ɛn riakshɔn?**

**Nɔbɔdi nɔ lɛk misɛf Yu nɔ tink se pɔsin fɔ analays insɛf di nɛks tɛm we i de na dak at? If dɛn du dat, dɛn go si se dɛn de mek dɛnsɛf misɛf bay dɛnsɛf We dɛn de na dis kayn bad bad tin, ɔda pipul dɛn we de arawnd dɛn kin no se dɛn de fil bad ɛn avɔyd dɛn kɔmpin**

**ɛnisay we pɔsin go, dɛn kin tɔk bɔku tin dɛn we nɔ gɛt wɔd, bikɔs dɛn ɔl di we aw dɛn de fil kin sho na dɛn yay, ɛn ɛnibɔdi we luk dɛn kin fil di bad we aw dɛn de fil we dɛn de si di dak, bad bad filin dɛn we de sho na dɛn yay, dɛn kin drɛb ɔda pipul dɛn, dɛn kin lɛk fɔ distans dɛnsɛf frɔm dɛn vaybreshɔn dɛn de we nɔ kin setul, Fɔs, dɛn fɔ drɛb vɛks na di miro na di maynd bifo i sho na di yay fɔ dɔn ɛras am**

**Insay dis wɔl, mɔtalman de liv na glas os, i de nia ɔda pipul dɛn, i nɔ ebul fɔ mek lɛk se i de mek lɛk se i de mek lɛk se i de mek lɛk se i de So, i fɔ liv in layf lɛk aw i fɔ liv Wetin mek i nɔ fɔ du tin di we we go mek pipul dɛn rɛspɛkt am ɛn admaya am? Wetin mek yu nɔ si di bigman dɛn na in yay ɛn di gladi at we de na in fes? ɔl di gud kwaliti ɛn gud kwaliti dɛn we pɔsin gɛt kin ayd insay, ɔnda wan layt we gɛt daknɛs ɛn sɔfa**

**Nɔto jɔs ɔda pipul dɛn kin notis in bihayvya, bɔt i kin wach dɛn yon Bikos i kin lɛk fɔ kɔmpia insɛf to ɔda pipul dɛn as a rizulta fɔ wach di wan dɛn we de rawnd am ɔltɛm, i kin fɔdɔm pan saykilɔjik we i nɔ kin gladi ɔ i kin gɛt prɔblɛm ɛn trɔbul wit di prɔblɛm dɛn we i de gɛt we de go bifo na dis wɔl Temperament is often a result of environmental influences ɛni wan pan wi kin afɛkt di wɔl we de arawnd wi difrɛn we dɛn Bɔt wi nɔ fɔ alaw wisɛf fɔ sɔkdɔm pan pwɛl hat bikɔs ɔf ɔda tin dɛn we de apin na do ɛn wetin mek wi fɔ bia di lod fɔ di prɔblɛm dɛn we de ambɔg wi we de arawnd wi?**

**Som pipul den kin yuz fo sho bad bad filin fo avoyd fo kofrent problem o sityueshon Bot den bad bad tin ya nto fo ronawe o fo fil sef Net Na normal tin fo le yu sori en fil bad fo som tem wan wan tem, bot den no fo alaw den filin ya fo kontrol yu**

**Evri posin in pasonaliti trayt get wan patikyula ondalayn koz Fo pul wan trayt, den fo adres in koz I important fo stop en tink bot am evride, fo chek wetin yu de tink en wetin de mek yu want fo ondastand yu posin en lan di rayt we fo dil wit en korekt am if i bad Yu kin si yusef na stet we no bisin bot am, we yu no want fo tink bot eni advays from oda pipul den Insay dis sityueshon, i rili important fo mek yu tray tranga wan fo kultivat gud en enjoyment eksperiens den Tek tem wit no bisin, we de ambog di progres en paralayz di wil pawa**

**O posin kin fil bad en in at kin pwel bikos i sik, i kin biliv se i no ebul fo get in welbodi bak Insay dis kes, den fo yuz di prinsipul den fo liv welbodi layf fo mek i get welbodi en prodaktiv layf we de bays pan gud abit en etikul fawndeshon Don bak, posin fo ton to God Olmayti fo pre fo mek i get no fet pan In pawa fo men pipul den**

**If posin don biliv in sef se i no ebul fo du enitin en i no ebul fo du enitin, dat min se den fo analays di problem en mek den no klia wan if i don tray tranga wan**

**God de manej di wan ol yunivas, te to di smol smol en smol smol tin den, en den mek motalman lek aw i tan So, wi no go ebul fo mek ekskyuz o jostis fo le wi no ebul fo du sontin No fred fo wok, ileksef i at fo wok, bikos wok de "treng" di bodi en no de du enibodi bad Bot, posin fo lan fo wok en tink wit kol at We una ol tu get trenk en kol, yu kin ebul fo du wetin yu want, bikos yu maynd na klia**

**Apat from we den no de put di tray we den nid fo mek den get sakrifays, boku pipul den no kin get maynd bak Den kin spen boku tem fo no tink Som kin tink bot dis rest en rilaks Bot insay tru tru rilaks, di maynd kin aktif en kol Insay den kwayet tem den de, posin kin tink bot God, wan fayn we fo si tin, o wan eksperiens we kin mek posin gladi Pozitiv, kol at wok kin mek posin fil fayn en get trenk Yet, boku pipul den kin konfyus kriyativ efot wit stres en wok na tens, nervos stet**

**Krio tinkin na di best antidote to unhealthy temperaments Den temperaments ya kin tek hold pan konsheens we posin de na negatif o agitated stet We di maynd no get gud tin fo tink, in ona kin get pwel hat en lod wit wori En wit dipreshon en wori kin kam di debul, we kin tek residens insay da posin de tink en sho kompliit kontrol pan di os!**

**So, mi padi, wok fo develop kriyativ aydia We yu no de du fizikal wok, du sontin kriet na yu maynd Kip am okupe so dat tem no go lef fo de pan stres en wori**

**Krio tinkin na tin we de mek posin soprayz en wondaful, lek fo liv na oda wol Olman fo kultiv dis abiliti A no kin tink tru wan wod pan mi lekcho den—en dis na wan pan den—bifo a deliv den Bot as a de go insay di topik so, mi sol kin begin fo tok to mi bot wondaful tin den We yu tink kriyativ wan, yu no kin fil di bodi o trubul imoshon den, bikos insay den tem den de we yu de insay fo gri wit di spirit we God de gi**

**Wi intelijens de shep bay di imej fo di divayn, kriyativ intelijens tru we oltin posibul If wi no liv insay da owe, wi kin bi wan bondel of kompleks kwaliti den Tru fayn, kriyativ tinkin, wi kin win den trayt den de Don bak, tru kriyativ tinkin, wi kin fen ansa en solvishon to ol wi yon kwestyon den en di kwestyon en problem den we oda pipul den get**

**Bad wamat tan lek kansa, we de gnaw away at inner peace Dis na di rizin we mek di wan den we get harsh temper no kin ebul fo ronawe pan den problem en trɔbul**

**I no mata aw pɔsin in sikɔstems bad, i no fo sɔkdom to pwel at Den kin win na den tink We pɔsin we get volatile temper fail, i kin trowe in an ɔp en admit se den don win Bot di wan we de kip den maynd no brok na in na di tru tru win na di fet na layf, ivin if di wol we de rawnd den de rɔsh lek volkeno**

**Yu tink se pɔsin want fo mek den put am na jel ɔ i want fo fri am? We den de stop densɛf tumɔs tayt wit den at, den no kin ebul fo kontinyu fo get problem den we de mit den na layf Wans den alaw di bad we aw den de fil fo klawd den maynd, den wil pawa kin wik en den kin disayd fo du sɔntin kin stop Di we aw den kin du tin kin kɔba di bren insay fɔg we get kɔnfyushɔn en kɔnfyus, we kin mek den no ebul fo jɔj fayn en mek ɔl di tray we den de tray fo du na fo natin**

**Wan kin win den wamat, ilɛksɛf i tan lek se i harsh en no fayn Fɔs, den fo disayd se den no go get sɔri-at en grɔmbul igen En if wan mud swing apin pan ɔl we den don mekɔp den maynd, den fo analayz am fo ɔndastand aw i krep insay en du sɔntin we go ep den bot am**

**Don bak, no fo du natin we wi no tek tɛm, bot wi fo tek tɛm en dip maynd fɔs Wi fo du tin den we wi de mek bikɔs God don gi wi pɔtnɛshɛl we no get limit Us jɔstis de fo sɔrɛnda to saykilɔjik fayl bay we wi de tink bot tin den we de mek wi wik en we no get wɛlbɔdi? Wan fo fri insɛf frɔm distroktiv saykolojik stet dɛm we de akt lek brek pan di wil dɛm fo tru prɔgrɛs If di wil den fri frɔm di klat brek dɛm, muvmɛnt en prɔgrɛs no pɔsibul Mɛmba yusɛf ɛvri mɔnin se God de wit yu, en enitin we yu get problem, yu get di pawa fo win den Yu**

na di rayt eri fɔ di pawa dɛm fɔ di Suprim Spirit, ɛn dat mek, yu strong pas di tin dɛn we de apin ɛn we pas di tin dɛn we apin

Bɔy we gɛt sɛns ɛn we gɛt sɛns nɔ kin ɛnjoy fɔ sɔlv prɔblɛm dɛn we izi fɔ am; he relishes the difficult ones Bɔt bɔku pipul dɛn kin fred wit layf in chalenj dɛn A nɔ ɛva fred dɛn, bikɔs a dɔn de pre ɔltɛm se, "Mi Gɔd, inkrisayz Yu trɛnk insay mi Kip mi na gud maynd so dat, wit Yu ɛp, a go ebul fɔ win mi prɔblɛm dɛn ɔltɛm".

Tink kɔnstrɔktiv wan bɔt prɔblɛm te yu nɔ ebul fɔ tink igen We a de dil wit prɔblɛm, a kin go fa fawe fɔ kɔba ɔl di stɛp dɛn we pɔsin kin du fɔ sɔlv am, te a kin tɔk ɔnɛs ɛn wit ɔl mi at se: "A dɔn du mi bɛst ɛn dis na ɔl wetin a ebul fɔ du" Dɔn a kin fɔgɛt bɔt di prɔblɛm

Pɔsin we de tink bɔt prɔblɛm kin vɛks ɛn vɛks izi wan Avɔyd dis We prɔblɛm kam, instead fɔ pe atɛnshɔn pan am, tink bɔt ɔl di we dɛn we yu go ebul fɔ sɔlv am If yu si se yu nɔ ebul fɔ tink klia wan, kɔmpia yu wɔri to di sem kayn prɔblɛm dɛn we ɔda pipul dɛn de gɛt ɛn lan frɔm dɛn ɛkspiriɛns fɔ no di rod dɛn we go mek yu nɔ ebul fɔ du sɔntin ɛn di wan dɛn we go mek yu gɛt sakrifays Pik di step dɛn we i tan lɛk se i rili mek sɛns ɛn we rili rial, ɛn kɔmit fɔ du am dɛn Di ɔl laybri na di yunivas de insay yu ɔl wetin yu want fɔ no dɔn ɔlrɛdi de Fɔ sho dis, yu jɔs nid fɔ tink gud wan ɛn fɔ mek nyu tin dɛn

Wan harsh temper de dull understanding and harden feelings, mek am impotant for a person to get along with others Os layf fɔ bi sanctuary, bɔt harsh tempers de tɔn am to tragic hell Man de kam na os fɔ fɛn in wɛf in wan depressed mood, mek i nɔ pɔsibul fɔ kɔmyunikeshɔn wit am ɔ i kin kam bak wit wan foul mood, mek i nɔ pɔsibul fɔ rizin wit am Many troubles befall people bikɔs ɔf harsh tempers We yu famili mɛmba de sit wit vɛks ɔ nɔ bisin, yu kin afɛkt in



wamat wantem wantem ɔ sɔntem yu go go fɛn pɔsin  
we ful-ɔp wit gladi at, na fɔ si se i de agyu ɛn i de mek  
yu fil bad, wantem wantem i tɔn yu gladi at to kray  
wata ɛn mek yu want fɔ tɔn bak pan yu kayn we Nɔ  
mek ɔda pipul dɛn vɛks bad yu

I izi fɔ fɛn revaŋg, bɔt fɔ gi lɔv na di bɛst we fɔ  
mek ɔda pipul dɛn vɛks ɛn avɔyd dɛn bad Dat lɔv fɔ  
klin, bikɔs we i kɔmɔt na di at, i kin gɛt majik ɛfɛkt

Wi nɔ fɔ tink bɔt di bad tin dɛn we go apin to wi,  
ivin if wi lɔv mit wit indipɛndɛns Lɔv strong pas et, ɛn  
di ifɛkt we i de du gɛt pawa ɛn i de mek wi sɔprayz

Yu no se wan fayn fayn gadin de insay yu sol?  
Wan wɔndaful gadin we gɛt tin dɛn fɔ tink bɔt, we gɛt  
sɛnt wit lɔv, gudnɛs, ɔndastandin, ɛn pis—wan gadin  
we in fayn fayn ɛn gladi at pas ɔl di flawa dɛn we de  
na dis wɔl ɛn ɔyl dɛn we gɛt sɛnt Yu de mek wan flawa  
we gɛt sɛnt ɛnitɛm we pɔsin nɔ ɔndastand yu we yu  
vɛks, ɛn yu de gi lɔv ɔltɛm Yu tink se di sɛnt fɔ da lɔv  
ɛn ɔndastandin de de te ɛn klin pas ɛni natura ros? So,  
mɛmba ɔltɛm se yu maynd na gadin, ɛn kip am fayn ɛn  
gɛt sɛnt wit klin, oli tin dɛn Nɔ alaw am fɔ bi dɔti  
swamp we ful-ɔp wit di bad bad kwaliti dɛn we de sho  
se yu et If yu plant flawa dɛn we gɛt pis ɛn lɔv, we ful-  
ɔp wit sɛnt we kɔmɔt na ɛvin, di bi we gɛt spiritual  
awareness go drɔ to yu gadin Jɔs lɛk aw di bi de luk fɔ  
flawa dɛn nɔmɔ we de pul di swit pas ɔl ɔni, so bak  
Gɔd go kam fɛn yu we yu layf ful-ɔp wit swit, rosy  
tinkin Risolv se yu nɔ go alaw di bad, putrid gras dɛm  
fɔ bad ɛn vɛks fɔ gro na di gadin fɔ yu gud spiritual  
kwaliti dɛm Di mɔ yu de kɔltiv di oli kwaliti dɛm we  
tan lɛk flawa dɛm we de blo, na di mɔ Gɔd go sho in oli  
prezɛns insay yu

Istan sɛns tɛks dɛn se di pɔsin we kol ɛn kɔmpɔz  
pan padi ɛn ɛnimi in fes, we nɔ afɛkt di tu we aw wam  
ɛn kol, gladi ɛn pen, rili dia to Gɔd Bay we i de gi lɔv

ɔltɛm to di wan dɛn we gɛt harsh ɛn kruk nature, pis to di wan dɛn we de sɔfa wit fred ɛn we de lod wit wɔri, swit to di wan dɛn we gɛt bita vɛks, gladi to di wan dɛn we gɛt lod wit misɛf ɛn pwɛl at, ɛn bay we yu sɛt ɛgzampul fɔ di wan dɛn we de kɔmɔt na di rod fɔ mistek ɛn sin, yu de win di bad abit dɛn bay we yu de mek yu maynd de du tin dɛn we go bɛnifit yu ɛn we yu de mek tin dɛn

Bɔku tɛm a kin se, "If yu rid fɔ wan awa, rayt fɔ tu awa; if yu rayt fɔ tu awa, tink fɔ tri awa; if yu tink fɔ tri awa, tink gud wan ɔltɛm".

God na di sɔs we ɔl gladi-at, ɛn i pɔsibul fɔ rich to am na wi ɛvrɪde layf Bɔt bɔku tɛm mɔtalman kin okyupa insɛf wit tin dɛn we de mek wi nɔ gɛt gladi at Meditashɔn na di bɛst we fɔ pul bad abit dɛn ɛn liv na wan wɔndaful wɔl—wan wɔl lɛk di wan we big sɛj bin no we i se, "O Masta, a bin de siŋ Yu blɛsin nem ɛn a lɔs misɛf insay Yu We a kam bak to dis awareness, A fain se a dɔn lɛf mi ol bɔdi fɔ fɛn misɛf insay nyu bɔdi we Yu gi mi!"

Wan sem kayn stori de na India bɔt wan ɔda sent Wan yɔŋ man bin jɔs day ɛn dɛn bin de kɛr in bɔdi go na di faya As di pipul dɛn we de kray bin de kam fɔ layt di faya, wan ol man kam wantɛm wantɛm, i rɔn ɛn ala se, "Stɔp! Nɔ layt di faya! A go yuz da bɔdi de!" As i tɔk dɛn wɔd ya so, di ol man in bɔdi fɔdɔm na grɔn day, we di yɔŋ man grap frɔm di bɔku bɔku faya ɛn rɔsh go na di fɔrɛst Di ol man na bin big sent ɛn i nɔ bin want fɔ ambɔg in wɔship bay we i go bak to layf insay di bɔdi we nɔ gɛt layf fɔ pikin we dɛn jɔs bɔn, so i disayd fɔ yuz di yɔŋ man in bɔdi fɔ kɔntinyu fɔ du in spiritual tin dɛn

Bɔku wɔndaful tin dɛn de bɔt layf ɛn day we de wet fɔ mek dɛn fɛn am Meditashɔn na di we aw Wi fɔ liv insay wanwɔd wit wi divayn nature ɛn fɔ gri wit

**Gɔd Day de mek mɔtalman fred bikɔs i dɔn mek Gɔd  
nɔ de na wi layf**

**ɔl tin we de mek wi fil pen de ful wi wit fred ɛn  
fred bikɔs wi lɛk di wɔl we wi nɔ ɔndastand wetin i min  
ɛn wetin i want Bɔt we wi si Gɔd pan ɔltin, fred kin  
dɔnawe Wi kin "bɔn" ɔltɛm na layf ɛn na day bak Fɔ  
tru, day na misnomer bikɔs notin nɔ de we dɛn kɔl day  
We layf taya, wi kin shed di tik klos we gɛt bɔdi ɛn go  
bak na di wɔl we ɔmbul, we gɛt ɛti**

**Day min ɛnd Wan kariɔ we gɛt brok pat na day  
kariɔt bikɔs i dɔn rich in ɛnd Bɔt di sol we nɔ de day nɔ  
kin ebul fɔ day ɛvri nɛt, we wi de slip, di sol de liv na  
di ɛtɛrik bɔdi, nɔ no bɔt di bɔdi we wi gɛt If di lɔs pan  
di bɔdi kɔnshɛns min day, di sol go day we wi de slip  
Bɔt wi nɔ de day we wi de slip, ɛn wi nɔ de lɔs  
kɔnshɛns ɔltogɛda, bikɔs upon we wi wek, wi kin  
mɛmba if wi slip bin gɛt pis ɔ wi nɔ bin de fil fayn  
Semweso, wi nɔ kin day afta wi dɔn day**

**Di wan dɛn we de alaw dɛn maynd fɔ rigid dɔn rili  
day Fɔ sɔlv di sikrit na layf, yu fɔ bɔn bak ɛvride Dis  
min se yu fɔ tray ɛvride fɔ impɔtant yusɛf pan sɔm we  
Pan ɔl, wi fɔ pre to Gɔd fɔ gi wi sɛns, bikɔs wit sɛns de  
kam ɔltin**

**ɔndastandin, kriet tinkin, ɛn kɔnstrɔktiv, bɛnifit  
akshɔn dɛn fɔ kɔltiv fɔ impɔtant wisɛf ɛn bɛnifit ɔda  
pipul dɛn ɔlman we want fɔ go insay Gɔd in Kingdom fɔ  
ɛp ɔda pipul dɛn ɛvride to di bɛst we aw i ebul We  
pɔsin fala dis rod, i go gɛt wan gladi gladi we gɛt layf  
we de pul di kwaliti dɛn we i nɔ want Dis gladi at bak  
na wan indikɛtɔ we nɔ de mek mistek fɔ go bifo pan in  
maynd, bɔdi, ɛn spiritual Ay levul dɛn nɔ go gɛt wan  
dawt attained, bikɔs na dis na di rod we de go na Gɔd  
in Kingdom**

**Dən fə tray tranga wan fə win di we aw i de biev,  
bikəs jəs lek aw pəsın fil bad ɛn grəmbul, i kin plant di  
sid dən we de mek mistek na insəf in grən**

**Fə put yusef pan bad abıt na day sməl sməl Bət fə  
tray fə fil gladi ɛn op ɛvrıde, pan ɔl di prɔblem dən we  
de mənə yu ɛn we de mek yu fil bad, min se yu bən yu  
bak wit glori If dis bən bak we mətalman dən bən bak  
nɔ chenj to wan speshal spiritual bən bak, i nɔ pəsıbul  
fə mek pəsın gət nyu layf; dən go kəntınyu fə tınap  
tranga wan**

**Temperament kin pas ɛn pan təm wae pərsın de  
wəri ɛn pwəl hat, e kin afekt big pat pan di pipul dəm  
bad bad wan Pəsın nɔr fə tek di tın dəm wae kin apın  
na layf tu sirıcs I bətə fə laf sməl pas fə kray ɛn kray fə  
ɛvri misfəstans wae kin kam yu we**

**I fayn fə gət op ɛn tray fə smayl ɔltəm**

**We pəsın sho se i gət maynd, i gladi, ɔ ɛni wan pan  
di gud kwaliti dən we i gət, dən kin bən am bak, we  
min se in kənshens kin nyu bay we i sho in tru tru  
spiritual we**

**ɛn dat na di nyu spiritual bən we de mek wi  
kwalıfay fə si ɛn go insay di Kındəm we de na ɛvin  
Pis de fə una**

**Padi biznəs: Fawndeshən ɛn Bia**

**Padi biznəs na di ay ay tın we mətalman de sho se Gɔd**

**want fə sho se i lek mətalman**

**Gɔd de gi sɔri-at ɛn sɔri-at to di nyu bɔbɔ tru di papa ɛn**

**mama Dən filin to di bebi na tın we dən bən wit ɛn na**

**instinkt, bikəs Gɔd dən disayd se wi mama ɛn papa nɔ go  
ebul fə ɛp bət fə lek wi padi biznəs, so, de kam to wi as klin**

**we fə sho se Gɔd lek wi we nɔ gət ɛni kəndishən**

**Tu strenja dən mit, ɛn wit wan want we dən want**

**wantəm wantəm ɛn we kəmɔt na dən at, dən want fə ɛp  
dɛnsəf Yu dən ɛva stɔdi dis tın we de apın? Dis spontan,**

mutual want fɔ kɔmpin, kɔmɔt dairekt frɔm di oli lɔ fɔ  
atrakshɔn Akt dɛm fɔ tu sol dɛm we kɔmɔt na layf we dɔn  
pas, de mek padi biznɛs wit dɛnsɛf ɛn strɔng, smɔl smɔl de  
mek wan spiritual bond we nɔ go ebul fɔ stɔp dɛn de drɔ dɛn  
togɛda na dis layf—ɛnisay we dɛn de  
If dis impuls nɔ dɔti bay we pɔsin de tink bɔt insɛf nɔmɔ  
ɛn we i lɛk di ɔda man ɔ uman, i klin ɛn i nɔ dɔti Bɔt i sɔri fɔ  
no se bɔku tɛm, i kin pwɛl bikɔs ɔf tin dɛn we nɔ klin  
Padi biznɛs de blo ɛn gro lɛk flawa we gɛt dyu na di tik  
we wi de fil bɔt aw wi de fil, ɛn i de dɔti bikɔs ɔf kɔrɔpt ɛn et  
we wi want ɛn di we aw wi de biev we wi de tink bɔt wisɛf  
nɔmɔ

If yu put difrɛn kayn fɛtilayza pan di tik in rut, di frut go  
smɔl ɛn i go stɔp Semweso, we pɔsin it di tik fɔ padi biznɛs  
wit filin fɔ insɛf, di tin dɛn we dɛn nɔ fit fɔ du kin chenj ɛn  
pwɛl di frut dɛn we da padi biznɛs de gɛt Fɔ bi intres pan  
pɔsin jɔs bikɔs i jɛntri ɔ i gɛt pawa ɛn i kin du sɔntin fɔ wi, wi  
nɔ go ebul fɔ kɔl am padi biznɛs Semweso, we pɔsin atrak to  
sɔmbɔdi bikɔs ɔf dɛn fayn fayn fes nɔto padi biznɛs We da  
fes de lɔs in yɔŋ, kapchɔ charm, di "padiship" go evaporate  
ɛn bi tin we dɔn pas

Na tru se padi biznɛs at fɔ fɛn ɔlsay Sɔm pipul dɛn we yu  
de si ɛvrɪde ɛn nɔ ɛva rili no ɔda pipul dɛn we yu fil se yu  
sabi gud gud wan pan ɔl we yu nɔ ɛva mit dɛn Wan fɔ lan ɛn  
kɔltiv da kɔrɛkt insay intuition de  
Kip yu yay opin ɛnisay we yu de, ɛn if yu fil se yu rili lɛk  
pɔsin, yu fɔ mek yu padi biznɛs wit da pɔsin de strɔng bikɔs  
na yu padi frɔm yu layf trade

Bɔku padi dɛn de we wi dɔn sabi frɔm layf we wi bin dɔn  
liv trade, bɔt dɛn padi biznɛs dɛn de nɔ bin machɔ ɔ rich dɛn  
ful pɔtnɛshɛl I bɛtɛ fɔ bil pan fawndeshɔn dɛn we bin dɔn de  
pas fɔ dig pan di san fɔ pipul dɛn we yu sabi fɔ shot tɛm I izi  
fɔ tink se yu gɛt bɔku padi dɛn te dɛn mek yu fil pen ɔ bad,  
ɛn lɛf yu wit bita disapɔyntment

Tet padi biznes wit pipul den we difren bikos den get)  
(en pik yu padi from di wan den we get gud abit den sens,  
Boku pipul den kin mek di mistek fo pik padi bikos den  
de ful den wit di we aw yu de luk den op Di wangren we fo no  
difrens bitwin tru padi den na fo tink en aks God fo mek yu  
get wanwod wit den Yu fo tray fo fen kompın den na klin en oli  
we Dis min se yu fo klin yu konsheıs pan ol di tin den we yu  
de tink bot bot aw yu bodi fayn o eni oda we aw yu de luk we  
yu tink se na impotant tin we de sho aw yu de fil to oda pipul  
den If yu du dis, wan de, bay God in gudnes, yu go ebul fo fen  
tru tru padi den we de rawnd yu enisay we yu de, en God go  
mek yu joyn bak, ivin if na spiritual wan, wit padi den we de  
fa, bikos klin filin no de oda di lo den we de na di matirial en  
no de tay am wit tem en ples Yu go fil God in lov tru den  
ombul mortalman we den de we no de agens am bot we de  
alaw In lov fo flo tru den klin en klia From di klin at komot di  
blesin den fo oli padi biznes to yu en shayn den layt pan yu  
I no possibul fo mek posin get tru tru padi den pas posin in  
kolcho klin from di we aw i de tink bot insef nomo en di kwaliti  
den we i no want Di big big art fo bi padi en kompın na fo du  
tin wit nobiliti en respekt I min fo bi spiritual, klin pan motives  
en intentions, fo no bisin bot insef nomo, fo fri from ilyushon  
en lay lay tin den, en begin fo bil di big bildin fo padi biznes  
pan di fawndeshon den we den bin don put long tem bifo  
Bay yu layf, natin no de na ol layf  
Mi yay gladi fo wan padi we gri  
En eni padi we in lov no de fo God in sek  
A no get konfidens pan in lov  
Padi en lov fo de na ol mortalman rilayshon: bitwin mama  
en papa en pikin, bitwin man en uman, bitwin man en man,  
bitwin uman en uman, en bitwin man en uman as broda en  
sista I klin en fri from konstrakshon en kondishon We yu fil se  
yu want fo de wit oda pipul den, wetin yu fil na di prezens fo  
God

Padi biznes na divayn motiveshon Gɔd nɔ jɔs de kia fɔ In  
mɔtalman pikin dɛn tru in mama ɛn papa ɛn sɔm fambul dɛn;  
I de gi wi padi dɛn bak fɔ gi wi chans fɔ sho klin ɛn tru tru lɔv  
frɔm wi at

Di mɔ mɔtalman fɔlt dɛn nɔ bɔku ɛn di mɔ gud kwaliti  
dɛn we pɔsin gɛt, na di mɔ dɛn go gɛt padi dɛn Prɔfɛt ɛn big  
big pipul dɛn na bin padi to ɔlman, ɛn fɔ tan lɛk dɛn, wi fɔ  
klin wi lɔv frɔm di dɔti we de mek wi bisin bɔt wisɛf nɔmɔ  
We wi ebul fɔ mek ɔda pipul dɛn biliv se wi lɛk dɛn  
ɛn we wi kin sho tru di prɔblɛm dɛn we tɛm ɛn ɔda tɛst  
dɛn kin gɛt

Sɔmbɔdi rili lɛk wi frɔm ɔl in at  
ɛn wi kin fil di sem we to da pɔsin de  
Nɔto fɔ yusɛf, bɔt jɔs fɔ fil di puls fɔ padi biznes  
Wi de si di riflɛkshon fɔ Gɔd ɛn wi de fil di prezɛns fɔ Gɔd  
ɛn wi de yeri Gɔd in vɔys insay da blɛsin padi biznes de  
Wi nɔ fɔ alaw wi lɔv fɔ de fɔ wan pɔsin nɔmɔ, bɔt bifo  
dat, wi fɔ mek di fawndeshon dɛn fɔ dis oli lɔv strong pan ɔda  
pipul dɛn we gɛt fayn fayn tin dɛn  
If yu tray – mek Gɔd protɛkt yu – fɔ bil padi biznes wit  
pɔsin we gɛt bad maynd, yu go disapɔynt Bi padi wit gud  
pipul dɛn fɔs, dɔn kontinyu fɔ spre filin fɔ padi biznes to ɔda  
pipul dɛn te yu fil lɛk ɔlman ɛn yu kin se, "A na padi to  
."ɔlman

Di big big prɔfɛt dɛn bin fil lɛk se dɛn lɛk ɔda pipul dɛn,  
so dɛn bin de fɔgiv dɛn fayn fayn wan ɛn ɛnkɔrej pipul dɛn fɔ  
fɔgiv di bad tin dɛn we dɛn du ɛn nɔ fɔ tɔn dɛn bak pan dɛn  
Tru padi biznes na oli lɔv bikɔs i ɔnɛs, klin, tru tru padi,  
ɛn i go de sote go

Wan man we de stɔdi bɔt Gɔd biznes bin tɔk fayn fayn  
:wan bɔt padi biznes we i bin se

Di most sublime covenant we wi kin mek wit wi padi"  
dem na to se: Mek trut de bitwin wi sote go Aw i fayn fo tok  
about so-and-so: I no nid fo mi fo mit am, tok to am, o rait to  
am fo pruv se mi padi bi am and wi no nid fo send gift to

konfam wi padi bisnis and memba wi sef bikos a trost am  
and dipen pan am as a de dipen pan mi sef eniwe we im de  
"and aw im de

Wi kin tɔk fri wan ɛn opin wan wit wi padi dɛn we dɛn nɔ  
ɔndastand wi Bɔt padi biznɛs nɔ go ebul fɔ gro ɛn go bifo as  
lɔng as ɛni hint, stɛtmɛnt, ɔ dimand de frɔm wan to di ɔda  
wan

Friendship kin onli bil pan di fawndeshɔn fɔ fridɔm ɛn  
spiritual ikwal So, wi fɔ trit ɔlman akɔdin to da blɛsin layt de,  
no se ɔl mɔtalman mek am lɛk Gɔd If yu trit pɔsin bad, yu nɔ  
go ɛva ɛksperiɛns di swit we dɛn padi biznɛs gɛt

Bɔku pipul dɛn de we de waka di rod dɛn na layf we nɔ

gɛt padi dɛn a nɔ ebul imajin aw dɛn go kɔntinyu fɔ waka  
Tru padi nɔ kin rili ɔndastand wi ɛn if dɛn du dat, na fɔ  
shot tɛm nɔmɔ If pɔsin betray yu trɔst ɛn loyalti, kɔntinyu fɔ  
gi dɛn yu lɔv ɛn ɔndastandin lɛk se natin nɔ apin, jɔs lɛk aw  
yu op fɔ gɛt ɔndastandin ɛn lɔv frɔm ɔda pipul dɛn

Bɔt if da pɔsin de kɔntinyu fɔ biev di we we de sho se  
dɛn nɔ rɛspɛkt yu ɛn et yu, ɛn kɔntinyu fɔ slap di an fɔ padi  
biznɛs we dɛn dɔn ɛkstɛnd to am, dat min se i bɛtɛ fɔ pul yu  
an te i kɔrɛkt in biev ɛn fit fɔ gɛt di ɔnɔ fɔ padi biznɛs

Padiship fɔ bigin na os If yu fɛn pɔsin na yu famili we rili

fit yu, wok fɔ mek yu gɛt da padi biznɛs de fɔs Dɔn, if yu fil  
se yu lɛk pɔsin we yu sabi we gɛt di sem valyu, tray fɔ mek  
da padi biznɛs de strɔng

ɔl di tin dɛn we yu kin want fɔ du fɔ yusɛf ɛn di tin dɛn  
we yu kin want fɔ du wit yu padi dɛn fɔ dɔnawe wit yu padi  
biznɛs wit gud pipul dɛn fɔ strɔng Di mɔ yu de tink gud wan,  
na di mɔ yu go no padi dɛn frɔm yu past Riflekshɔn de wek  
memori dɛn we nɔ de slip bɔt padi dɛn we yu bin sabi ɛn lɛk  
insay yu fa fa past

Bɔku pipul dɛn de we a bin si fɔs na spiritual vishɔn ɛn

afta dat a mit leta

Padi biznɛs na big big kɔsmik fɔs We yu want fɔ bi padi  
strɔng, ɛn ivin if strenja de we de insay yu spiritual wan, ivin



na di Sawt Pol, di magnetizm fɔ padi biznɛs go sɔm kayn we  
mek yu kam nia togeda

Na fɔ jɔs bisin bɔt wisɛf nɔmɔ gɛt di pawa fɔ pwɛl di  
magnet we de mek wanwɔd de insay wi

Di pɔsin we de tink bɔt insɛf nɔmɔ de pwɛl di  
fawndeshɔn dɛn fɔ padi biznɛs ɛn i de ambɔg di oli valyu dɛn  
we i gɛt

Dɛn pipul ya nɔ ebul fɔ gɛt padi dɛn bikɔs dɛn nɔ ebul fɔ  
mek dɛn no mɔ ɛn tek di blɛsin dɛn we de na layf we Gɔd  
dɔn blɛs yu wit famili, mi padi, so dat yu go lan fɔs aw fɔ lɛk  
ɔda pipul dɛn ɛn afta dat yu go gi da sem lɔv de to ɔlman  
Dɛn tek di wan dɛn we wi lɛk frɔm wi tru day ɛn ɔda tin  
dɛn, so dat wi nɔ go lan fɔ lɛk pipul dɛn nɔmɔ we de na  
mɔtalman rilesɔnshɩp, bɔt fɔ lɛk lɔv insɛf—dat lɔv we na  
Gɔd, we de biɛn ɔl mɔtalman mask ɛn wit divayn lɔv, wi go  
ebul fɔ lɛk ɔlman as difrɛn manifestɔshɔn dɛn fɔ di Masta fɔ  
di Yunivas

Padiship min fɔ invest wi lɔv we wi nɔ gɛt ɛnitin fɔ du wit  
wisɛf Insay mared, mami ɛn dadi biznɛs ɔbligayshɔn de, ɛn  
insay famili layf, tin dɛn de we wi kin gɛt frɔm wi padi biznɛs  
Bɔt insay padi biznɛs, nɔ ɔbligayshɔn ɔ kɔmpɛlshɔn nɔ de, no  
ples nɔ de fɔ fos ɔ fos ɛni kayn we Bifo dat, na lɔv we kin  
apin bay insɛf we kin kɔmɔt na di at ɛn we nɔ kin tay am wit  
kɔndishɔn dɛn pas di kɔndishɔn fɔ bi pɔsin we de biɛn am,  
we nɔ padi biznɛs nɔ kin ebul fɔ du am endure Dis kɔndishɔn  
!na di tu padi dɛn wok, bikɔs i kin tek tu pipul dɛn fɔ tango  
Lɛ wi gi wi lɔv to ɔlman Lɛ wi pre fɔ mek wi mit wi padi  
dɛn we bin de trade, ɛn mek wi padi biznɛs wit dɛn strɔng so  
dat wi go dɔn ɔndastand ɛn fit fɔ bi Gɔd in padi  
If wi nɔ lɛk Gɔd in pikin dɛn tru spirit we de sho lɔv ɛn  
wanwɔd, wi nɔ go ebul fɔ fil di lɔv we di Masta fɔ mɔtalman  
gɛt

!A nɔ no strenja ɛn na big big gladi at ɛn gladi at  
Ivin pɔsin we de si insɛf mi ɛnimi nɔ go ebul fɔ mek a fil  
se a et am

We da wek de kam, yu kin fil se ɔlman lɛk am  
Di lɔv we yu fil to Gɔd in krichɔ dɛn nɔ de ɛva day sote  
go bɔt i de gro ɛn bɔku te yu fil insay di lɔv fɔ padi dɛn di  
divayn lɔv we de kɔmɔt na Gɔd in at na ɛvin

Pis de pan una, wi dia padi dɛm  
Di divɛlɔpmɛnt fɔ mɛmba

**Mɔtalman na spɛshal pipul dɛn bikɔs ɔf di fakulti  
fɔ mɛmba, we de mek dɛn difrɛn frɔm ɔl di ɔda tin dɛn  
we Gɔd mek ɛvri sol kin want fɔ luk fɔ in divayn ɔrijin  
fɔ insɛf tru di mɛmba we i nɔ no bɔt in oli sɔs Dis de  
ɛksplen di evolushɔn smɔl smɔl fɔ ɔltin na di yunivas  
Fɔ fala di divayn plan, ɛvri sol, we i gɛt mɔtalman bɔdi  
—inklud wan divɛlɔp bren ɛn nervɔs sistɛm—fɔ dɔn gɛt  
di we fɔ mɛmba in impɔtant wanwɔd wit di divayn wit  
ɔl in at**

**Mɛmori na di ebul we wi kin ebul fɔ mɛmba di tin  
dɛn we wi dɔn ɛkspiriɛns na wi maynd; if i nɔ bin de,  
wi go fɔgɛt aw wi ɔndastand layf ɛn wi go gɛt fɔ bigin  
nyu wan ɛvride, jɔs lɛk yɔŋ pikin dɛn Pɔsin we dɔn lɔs  
in maynd ɛn bikɔs ɔf dat, dɛn mɛmori de biev lɛk pikin**

**Nɔ valyu ɔ impɔtant nɔ de fɔ tek ɛgzam if wi nɔ  
ebul fɔ mɛmba ɛn rilayv am Wi kin lan bay we wi de  
chɛk aw wi de tink, fil, ɛn wetin mek wi de du sɔntin,  
ɛn bay we wi de analays di tin dɛn we wi bin dɔn du  
trade Pɔsin in valyu ɛn impɔtant tin de insay wan fayn  
mɛmori**

**Fɔ ɛgzampul, “Sami” kin mɛmba se in na Sami ɛvri  
mɔnin we i wek, ɛn tru fɔ mɛmba, i kin kɔnɛkt in layf  
ɛkspiriɛns dɛn wit di nem Sami**

**We wi want fɔ mɛmba wan ɛkspiriɛns we wi bin  
dɔn du trade, ɔ we wi nid am bak, wi kin gɛt am bak  
tru wi sabkɔshɔs maynd We wi mɛmba wetin wi bin  
dɔn du ɔ wetin bin dɔn apin to wi bifo, wi kin du ɛni**

wok we nid fɔ ɡɛt skil we wi dɔn lan ɔ praktis bifo Wi kin difrɛns bak bitwin wetin wi fɔ du ɛn wetin wi fɔ avɔyd, dipen pan di sityueshɔn

Di sabkɔshɔs maynd de wach ɔltɛm, i de rikodɔ ɔl di tin dɛn we pɔsin kin ɛksperiɛns insay di de ɛn kɔntinyu fɔ wok ivin we i de slip, i de wach di bɔdi lɛk pɔsin we de wach na nɛt We pɔsin wek, i kin no ɔltɛm if in slip bin ɡɛt pis ɛn rɛst ɔ no de Di pawa we di sabkɔshɔs maynd in memori ɡɛt na wan pan di tin dɛn we di divayn kɔnshɛns we de wach ɔltɛm ɛn we ɡɛt blɛsin ɡɛt

Di sid fɔ da ɔwe de plant insay ɛvri sol, bikɔs di sol, bay in yon nature, ɔndastand se i de liv sote go insay Ɠɔd Memori na di sid fɔ sote go; if wi kia ɛn divɛlɔp am, wi kin mɛmba ɔl di tin dɛn we apin na dis layf ɛn wi layf we wi bin dɔn liv trade bak

As mɔtalman, wi kin mɛmba ɔl di prɔblɛm dɛn we wi dɔn ɡɛt na dis layf So wetin mek wi nɔ go ebul fɔ mɛmba ɔl di spiritual prɔblɛm dɛn we wi sol dɔn ɡɛt?

Memori ɡɛt tu nature: mɔtalman memori, we de mɛmba ɔl di ɛksperiɛns dɛm na dis layf, ɛn oli memori, we de mɛmba di ɛksperiɛns dɛm we di sol ɡɛt tru ɔl in inkarnɛshɔn Bɔku pipul dɛn jɔs no bɔt mɔtalman memori

Bɔt wetin mek wi oli memori de ledɔm ɛn nɔ de muf, ɛn i dɔn lɔs insay dip slip?

Sɔm pipul dɛn kin ebul fɔ mɛmba bɔku tin dɛn we dɛn dɔn ɛksperiɛns: mɔtalman ɛn spiritual Ɔda pipul dɛn nɔ kin ebul fɔ mɛmba klia wan ivin di tin dɛn we dɛn jɔs dɔn ɛksperiɛns

Memori ɡɛt lɛvɛl ɛn digri akɔdin to di maynd in kapasiti fɔ ɔndastand Edukeshɔn, mental fɔs, riflekshɔn, ɛn ɔl di ɛksperiɛns dɛn we pɔsin kin mɛmba impɔtant fɔ mek i ɡɛt gud memori If pɔsin nɔ de divɛlɔp memori, i nɔ go ebul fɔ ɡɛt rich ɛn kɔmprehnsiv

**ɔndastandin If pɔsin tek tɛst ɛn afta dat i fɔgɛt am, i go lɔs di valyu ɛn impɔtants fɔ da tɛst de**

**We wi mek di kwaliti fɔ wi mɛmori bɛtɛ, wi kin mek i strɔng te wi ebul fɔ mɛmba ɔltin, ivin di say we wi kɔmɔt na ɛvin ɛn bay we wi wek wi oli mɛmori—so dat wi go mɛmba ɔl di ɛksperiɛns dɛn we wi bin dɔn gɛt we wi bin dɔn bɔn trade, ɛn bak di spiritual we aw wi bin de we nɔ de day—wi go gɛt layf we nɔ de day**

**Fɔ tinap fayn ɛn fɔ du ɛksɛsayz fayn fayn wan kin bɛnifit fɔ mek pɔsin gɛt trɛnk fɔ mɛmba Insay dis tɛm, usay dɛn dɔn tek mashin dɛn fɔ wok wit dɛn an pan difrɛn wok dɛn ɛn difrɛn tin dɛn na layf, pipul dɛn dɔn sidɔm ɛn nid fɔ du ɛksɛsayz ɔltɛm So, dɛn dɔn mek ɔtomatik we fɔ ɛksesaiz fɔ yuz na os ɛn bildin dɛn**

**We yu de du ɛksɛsayz, i impɔtant fɔ put yu maynd pan impɔtant ɛnaji fɔ gɛt di big big bɛnifit I nɔ go du fɔ jɔs strɛch ɛn tɛns yu mɔsul dɛm; yu fɔ wek ɛn dayrɛkt di layf pawa we de gi yu bɔdi trɛnk ɛn trɛnk**

**Sɔm it dɛn de we go bɛnifit di bren, ɔda wan dɛn de fɔ di mɔsul ɛn nerv dɛn, ɛn ɔda wan dɛn de fɔ di divɛlɔpment pan di bɔdi ɛn fɔ mek di difrɛn pat dɛn na di bɔdi kɔntinyu fɔ de fɔ mek pɔsin mɛmba mɔ, i fɔ it tin dɛn we de mek in bren pawa Fɔ ɛgzampul, if i it grɔn walnut ɛn amɔnd we dɛn miks wit sɔm drop laym ɔ ɔrɛnj jus bifo i go slip, i kin mek i mɛmba fayn**

**Di wan dɛn we de du yoga kin tɔk bak se milk ɛn chiz na tin dɛn we kin mek pɔsin in bren fayn Dɛn kin tɔk se we pɔsin taya ɛn wɔri, i fɔ drink miksɔp pan di jus we wan ɔ tu laym gɛt insay wan glas wata, was in ed wit kol wata, ɛn tɔn am bak oba dɛn tɛmpul, bitwin dɛn aybrɔw, na dɛn nos, ɛn na dɛn yes As a rizulta, di nev dɛn kin rilaks, di maynd kin kol, ɛn gud mɛmori de wek**

**Fə avɔyd fə it bɔku bɔku it dən we ɡet fat, bikɔs dis kin mek di fat dən we de na di bɔdi fɔm ɛn ɡeda toɡeda na di blɔd vesel dən we de na di bren**

**Indian spiritualist dɛm se bɔd ɛn bif kin ambɔɡ mɔtalman wɛlbɔdi Dən tu kayn mit ya ɡet bɔku yurik asid Dɔn bak, dən se bɔd ɛn bif ɔl tu nɔ kin mɛmba fayn if pɔsin it dən mit, i kin rili ɛp in bɔdi ɛn maynd**

**Mɛmori kin bɛtɛ tru prɛktis I nɔ kɔrɛkt fə se man we wik pan in bɔdi frɔm we dən bɔn am nɔ ɡo ɛva ebul fə strɔŋɡ ɔltɛm tin dən de we pɔsin kin ebul fə du ɛn we i kin ebul fə du big tin pan ɔltin na layf**

**Wi fə no aw fə fɛn di rayt rod ɛn di rayt we**

**Sɔm dɔktɔ dən se pɔsin we ɡet disabiliti we i ɡet frɔm in mama ɛn papa ɡo kɔntinyu fə de so fə in layf Bɔt dən dɔn sho se dən kin ebul fə win bɔku pan di tin dən we kin ambɔɡ in maynd bay we dən de du ɛksesaiz we dən kin du fə mek pɔsin in maynd nɔ ɡet bɛtɛ maynd Risach pan dis eria dɔn smɔl na di West, ɛn na dat mek bɔku sayɛnsman dən nɔ no gud gud wan bɔt di we aw di big big Indian yoga pipul dən bin de tich dip kɔnsɛntreshɔn bɔku bɔku ia bifo dis tɛm**

**di korekt we dən fə divɛlɔp kɔnsantreshɔn nɔ de fə bɔku pipul dən no di mental abiliti dɛm dən dɔn ɔlrɛdi b ɔt i nɔ de divɛlɔp fə fɛl fə kɔltivayt in mental kɛpasiti ɛn rɛsɛpshɔn de lid to sirikɔs prɔblɛm Lɛk di bɔdi, di bren nid fə ɛksɛsayz fayn fə hɛlth, aktiviti, ɛn vitality**

**So, fə mek pɔsin ebul fə mɛmba gud tin, i nid fə du ɛksɛsayz, it tin dən we ɡo mek pɔsin ɡet wɛlbɔdi, ɛn tink gud wan**

**Tray fə mɛmba sɔm patikyula tin dən ɛn ɛnjoy fə si tin dən na yu maynd Luk sɔntin, wan tin we yu de si, ɔ wan fayn fayn tin we yu de si, dɔn tray fə mek da pikchɔ de bak na yu maynd Fə tray fə mɛmba di myuzik we dən kin siŋ ɛn siŋ dən, ɛn fə siŋ dən na yu maynd, kin ɛp bak fə mek yu mɛmba mɔ**

**Enitin we den du wit dip en atenshon awareness go mek yu memba mo**

**Poem en myuzik get wan speshal kwaliti we wi de fil Wi ol kin memba izi wan di dip sori-at en di big big gladi-at den we wi bin get na wi layf Wetin mek? Bikos di filin bien den eksperiens den de bin tranga Enitin we den fil de mek posin memba tranga wan Don bak, fo kompoz poem en mental egzampul lek ad en pul na fayn we bak fo develop memori en mental fos**

**Fo mek den ebul fo memba mo, oltin fo du wit dip maynd fos Mos pipul den kin du den wok wit maynd we de waka waka, we kin mek den get big gap bitwin wetin den de du en wetin den de tink Dis na di rizin we mek den no de memba enitin fayn fayn wan If posin want fo memba scontin, i fo du am wit ful owe en konsheens**

**Fo di wan den we lek God, fo tink bot den wok we den de du am no de mek den no tink bot God di sem tem Bot we posin de tink gud wan, i fo tink bot God nomo Wi fo no se memori de strong en in kapasiti fo ondastand de boku tru meditashon**

**Wetin na fo tink gud wan? Na wanwod wit di yunivasal spirit, pas ol di tin den we motalman no ebul fo du, en tray fo memba se motalman na spirit, noto bodi We di posin we de tink gud wan begin fo tray fo konekt insef to di sol we no de day instead of di bodi we i de liv fo wan layf nomo, i go memba boku pan di tin den we i bin don eksperiens trade na layf en i go don memba se i komot from God in at**

**Insay God de di memori fo ol motalman layf en di layf fo evri posin We posin de insay wanwod wit in spiritual sef, di tem den we don pas en di pawa den we den don forget bot di divayn sef we no de pwel go komot bak na den konsheens Meditashon min fo memba se**

**pɔsin nɔto bɔdi we de day bɔt na sol we nɔ de day:  
wan wit Gɔd**

**Na de wi kin tink bɔt wisɛf as mɔtalman we nɔ gɛt  
bɛtɛ tin fɔ du, bɔt na nɛt, we wi de slip dip, we wi nɔ  
de drim, wi kin fɔgɛt bɔt wi mɔtalman kɔndishɔn**

**Tru meditashɔn, wi kin, bay wi yon tray, rɔnawe,  
ivin if na fɔ shɔt tɛm nɔmɔ, frɔm di tin dɛn we wi kin  
gɛt na dis wɔl Wi kin lɛf fɔ no bɔt wi bɔdi ɛn mɛmba se  
wi na divayn spirit Dɛn wan dɛn we de kɔntinyu fɔ du  
dis prɔsis kin bi masta fɔ dɛnsɛf ɛn tru tru gayd**

**Gɔd gi wi mɛmori so dat wi go mek ɛn mɛmba ɔl  
wetin gud ɛn nobul If yu yuz mɛmori di rɔŋ we, dat kin  
mek mɔtalman sɔfa bad bad wan**

**Sɔmbɔdi we de kip vɛks ɛn et to ɔda pɔsin bikɔs ɔf  
wan bad bad tin we i dɔn du trade de yuz in mɛmori di  
rɔŋ we Bɔt, natin nɔ bad fɔ mɛmba tin dɛn we nɔ gladi  
fɔ lan frɔm am Dis we ya, pɔsin kin analayz di tin dɛn  
we i bin dɔn du trade ɛn avɔyd fɔ ripit di sem mistek  
dɛn we bin mek i gɛt bita ɛn pen**

**Lay lay tinkin nɔ fɔ rivisit, as dɛn go de na wi  
maynd fɔ lɔng tɛm we Gɔd gi wi mɛmori so dat wi go  
kip layf in lɛsin ɛn fayn ɛkspiriɛns dɛn layf Lay lay  
tinkin dɛn we bin dɔn de trade fɔ pul am bay we wi nɔ  
fɔ mɛmba dɛn If dɛn fos dɛn we fɔ go insay di maynd,  
wi fɔ nɔ gri fɔ ɔs ɔ wɛlkɔm dɛn**

**Wi de ripit: fɔ de tink bɔt ɛn rihash bad ɛkspiriɛns  
na fɔ yuz di mɛmori we Gɔd dɔn gi wi di rɔŋ we Bifo  
dat, pɔsin fɔ disayd fɔ yuz dɛn mɛmori fɔ gud tin dɛn  
nɔmɔ ɛn fɔ gɛt fayn fayn ɛkspiriɛns dɛn, ɛn fɔ drɛb ɔl di  
mɛmori dɛn we nɔ fayn ɛn we dɛn et frɔm dɛn maynd**

**Wi fɔ si, yɛri, test, tɔch, fil, ɛn want ɔl wetin gud,  
fayn, saful, ɛn bɛnifit ɛn wi fɔ kip gladi gladi  
ɛkspiriɛns ɛn tɛst dɛn na di vault fɔ wi mɛmori**

**Pɔsin we fil gud filin, tink fayn fayn tin dɛn, ɛn si  
gud tin nɔmɔ na di nature ɛn pipul dɛn go mɛmba di  
gud tin dɛn nɔmɔ**

**Dɛn dɔn gi wi mɛmori as oli gift so dat wi go  
praktis fɔ mɛmba gud tin dɛn te wi go ebul fɔ mɛmba  
di gud tin we pas ɔl: Gɔd**

**As wi de wach gud ɛn rayt pan ɔltin, wan de wi go  
si se di divayn pawa we ayd go brok ɛn skata ɔl di  
smɔl smɔl opin dɛm fɔ tink, sɛns, ɛn filin we wi bin jɔs  
si flash dɛn fɔ divayn biuti ɛn wanwɔd insay di  
krieshɔn, ɛn tru di winda fɔ spiritual kɔnshɛns wi go si  
tɔtal gudnɛs ɛn absoliut pafɛkt**

**Wi de aks Gɔd fɔ ɛp wi fɔ wek ɛn layt bak di faya  
we go de sote go fɔ di oli mɛmori te i bɔn di daknɛs fɔ  
fɔgɛt ɛn fɔgɛt, so dat wi go mɛmba se wi bin de ɛn wi  
stil de wan wit Gɔd in spirit ɛn in lɔv we de ɔlsay na di  
wɔl**

**If yu mɛmba Gɔd na mɔnin  
Na midde ɛn ivintɛm  
Yu go fil se yu gɛt trɛnk ɛn yu go  
gladi**

**Soar lɛk igl na di skay  
Yu go spɛn yu tɛm fɔ fil fayn  
ɛn dɛn kin kɛr am lɛk sɛnt na di ɛj  
Yu abop pan di Wan we mek ɔltin na  
di wɛpɔn we shap pas ɔl**

**Arm yusɛf wit shɔt ɛn op  
If yu de luk fɔ Gɔd, we de mek yu du  
wetin rayt**

**I kin jɛntri, nɔto so, i kin bi di wan  
we jɛntri pas ɔlman**

**Wan tru tin we dɛn dɔn pruv**

**Masta Paramhansa Yogananda**



## **Transleshɔn: Mahmuud Abas Masoud**

**No dismiss mi wɔd wit skepticism bifo una tray di we fɔ unasɛf Yu kin taya fɔ yɛri bɔku bɔku tiori dɛm we nɔ gɛt ɛnitin fɔ du wit una layf Wetin a de tɔk nɔto tiori, bɔt na tru tin we dɛn dɔn pruv, ɛn a go tray fɔ gi una wan aidia bɔt wetin dɛn kin rili tɛst**

**A bin laki fɔ lan dis sayɛns trut frɔm wan pan di big big sɛnsman dɛn na India bɔku ia bifo Yu go de wɔnda wetin mek a de ɛnkɔrej yu ɛn pul yu atɛnshɔn to dɛn tru tin ya A gɛt ɛnitin fɔ du wit misɛf nɔmɔ? Mi ansa nɔto atɔl ɔl wetin a want na fɔ prisent dɛn trut ya to una, op in ritɔn fɔ gɛt klin gladi at fɔ ɛp yu fɔ fɛn yu gladi at fɔ praktis dɛn ɛn ɛksperiɛns dɛn blɛsin**

**Naw a fɔ pul sɔm pat dɛn pan fisiɔlɔji fɔ at ɔl fɔ gɛt wan jɛnɛral ɔndastandin bɔt di prɔses we a go rifer to di wok we di men sɛnta ɔ aks dɛn de wok ɛn di ilɛktrik kɔrɛnt we de flɔ frɔm di bren—tru dɛn sɛnta dɛn ya—to di ɛksternal ɛn insay sɛns ɔgan dɛn, we de mek dɛn kɔntinyu fɔ liv ɛn gɛt layf**

**Siks men sɛntr dɛm de we di vital kɔrant, ɔ layf kɔrant, de pas tru to di ɔl nɛv sɛstɛm dɛn sɛntr dɛm ya na:**

**1 Mɛdula Sɛnta**

**2 Sɛnta we de na di sɛvikal**

**3 Dɔsal Sɛntral**

**4 Sɛntral fɔ di Lɔmba**

**5 Sakral Sɛnta**

**6 Kɔksijɛl Sɛnta**

di bren na di suprim ilektrikal distributa (di hɔy sɛntr), ɛn ɔl di sɛntr dɛm de kɔnekt to wan an ɛn de wok ɔnda di inflɔens fɔ di suprim sɛntr (bren sɛl dɛm) di bren sɛl dɛm de sɛnd di vital kɔrant (ɔ ilektrik) tru dɛn sɛntr dɛm ɔ vɛrbral aksɔn dɛm, we in tɔn de dischaj dɛn ilektrikal chaj insay di afferɛnt ɛn transmit nɛv dɛm we de tek ova di fɔnshɔn dɛm fɔ di sɛns impuls dɛm ɛn sɛns dɛm fɔ tɔch ɛn fɔ si, ɛn ɔda tin dɛn

dis ilektrikal kɔrant we di bren de kɔmɔt na di layf bɔdi fɔ di fɔs bɔdi (inklud in intanɛt ɛn ɛksternal ɔgan dɛm) Tru dis ilektrikal mɛdiɔm, di sɛns infɔmeshɔn de transmit to di bren, we de triger di prɔsɛs fɔ di tɔk dɛm

if di sol want fɔ stɔp di fɔlɔ fɔ disturb ripot dɛm fɔ di bɔdi sɛns dɛm (we de ɛp fɔ kɔmɔt fɔ di intakɔnekt t ɔk ɔp dɛm), i fɔ kɔntro di ilektrikal kɔrant ɛn rives in fɔ fɔm frɔm di ɔl nɛv sistɛm to di sɛvin mɛn sɛntr dɛm (inklud di bren), so dat dis we i go gi di ɔgan dɛm we de na do ɛn insay di ɔgan dɛm komplit rɛst

we yu de slip, di ilektrikal kɔnɛkshɔn bitwin di bren ɛn di sɛns ɔgan dɛm de sɔmtɛm de intarap, we de mek nɔmal sɛns dɛm lɛk fɔ yɛri ɛn tɔch nɔ de rich di bren Bikɔs dis intarapshɔn nɔ kɔmplit, ɛni strɔng ɛksternal stimulus kin ri-establish dis ilektrikal kɔnɛkshɔn, we de alaw di stimulus fɔ rich di bren ɛn wek di pɔsin ɔltu, we i de slip, wan kɔntinyu ilektrikal kɔrant de fɔlɔ to di insay ɔgan dɛn—di at, di lɔng, ɛn ɔda tin dɛn—we de mek dɛn kɔntinyu fɔ liv ɛn wok

Bikɔs dɛn nɔ kin kɔntrol di ilektrik wok we di bɔdi de du we i de slip gud gud wan, di tin dɛn we di bɔdi kin fil lɛk se i nɔ kin fil fayn, i kin sik, ɛn di tin dɛn we kin mek i fil fayn na do kin ambɔg di pɔsin we de slip Bɔt, bay we wi yuz wan we we sayɛnsman dɛn de du,

**wi kin ebul fɔ kɔntrol ɔl tu di wok dɛn we de insay ɛn na do na di bɔdi di sem tɛm ɛn kɔmplit wan—dis na di tin we impɔtant pas ɔl fɔ du am Bɔt fɔ mek wi ebul fɔ kɔntrol am ɔl, i kin nid fɔ du am fɔ lɔng tɛm**

**Jɔs lɛk aw di ɔgan dɛn we de na do kin gɛt nyu bɔdi afta dɛn dɔn slip, we na rɛst fɔ di bɔdi, na so di ɔgan dɛn we de insay kin gɛt nyu bɔdi bak bikɔs dɛn de du dis sayɛns we, ɛn dɛn trɛnk kin bɔku, we kin ɛp fɔ mek dɛn liv lɔng**

**Jɔs lɛk aw wi nɔ de fred slip so dat wi sɛns nɔ go de slip ɛn nɔ ebul fɔ wok, na so wi nɔ fɔ shek fɔ praktis day we wi de tink bɔt, dat na fɔ gi rɛst to wi insay ɔgan dɛn Dɔn day go de ɔnda wi kɔntrol, so dat we wi si se dis os we wi de si dɔn pwɛl ɛn nɔ go ebul fɔ liv, wi go lɛf am wit wilful ɛn wit ful awareness "Di las ɛnimi we dɛn go win na day".**

**Wi kin ɛksplɛn dis we fɔ du tin wit dis ɛgzampul:**

**If di men tɛlifon ɛkshɛnj na siti gɛt waya to difrɛn pat dɛn na di siti, di wan dɛn we de kɔl na dɛn pat dɛn de kin kɔnɛkt kɔntinyu to di sɛntral ɛkshɛnj bay di ilɛktrik kɔrɛnt we de flɔ tru di waya dɛn, ilɛksɛf di ɛkshɛnj de manej ɔ kɔntrol Bɔt if di men tɛlifon ɛkshɛnj want fɔ diskɔnɛkt di difrɛn ɛkshɛnj dɛn, i kin ɔf di men ilɛktrik switch, ɛn dis kin mek di ilɛktrishɔn nɔ flɔ to di difrɛn pat dɛn na di siti**

**semweso, di sayɛns mɛtɔd de gi wi di prɔsɛs we wi nid fɔ drɔ di vital kɔrant—we de sheb ɔlsay na wi bɔdi —to wi sɛntri rijyɔn dɛm, dat na di spayna ɛn bren Di mɛtɔd de wok bay we i de magnetiz di spayna ɛn bren, we gɛt di sɛvin men ɛnɛji sɛntr dɛm As a rizulta, di layf fɔs we de sheb ɔlsay na di bɔdi de drɔ ɛn transmit tru di spayna to di bren We wi rich di bren, wi de sɛns**

**en eksperiens am as layt insay dis stet, di spiritual sɛf kin ebul fɔ fri insɛf frɔm di tin dɛn we kin ambɔg in bɔdi en in maynd**

**Di spiritual sɛf de ambɔg di tɛlifon rɪpɔt dɛn we de kam—we nɔ gri wit wetin i want—from tu klas dɛn we na "pipul": wan ay klas (tink) en wan lɔw klas (fizikal sɛns) Fɔ mek i ebul fɔ kɔt tayt wit dɛn tu klas ya, i fɔ drɔ di ilɛktrishɔn we de flɔ tru di tɛlifon waya dɛn to di sɛntral bateri bay we i ɔf di ilɛktrik switch (dat na, bay we i de praktis fɔ tink gud wan) so dat i go ɛnjoy pis en fridɔm**

**Atɛnshɔn na di praymari dairekta en distribyushɔn fɔ ɛnaji, we gɛt di wok fɔ transmit di impɔtant ilɛktrik kɔrɛnt frɔm di bren to di sɛns en mɔta nɛv Fɔ ɛgzampul, we wi shot away wan flay we de anɔynt, wi de yuz di pawa fɔ atɛnshɔn fɔ sɛn ilɛktrik kɔrɛnt to di motoka nɛv dɛm, we de rilizɔt di an muvmɛnt we wi want a mɛnshɔn dis fɔ gi wan aidia bɔt di pawa we di atɛnshɔn gɛt, bay we di ilɛktrik kɔrɛnt insay di bɔdi kin kɔntrol en dayrɛkt to di di sɛnta dɛn we wi bin dɔn tɔk bɔt**

**Na ya a go lɛk fɔ diskrayb di stet dɛm we de fala kɔmplit kɔntrol pan di bayɔɛlektrik kɔrɛnt Fɔs, di pɔsin kin eksperiens wan rili atraktiv sɛns bikɔs ɔf di magnetizayshɔn na di spayna Bɔt, kɔntinyu en lɔng prɛktis go briŋ kam wan stet fɔ kɔnshɛns blis we de negate di arousal na di bɔdi kɔnshɛns**

**Wi dɔn diskraib dis blisful stet as wi ɔltime gol en yunivasal nid, bikɔs insay am wi de eksperiens tru tru ɔwe fɔ Gɔd ɔ blis en fil wan ekspɛnshɔn pan wi kɔnshɛns Di mɔ we wi de eksperiens dis stet, di mɔ wi individyualiti (wi smɔl sɛf ɔ ego) de stɔp en sɔlv, en di**

**mɔ wi de kam nia di kɔsmik kɔnshɛns ɛn bi intimately  
ɛn dairekt kɔnekshɔn wit Gɔd**

**Rilijɔn, fɔ tru, nɔtɔ ɔda tin pas fɔ dɔnawe wit wi  
wan wan sɛf insay wi kɔsmik kɔnshɛns So, insay dis  
gladi gladi stet, wi de go ɔp di lada fɔ fet, lɛf biɛn di  
stifling atmosfɛs fɔ di sɛns ɛn di trɔbul fɔ tink, ɛn go  
insay di eria dɛn fɔ divayn gladi at**

**Tru dis we wi kin no di tru tin dɛn we de na di  
kɔsmik, ɛn we dis blɛsin stet kin bi rial - tru kɔntinyu  
fɔ praktis - wi kin si wisɛf ɔltɛm na di blɛsin Masta in  
prezɛns we de insay wi, ɛn wi kin du wi wok dɛn fayn  
fayn wan we wi nɔ de luk di frut dɛn we di wok de gi,  
so wi kin bisin mɔ bɔt di wok dɛn pas wisɛf (di ego) ɛn  
di sɛns dɛn fɔ gladi ɛn pen we da ego de de mek**

**Insay di tichin dɛn we ɔl rilijɔn dɛn de tich—  
Kristian rilijɔn, Islam, ɛn Indu rilijɔn—wan men trut de:  
pas pɔsin no di men tin we dɛn de du as spirit—di say  
we i de gi gladi at—i go kɔntinyu fɔ tay bay we i de  
tink smɔl ɛn i go de ɔnda di lɔ dɛn we de na di wɔl we  
nɔ de chenj ɛn we nɔ de fɔgiv We wi no dɛn tru tru we  
de briŋ fridɔm we go de sote go Wi nɔ go ebul fɔ no  
Gɔd pas bay we wi no wisɛf, bikɔs di men tin we wi  
mek na similar to His Human beings were created in  
God's image Tru di diligent ɛn sincere praktis fɔ tru  
sayɛns meditashɔn, yu go kam fɔ no yusɛf—dat na, yu  
go no se yu na blɛsin spirit—ɛn yu go kam fɔ no Gɔd**

**Spiritual meditation methods encompass all the  
necessary means for know God Dɛn nɔ de pe atɛnshɔn  
pan difrɛn rilijɔn ɛn biliv bikɔs sɔm pan dɛn difrɛns ya  
kin mek pipul dɛn kɔnfyus**

**Di supirioriti fɔ sayɛns mɛditeishɔn pas ɔda we dɛn  
de pan in klos kɔnekshɔn ɛn dairekt akshɔn wit di sem**

**tin we de tay wi to wi limited sɛf: layf ɛnaji Insted fɔ ridayrɛkt dis ɛnaji, dat na, fɔ chanel am insay ɛn intagret am insay di pawa dɛn we di spirit de pan ɛn we de bɔku, i de flɔ na do, kip di bɔdi ɛn maynd insay muvmɛnt ɔltɛm, we de mek distɔblɛshɔn to di spiritual sɛf insay di fɔm fɔ fizik sɛns ɛn tin dɛn we pɔsin kin tink bɔt fɔ shɔt tɛm**

**Bikɔs layf ɛnaji de flɔ na do, sɛns ɛn tinkin de chɛnj di imej fɔ di klin, kwayɛt sol Dis we ya de tich wi aw fɔ dayrɛkt layf ɛnaji insay So, na dairekt ɛn kwik we, we de kɛr wi dairekt to di sol in kɔnshɛns: to di blɛsin kɔnshɛns fɔ Gɔd, we nɔ nid ɛni ɔda mɛdiɔm**

**Dis we ya na fɔ ajɔst ɛn dayrɛkt di flɔ fɔ layf ɛnaji bay we yu de ajɔst ɛn rigul wan pan di manifestɔ dɛm we dɛn no we gɛt fɔ du wit layf ɛnaji sɛf**

**I fayn fɔ no se ɔl di rilijɔn rod dɛn na di wɔl kin rikɔmɛnd fɔ yuz dairekt ɔ indayrɛkt we, hint ɔ klia, fɔ kɔntrol di flɔ we layf ɛnaji de flɔ ɛn rivɛns in dairekshɔn so dat wi go pas di bɔdi ɛn maynd ɛn kam fɔ no di sol bay we wi no di men tin we i tan ɛn di kayn we aw i tan**

**Di prɛzɛns fɔ layf insay mɔtalman na fɔ liv, ɛn di we aw i nɔ de na fɔ dɔnawe wit am So, di we we de gayd pɔsin fɔ kɔntrol layf dairekt wan na di bɛst we**

**Di sɛnsman dɛn we kɔmɔt na difrɛn jɛnɛrɛshɔn ɛn kɔntri dɛn dɔn tɔk bɔt we dɛn we fit di pipul dɛn we dɛn bin de wit dɛn maynd ɛn di tin dɛn we bin de apin to dɛn Sɔm bin de pe atɛnshɔn mɔ pan prea, sɔm filin, sɔm tin dɛn we dɛn de du, sɔm lɔv, ɛn ɔda wan dɛn bin de tink ɔ tink ɛn tink bɔt wetin dɛn bin de du na di sem**

**Dən ol bin afem di nid fə transfa di fyzikal  
kənshens bay we dən rivens di flə fə layf ənaji so dat i  
go flə insay Dən bin asəf bak di nid fə no yusef ən i  
kəmət bien vel, jəs lək aw di san in imej de apia klia  
wan ən difrən wan insay stil, kol wata Dən ol bin  
empəsh di validiti ən efifishins fə di məditativ we, we  
nə nid fə ənı ɔda intamedieri**

**Wi fə no bak se fə praktis dis we nə de ambəg di  
diveləpment fə di maynd ɔ bədi trənk, jəs lək aw i nə de  
tinap as barəri fə bənifit sɔshal aktiviti dən we di məs  
dilik ən rifin filin ən nobles motives we de dediket fə  
sav mətalman de dayrəkt**

**Infakt, wi de advatayz ən rikomənd di ɔlistik  
diveləpment fə di pəsın, bikəs dis diveləpment nə go  
ebul fə avɔyd fə mek i izi fə mek dən praktis dis rod  
pas fə ambəg am Di wangren tin we dən nid na fə  
ɔndastand ən praktis di rod wit ol wi at, ən ol di  
akshən ən aspireshən dən go de insay di pəsın we de  
luk fə in bəst intəres da təm de**

**Di impɔtant pɔynt na dis we fə du tin na fə  
ɔndastand di layf ənaji we de sɔpət mətalman bədi ən  
mek i gət layf ən gət ənaji**

**Brif affirmations fə mən pipul dən**

**O Masta, Yu bləsın layt de shayn frəm di prɔfət  
dən, oli pipul dən, ən sənsman dən na ol di rilijən dən,  
ən frəm mi bak Dis oli layt de insay evri səl ən tisu na  
mi bədi, ən bay Yu gudnəs a gət wəlbədi ən wəl**

**O kənshens kəsmik aktiviti**

**Yu de alayv insay mi!**

**Solid, likwid, en gas it den kin chenj bay God in  
pawa to layf enaji**

**Fo sɔpɔt mi bɔdi**

**O Masta, na layt mek di sel den na mi bɔdi**

**Na yu men tin, bikɔs yu na di spirit we de mek  
pɔsin pafekt**

**I sef den, bikɔs na yu na di sɔs we de mɛn**

**Di men tin we de insay am na spirit, en yu na di  
spirit we de na di big big wan**

**En i de sote go bikɔs na yu begin fo liv**

**Bikɔs yu na di minin fo sote go**

**A kin fil nyu, a get trɛnk, en a get trɛnk**

**Yu aktiviti de ful-ɔp wit layf**

**En mi bɔdi de flɔd tru am**

**Di pawa we di spirit get fo mɛn pipul den**

**Den mek mi fo bi layt**

**From di klin tin we God mek**

**A kin fil se a get welbɔdi ɔltɛm**

**Na bikɔs i de insay mi**

**In trɛnk de de**

**Insay ɔl di pat den na di bɔdi**

**Di belɛ strong bikɔs i get In layt**

**Di Wan we de mɛn ɔl di sik den!**

**A no fo tru se ɔl sik den, pan den difrɛn we den, na**



**Fɔ tɔk bɔt di we aw dɛn nɔ de tek di wɛlbɔdi  
rigyuleshɔn a go pul di sik wit wɛlbɔdi it**

**Fɔ ɛksesaiz di rayt we, fɔ tink gud wan, ɛn fɔ du  
gud tin fɔ du**

**O Masta, Yu layt de insay ɛvri atɔm na mi bɔdi**

**Insay ɛni wan pan mi sɛl dɛn**

**Insay ɛni blɔd sɛl, .**

**ɛn ɛvri nerv na mi bɔdi**

**Insay mi bren ɛn mi tisu dɛn**

**So, a gɛt gud wɛlbɔdi ɛn a gɛt wɛlbɔdi**

**Bikɔs yu de liv insay mi, ɛn yu na di pawa we de  
mɛn pipul dɛn**

**Gɔd in layt ɛn wɛlbɔdi de ɔlsay na di dak kɔna dɛn  
na mi bɔdi sik dɛn**

**In layt we de mɛn pipul dɛn de shayn na ɔl di sɛl  
dɛn na mi bɔdi**

**So i saund bikɔs i gɛt In layt**

**Semweso, In pafɛkt**

**Speshal emphasis pan di pawa we tinkin gɛt**

**A tink ɛn a no se mi aktiviti dɔn bigin**

**Frɔm di bren to di bɔdi**

**Di spreɪ we layt de rɔsh fɔ go bifo**

**Frɔm di rut dɛn na mi tisu dɛn**

**ɛn i de flɔd frɔm mi bren**

**To di sɛl dɛn ɛn di nɛrv dɛn**

**ɛn insay di paregraf dɛn i bɪɡɪn**

**Di flɔ we pawa fɔ mɛn pipul dɛn de flɔ**

**Fɾɔm di spayna**

**As fom ɔ as sprɛy**

**Fɔ gi di bɔdi in sɛl dɛn tɪn fɔ it**

**Pure wɛlbɔdi biznɛs!**

**O Masta, a de wɔship Yu**

**Insay ɔltɪn we gud**

**En aɪ luk yu rait**

**Insay ɛvri brayt aydia**

**Yu absolɪut pawa di mɛrɛsɪn fɔ ɛvri sɪk**

**I de insay mi, so a nɔ de fil taya**

**Mek yu layt we de mɛn yu shayn**

**Fɾɔm di daknɛs we dip ɪɡnɔrɛns de**

**ɛnɪsay we layt de, na de pafɛkt ɛn klin de**

**Insay filin, wil, ɛn tink**

**So, dayrɛkt di we aw a de fil wit wetin a want ɛn  
wetin a de tink**

**So dat a go fala gayd wit sɛns ɛn ʝɔjmənt**

**ɛvride a go luk fɔ gladi at fɔ di sol we de insay  
misɛf**

**Nɔto tru di tɪn dɛn we pɔsɪn kɪn ɛnjɔy**

**Gɔd de wach aw a de tink en gayd dɛn fɔ du dat  
Di wɔl we gɛt sef en di op fɔ mek pis de  
A go klin mi maynd pan ɔl di fred dɛn  
Fɔ no se Gɔd de sɔpɔt mi en gayd mi  
I de mek mi rod izi  
En I de mek tin izi fɔ mi  
Insay evri sityueshɔn en fil  
Di trɔst we a rili abop pan Gɔd na di mɛrɛsin  
En a gɛt bɛnifit en mɛn frɔm am  
Pis de fɔ una**

Waes en sɛns we gɛt fɔ du wit Gɔd biznɛs  
Wan pɔsin fɔ bi in yon masta en du wetin i de du, nɔto  
bay di tin dɛn we i de du ɔltɛm en di tin dɛn we i want fɔ du,  
bɔt i fɔ gɛt fridɔm fɔ disayd fɔ du sɔntin en fɔ gɛt sɛns

Na di rayt en di pawa we mɔtalman gɛt fɔ mek in yon  
paradays en enjoy am bikɔs i gɛt ɔl di tin dɛn we i go ebul fɔ  
du fɔ du dis, bikɔs Gɔd dɔn gi am di pawa fɔ dayrɛkt in  
maynd to am en fɔ no am

Di tin we pas ɔl na layf na fɔ liv na di strong ples we yu  
kɔnshɛns we klia en we gɛt pis gɛt

We pɔsin put in maynd pan Gɔd ɛn pre frɔm in at, i go  
ebul fɔ no se i de wit am wit blɛsin

\* \* \*

:atɛnshɔn pan

Gɔd in layt de ful mi ɛn shayn tru mi, i de pul ɔl sik ɛn gi  
mi wɛlbɔdi ɛn wɛlbɔdi In divayn layt de shayn na ɛvri sɛl na  
mi bɔdi, ɛn na dat mek mi bɔdi gɛt wɛlbɔdi ɛn a wɛl

\* \* \*

Na da de de we yu mɛmba yu ɔrijin na ɛvin, yu kɔnshɛns  
go bɔn bak na di big divayn os fɔ di Spirit

I tan lɛk se dɛn bɛr mɔtalman maynd ɛn di wil ɔnda di  
grɔn we nɔ no natin If dɛn pul di gold we gɛt sɛns [frɔm di  
mayn we di sol gɛt], mɛlt am, ɛn shɛp am to shap saykɔlɔjik  
tul dɛn, i nɔ pɔsibul fɔ kɔt ɛn pul di plant we gɛt bad bad tin  
dɛn we de gro na di gadin we mɔtalman de tink

Di mawnten dɛn we gɛt wɔndaful ɛn fayn fayn tin dɛn, di  
wɔndaful we aw mɔtalman bɔdi de mek am, di fresh ɛn fayn  
fayn ros ɛn flawa dɛn, di grɔn kap we gɛt gras, di big big sol  
dɛn we gɛt ay pozishɔn, ɛn di fayn fayn tin dɛn we dɛn de  
tink bɔt

ɛn di dip lɔv, ɔl dis de mɛmba wi bɔt Gɔd, we na di sɔs fɔ  
ɔl di nobiliti, big big, ɛn fayn

\* \* \*

Fɔ fos di maynd na di ki fɔ wek ɛn aktiv di layt pawa we  
de insay pɔsin Fɔs min fɔ kɔnsɛntret tink pan wan pɔynt Di  
men tin we kin mek bɔku tin dɛn nɔ ebul fɔ du na we i nɔ de  
pe atɛnshɔn Wi kin kɔmpia atɛnshɔn to flashlayt; we in bim  
de spred oba wan big eria, in intensiti de wik Bɔt da bim de  
kin strong ɛn klia we i de pe atɛnshɔn pan wan patikyula

pɔynt Di wan dɛn we gɛt spɛshal maynd kin pe atɛnshɔn bad  
bad wan, we gɛt di ebul fɔ kɔnsɛntret ɔl dɛn maynd ɛnaji pan  
wan tin wan tɛm

\* \* \*

Tru lɔv—lɔv fɔ di at ɛn sol—na divayn lɔv Dis divayn lɔv  
de tray fɔ sho insɛf tru mɔtalman at ɛn sol

Wev dɛn de we de fa fawe na di si dat dɛn nɔ de ɛva  
brok na di shore ɛn tin dɛn de na di say we oli we nɔ gɛt  
wanwɔd we tu dip fɔ mek di at tɔk

ɔndastandin na di balans bitwin kol at ɛn klin kɔnshɛns

Di art fɔ wok fayn de pan fɔ ebul fɔ wok sloslo ɔ kwik we  
yu nɔ go lɔs di pis we yu gɛt insay yu at

Wi nɔ go ebul fɔ lan sɔntin we wi nɔ no pas wi gɛt ɔda tin  
fɔ kɔmpia am to So, Gɔd de tich mɔtalman divayn lɔv tru di  
pafɛkt mɛdiɔm fɔ mɔtalman lɔv

ɔltɛm pɔynt di kɔmpas nidul fɔ yu atɛnshɔn to di  
magnɛtik nɔt fɔ spiritual gladi, ɛn afta dat nɔbɔdi nɔ go ebul  
fɔ ambɔg yu balans

Mek yu gɛt mɔ fet pan Gɔd ɛn abop se di Wan we mek  
yu go gi yu wetin yu nid ɛn protɛkt yu

Di wan we de waka stret lɛk Gɔd ɛn Gɔd lɛk am, ilɛksɛf i  
de wok na di natura jɔngrɔn ɔ di jɔngrɔn na di mɔdan  
sivilizayshɔn, bikɔs prɔblɛm, prɔblɛm dɛn, prɔblɛm dɛn, ɛn

trɔbul dɛn de na ɔl tu di fɔs wan gɛt wayl wayl animal dɛn,  
we di sɛkɔn wan de prɛzɛnt frɛd we nɔ less fierce, we de sho  
insay wan vaylɛnt strɛch agɛns di want we dɛn nɔ ebul fɔ  
kɔntrol ɛn di pasɔn dɛn we de vɛks Only when a person  
subdues di tin dɛn we i lɛk fɔ du fɔ wetin i want, na in i de  
test tru tru gladi at

Sɔntɛnde yu kin fil se yu padi de kam fɛn yu, pan ɔl we  
natin nɔ de fɔ sho se dɛn kam fɛn yu Dɛn nɔ tɛl yu se dɛn de  
kam, yet yu gɛt strɔng filin se yu go si dɛn, dɔn, as ivintɛm  
de kam, dɛn nak na yu domɔt! ɔ sɔmtɛm yu kin fil ɔl di de se  
sɔmtin gud ɔr bad de kam fɔ apin, ɛn we i apin, yu kin  
sɔprayz fɔ si se yu intuition bin kɔrɛkt Dis na sɔm ɛgzampul  
fɔ intuition (inner sense) ɛn aw i de wok indipɛndɛnt frɔm  
pruf ɛn clues

Gɔd dɔn gi wi sol, maynd, ɛn bɔdi, ɛn wi fɔ kɔltiv dɛn gift  
ya insay wan we we gɛt wanwɔd ɛn balans Wi nɔ fɔ alaw  
wisɛf fɔ bi slev to wi envayrɔmɛnt ɔ prizina dɛn we gɛt abit  
Mama ɛn papa dɛn we dɔn divɛlɔp pan spirit kin ɛp di wɔl  
bay we dɛn mɛn pikin dɛn wit spiritual dispɔzishɔn ɛn bay we  
dɛn de liv mɔdaret layf we dɛn de tink bɔt ɛn disiplin dɛnsɛf

Ɛvri nobul tinkin we de mek yu fil fayn, de mek yu kam  
nia Gɔd Dɛn tin ya tan lɛk riva we de flɔd insay di si we di  
divayn spirit de

Ɛvrɛde fɔ bi de fɔ tɛl tɛnki ɛn tɛl tɛnki fɔ di blɛsin dɛn we  
layf de gi frɔm di san, wata, ɛn gud vɛjitebul ɛn frut dɛn, we  
na gift dɛn we nɔ rayt frɔm di Wan we Gi pas ɔlman

Klin lɔv, divayn lɔv, de pul di tin dɛn we de ambɔg  
mɔtalman ɛn di Wan we mek am

Padi biznɛs kin kɔrɔpt ɛn lɔv bitwin pipul dɛn kin dɔn  
bikɔs ɔf di pɔyzin tin dɛn we na fɔ get prɔpati, fɔ bisin bɔt  
dɛnsɛf nɔmɔ, fɔ get mɛkanikal famili rilayshɔn, fɔ lɛk fɔ du  
mami ɛn dadi biznɛs, fɔ get tin dɛn we pɔsin kin get, fɔ mek  
pɔsin fil bad, ɛn fɔ chenj tin dɛn we pɔsin kin yuz fɔ du  
sɔntin, bikɔs di bon dɛn we kin pas shɔt tɛm kin fala wit et  
wantɛm wantɛm, we kin mek mɔtalman lɔv day Bɔt insay ɔl  
mɔtalman in at, wan lɔv we go de sote go, we kɔmɔt frɔm  
Gɔd, we kin stil de slip fɔ sɔm tɛm, bɔt i nɔ de ɛva rili day

Insay di grɔn na yu at, di sid dɛn fɔ lɔv de gro Nurture  
dɛn sid dɛn de ɛn wata dɛn wit sɔri-at ɛn lɔv we de kɔba ɔltin

Gɔd na lɔv, ɛn lɔv de mek wi get wanwɔd wit Gɔd If wi  
want fɔ lɛk Gɔd, wi nɔ fɔ ayd ɔ stɔp wi lɔv, bɔt wi fɔ kɔnɛkt  
am to divayn lɔv

ɔl di pawa ɛn ɔltin we de na di yunivas na tin we Gɔd in  
maynd mek, jɔs lɛk aw na yu maynd mek di tin dɛn we yu de  
si na drim

Di wangren we fɔ avɔyd fɔ du bad na fɔ get gud sɛns fɔ  
no se pɔsin dɔn du bad ɛn disayd nɔ fɔ du am  
Wan rɔng fɛt ɔda nɔ de prodyuz rayt Ignorance na  
mɔtalman in tru tru ɛnimi ɛn dɛn fɔ drɛb am kɔmɔt na dis wɔl  
Wi get ɔl wetin wi nid na dis wɔl fɔ mek wi kam wit wan  
ej we pipul dɛn go get bɔku prɔpati, gladi at, ɛn pafɛkt jɔstis  
Di wangren tin we de ambɔg mɔtalman na fɔ tink bɔt insɛf  
nɔmɔ, we de mek dis nɔ pɔsibul Bari ɛn nɔ get rayt fɔ sɔfa na

mortalman gridi en interes fo densef, we no de tink bot oda  
pipul den Moni we den go yuz fo fid en klos di wan den we  
nid, den de yuz am insted fo pwel en pwel  
Di rut koz fo problem den na di wol na dis selfishness we  
bon from ignorance Olman tink se den de du di rayt tin, bot  
we den de du ol den yon pasnal gol den, den de put di  
karma lo fo koz en efekt, we go mos pwel den yon gladi at en  
oda pipul den gladi at  
Di mo we a de si di bad bad tin den we de apin na di wol  
we mortalman no no natin, na di mo a de no se gladi at no de  
te, ivin if den bin mek di strit den wit gold Tru gladi at de fo  
mek oda pipul den gladi If olman du dis, olman go gladi, en  
olman go get in pat pan di boku boku tin den we de na di wol

Di divayn fo no bot in gladi at we de na evin en di gladi  
at we no get end, tan lek majik stik we de chenj di smol smol  
metal we odinari tin den we get layf wantem wantem to gold  
we de shayn we de mek posin get gladi at we go de sote go  
na God in yay

Padi biznes na di yunivasal spiritual atrakshon we de  
mek sol den joyn wit di bond fo divayn lov

\* \* \*

ambola fo di sol o kwayet fo di sol  
We yu de bon wori kin los den ot  
Tranquility de komot, we de bring pis en tranquility  
Na di wayt mast fo di bot we de gi layf  
I ful-op wit di briz we de mek posin gladi we go de sote  
go, en i no get eni gladi-at



So i push di bot saful wan fɔ kɔs di wata we de na Lek

Al-Rida

Tranquility na di riva we de mek pɔsin satisfay

Fɔ jisnɔ to di si we gɛt kol at

Isolated frɔm di wef dɛm fɔ wɔri

Na di ambɔla fɔ di sol

Fɔ skata ɔp mɔtalman maynd ɛn at

Fɔ protɛkt di gladi at we i kin gɛt na in layf, smɔl ɛn big

Frɔm di ren we bin de mek pɔsin fred ɛn wɔri

Na di tɔyn we de na ɛvin

I de kɔmɔt frɔm di lay lay we layf de mek

Na di oli sol

Na di tebul fɔ layf

ɛn di sprɛy we de flay frɔm di wata we de fɔdɔm fɔ ajɔst

Na wɔndaful, kol at

Na we di kɪndɔm fɔ di sol de rul

Insay wanwɔd ɛn wanwɔd

Tranquility nɔto jɔs fɔ ritrit dɛn we nɔbɔdi nɔ de

ɛn nɔbɔdi nɔ de fɔ rɔnawe pan di krawd ɛn nɔys

Bifo dat, i kin kam usay at dɛn kin wɛlkɔm am

ɛn i kin de usay sol dɛn kin gɛt kɔrej insay am

I nɔ mata us tɛm ɛn ples

Na flawa we nɔ gɛt wan bɔt ɛn we nɔ kin brok

I nɔ kin ebul fɔ bia we pɔsin tɔch am rɔf

Bifo dat, i de liv, i de blo, ɛn i de gro fayn fayn wan

If dɛn wata am wit fresh, klin wata

Tranquility na stil lek fɔ filin

Fri frɔm di wrinkles fɔ sɔri

Na in we de shed kray wata bikɔs i de fred

Fɔ di smɔl smɔl tin we de sho se yu de wɔri ɛn pwɛl at

We dɛn kɔba di pej fɔ di sol we gɛt kol at

:Wan layt we gɛt klin wayt sno we brayt

Di sno we gɛt kol at ɛn pis na yu maynd

Di big big briz we de mek pɔsin fred ɛn di ebi ebi ren we

de mek pɔsin wɔri nɔ go win

Disturb pis en kol at  
Bien dis layt we at en we de shayn  
Fɔ dis blɛsin, raytin glɔ  
\* \* \*

Di Kastɛl fɔ Divayn Lɔv  
We di shel dɛn fɔ et de ren rawnd yu  
Una fɔ rɔnawe go na di fɔt we gɛt lɔv  
En if di bɔm dɛn we dɛn de bɔm pipul dɛn we nɔ  
ɔndastand dɛnsɛf kɔntinyu  
Stay fortified in di caverns of lov  
Bien di chɛmba dɛn we gɛt sɔri-at en sɔri-at  
En if di pɔyzin vapour dɛn we de ful pipul dɛn tray  
Fɔ stif di layf fɔ yu sɛns  
Put mask fɔ klin lɔv rawnd yusɛf  
Di fɔt we Gɔd lɛk na say we sɛf  
Frɔm di atak dɛn we ami dɛn we gɛt sɔntin fɔ du wit  
sɔntin en tɛmteshɔn kin du  
Dig wan trench we de bien pɔsin en tinap tranga wan  
Ful am wit di wata we de gi yu lɔv  
So dat selfishness nɔ go swim kross am  
Fɔ pwɛl yu sol in sɛns  
\* \* \*

Di wan dɛn we de tink gud wan kin gɛt fayn fayn pis  
insay wi at Wetin wi kin lan we wi de tink gud wan, wi fɔ yuz  
am fɔ du tin dɛn en tɔk to wi ɛvrɪde, en wi nɔ fɔ alaw ɛnibɔdi  
fɔ tif wi pis ɔ ambɔg wi kol at  
Fɔ tink we nɔ gɛt wanwɔd tan lɛk klia, polish miro, we nɔ  
de chenj en we nɔ de shek bay we dɛn de jɔj am kwik kwik  
wan  
Divayn lɔv na gadin we gɛt ros en basil we de na ɛvin, en  
we gɛt layt, fresh tinkin Na di say we ɔl klin lɔv we de bit  
insay tru at de kɔmɔt

Bi simpl as yu kin en yu go soprayz fo si aw yu layf go  
gladi en no komplikt

Tru tru gladi at na di famili we wi ondestand en tok fayn

Wit dip kontemplativ imeshon, wan nyu dawn fo wek go  
brok Di fog fo kwayet en misteri we de hang oba oltin go don  
en donawe bifo di layt fo spiritual wek en di long we de gro fo  
God

We wi de dil wit oda pipul den, i rili important fo no di  
difren kwaliti den en di fayn fayn kwaliti den we den don distil  
from den eksperiens en shep from den bi, en fo gladi fo den  
kwaliti den de

If wi stodi pipul den wit opin maynd, wi go ebul fo  
ondestand den en dil wit den fayn fayn wan, en wi go ebul fo  
no wantem wantem di kayn posin we wi de dil wit  
No tok to posin we sabi bot os res, o agyu wit sayensman  
bot aw fo kia fo di os Fen oda tin den we di posin intres pan  
en we de mek i pe atenshon to am, en tok to am bot dat, noto  
fo tok bot tin den we yu lek

If wi want fo ondestand oda pipul den, wi fo avoyd fo  
kondem en kondem den Bifo dat, wi fo luk na di miro we wi  
get fo no wetin nid fo fiks en important Dis insay miro rili  
difren from di wan we wi sabi we wi de luk insay evri monin  
Evride, a de luk insay dis insay miro, en if a fen sontin we a  
no lek, a de kondem misef en tray fo korekt am Dis we, posin  
de si den tru riflekshon na di miro na den sol en de go bifo de  
to de pan di rod fo gladi en pis insay

\* \* \*

O Masta, Yu de nia mi pas mi yon at bit, en a de fil Yu  
prezens na di say we a de nia mi kɔnshens

We pɔsin de fiks pan di si wef fɔ tu lɔng, i nɔ de pe  
atɛnshɔn fɔ pe atɛnshɔn pan di si insɛf Semweso, we pɔsin  
de pe atɛnshɔn pan di smɔl wef we de na in layf en tay am  
kpatakpata, i de fɔgɛt di big si we di sol gɛt, we in layf na jɔs  
wan ripɛl pan di big big pat na in at  
jɔs lɛk aw ilɛktrik lamp dɛn we dɛn put na difrɛn say dɛn,  
na wan ilɛktrik jɛnɛra de layt, na so wan kɔsmik jɛnɛra de  
layt mɔtalman lamp dɛn we de pɔmp intɛlijɛns insay maynd  
en chaj bɔdi wit layf ɛnaji

ɛvri drop pan wata kin ɛp fɔ mek di si de ɛn pan ɔl we  
pɔsin in layf kin tan lɛk jɔs wan smɔl drɔp na di si we  
mɔtalman gɛt, di impak we da layf de gɛt kin rili impɔtant en  
wi nɔ fɔ tek am smɔl

di wef dɛn we de na di si we de blo  
Solar sistem vortices  
en kɔrɛnt dɛn we di kɔsmik fɔs dɛn de mek  
en planɛt dɛn we de flɔt na di spes  
Lɛk ays blɔk dɛn we de midul di si  
Dɛn ɔl de dans pan di brɔst fɔ di muvmɛnt we go de sote  
Mama we ful-ɔp wit sɔri-at en lɔv de sho se Gɔd gɛt sɔri-  
God de sho in sɔri-at wit flawa  
Establish insay yusɛf wan tɛmpul we fayn en pis usay yu  
go fɛn Gɔd na di oli ples fɔ yu sol  
Insay ɔl wi rilayshɔnship dɛn we gɛt wanwɔd, wi fɔ  
mɛmba se Gɔd in lɔv de biɛn ɛvri kayn at we de bit wit lɔv en  
wanwɔd

\* \* \*

Layf de slip na di rɔf grɔn, drim bɔt fayn fayn tin dɛn na  
flawa dɛn, wek pawaful wan pan animal dɛn, ɛn insay  
mɔtalman kɔnshɛns de no se i ebul fɔ du sɔntin we nɔ gɛt  
limit

I nɔ gɛt wan dawt fɔ se i kin go insay di maynd bɔt aw  
Gɔd de ɛn aw i de nia am we di pɔsin we de luk fɔ am si se di  
wan ol yunivas na tin we Gɔd mek ɔltin kɔmɔt frɔm di tin dɛn  
we wi nɔ de si, i de na dis wɔl fɔ shɔt tɛm, dɔn i de go bak to  
di we aw i nɔ de si we in layf dɔn na dis wɔl  
Insay ɛni atɔm na dis wɔndaful yunivas, Gɔd de mek  
wɔndaful tin dɛn ɛn mirekul dɛn ɔltɛm  
Di win go bi fɔ trut ɛn gud kwaliti ɔltɛm na di ɛnd, ilɛksɛf  
i tek lɔng tɛm

Nɔ mek sɔfa ɛn lɔs wik yu disayd ɛn damp yu spirit Wan  
de yu go go insay di say we di spirit de ɛn gɛt gladi at we yu  
nɔ go ebul fɔ tɔk bɔt ɛn ɔl wetin yu de op fɔ Tru pen, wi fɔ lan  
fɔ sɔri fɔ ɔda pipul dɛn, fɔ ɔndastand aw dɛn de fil, ɛn fɔ du ɔl  
wetin wi ebul fɔ ɛp dɛn  
ɔltin na di wɔl we wi de si de sho se i de muv, i de chenj,  
ɛn i nɔ de tinap tranga wan, bɔt di kayn we aw Gɔd tan na fɔ  
kol, kwayɛt, ɛn kwayɛt

Dip sinsi na sɔntin we nid fɔ de na di spiritual rod, bikɔs  
insay di klin at ɛn di klia we aw pɔsin want fɔ du sɔntin, di sol  
de bɔn

Insay di gadin dɛn we gɛt layf, a de muf wit gladi at frɔm  
wan tik to di ɔda tik, ɛn a go dɔn land, O Masta, pan yu an  
we yu es we de wɛlkɔm mi

\* \* \*

:Fɔ divɛlɔp yusɛf

Pɔsin fɔ ɔganayz in layf ɛn rid di bɛst buk dɛn we  
mɔtalman maynd dɔn mek instead fɔ west in tɛm pan ridin  
dɛn we nɔ gɛt wan minin, ɛn fɛn wok we fit am na layf ɛn  
tray fɔ du in wok fayn ɛn fayn

Bɔku pipul den kin tray tranga wan pan bɔku wok den  
wit smɔl sakrifays Di wan den we want fɔ divelɔp dɛnsɛf nɔ  
kin ebul fɔ ɔndastand ɔltin bɔt bɔku tin, bɔt den kin no smɔl  
bɔt ɔltin, ɛn no ɔltin bɔt wan tin

No na big big si, ɛn spiritual sɛns nɔ gɛt limit Pan ɔl we  
di Wɔl na smɔl pɔynt na di wan ol wɔl, i rili big na wi yay  
Bɔt pan ɔl dat, bikɔs mɔtalman de go bifo, wi wɔl de  
smɔl bikɔs wi de yuz transpɔt ɛn [kɔmyunikeshɔn] tide, ɛn i  
nɔ go te igen wi go begin fɔ tink bɔt fɔ travul go na ɔda planet  
!den

Wan fɔ kɔntinyu fɔ balans Di wan den we nɔ de tek tɛm  
wit di tin den we den de liv bay we den de pe atɛnshɔn pan di  
tin den we gɛt fɔ du wit Gɔd biznɛs nɔmɔ, den de pɔnish den  
bay we den nɔ de tink di rayt we

Matirial duti den rili impɔtant ɛn den gɛt fɔ du wit sɔshal,  
nashɔnal, ɛn intanashɔnal ɔbligayshɔn Intɛlektual duty bɛtɛ  
pas matirial duty, ɛn den fɔ gi spiritual ɛn moral duti den fɔs  
Di maynd fɔ fri frɔm smɔl smɔl abit den we de mek pɔsin  
bisin tumɔs wit matirial tin den

Unleash di sources of yu genius ɛn latent pawa, ɛn  
smayl di smayl fɔ insay satisfay we nɔbɔdi nɔ go ebul fɔ tek  
away frɔm yu

Tu pawa de drɛb dis wɔl: di pawa fɔ gud ɛn di pawa fɔ  
bad ɛnibɔdi we tek gud as den gayd ɛn mentɔ go gɛt gud de  
ɛn gladi layf, ɛn ɛnibɔdi we alaw bad fɔ dayrɛkt den kɔs ɛn  
kɔntrol den impuls go gɛt sɔfa ɛn misɛf as in lɔt

Di ki wɔd fɔ bɔku pipul den na "mi," bɔt pipul den we gɛt  
spirit kin tink bɔt ɔda pipul den lɛk aw den kin tink bɔt dɛnsɛf

Di wan den we de tink bɔt dɛnsɛf nɔmɔ kin mek ɔda  
pipul den et dɛnsɛf ɛn et den, ɛn di wan den we de tink bɔt  
ɔda pipul den ɛn fil aw den de fil kin si se ɔda pipul dɛnsɛf kin  
tink bɔt den ɛn sɔri fɔ den

Na insul to yusɛf fɔ bɔn, liv ɛn day we yu nɔ no di rizin  
we mek den briŋ am kam na dis wɔl as mɔtalman fɔs

Fɔ fɔgɛt pɔsin we mek ɔltin min se i nɔ fɔ no di rizin we  
mek i de, pan ɔl we i de tink bɔt Am ɛn rili want fɔ fil se i de  
de, i de brɪŋ bɔku bɛnɪfɪt ɛn blɛsin dɛn pan Gɔd biznɛs as tɛm  
de go

Fɔ gɛt prɔpati ɛn jɛntri nɔto garanti fɔ mek yu nɔ gɛt  
pwɛl hat ɛn sɔri wan de go kam we pɔsin go fil se i nɔ ebul fɔ  
du ɛnitin ɛn i nɔ gɛt pawa, i go bi sɔntin we i go ple na di fate  
in an; dɔn dɛn go no se na Gɔd nɔmɔ de sɔpɔt dɛn, de  
prɔtɛkt dɛn, ɛn na dɛn sɛf ples

ɛnitɛm we yu fil se yu sɔprayz wit wan wɔndaful tin we  
yu si ɔ wan strenj tin, lɔk yu yay, tɔn insay, ɛn tink bɔt di say  
we i kɔmɔt frɔm Gɔd

Mɔtalman jɔs de si di bɔku bɔku tin dɛn we de kɔmɔt na  
di divayn faktri we ayd biɛn di tin dɛn we Gɔd mek, ɛn if i bin  
ebul fɔ go insay di faktri insɛf, i go si di wɔndaful we aw ɔltin  
na dis wɔl de kam

\* \* \*

A bin aplay to yu  
ɛvri mɔnin a de gi mi bɔdi, mi maynd, ɛn ɛvri abiliti we a  
gɛt fɔ yu, we nɔ gɛt ɛnd, fɔ yuz ɛni we we yu pik, so dat yu  
go ebul fɔ sho yusɛf tru mi  
Mi silent melodies of longing for yu go sing to di ritm of  
mi hat bit

A no se ɔl wok na yu wok ɛn no wok nɔ at ɔ we nɔ gɛt  
wan valyu as lɔng as dɛn de gi yu wit padi savis  
Insay spiritual wɔd, a de aks fɔ no Yu prezɛns Yu na di  
ɔrijin ɛn ɛsin fɔ ɔl di tin dɛn we gɛt layf Mek a si Yu insay ɛvri  
atɔm na mi bi ɛn fil Yu insay ɛvri tink we a gɛt  
O Masta, dayrɛkt di strim dɛm fɔ wi gladi-at so dat dɛn  
nɔ go lɔs dɛnsɛf na di san fɔ shot tɛm sɛnsful gladi-at  
Mek di smɔl smɔl wata we de kɔmɔt na wi sɔri-at nɔ dray  
na di dɛzat dɛzat dɛn we wi de tink bɔt wisɛf nɔmɔ

Mek di solitary, isolated channels of wi emotions miks

wit di boundless lek of yu lov

Mek di smol smol riva den na wi layf big bay di boku

boku ren we Yu blesin den de kam, so dat den go kros di  
wayd, spays ples den we ombul, sakrifays fo wisef, en tink  
bot oda pipul den filin, so dat den go don go insay, wit ol klin,  
Yu big si

Divayn konsheens, wit in gladi at we de na evin, na di  
majik alkemi we de chenj di dense lid fo layf we no fayn na  
dis wol wantem wantem to di gold we de shayn we de mek  
gladi at we de nyu oltem

We di doti we de mek tin den we de mona pipul den  
begin fo setul, di pawa we God get kin begin fo sho insef na di  
klia, klin wata we de na di konsheens

\* \* \*

Di voys we go de sote go adres mi wit saful, low toyn, en

:se

A don wispa na yu yes ol yu ej fo slip: 'Awake!' En naw"

yu don lef yu slip a de tel yu se: Wek yu broda den Wok wit  
."mi, so dat olman go yeri mi wod

:So a promis, en se

A go du ol wetin a ebul fo spre yu kol en sheb yu mesej,"

en we a komot na mi wol fom, a go borrow yu ol-present voys  
:fo wispa to at den we get wanwod

Lisin to in divayn hymns fo spiritual komfort, bikos i de kol

yu oltem

A go wet fo ol mi boku boku broda en sista den; as den

de waka sloslo insay wan long, long prushon fo go na di  
blesin gol fo no densef, en tru (Whispers from Eternity) a go  
:wispa to den

Wek, mi broda dem, en le wi fala in voys we de kol wi"

."we no de stop, en le wi go bak togeda na di evin os

Wi fo wispa God in nem na wi at pan di rosary we de  
mek posin want fo du scontin en we God lek, en na dat na di  
tru wship we de toch God in at



Fɔ kɔl Gɔd in nem wit kol at ɛn maynd we de waka waka  
na fɔ tɔk bad ɛn nɔ rɛspɛkt We pɔsin de pre, in at ɛn maynd  
fɔ ful-ɔp wit di lɔv we Gɔd gɛt

\* \* \*

Fɔ tɔn yu bak pan di tin dɛn we di wɔl lɛk fɔ du ɛn lɛf fɔ  
du wetin di wɔl want nɔto bad tin, bɔt na fayn tin I nɔto natin  
pas fɔ lɛf fɔ gɛt gladi-at, ɛn nɔto natin pas fɔ sɔrɛnda fɔ sɔfa  
Asceticism nɔ fɔ tink se na rod fɔ sakrifays Difrɛn frɔm  
dat, na blɛsin investismɛnt, so dat di smɔl mɔni we wi de  
spɛn fɔ kɔrɛkt wisɛf go mek wi gɛt bɔku bɔku spiritual dɔla Yu  
tink se i nɔ mek sɛns fɔ spɛn di gold kɔyn dɛn we wi de yuz  
fɔ shot tɛm fɔ bay di kingdom we gɛt gladi-at we go de sote  
?go

Wi fɔ put wisɛf insay da klin, dip filin de we de mek wi  
stɛp ɛn swɛt insay wi we wi de luk di wɔndaful tin dɛn we  
Gɔd mek Dis na di we fɔ no Gɔd tru di lens fɔ di fayn fayn tin  
dɛn

Di wan we de du gud tin, ilɛksɛf na fɔ falamakata am  
nɔmɔ, gɛt di chans fɔ blo di fayn fayn sɛnt we de mek i fil  
fayn ɛn we de mek i want fɔ du mɔ Bɔt di wan we de du bad  
tin bay wilful fɔ falamakata ɔda pipul dɛn, i nɔ go ɛva gɛt  
sɔntin fɔ du wit di bad smel dɛn we nɔ fayn ɛn we de mek i  
vɛks

\* \* \*

Nɔbɔdi nɔ gɛt di sem pɔsin lɛk yu Nɔbɔdi nɔ gɛt di sem  
fes Nɔbɔdi nɔ gɛt di sem spirit lɛk yu Gɔd mek yu spɛshal  
wan, ɛn nɔbɔdi nɔ tan lɛk yu  
Pɔsin fɔ pul di men tin frɔm di tin we i de rid ɛn gɛt  
prɛktikal bɛnifit frɔm da tin de  
Dɛn kin mek di Pis prodak na layf ɛksperiɛns faktri fɔ yuz  
na ɛvrɛde layf

Pis na di mɛrɛsin fɔ ɔl di sik dɛn we pɔsin kin gɛt na in  
maynd Di wan dɛn we kin kɔntrol dɛnsɛf, ilɛksɛf na fɔ it, fɔ  
biev, ɔ fɔ du mared, ɛn we ɔnɛs, we pɔsin kin abop pan, ɛn  
we de kip mɔni, na dɛn kin gɛt tru tru pis

Wi kin gɛt pis we gri wit Gɔd in ɫɔ dɛn ɛn di ɫɔ dɛn we de  
na di wan ol wɔl Di wan dɛn we lɛk Gɔd, we de ɛnjɔy fɔ gɛt  
kol at, we de gladi fɔ du gud, ɛn we de tink ɛn tink gud wan  
bɔt am, na dɛn de gɛt pis  
Mama we ful-ɔp wit sɔri-at uman filin na sayn fɔ divayn  
sɔri-at

Di blos we di divayn pis ɛn di spiritual achivment dɛn we  
de insay pɔsin kin gɛt na natura frut fɔ tink gud wan ɛvrɪde  
ɛn na gladi at we dip ɛn dip pas di jɛntri ɛn jɛntri we de na di  
wɔl

Natin nɔ de we swit ɔ gladi pas divayn prezɛns We yu no  
dis trut, yu go gladi pas ɔlman ɛn di rich wan pan di rich  
Matirial jɛntri na ya na dis wɔl nɔmɔ dɛn kin yuz; i nɔ go ebul  
fɔ yuz am na di nɛks wɔl Bɔt di gold we Gɔd gɛt, we dɛn pul  
frɔm di mayn dɛn we dɛn de tink bɔt, na mɛtal we gɛt blɛsin  
ɛn we de ridyus ɔltɛm, we bɛnɪfit ɔl tu di wɔl dɛn ɛn we nɔ de  
pwɛl sote go

\* \* \*

We di sol wek, di kɔlɔ dɛn kin brayt mɔ, sawnd kin gɛt  
swit rɛsɔnans, di sɛns kin mek i fil fayn, di sol kin fil in bɔku  
bɔku wan na di spɛs, di maynd kin no di vaybreshɔn we de  
kɔmɔt frɔm ɔda pipul dɛn, ɛn di ebul fɔ ɛnjɔy layf kin bɔku

\* \* \*

Pipul dɛn kin kɔmplɛn bɔt di aidia fɔ giv ɔp sɔm tin dɛn  
na layf, yet in rialiti, dɛn kin giv ɔp bɔku valyu tin dɛn, we  
nɔtɔ di las wan na pis na dɛn maynd Sɔntɛnde dɛn kin ivin  
sakrifays dɛnsɛf fɔ mɔni, we kin pas ɛn we kin pwɛl Dɛn kin  
tek jɛntri frɔm pɔsin, ɔ dɛn kin tek am frɔm am, we dɛn  
kɔmɔt na dis wɔl ɛn nɔ ebul fɔ tek am wit dɛn Di tru valyu fɔ  
mɔni de pan fɔ spɛnd am pan bɛnɪfit tray ɛn fɔ mek pɔsin ɛn  
ɔda pipul dɛn gladi di we we go mek Gɔd ɛn in kɔnshɛns  
gladi

Di wɔl ful-ɔp wit natura ɛn mɔtalman big big briz, ɛn Gɔd  
na di strɔng shild ɛn sɛf ples frɔm di big big briz, ebi ebi ren,  
ɛn di bad tin dɛn we de apin na dis wɔl

Enisay we Gɔd de, nɔbɔdi nɔ de fred ɔ sɔri Di tru biliva  
tinap tranga wan en prawd insay di fɛt fɔ layf en di strɛch fɔ  
tin dɛn we de apin, i sho se Gɔd de wit am, i de protɛkt am  
frɔm bad tin en i nɔ de ɛva lɛf am fɔ wan mɔnt So, fred de lɔs  
na in at en sho se i de tek am, na protɛkshɔn we dɛn nɔ go  
ebul fɔ fos am

\* \* \*

:If yu want in ansa  
Ilɛksɛf i ansa ɔ i nɔ ansa  
Kɔntinyu fɔ kɔl am  
Kɔntinyu fɔ beg am na di oli ples usay yu de pre ɔltɛm  
. ,Ilɛksɛf i kam ɔ i nɔ kam  
Trust se I de kam nia yu mɔ en mɔ  
Wit evri longing fɔ yu hat  
. ,Ilɛksɛf i du wetin yu aks fɔ ɔ i nɔ du am  
Kɔntinyu fɔ sho se yu lɛk am  
Ivin if i nɔ de ansa  
. ,Jɔs di we aw yu go ɛkspekt  
Trɔst se i go ansa am wit sɛns  
En insay di dip daknɛs, una prea dɛn  
Na di midul fɔ di dans fɔ layf, day, en pen  
If yu kɔntinyu fɔ kɔl am  
Witout in silence sadden yu  
Yu go gɛt in ansa

\* \* \*

Lɛ wi wok fɔ bil wan wɔl we gɛt wanwɔd, usay ɔl neshɔn  
na yusful mɛmba, we Gɔd de gayd am tru mɔtalman  
kɔnshɛns we de wach  
Insay wi at, wi ɔl kin praktis fɔ fri wisɛf frɔm di we aw wi  
de tink bɔt wisɛf nɔmɔ en fɔ et wisɛf  
Lɛ wi pre fɔ mek ɔl di neshɔn dɛn gɛt wanwɔd, so dat  
dɛn go waka an to an tru di get dɛn fɔ wan nyu, sublaym  
sivilizayshɔn

Wɔd dɛn we gɛt tru, we kɔmɔt na dɛn at, ɛn we swit tan  
lɛk nɛktɔ we de mek sol dɛn we tɔsti, dɛn nid ɛn want dɛn  
kayn wɔd dɛn ya ɔlsay ɛn ɔltɛm  
As fɔ wɔd dɛn we at fɔ tɔk, we de mek pɔsin vɛks, ɛn we  
de mek pɔsin fil bad, dɛn kin kil ɔda pipul dɛn sol ɛn pwɛl dɛn  
pis we de insay dɛn Na bɔl we de pwɛl di bildin fɔ padi biznɛs  
ɛn faya we de bɔn os dɛn we sef ɛn we nɔ gɛt wan prɔblɛm  
Pɔsin fɔ kip harsh wɔd dɛn fa frɔm in lip sote go ɛn mek  
in layf na os sef frɔm trɔbul ɛn separeshɔn wantɛm wantɛm  
Kid wɔd dɛn kin mek gladi at na padi ɛn ɛnimi dɛn at, na  
kɔmyuniti, ples dɛn fɔ wɔship, ɔfis, wokples, ɛn ɔlsay Pipul  
dɛn kin fil gladi at insay we pɔsin we nɔ izi ɛn we nɔ gɛt bɛtɛ  
maynd kɔmɔt na dɛn ɛn dɛn kin gladi fɔ si padi we rili gɛt  
sɛns, we sabi tɔk fayn, we gɛt gud at, ɛn we ɔmbul  
We yu tray fɔ gɛt wetin yu nid ɛn satisfay wit wetin Gɔd  
mek am izi fɔ yu, yu go jɛntri pan spirit ɛn satisfay pas di  
wan dɛn we rili want di wɔl ɛn we want fɔ it di tin dɛn we de  
insay de  
Gɔd de wok fɔ divɛlɔp di art fɔ liv rayt bay we i de sho in  
trut tru wan miks we difrɛn sivilizayshɔn, mentaliti, ɛn  
nashɔnaliti miks  
No neshɔn nɔ pafɛkt insɛf, ɛn if wi miks di bɛst kwaliti  
dɛn we ɔl di kɔntri dɛn gɛt, dat go mek wi no di bɛst tin dɛn  
fɔ no bɔt di art fɔ liv balans ɛn layf we go mek wi gɛt  
sakrifays I fayn fɔ no se ɔl di big big pipul dɛn bin rich di say  
we dɛn bin dɔn du di sivilizayshɔn ɛn dɛn bin gɛt di ay ay  
mɔtalman aydia ɛn prinsipul dɛn na dɛn layf  
Gɔd in tɛmpul de insay di sol Enta di kwayɛt na da  
tɛmpul de ɛn sidɔm fɔ tink gud wan usay di layt fɔ sɛns de  
shayn pan di ɔlta fɔ di spirit Enta da tɛmpul de we mɔtalman  
an nɔ tɔch, usay nɔbɔdi nɔ de wɔri ɔ fred  
Kam to di pis we de na spiritual solitude ɛn yu go yɛri  
Gɔd in vɔys de tɔk to yu insay di langwej we de mek yu nɔ  
tɔk natin, ɛn yu go no se di tin we pɔsin nɔ de si dɔn bi pɔsin  
we pɔsin kin si ɛn wetin i tan lɛk se nɔto rial tin dɔn bi rial

Balans fayn ɛn i fɔ bi di fawndeshɔn fɔ wi filin, tink, ɛn  
akshɔn, ɛn di aks we wi layf de rɔn rawnd  
Gret sol dɛn kin kip dɛn kɔmpin ɛn pis, we kin ɛp dɛn fɔ  
go tru di prɔblɛm dɛn ɛn trɔbul dɛn na layf we dɛn nɔ kin lɔs  
dɛn sɛns ɔ balans

Gɔd de ɔlsay, i de manej di wɔl dɛn ɛn gayd di galɛksi  
dɛn na ɔbit dɛn we nɔ gɛt ɛnd ɛn mɔtalman, we dɛn mek lɛk  
aw i tan, gɛt di pawa bak fɔ manej in layf ɛn kɔdinɛt in  
aktiviti dɛn we nɔ de wɔri ɔ distɔblɛshɔn

Wi fɔ sɛn ɔda pipul dɛn aidia ɔltɛm bɔt lɔv, gud-wil, ɛn  
pis

Insay di strɔkchɔ fɔ meditashɔn, usay di layt fɔ sɛns de  
shayn ɔltɛm na di ɔlta fɔ di sol, nɔ de wɔri, nɔ strɛs, nɔ  
tɛnsiɔn, nɔ nervɔs, bɔt na fɔ gɛt kol at, fɔ gɛt kol at, fɔ gɛt  
kɔnfidɛns pan yusɛf, ɛn fɔ gɛt tru tru gladi at  
Masta, ɛp wi fɔ win di dɛbul dɛn we de mek pipul dɛn nɔ  
gɛt wanwɔd ɛn nɔ gɛt wanwɔd ɛn mek sol dɛn nɔ kam togɛda  
fɔ lɛk gud ɛn wanwɔd

ɔl gud tin dɛn we Gɔd kin du na tin we Gɔd kin gri wit as  
lɔng as dɛn de du am wit spiritual ɔwe Di tin dɛn we pɔsin kin  
du na di tin dɛn we pɔsin kin du we i de tink bɔt insɛf nɔmɔ  
Di barɛri bitwin di tin dɛn we pɔsin kin du ɛn di tin dɛn we  
pɔsin kin du fɔ di spiritual wok fɔ brok ɔl di tin dɛn we pɔsin  
kin du wit gud rizin na tin dɛn we klin ɛn i kin ɛp fɔ klin di sol  
frɔm dɔti ɛn dɔti tin dɛn

Pik yu kɔmpin dɛn fayn fayn wan ɛn tink gud wan Bi wan  
tru tru padi to dɛn, bɔt ɔltɛm kip sɔm distans, ɛn mek rɛspɛkt  
fɔ unasɛf bi di link bitwin yu ɛn dɛn Nɔ pas di say we yu fɔ du  
wetin rayt wit dɛn

I izi fɔ mek yu gɛt gud padi biznɛs wit ɔda pipul dɛn, bɔt  
if yu want fɔ kɔntinyu fɔ lɛk yu ɛn rɛspɛkt yu, yu fɔ du wetin  
dis advays se

\* \* \*

Tru prea, tink gud wan, ɛn fet, pɔsin kin gɛt spiritual  
gayd, ɛn nɔbɔdi nɔ go ebul fɔ liv wit pis ɛn kwayɛt if dis insay

wanwɔd nɔ de Bɔt fɔ ɡɛt ɡayd dairekt frɔm Gɔd, pas fɔ abop  
pan jɔstis we kɔmɔt frɔm wetin i want, we i want, ɔ abit, i nid  
fɔ no klia wan ɛn ɔndastand gud gud wan  
No se ɔl wetin yu de tray fɔ ɡɛt, ɛn bɔku tin pas dat, de  
wet fɔ yu insay Gɔd

Wan ivintɛm, di ticha we nem Paramahansa bin tɛl di  
:student dɛn se  
Pɔsin nɔ min natin to mi, bɔt padi biznɛs rili valyu Insay"  
tru tru brɔdaship, pɔsin kin si tru tru glimmer fɔ padi padi:  
."Gɔd

Dɔn i tɔk bak se: "Una fɔ tek tɛm mek yu nɔ ful yu padi ɔ  
mek yu kɔmɔt biɛn mɔtalman, bikɔs dat na wan pan di big  
. "big sin dɛn we di ɔ se Gɔd fɔ du wetin rayt

\* \* \*

Divɛlɔp mɔ trɛnk na yu maynd Kɔltivayt da trɛnk de so  
dat, ilɛk wetin apin, yu go tinap tranga wan lɛk di wan dɛn  
we ɡɛt maynd na di fɛt fɔ layf ɛn fɔ bia wit ɔl di prɔblɛm dɛn  
If yu lɛk Gɔd, yu fɔ ɡɛt fet ɛn rɛdi fɔ bia ɛn kɔntinyu fɔ  
bia we bad tin, bad tin, ɛn prɔblɛm dɛn kam  
Nɔr pwɛl at ɔr frayd fɔ de pen, bɔt woke fɔ kip yu maynd  
fayn ɛn strong

We yu test di rial doz fɔ spiritual extasy, yu go si se no  
ɔda ɛksperiɛns nɔ go kɔmpia to am  
Mama ɛn papa dɛn fɔ tray ɔltɛm fɔ mek dɛn pikin dɛn no  
bɔt Gɔd biznɛs bay we dɛn de tich dɛn fɔ tink gud wan ɛn fɔ  
no wetin fɔ du so dat dɛn nɔ go sɔfa fɔ ple wit di faya we de  
mek dɛn gladi fɔ ful ɛn lay lay tin dɛn

We divayn gladi at de kam dɔŋ, mi briz kin kol, ɛn mi  
spirit kin go ɔp, a kin ɡɛt di gladi at we wan tawzin slip kin  
ɡɛt wan tɛm, bɔt stil a nɔ kin lɔs mi ɔdinari sɛns Dis kɔsmik  
ɛksperiɛns na fɔ di wan dɛn we de dip dip wan fɔ rich di ay ay  
stet fɔ kɔnshɛns

\* \* \*

:Di yay we de na di at

Olman de sho, to difren digri, di pawa we di insay yay ɔ  
di sɛns gɛt l de kɔmɔt frɔm wan ɔrayzin we gɛt kol at ɛn pis,  
we de gi kɔrɛkt ɛn rili no bɔt tin ɛn pipul dɛn we nɔ nid fɔ gɛt  
infɔmeshɔnal pruf ɔ sɛns pruf; dis wi no frɔm wi yon  
ɛksperiɛns dɛn

Tru insayt kin kam as kol ɛn sinsi filin, difren frɔm di filin  
wɔri ɛn nɔr de stɛp dis insayt kin sho as insay vɔys ɔr wispa  
na di at, ɛn i impɔtant fɔ difrɛns bitwin tru tru insay gayd ɛn  
di mistek vɔys dɛm na di sabkɔshɔs

Tru insayt (intuition) nɔto rigid biliv bɔt fɔ ɔndastand di  
trut dairekt ɛn kriyɔ tinkin na di bɛst antidote fɔ abnɔmal  
temperament

Temperamental tendencies take hold of consciousness

when a person is in a negative or agitated state We di  
maynd nɔ gɛt gud tin fɔ tink, in ɔna kin gɛt pwɛl hat ɛn lod  
wit wɔri ɛn wit pwɛl hat ɛn wɔri, di dɛbul kin bi gɔst na da  
!pɔsin de tink, i kin kɔntrol di pɔsin we de ɔs am kɔmplit wan  
So, mi padi, wok fɔ divɛlɔp kriyaytiv aydia We yu nɔ de  
du manual wok, du sɔntin kriet na yu maynd Kip am  
occupied so dat tɛm nɔ go lɛf fɔ wallow in strɛs ɛn wɔri  
Padi biznɛs nɔ de satisfay wi sol pas i gɛt in rut pan wan  
shɛrɛd lɔv fɔ Gɔd Wi want fɔ ɔndastand ɛn padi biznɛs frɔm  
ɔda pipul dɛn na, fɔ tru, di sol in want fɔ gɛt wanwɔd wit in  
sɔs: Gɔd

Di mɔ we wi de tray fɔ satisfay da long we de tru tin dɛn  
we de na do, na di mɔ wi nɔ go ebul fɔ fɛn di kɔmpin we ay  
pas am

If yu gɛt strɔng maynd ɛn gɛt maynd we nɔ de shɛk, yu  
kin kɔntrol yu destiny Tray fɔ tɛst yu maynd trɛnk pan smɔl  
smɔl tin dɛn fɔs, ɛn wok fɔ mɛk i strɔng fɔ ajɔst bɔku big tin  
dɛn we a dɔn ɛksperiɛns dis na mi layf, ɛn a de tɔk wit  
kɔnvikshɔn

Di wangren we fɔ avɔyd fɔ du bad na fɔ gɛt gud sɛns fɔ  
no se pɔsin dɔn du bad ɛn disayd nɔ fɔ du am

Wan rɔŋg fɛt ɔda nɔ de prodyuz rayt Ignorance na  
mɔtalman in tru tru ɛnimi ɛn dɛn fɔ drɛb am kɔmɔt na dis wɔl  
Wi gɛt ɔl wetin wi nid na dis wɔl fɔ mek wi kam wit wan  
ɛj we pipul dɛn go gɛt bɔku prɔpati, gladi at, ɛn pafɛkt jɔstis  
Di wangren tin we de ambɔg wi na fɔ tink bɔt dɛnsɛf nɔmɔ,  
we de mek dis nɔ pɔsibul Bari ɛn nɔ gɛt rayt fɔ sɔfa na bikɔs  
mɔtalman de tink bɔt dɛnsɛf nɔmɔ ɛn dɛn de tray fɔ du wetin  
dɛn want ɛn dɛn nɔ de tink bɔt ɔda pipul dɛn

\* \* \*

Frɔm di arkiv dɛn: Di avɛst fɔ et  
Nasi ɛn Zakir bin et dɛnsɛf Di fɛt bitwin dɛn bigin we dɛn  
bin yɔŋ student na skul, ɛn we dɛn big, di ɛnimi bin de gro  
wit dɛn ɛn dɛn bi rival dɛn na di biznɛs fɔ sɛl shuz  
Wan tɛm, dɛn bin de kɔmpit fɔ gɛt gyal in an na mared,  
ɛn bikɔs Nasi bin strong pas Zakir smɔl, i bin bit am bad bad  
wan ɛn lɛf am we i nɔ no natin We Zakir bin gɛt kɔnshɛns  
bak, i bin shem, i bin rigrɛt, ɛn i nɔ bin lɛk wetin dɔn apin to  
am

Afta sɔm ia, Zakir bin disayd fɔ muf go na wan siti fɔ go  
wok ɛn liv

Nasi bin dɔn fɔgɛt wetin apin, bɔt Zakir nɔ bin ebul fɔ pul  
di shem ɛn shem we Nasi bin mek i shem pan in mɛmori Bɔt  
pan ɔl dat, i bin de kɔntinyu fɔ ripit ɛn afɛm to insɛf se, "A go  
."fɔgiv Nasi ɛn a nɔ go mɛmba di bad tin we i du agɛns mi  
Bɔt afta sɔm mɔnt, Zakir bin kam fɔ no se di tɛm we i  
bin de mek shɔ se i fɔgiv am ɛvrɛde, insay in at, i bin want fɔ  
revang, ɛn i bin de wet fɔ chans fɔ mek i gɛt di sem kayn blo  
fɔ satisfay in tɔsti fɔ blem

Afta sɔm tɛm, Nasi fil wan strenj pul we de drɔ am go na  
di siti usay in ol rival, Zakir, bin dɔn muf I nɔ bin gɛt wan  
dawt se sɔntin de kam apin Zakir, bɔt, i bin no se Nasi de na  
di siti ɛn i bigin fɔ tek tɛm wach aw i de muv  
Wan ivintɛm, Nasi bin go waka ɛn fɔ "smɛl di fresh briz,"  
pan ɔl we di wɛda bin dak ɛn ren bin de kam



As i de waka in wan na wan rod we nɔbɔdi nɔ de, i pas  
bifo wan opin-ɛya westɛm, we Zakir bin de fala am tif ɛn tek  
tɛm, ɛn we di chans kam, i disayd fɔ sɛtul di akɔn wit  
kɔmpawnd interes

I bin gladi pasmak, so i si se wan solid tayl dɔn fɔdɔm  
frɔm wan pan di stoa wɔl, so i grap am ɛn nak in fɔma rival in  
ed wit pawa, trowe am na grɔn, ɛn storm bak di we aw i kam  
we Nasi nɔ no se i de

Afta sɔm awa, di ren stop, di klawd klia, ɛn wan rayt we  
di mun de shayn kɔmɔt na wan ol we de ɔp di wɔl, Nasi wek  
fɔ si se i ledɔm na grɔn, i fil se i wik bad bad wan  
I tray fɔ no wetin apin, ɛn we i si wan tayl nia am ɛn wan  
ol na di wɔl we de ɔp am, i kam fɔ no se we i de waka nia di  
westɛm, in bad lɔk dɔn mek da tayl de fɔdɔm frɔm di wɔl in  
ed ɛn krash dɔŋ na in ed

Di moral fɔ dis stori na dat mɔtalman kin fɔget di bad tin  
we dɛn dɔn du to ɔda pipul dɛn, pan ɔl we di bad tin dɛn we  
dɛn du kin apin we dɛn nɔ go ɛva fɔget, ɛn di bad tin dɛn we  
kin apin to dɛn we dɛn du dɛn tin dɛn de kin rɔnata dɛn  
kwayɛt wan na di daknɛs we nɔ no natin jɔs lɛk aw kaw kin  
fɛn in kaw pikin wit bɔku bɔku ɔda pipul dɛn, na so bak di  
bad tin dɛn we kin apin we wi du sɔntin kin get pawa fɔ  
kɔntinyu fɔ trak wi ɛn sho usay wi de, ivin afta lɔng tɛm  
If Nasi bin get sɛns ɛn tray fɔ sɛtul di agyument bitwin  
insɛf ɛn in rival Zakir ɛn aks am fɔ padi afta da tin de apin,  
sɔntɛm i bin fɔ dɔn mek in ɛnimi in wamat nɔ bɔku ɛn tin nɔ  
bin fɔ dɔn go fa pas dat

Bɔt tin nɔ bin chenj, ɛn di sid dɛn fɔ bad bad tin dɛn we  
go apin to am bin de gro ɛn gro na di bɛlɛ we dak tumara  
bambay, we bin de dɔn wit wan bad bad bɔn Fɔ avɔyd  
sɔprayz we nɔ fayn, di sid dɛn fɔ di bad tin dɛn we de apin  
we de ayd na di grɔn na di maynd fɔ bɔn, ɛn fɔ si tin bifo tɛm  
fɔ du sɔntin, bikɔs di lɔ we de ɔlsay na di wɔl se pɔsin fɔ  
ripɛnt di frut fɔ di tin dɛn we pɔsin de du, ilɛksɛf i gud ɔ i bad,  
i swit ɔ i bita

Le wi memba se evri akshon kin lef trays we den kin kip  
as tendencies en inclinations na di maynd If den no dil wit  
den tin ya wit sens en pruf, den go mek den get problem den  
we kin mek posin denja Bot we di faya we get sens bon di sid  
den fo di bad akshon den, den no go ebul fo gro bak

Tumara map, o: Wan dimand we fit fo mek yu tray

**From wetin di ticha de tich**

**Paramhansa Yogananda, we de wok fo yu**

**If yu de waka waka we yu no get eni aim na layf de  
wet fo chans fo mek yu get sakrifays, i go mos bi se  
den chans den de no go kam nak, en yu no go fen  
sakrifays Bot if na yu de disayn yu yon fiuja en dro di  
map fo yu tumara bambay wit yu yon an, den gladi fo  
rich yu gol, bikos yu don rili nia fo rich di tin we yu  
want**

**Fo mek yu ebul fo disayn map we go wok fayn, fos  
yu fo sho wetin yu want fo du Wetin sakrifays min fo  
yu? Wetin yu want from sakrifays? If yu ansa na fo get  
nem, jentri, o fo du wetin yu want fo du wit yu yon  
propati, dat min se yu de go fo mek yu at pwel bad  
bad wan en yu no go ebul fo du am atol**

**Di pipul dem we no get sakrifays pas ol na di wan  
dem we den nem de na olman in lip di wan dem we get  
di abiliti fo bay enitin we den lek en get - akodin to  
matirial standad - ol wetin den sol want, bot yet den  
no get gladi at! So wetin mek yu fo kontinyu fo waka  
na di sem rod we no get rod?**

**Fo get nem en fo get gud propati kin bi di frut den  
we posin kin get we i rili get sakrifays, bot den noto di  
men tin we kin mek posin get sakrifays, en noto di**

**kwaliti den we important pas ol Infakt, den no nid fo du am atol fo mek posin get sakrifays**

**So wetin na di rizin? Wetin posin fo luk fo na layf? Wan gol de we wi fo tray fo du en tray fo get: gladi at Dis kin mek i nid fo pul di tin den we ayd na layf from evri mont, fo di wan den we sabi fo luk fo en no usay den valyu tin den de**

**En no, O posin we de luk fo gladi at, se if yu jos pe atenshon to yu de**

**En if yu mek yu de rich wit yu fayn wad den, du tin den we go benefit yu, en tink gud wan**

**Yu de go bi yu loyal padi en yu golden chans**

**Yu paspot en visa go bi yu entre insay wan promis en brayt fiuja we ful-op wit sakrifays**

**So, di neks tin we yu fo du fo mek yu map yu tumara bambay na fo tek tem wach wetin de insay eni de na yu layf en kip wetin go benefit en gud If yu no ebul fo du dis, dat min se yu fo stop en tek stok**

**Fo mek posin get sakrifays, den fo tink bot den important tin ya, if den no get den, den no go ebul fo get sakrifays:**

**We yu wek na monin, no jomp komot na bed wantem wantem en begin fo du di tin den we yu de du fo di de**

**Tens en rilaks yu ol bodi boku tem fo mek yu get yu enaji bak smol smol Bifo yu begin fo du yu evride, tek som tem fo afem to yusef se dis go bi di best de na yu layf Konvins yusef se ilek wetin apin, yu de go bi dis we Fo begin wit prea en tink gud wan, i go mek yu biliv tranga wan en gi yu di trenk we yu nid**

## **Mek yu layf simpul**

**No abop pan motalman invinshon fo enjoy layf If yu konfyus yusef fo enjoy yusef we no de te, yu go veks, konfyus, en mud No nid fo de oltem wit telivishon, mitin let na net, en bankwet—den tin ya don bi soshal kostom den we don stop fo bi soshal kostom Lek aw sambodi bin tok wan tem—en aw in wad den na tru—noto wi wok de kil wi, bot aw wi de spen wi fri tem! Yu go liv long en enjoy layf mo if yu mek am simpul en no chen yusef to sosayti Sik di gladi gladi we den kin si pan di smol smol tin den**

**Du yu best fo don di wok we yu get fo du di best we aw yu ebul**

**If yu no satisfay wit di wok we yu de du naw, di wori en di haphazard pefomans no go chenj enitin Tray fo aproch di sityueshon wit fayn abit, ilek wetin i bi, en wan pan tu tin den go apin: o yu go diskoba se yu don mis wan valyu chans, o wan nyu domot go opin wantem wantem, we go alaw yu fo go insay en fen wok we go fit yu nid en fulfil wetin yu want**

**Laif na tin we de kontinyu fo gi en get**

**Bi balans so dat yu no go tek mo pas wetin yu de gi, o jos gi yusef we yu no tek**

**Brod di we aw yu de si tin**

**Sho intres pan oda pipul den layf en aktiviti Luk pas yusef—to yu famili, en pas yu famili to yu padi dem, en pas yu padi dem to ol pipul dem Sayns de konfirm se yu na pat pan wan ol, so no forget yu big sef**

**Balans yu layf**

**Evride fɔ ɡet wok, rɛst, ɛnɔjmənt, stɔdi, ɛn tink  
ɡud wan Yu na pɔsin we ɡet bɔdi, maynd, ɛn spirit  
mɛn dɛn impɔtənt tin ya insay wan we we balans ɛn  
we ɡet wanwɔd fɔ ɡet wɛlbɔdi, trɛnk, ɛn no**

**Bi kwik fɔ smayl, slo fɔ kray, want fɔ ɛp, rɛdi fɔ  
wet ɛn chɛnj, ɛn wach fɔ di chəns dɛn we yu go ɡet**

**Chek di akɔn we di de dɔn**

**Kɔntribyushɔn to yusɛf fɔ di prɔɡrɛs we yu dɔn  
mek Tin nɔ go chɛnj wan nɛt, so nɔ fred fɔ kɔfrɛnt  
mistek wit di disayd fɔ du bɛtɛ tumara ɛn bifo yu go  
slip, trɔs yu afɛkt to ɡɔd, no se I nɔ go lɛf yu wan, bɔt  
i go gi yu chəns ɛn opɪn domɔt fɔ yu as lɔng as yu de  
tray tranga wan ɛn fɛn In ɛp ɛn gayd**

**We yu de slip ɛn bifo yu slip, mek shɔ se tumara  
bambay go bɛtɛ pas tide, wit ɡɔd in ɛp**

**If yu na pɔsin we de plan ɡud ɡud wan ɛn yu sabi  
fɔ bil**

**If yu fala di ditel dɛn we de na yu map**

**I nɔ pɔsibul fɔ mek yu nɔ ebul fɔ du am!**

**Go bifo ɛn pis de pan una!**

**Sos: Self-Knowledge Magazin**

**Dip dip tret**

**Transleshɔn: Mahmuud Abas Masoud**

**O Masta, Yu na di mistiriɔs ɛvin ilɛktrishɔn we de  
fɔ insay wi vein dɛn ɛn gi pawa to di kɔmpleks ɛn  
kɔmpleks mɛkanism dɛn na wi bɔdi, wit ɔl dɛn bɔdi,  
bɔn, nɛv, ɛn mɔsul dɛn**

**Yu important enaji de insay wi, insay evri briz we  
wi de blo en evri bit we wi at de bit Le wi no se ol  
pawa, gudnes, en blesin den de komot from Yu, O Soss  
we de gi Jeneros en di krijin fo ol gudnes, trenk, en  
blesin we de**

**\* \* \***

**\* From di gadin we di ples kin shayn, a kin pik fo  
una flawa den we get layt fo put as ombul ofrin na una  
fut**

**Mek di piercing sta fo mi lov fo Yu surge tru di  
atmosphere of mi sol, dispelling di fog of  
heedlessness en di dakness of apathy No forget mi, O  
Masta, ivin if a forget Yu**

**Memba mi ivin if a no memba yu**

**\* \* \***

**Masta, bles wi so dat wi go liv wit gladi at en op  
Le wi enjoy wi wok den na dis wol en di fayn fayn  
tin den we God mek we no get end en we no get end  
Ep wi fo mek wi sens fayn so dat wi go test en  
enjoy di wonderful tin den we God mek**

**En le wi sizin wit yu blesin flawa ol di inosent gladi  
at na layf**

**Wi don pul di bad en pessimist we aw pipul den  
kin tink we kin kil di gladi at we posin kin get we i de  
liv en di gladi at we posin kin get na layf, we no rayt**

**\* \* \***

**A don de sofa fo long tem from di dak vishon den  
we de sho di tin den we de na di wol Insted fo si yu, O  
yunivasal spirit, mi yay de si di bodi we get bodi we no  
get layf en we no get layf**

**Bles mi so dat wit di sens we a get sens a go si  
pan oltin we yu de bles yu**

**\* \* \***

**Rifayn wi metal, O Evin Alkchemist! Transform wi  
wikednes to trenk en wi misguided tinkin to tru**

**ɔndastandin fɔ trut Tɛn di hideous dɛbul dɛm fɔ wi  
selfish ambitions to lofty, winged aspirations, wi  
penful ignorance to oli waesdom, ɛn di base raw  
materials fɔ wi idleness to di refined gold of sublime  
spiritual achievements**

**\* \* \***

**O Masta, wit ɔmbul an dɛn a de kam nia Yu fɔ gi  
Yu mi wan ol bɔdi, imbuing mi beg dɛn wit di sɛnt fɔ  
divayn lɔv!**

**Gi mi di trɔst we inosɛnt pikin dɛn gɛt pan yu ɛn gi  
mi tɔtal devoshɔn to yu**

**Bles mi so dat a go fil yu prezɛns biɛn di wɔd dɛn  
we a de pre**

**Inspɛkt mi fɔ fil yu prezɛns insay ɔl mi imɔshɔn  
dɛn**

**ɛn so dat a go no se yu sɛns we gɛt layt de mek a  
ɔndastand mɔ ɛn mek mi no oli**

**ɛn no fɔ tru se mi layf na wan tin we de sho yu  
layf we spɛshal ɛn we na wan kayn layf**

**\* \* \***

**O Masta, mi lɔv fɔ Yu nɔ go ebul fɔ ayd wit wɔd  
dɛn we dɛn de tɔk ɔ sikrit dɛn we dɛn de wispa Bikɔs  
insay wan oli langwej we dɛn nɔ de tɔk, a go sho Yu  
mi lɔv we ful-ɔp ɛn mi big big lɔng fɔ mit Yu**

**Yu vɔys na kwayɛt, ɛn insay di kwayɛt we mi sol  
stil de, a go yɛri yu saful vɔys**

**Mek a fil se yu dɔn lɛk mi ɔltɛm, pan ɔl we a nɔ bin  
ɛva no bifo**

**\* \* \***

**Tich wi, Masta, fɔ lɛk di bɔd dɛn, di animal dɛn, di  
slɛnd flawa dɛn, ɛn di mumu gras dɛn we dɛn kin krɔs  
bɔku tɛm ɔnda wi fut dɛn we nɔ de tek tɛm**

**Di bɔku bɔku difrɛn difrɛn tin dɛn we Gɔd mek na  
tin dɛn we de sho se yu gɛt bɔku bɔku sɛns: tru tru**

**masta wok dɛn frɔm yu an, we de muv ɔltɛm ɛn we de shek shek**

**Lɛ wi si insay ɔl di tin dɛn we Gɔd mek yu spɛshal wok we nɔ de falamakata!**

**\* \* \***

**Masta, blɛs mi so dat a nɔ go si natin pas gud ɛn klin**

**So dat a nɔ go yɛri natin pas wɔd dɛn we de mek a gɛt maynd ɛn siŋ dɛn we de sho se Gɔd lɛk mi**

**Gi mi yu gudnɛs, O Spirit we gɛt sɛnt wit ɛvin smel, so dat a go inhal di fayn fayn sɛnt dɛn nɔmɔ we de mɛmba mi**

**Mek a jɔs test simpul it we gɛt fayn fayn tin dɛn fɔ it**

**ɛn mek ɔl wetin a tɔch mɛmba mi bɔt yu klin ɛn blɛsin tɔch**

**\* \* \***

**Mi karavan of preya de set out to yu no mata di sand storm of despair we de blo pan am wan wan taim, de trai to hinder im progres**

**As a de go bifo na di oli prushɔn, a de si frɔm fa di oasis we yu de ɛnkɔrej mi kwayɛt wan, ɛn mi trɛnk de gɛt layf bak ɛn mi mɔral de nyu, so a de dubl mi tray fɔ rich to yu**

**We a rich di oasis fɔ gudnɛs, a go dip mi tɔsti lip dɛn fɔ fet insay di spring we yu gladi ɛn drink te a dɔn**

**\* \* \***

**Di wef dɛn we de mek yu oli vɔys de rɔn pas ɔl na di ɛtɛ**

**Di yes dɛn we di tin dɛn we de ambɔg yu we yu de ɛnjɔy yusɛf, nɔ ebul fɔ pik yu ɛnjɛl sɛmin dɛn**

**O Divayn Brodkasta, mek di inschrumɛnt dɛn na wi maynd, we nɔ de gri wit yu naw, de in tune wit di ful kɔnsɛntreshɔn fɔ di prɛsis indikɛtɔ fɔ spiritual sɛns**



**Tich wi aw fɔ kapchɔ di evin myuzik en spiritual  
myuzik we de riplin insay di ete fɔ di sol**

**\* \* \***

**O Masta, opin mi spiritual insayt so dat i go gayd  
mi step ɔltɛm en kip mi frɔm di dɛd-end rod dɛn fɔ  
selfishness**

**As a de waka na di twist en tɔn dɛn na di kɔnshɛns  
en di rod dɛn we de rɔn rawnd am, a go si en rɔnawe  
pan di rud rud aywe pipul dɛn: gridi, selfishness, en  
nɔ tek di lɔ dɛn bɔt gud abit dɛn**

**O Ol-Knowing Inner Light, sho mi di solv fɔ ɔl di  
prɔblɛm dɛn na layf**

**\* \* \***

**A de mek dis oli vaw to misɛf:**

**Di san we a lɛk nɔ go eva go dɔŋ frɔm di skay we a  
de tink bɔt yu ɔltɛm, O Masta**

**A nɔ go tɔn mi yay pan yu to eni ɔda tin pas yu**

**A nɔ go du enitin we nɔ de mɛmba mi bɔt yu**

**Akshɔn dɛn we kɔmɔt frɔm we pɔsin nɔ no natin en  
we pɔsin nɔ gɛt sɛns kin mek pɔsin drim bad bad drim  
en drim dɛn we de mek pɔsin fred**

**Mek a jɔs drim swit drim dɛn bɔt nobul ajɔstment  
dɛn, bikɔs dɛn kɔmɔt frɔm Yu inspekshɔn en gayd, O  
Masta!**

**\* \* \***

**O Masta, if di vel dɛn we di tin dɛn de mek ayd yu  
frɔm mi, aw lɔng yu go de ayd biɛn di fayn fayn kɔtin  
dɛn we gɛt lili, ros, klawd dɛn we de shayn wit gold  
kɔlɔ, en nɛt dɛn we nɔ gɛt wan bɔt we gɛt layt en sta  
dɛn?**

**Pan ɔl we i de ayd yu, a lɛk am bikɔs i de sho se  
yu de de**

**Bɔt, a want fɔ si yu jɔs lɛk aw yu de, we yu nɔ gɛt  
di mask dɛn we Gɔd mek!**

**\* \* \***

**O Wan we De Si ɔltin, we nɔ de slip ɔ slip!**

**Yu si mi frɔm di fiks, nɔ chenj yay fɔ di san ɛn di  
mun we de chenj ɔltɛm ɛn wit wan ɔlistik luk, yu de  
wach mi frɔm di bɔku bɔku pores dɛn na di spes ɛn di  
layt dɛn we de shayn pan di sta dɛn we de wach**

**Wit di tɔch we di briz de tɔch, yu de kɔt kɔt mi, ɛn  
tru mi padi biznɛs we a de tink bɔt yu ɛn yu savant  
dɛn, yu de shawa mi wit di blɛsin ren we yu sɔri fɔ**

**\* \* \***

**O kosmik vɔys O vɔys we nɔ gɛt ɛnd! Mek a gɛt  
spiritual kɔnshɛns tru yu oli rɛsɔnans**

**I bin de ɛko tru mi, i bin de mek a ɔndastand mɔ  
frɔm di bɔdi to di yunivas we nɔ gɛt bɔda**

**ɛn inspekt mi fɔ fil di puls we go de sote go fɔ di  
tin dɛn we Gɔd mek tru yu**

**\* \* \***

**Yu de mov mi fut Yu de wok na mi an Yu de bit na  
mi at Yu de flɔ wit mi briz ɛn yu de wev tink na mi  
maynd**

**Yu penetrating will de rɔsh ɛvrɪde lɛk miteor insay  
di skay fɔ mi mɔtalman wil**

**Mek a miks wan drop pan mi layf insay yu kosmik  
si, so dat a go si di bɔbul fɔ mi smɔl sɛf de flɔt pan yu  
big bɔdi**

**\* \* \***

**Di pikin dɛn we nɔ gɛt mama ɛn papa ɛn di wan  
dɛn we wund dɔn yɛri bɔt yu gudnɛs ɛn sɔri-at, ɛn na  
ya dɛn de na yu domɔt Yu go tɔn dɛn bak wit  
disapɔynt ɛn nɔ gɛt kɔrej?**

**Oh, if na yu an we yu nɔ de si go ebul fɔ was di  
kray wata we de bɔn na di yay fɔ di wan dɛn we gɛt at  
brok ɛn sol we de sɔfa**

**Di wan dɛn we dɔn lɔs na di rod dɛn we ilyushɔn  
ɛn ful, udat dɛn go tɔn to ɛn udat dɛn go luk fɔ ɔda  
wan pas Yu jenaros domɔt?**

**We yu de kam, den problem den go don en den  
problem den go don**

**O Masta, es di vel so dat wi go si Yu fes we get  
sori-at en we get sori-at**

**\* \* \***

**O divayn voys we oli pas ol, ala na di shore na mi  
sol en brok di bar den fo tink bot propati, so dat a go  
fri from di prizin na di bodi**

**Mek a yeri we a de tink gud wan bot yu saful saful  
si resonans na mi bodi, maynd, en spirit en na mi oda  
say den we de rawnd mi, en fil se i de skata to ol di  
smol en big siti den, en to di wol, di solar sistem en di  
wan ol yunivas**

**En fo rili no mi boku boku egzistens insay di big  
bodi we God mek!**

**\* \* \***

**O divayn flawa we de sote go, yu de trowe smol  
smol spak den fo yu divayn raytin insay mortalman sol  
en maynd, we de sho se yu get smol smol, smol, en we  
skata Bot stil yu stil de bi di wangren, we no get end  
sos fo evri faya en layt we de**

**\* \* \***

**O Wan we de win sote go! Ep mi fo get fayn fayn  
kwaliti den insay misef: sojaman den we get kol at en  
kontrol misef fo win di fet agens di enimi den we rili  
bad: veks, lay, en no tel tenki**

**So a go es op di kona den na mi layf di ban fo yu  
rayt, we pas ol en we posin no go ebul fo pas**

**\* \* \***

**O Divayn Spirit, le wi tek eni duty we impotent pas  
di oli duty fo no Yu Bikos evri akshon, ilek wetin i bi,  
na tru di pawa we Yu gi wi fo ajost**

**So, le wi lek yu pas ol oda tin, bikos if yu no get di  
gudnes we yu get fo yu layf en lov wi no go ebul fo liv ol  
lek yu atol**

**\* \* \***

**O Nɔt Sta we go de sote go! Enisay we a de waka  
en tɔn, di magnetik kɔmpas nidul na mi maynd de  
kɔntinyu fɔ pɔynt to yu**

**Ilɛksɛf di briz we kin blo wantɛm wantɛm de blo  
mi ɔ di ren we kin kam wit prɔblɛm en bad bad tin kin  
wet mi, pan ɔl dat, gayd mi maynd fɔ tɔn to yu sote go**

**Mi lɔv, lɛk bɔd we de flap in wing midul di klawd  
dɛn we kɔnfyus en di big big briz we de mek pipul dɛn  
kɔnfyus, go mɔs fɛn in we to yu**

**\* \* \***

**O Gret Divayn Plɛya, blo insay di flut fɔ ɔl rilijɔn di  
myuzik fɔ Yu wɔndaful wanwɔd, en mek di oli myuzik  
kɛr ɔtɛnɛtik tiun dɛn fɔ Yu spirit, we rich wit ɔrijinal en  
kriaytiv**

**Mek wi harmonize wit yu en unite di melodies of  
wi hat in wan hymn we wi rayz to yu No god nor de  
bot God!**

**\* \* \***

**O Masta, to Yu a de rayz dis prea:  
Ilɛksɛf di tin dɛn we a gɛt bɔku ɔ smɔl, gi mi di  
pawa fɔ gɛt ɔl wetin a nid ɛvride**

**\* \* \***

**A de ripit mi at beg pan di rosary fɔ lɔv, in bidz  
dɛn strɛch togɛda wit di trɛd we gɛt lɔng Blɛsin nem  
dɛn: Gɔd, di Yunivasal Spirit, Brahma, Papa we de na  
ɛvin, Divayn Mama—ɔl na Yu oli nem dɛn**

**Insay yu kɔsmik ripreshɔn pan di stej dɛm fɔ di ej  
dɛm, yu dɔn tek bɔku bɔku apia en imej dɛm, jɔs lɛk  
aw yu dɔn tek bɔku nem dɛm, bɔt yu nature stil bi  
wan en nɔ de chenj, we na blɛsin we go de sote go!**

**\* \* \***

**O Gɔd fɔ di yunivasal lɔ, ɛp mi fɔ wɛr mi wund en  
skata dɛn, we dɛn bɔn frɔm bad bad tin en tray, as**

**medal en badge fɔ kɔrɛkt we Yu divayn jɔstis in an gi  
mi, we nɔ no enibɔdi**

**Mek di prɔblɛm dɛn we a de gɛt ɛvrɪde bi lɛk  
mɛrɛsin fɔ mek a nɔ gɛt lay lay tin ɛn fɔ ful mi, ɛn mek  
a nɔ gɛt lay lay op fɔ gɛt gladi at na di wɔl**

**A wish se di kray wata we a de kray bikɔs ɔda  
pipul dɛn de du bad bad tin dɛn, go was di dɔti ɛn dɔti  
dɛn we ayd na mi maynd**

**ɛn mek ɛvri shap blow frɔm di pikaks fɔ  
distɔbɪʃən opɪn nyu dip sɛns ɛn ɔndastandin insay mi**

**A wish se di daknɛs we nɔ oli we ɔdinari layf de  
mek a fred so dat a go rɔn fɔ luk fɔ di ɔrayzin dɛn we  
yu klin ɛn yu layt we de mɛn yu**

**Laif in sting ɛn blow dɛn we de blo wantɛm  
wantɛm de fos mi fɔ kray, fɔ aks fɔ yu ɛp**

**ɛn mek di dig we dɛn dig bɔt tin dɛn we de mek a  
fil pen na di grɔn na mi layf, sho di bɔku bɔku spring  
dɛn we de flɔ ɔltɛm fɔ yu kɔrej**

**A wish se di bad bad we aw ɔda pipul dɛn de rɔf,  
go fos mi fɔ mek a fayn wit saful ɛn du gud, ɛn di wɔd  
dɛn we mi kɔmpɪn dɛn de tɔk we de mek a fil bad go  
mɛmba mi fɔ yuz swit wɔd dɛn nɔmɔ**

**If wikɛd maynd dɛn trowe ston pan mi, a go mit  
dɛn wit padi projɛktɛl dɛn we gɛt gud intenshən**

**Lɛk di jasmin tik we de skata in flawa dɛn we gɛt  
fayn fayn sɛnt na di an we de brɪŋ di aks dɔŋ pan in  
trɔnk, so lɛ a skata di ros peta dɛn fɔ fɔgɪv pan ɔlman  
we de trit mi wit kol ɛn et**

**Tin dɛn we pɔsin kin tink bɔt we i kam pan Gɔd biznɛs**

**Fɔ di sɛnsman we nem Paramhansa Yogananda**

**Di filin fɔ divayn prezɛns we yu de tink gud wan  
de ful di maynd wit pis ɛn chaj di bɔdi wit impɔtant  
ɛnaji**

**\*\*\* .**

**Tru dip, kwayet spiritual komyunion en bay we i de dayrekt tink en filin to God, di pɔsin we de luk fɔ am kin fil gladi at we de go ɔp, en dis gladi at na pruf we pɔsin kin si fɔ tɔk to God en tɔch In blɛsin prezens**

**\*\*\* .**

**A si yu de plant di grɔn na mi sol wit di plɔg fɔ tɛst en trɔbul, skata di sid dɛn fɔ yu sɛns na in fɔro dɛn a kontinyu fɔ wata dɛn sid dɛn de, en we di san we yu gɛt sɔri-at shayn pan dɛn, dɛn gro en gro fayn fayn wan, dɛn de bia wan blɛsin avɛst fɔ satisfay en satisfay**

**\*\*\* .**

**We pɔsin kam fɔ no God, i nɔ de fil igen se ɔda pipul dɛn difrɛn frɔm am**

**\*\*\* .**

**Pipul dɛn we gɛt sɛns kin balans en nɔ gɛt wanwɔd pan ɔl we di tin dɛn en di tin dɛn we de apin kin chenj, ilɛksɛf dɛn difrɛn**

**\*\*\* .**

**God na di ɔltime kɔsmik prayz en di big big bɛnifit we de**

**O Masta, frɔm dis de a go du ɔl wetin a ebul fɔ no Yu en du mi bɛst fɔ kam nia Yu en fil Yu lɔv we a nɔ fɔgɛt ɔ fɔgɛt bɔt mi wok dɛn na di wɔl, en a go du ɔl mi wok dɛn as klin ɔfrin to Yu, en na so a go gɛt Yu fayv**

**\*\*\* .**

**God na di sɔs we gɛt sɛns en inspekshɔn we de shayn In na di blɛsin sɛnt we de kɔmɔt frɔm ɔl gud at In na di gadin we gɛt ros dɛn we de na ɛvin en flawa dɛn we gɛt dyu fɔ tink In na di big big lɔv we de inspekt en gi wi lɔv**

**\*\*\* .**

**God dɔn sho insɛf to mi na di ɔrayzin dɛn we gɛt kol at, en a dɔn test In gladi at na di say dɛn we a de**

**kɔmɔt, ɛn a dɔn yeri in vɔys na mi kɔnshɛns we dɔn  
wek, ɛn wit ful awareness a de gɛt In layt we de ɔlsay  
na mi ɔltɛm**

**\*\*\* .**

**Tink na di mɔs fleksibul pan fɔs bikɔs na di mɔs  
subtil ɛn transparent vaybreshɔn fɔ kɔnshɛns Yu kin  
brok tink dɔŋ to infinitesimal yunit dɛm, yet yu nɔ go  
ɛva rich di ɛnd**

**Pɔsin nɔ fɔ kɔnfyus insɛf na di smɔl prizin we i de  
tink bɔt insɛf nɔmɔ, bɔt i fɔ put ɔda pipul dɛn insay di  
tin dɛn we i dɔn du ɛn gladi at, fɔ bi inschrument fɔ di  
wok we Gɔd want We wi de tink bɔt wisɛf, lɛ wi tink  
bɔt ɔda pipul dɛn; we wi de luk fɔ pis, lɛ wi luk fɔ am  
fɔ ɔda pipul dɛn bak Di wan dɛn we de wok fɔ mek ɔda  
pipul dɛn gladi, Gɔd go blɛs ɛn blɛs dɛn**

**\*\*\* .**

**Mek a tink bɔt yu te yu bi mi wangren tin we a de  
tink bɔt**

**\*\*\* .**

**Di yunivas we wi de si na drim insay drim Mata  
nɔto jɔs "frɔzɛn" ɛnaji, bɔt na "frɔzɛn" kɔsmik kɔnshɛns  
bak**

**\*\*\* .**

**Masta, ɛp mi ɛn gayd mi ɔndastandin ɛn trɛnk so  
dat a go brin yu layt to dak maynd dɛn, so dat dɛn go  
gɛt layt ɛn shayn wit di raytin fɔ yu sɛns ɛn tru di  
pawa we sɔri-at fɔ fɔgiv, mek a kam to yu wit ɔl di  
brɔda ɛn sista dɛn we de stɔp na di rod dɛn we de mek  
pipul dɛn sɔfa**

**\*\*\* .**

**ɛnibɔdi we want fɔ no Gɔd fɔ gɛt di ay ay lɔv na in  
at, lɛk pɔsin we misɛf we lɛk mɔni, pɔsin we lɛk pɔsin  
we want di pɔsin we i lɛk, ɛn pɔsin we de drawn ɛn we  
want fɔ blo**

**\*\*\* .**

**Di gladi at we pɔsin kin gɛt we i gɛt prɔpati kin stɔp ɛn i kin dɔn, bɔt di gladi at we Gɔd kin gɛt, we pɔsin nɔ kin ebul fɔ tɔk bɔt, nɔ kin ɛva stɔp ɔ nɔ de igen**

**\*\*\* .**

**Mek di briz we di divayn lɔv de blo, mek yu brayt smayl dɛn, so dat dɛn layt go drɛb ɛn drɛb di daknɛs kɔmɔt na ɔda pipul dɛn at**

**\*\*\* .**

**Jɛnɛral wan, lɔv nid bɔku bɔku saykilɔjik trɛnk pas fɔ et, yet di wan dɛn we gɛt sɛns kin si lɔv izi pas fɔ et bikɔs dɛn de si ɔl di tin dɛn we Gɔd mek as pat pan di ay sɛf ɛn we gɛt fɔ du wit di kɔsmik kɔnshɛns**

**\*\*\* .**

**Pis na di mɛrɛsin fɔ ɛni sik, ɛn pipul dɛn we dɛn at ful-ɔp wit lɔv, we de ɛnjoy fɔ gɛt kol at, ɛn we gladi fɔ du gud tin, no di teys fɔ pis, we na wan kɔndishɔn we nid ɛn na wan impɔtant pila fɔ ɛvri gladi gladi layf**

**\*\*\* .**

**Gi lɔv to di wan dɛn we gɛt at at, pis to di wan dɛn we de wɔri ɛn pwɛl at, swit to di wan dɛn we de sɔfa wit bita wamat, gladi to di wan dɛn we gɛt lod fɔ sɔfa ɛn pen, ɛn bi gud ɛgzampul to di wan dɛn we de waka na di rod dɛn we de mek mistek**

**\*\*\* .**

**Natin nɔ de we pas ɔnɛs ɛn sinsi we yu de dil wit ɔda pipul dɛn i izi fɔ mek padi dɛn we yu nɔ gɛt wanwɔd, bɔt i nɔ pɔsibul fɔ kip padi dɛn we yu nɔ gɛt wanwɔd**

**\*\*\* .**

**Sublaym stet dɛn de fɔ kɔnsɛntreshɔn, ɛn we di pɔsin we de tink gud wan rich dɛn stet dɛn de, i kin gɛt ɛkstra ɔdinari stet dɛn we gɛt spiritual gladi ɛn glori vishɔn dɛn, ɛn i kin ala se:**



**"Wetin a bin de luk fɔ ɔlsay, a fɛn wit mi ɛn insay mi, ɛn a de si in layt biɛn di wɔl dɛn we dak ɛn fil in prezɛns na di dip saylɛns".**

**\*\*\* .**

**Divayn lɔv na gadin we gɛt ros dɛn we de na ɛvin ɛn tin dɛn we de shayn, we de blo l de gi wi lɔv tin fɔ it, mek wi fil fayn, ɛn mek wi gladi drim dɛn apin**

**\*\*\* .**

**Masta, ilɛk wetin a de mit, a no se dɛn ripresent di nɛks step fɔ mi spiritual growth a go wɛlkɔm ɔl di prɔblɛm dɛn bikɔs a no se a gɛt di maynd, ɔndastandin, ɛn trɛnk fɔ win [di tin dɛn we de ambɔg ɛn di prɔblɛm dɛn we de kam mi we].**

**\*\*\* .**

**Pan ɔl we natura sayɛnsman dɛn dɔn no naw se matirial nɔto natin pas ɛnaji we trɔp, ticha dɛn we gɛt sɛns dɔn ebul fɔ muf frɔm tiori no to prɛktikal aplikeshɔn insay di fild fɔ kɔntrol matirial**

**\*\*\* .**

**If yu dɔn mekɔp yu maynd fɔ gladi na yu layf, natin nɔ go ebul fɔ pul yu gladi at pan yu**

**\*\*\* .**

**Klin divayn lɔv de ful di pɔsin we lɛk in sol wit fayn fayn tin dɛn, i de mek di Masta fɔ di Yunivas pe atɛnshɔn to am, ɛn i de drɔ In lɔv we go de sote go**

**\*\*\* .**

**A no bɔku big big biznɛsman dɛn we gɛt sɛns, we, dip dɛn at, kin want fɔ no Gɔd ɛn gɛt sɛns, bɔt pan ɔl dat, dɛn kin tay dɛn wok ɛn bɔku soshal kɔmitmɛnt dɛn, ɛn we dɛn de du dat, dɛn kin sakrifays di wok dɛn we impɔtant pas ɔl—dɛn duty to Gɔd, postgrɛdyut stɔdi, ɛn layf layf na os—na di ɔlta fɔ mɔni ɛn kɔmitmɛnt dɛn we nɔ gɛt bɛtɛ valyu ɛn we impɔtant**

**Di Wan we mek wi want wi fɔ lɛk am wit klin,  
spontan lɔv ɛn wi nɔ go no di teys fɔ gladi pas wi gi wi  
lɔv to Gɔd**

**\*\*\* .**

**A go win prawd wit ɔmbul, vɛks wit lɔv, gladi at  
wit kol at, selfishness wit altruism, bad wit gud,  
ignorance wit sɛns, ɛn wɔri wit kol ɛn pis**

**\*\*\* .**

**Insay wi at, wan at we gɛt sɔri-at fɔ de we de mek  
ɔda pipul dɛn wund kol ɛn pul sɔri-at ɛn pen na dɛn at**

**\*\*\* .**

**Di ticha Paramahansa tɛl wan pan di student dɛn  
se:**

**"Yu gud abit dɛn de ɛp yu na ɔdinari ɛn famili  
sikɔstɛms, bɔt dɛn nɔ kin du fɔ stiar di kɔs fɔ yu layf  
we prɔblɛm kam ɛn we di nid fɔ innate discernment de  
apin If yu tink gud wan, yu kin ɔltɛm difrɛns bitwin  
wetin rayt ɛn wetin rɔŋ ɛn mek di rayt disizhɔn pan  
ɔltin, ivin if yu de gɛt tin dɛn we nɔ kɔmɔn".**

**\*\*\* .**

**Wi nɔ go ebul fɔ liv witout Gɔd fɔ ivin wan sɛkɔn I  
de kia wi wit saful briz, gi wi trɛnk frɔm di san in rayt,  
ɛn gi wi di it we wi de it I de na ɔda pipul dɛn we de  
arawnd wi dɛn at, ɛn na in nɔmɔ wi kin tek as wi lɛk ɛn  
wi yon**

**\*\*\* .**

**Fɔ ɔmbul gɛt swit, fayn sɛnt we de mek ɔlman lɛk  
di pɔsin we ɔmbul**

**\*\*\* .**

**Wi fɔ tren wisɛf fɔ tink bɔt big big tin dɛn lɛk fɔ  
sote go ɛn we nɔ gɛt ɛnd**

**\*\*\* .**

**Gɔd de sho in wok dɛn we pas ɔl di ɔda tin dɛn we  
Gɔd mek, bɔt i nɔ de sho se i ayd ɛn ayd insay dɛn  
fayn fayn tin dɛn de**

**\*\*\* .**

**If yu gɛt strɔŋg maynd ɛn plant am na di grɔn we  
gɛt strɔŋg maynd, ɛn if yu fet dip, yu kin ebul fɔ put  
yu ayd dɛn ɛn ajɔst bɔku tin dɛn na grɔn**

**\*\*\* .**

**Laif fɔ simpul, ɛn tin dɛn fɔ handle wit izi ɛn  
kɔmfɔt Gladi at de pan fɔ gɛt tɛm fɔ tink ɛn tink bɔt  
yusɛf Tray fɔ spɛn tɛm yu wan wan wan tɛm, ɛnɔy di  
pis we de insay yu we de kɔmɔt frɔm kol at ɛn kol at**

**\*\*\* .**

**lvɛl gɛt in pawɑ; if yu fala in rod dɛn, i go win yu If  
yu slip, yu fɔ go bak wantɛm wantɛm to di rod dɛn we  
de sho se yu de wɔship Gɔd ɛn we de du wetin rayt**

**\*\*\* .**

**Aksept, O Masta, di lɔng we mi sol want ɛn di lɔv  
we a dɔn ayd fɔ yu fɔ lɔng lɔng tɛm na di trɔs na mi at  
Insay di oli ples we mi kol at, a plant gadin fɔ yu  
ɛn mek am fayn wit di ros dɛn we a lɛk**

**Wit wan at we want, wan maynd we want, ɛn wan  
sol we want, a de put ɔl di flawa dɛn we mi spiritual  
lɔng ɛn di divayn lɔv we a gɛt, na Yu bi we de kɔba  
ɔltin in fut**

**\*\*\* .**

**A go grit ɛvrɪde bay we a de tink bɔt Gɔd ɛn tink  
gud wan bɔt am**

**ɛvri sta we de shayn na di skay, ɛvri klin tink, ɛvri  
gud tin we a de du na winda we a de luk to yu, mi Gɔd**

**Mek a yɛri yu vɔys, Masta, insay di kev fɔ tink gud  
wan a go fɛn gladi at we go de sote go na ɛvin insay  
misɛf; den pis go ful mi at ɛn mi biin insay ɔl tu di stil  
ɛn aktiviti**

**\*\*\* .**

**ɛmpɛsh kol ɛn pis ɛn sɛn tink bɔt lɔv ɛn gud-wil if  
yu want fɔ liv wit pis ɛn wanwɔd na dis wɔl**

**\*\*\* .**

**Bɔku pipul dɛn na kabɔn kɔpi fɔ ɔda pipul dɛn, dɛn de falamakata wetin ɔda pipul dɛn de tɔk ɛn du Pɔsin fɔ bi spɛshal ɛn sho di bɛst pan in spɛshal nature**

**\*\*\* .**

**If yu nɔ gɛt op fɔ gɛt gladi at, gladi ɛn nɔ lɔs op Bikɔs yu sol na tin we de sho di Gret Spirit we de gladi ɔltɛm, ɛn insay in men tin, na in de mek yu gladi**

**If yu lɔk di yay fɔ yu maynd fɔs, yu nɔ go ebul fɔ si di brayt san fɔ gladi at na di ɔrayzin na yu layf Bɔt ilɛk aw yu tayt yu maynd in yaylid, di san we gɛt gladi at go stil tray fɔ go insay di klos rum dɛn na yu maynd**

**Opin di winda dɛn we gɛt kol at ɛn yu go si wan wantɛm wantɛm gladi at insay yusɛf, bikɔs yu kin no di rayt we di gladi gladi spirit de gi if yu tɔn yu tinkin insay**

**\*\*\* .**

**Meditashɔn de klia di kɔsmik fɔg we di sɛlf-awareness bigin fɔ go ɔp to ay levul ɛn ɔrayzɔn fɔ ɛgzistens**

**Olman we de mek tin dɛn, na di tin dɛn we i nid de drɛb am; necessity is the mother of invention Semweso, di wan dɛn we gɛt sɛns bin bi—out of necessity—ardent spiritual seekers Dɛn bin kam fɔ no se if pɔsin nɔ gɛt satisfay insay pɔsin in at, no bɔku gud tin we pɔsin kin gɛt na do nɔ go ebul fɔ brɪŋ gladi at we go de sote go**

**Wan mun de pul di daknɛs na nɛt Semweso, wan sol we Gɔd in layt ɛn in no de shayn, sol we gɛt rut insay divayn lɔv, de pul di daknɛs na ɔda pipul dɛn sol ɛnisay we i go, de spre di layt fɔ lɔv, ɔndastandin, ɛn pis**

**\*\*\* .**

**Fɔ gɛt padi, wi fɔ sho tru tru lɔv to ɔda pipul dɛn Di wan dɛn we de opin di magnetik domɔt fɔ padi**

**biznes go atrak sol den we get di sem vaybreshon  
[inclinations and temperaments].**

**\*\*\* .**

**Gladi at de pan fo mek yu kontinyu fo get klia  
maynd tru ol di test en eksperiens den we de na di wol  
we get tu kayn tin**

**\*\*\* .**

**We di at de wit posin, i de dro ol di kwaliti den we  
da posin de get Enibodi we tink bot gud pipul den, den  
gudnes de transfa to am, en enibodi we de pe  
atenshon wit lov fo inspekt pipul den, inspekshon de  
kam to am, en enibodi we de joy, ivin insay tinkin, wit  
di wan den we get layf konsheens, nobul gud abit, en  
onaful intenshon, de sheb den nobiliti en gud abit,  
bikos di maynd de atrak lek magnet [en lek atrak lek]**

**\*\*\* .**

**We wata we de flod we get boku boku lov fo God,  
ambog di at fo di sol we de want am, wod den no kin  
ebul fo tok bot di eksperiens Dis lov na sikrit fo di sol,  
na dip konekshon wit God, lek oli faya we de bon di  
daknes na insef, we de alaw di posin we de luk fo am  
fo no God in layt en fil se i de nia am**

**\*\*\* .**

**Smol kop no kin ebul fo get di si insay am  
Semweso, motalman konsheens, we di bodi en maynd  
konstrakshon den we de mek posin no bot tin den, no  
kin ebul fo get di kosmik konsheens, ileksef di want  
strong Bot, tru dip en konsistens meditashon,  
motalman konsheens kin elevet en in sens kin brayt te i  
tuch di kosmik konsheens**

**\*\*\* .**

**Wan tem, wan man na Nyu York kam nia mi  
[wantem afta a don wan pan mi lekcho den] en insist  
se i kin lef in fizik bodi en travul na in astral bodi a tel  
am se, "A no biliv se Yu de imajin se yu get da abiliti**

de" Bɔt i insist fɔ tɛst mi, so a gri, se, "Vɛri wɛl, dɔn go dɔŋ na yu astral bɔdi ɛn tɛl mi wetin de na di restorant" I bin de silent fo wan moment, den se, "Grand piano de na di rait-an kona" a no se i de imajin am bikos in brith en puls na normal, so a se, "On di kontri, a tink se if yu go de, yu go fain tu ledi dem sidon roun wan tebul" I skof mi sajeshon, so a se, "Let's go to the restaurant together now" We wi rich, wi go na di kona we i tɔk bɔt, bɔt piano nɔ bin de; bifo dat, wi fɛn tu uman dɛn we sidɔm rawnd wan tebul Fɔ dɔn, wi padi kam fɔ no se in yon lay lay tin dɛn dɔn ful am

Fet pan Gɔd ɛn wanwɔd we de insay in at na di big ɛp ɛn sɔpɔt fɔ pɔsin fɔ bia di lod dɛn na layf

\*\*\* .

Wi fɔ lisin to Gɔd in vɔys we de ɛko insay fayn fayn tin dɛn Gud tinkin tan lɛk tin dɛn we Gɔd ɛn enjɛl spirit dɛn de mek fɔ gayd ɛn ɛp wi Setan, insɛf de tray fɔ put mɔtalman ɔnda in Setan wispa, we de sho as bad tin dɛn, bad tin dɛn we i want fɔ du, ɛn tin dɛn we nɔ klin we dɛn nɔ fɔ alaw fɔ tek di say we dɛn de tink ɛn dɔti di ples we wi de tink

\*\*\* .

We pɔsin we de luk fɔ in prea kɔmɔt na di dip pat na dɛn at, dɛn wɔd dɛn kin ful-ɔp wit lɔv fɔ Gɔd, ɛn ɔda pipul dɛn kin fil in spiritual impak ɛn ɛksperiɛns divayn lɔv we dɛn de bifo Bɔt if da pɔsin de we de luk fɔ am nɔ gɛt trɛnk, di wan dɛn we de rawnd dɛn kin tif da lɔv de frɔm dɛn Dis kin apin we dɛn begin fɔ prez ɛn admaya dɛn spiritualiti If dɛn begin fɔ it di filin se dɛn big bikɔs dɛn kin inspekt ɔda pipul dɛn, wikɛdnɛs kin kres in, prawd kin tek dɛn at, ɛn dɛn nɔ kin lɛk Gɔd igen bikɔs ɔf dat

\*\*\* .

**Mortalman maynd de strong tru fɔ fɛt sik ɛn win  
prɒblɛm ɛnitin we mek di maynd wik na ɛnimi, ɛn  
ɛnitin we mek i strong na ples fɔ pis Fes di tin dɛn we  
de apin na layf wit kɔrej ɛn strong Gɔd dɔn sho mi se  
dis layf na kɔsmik drim We wi spiritual kɔnshɛns wek,  
wi kin mɛmba layf in ɛkspiriɛns dɛn as drim we de pas  
we wi de gladi ɛn sɔri, ɛn wi kin rili no se wi nɔ de day  
insay Gɔd**

**\*\*\* .**

**Di sɛnsman we nem Paramahansa tɛl wan pan in  
disaypul dɛn se:**

**Ekspand di bɔda dɛm fɔ yu kɪŋdɒm fɔ lɔv fɔ inklud  
yu famili, yu neba dɛm, yu kɔmyuniti, yu kɔntri, ɔl  
kɔntri dɛm, ɛn ɔl di tin dɛm we gɛt layf Bi wan  
yunivasal padi we in at ful-ɔp wit sɔri-at ɛn gudnɛs to  
Gɔd in krichɔ dɛm, ɛn spre lɔv ɔlsay**

**\*\*\* .**

**Di pɔsin we de chɛk at nɔ want natin frɔm wi pas  
wi at**

**Nɔto fɔ luk fɔ Gɔd fɔ yusɛf, bɔt bikɔs dɛn want am,  
want am, ɛn beg am wit klin lɔv we nɔ de shek shek,  
ɛn we de pe atɛnshɔn pan am**

**We di lɔv we pɔsin gɛt fɔ Gɔd ikwal to di we aw i  
lɛk in bɔdi we de day, na da tɛm de Gɔd go kam to am**

**Di wan we nɔ kech pal we i dayv wan ɔ tu tɛm, nɔ  
fɔ blem di si, bɔt i fɔ blem di we aw i de dayv ɛn di we  
aw i nɔ dip**

**ɛnibɔdi we de go dip dip wan insay di si we gɛt  
kɔnshɛns go fɛn di pal we de sho se Gɔd de**

**\*\*\* .**

**Pis na di drink we de kɔmɔt na ɛvin we dɛn de tɔn  
frɔm di pitcha dɛn we nɔ gɛt wanwɔd**

**Biɛn di grey klawd dɛn we gɛt disapɔyntmɛnt ɛn  
frustrashɔn fɔ sɔm tɛm, di raytin fɔ di tin dɛn we dɛn  
dɔn du kin shayn brayt brayt wan**

**\*\*\* .**

**Gladi at, sakrifays, ɛn pis na maynd kin kɔmɔt  
frɔm we yu tray fɔ mek tin gri wit wetin Gɔd want bay  
we yu de tink gud wan ɛn beg am, we na di pawa we  
de mek di klos fɔ layf gri wit di pawa dɛn we de na di  
wɔl**

**\*\*\* .**

**Di motiveshɔn na layf fɔ bi fɔ du gud tin ɛn fɔ spre  
wan aura fɔ lɔv ɛn pis**

**\*\*\* .**

**Yu nature nɔ de chenj, so nɔ lod yusef wit matirial  
kɔnstrakshɔn ɛn di wɔl limiteshɔn Transfɔm ɛvri rigɾɛt  
fɔ mis chans to optimism fɔ nyu ajɔstment dɛm we go  
brɪŋ yu satisfayshɔn ɛn gladi**

**\*\*\* .**

**Mek yu layf simpul so dat yu go gɛt bɔku tɛm fɔ  
ɛnɔɔy di smɔl smɔl tin dɛn we yu de ɛnɔɔy na layf**

**\*\*\* .**

**Insay ɛni atɔm na dis wɔndaful ɛn wɔndaful  
yunivas, Gɔd de du mirekul dɛn we i nɔ de stɔp**

**\*\*\* .**

**Gɔd na di layt we de pul di daknɛs we nɔ no natin  
ɔltɛm Na in na di riva we de gi layf we de gi wi sol in  
grɔn tin fɔ it**

**\*\*\* .**

**Wanwɔd tinkin de prodyuz harmoni ɛn agriment  
na dis wɔl we tan lɛk se i ful-ɔp wit ɔl kayn dissonance  
ɛn discord**

**\*\*\* .**

**Di impuls fɔ du nobul ɛn fayn fayn tin dɛn insay wi  
kapasiti na di kriyaytiv fɔs biɛn ɛvri valyu ajɔstment  
Wi de tray fɔ pafɛkt bikɔs wi sol dɛn kin want fɔ  
kɔnɛkt bak wit dɛn spiritual nature ɛn impɔtant  
wanwɔd wit dɛn divayn sɔs**

**\*\*\* .**



**Wi de ya tide en tumara wi go kɔmɔt, jɔs shado  
dɛn na wan kɔsmik drim Bɔt biɛn di nɔ rial tin dɛn we  
dɛn imej ya we de pas kwik kwik wan, na di trut we go  
de sote go fɔ di sol**

**\*\*\* .**

**Pipul dɛn we gɛt sɛns nɔ want mek yu obe dɛn, bɔt  
if yu gri fɔ tek di gayd we dɛn de gayd yu, dɛn go mɔs  
tɛl yu di tru en wetin bɛtɛ fɔ yu, wit ɔl dɛn ɔnɛs en nɔ  
de tek wan pɔsin bɛtɛ pas ɔda pɔsin**

**\*\*\* .**

**Bi tik we gɛt layf we de gro en sɛn nyu trɔnk en  
branch dɛn Di wan dɛn we gɛt strong at se:**

**"Rays of san shain de fo wi laif, and wi get chans  
fo wok and unleash op and branch of achievement".**

**\*\*\* .**

**Natin nɔ de we pas fɔ ɔnɛs en fɔ du tin wit ɔl wi at  
we wi de trit ɔda pipul dɛn**

**\*\*\* .**

**Du yu bɛst, dɔn rɛst en rilaks en mek tin tek dɛn  
natura kɔs instead fɔ tray fɔ chenj dɛn bay fos**

**\*\*\* .**

**Masta Paramahansa bin ɛnkɔrej wan pan in  
disaypul dɛn se:**

**If yu prea rich to Gɔd, i nɔ mata if yu sin dɛn dip  
pas di si we dak en ay pas di Himalayas; Gɔd go fɔgiv  
dɛn en ires dɛn lɛk se dɛn nɔ ɛva apin, as long as yu  
dɔn mekɔp yu maynd fɔ nɔ ripit dɛn Yu kin sink fɔ sɔm  
tɛm ɔnda layt dɛn we gɛt daknɛs, bɔt yu na spak we  
de kɔmɔt frɔm di faya we kɔmɔt frɔm Gɔd—na faya we  
de kɔmɔt na di tɔch we de sote go, we nɔ de sote go  
we nɔ de ɛva dɔn ɔ day Yu kin mek di faya dak, bɔt yu  
nɔ go ebul fɔ ɔt am**

**\*\*\* .**

**If yu yuz yu wil ɔltɛm, wit kol at, ɛn strong wan,  
dat go mek di kɔsmik fɔs dɛn bigin fɔ muv ɛn brɪŋ kam  
ansa frɔm di Masta fɔ di Yunivas dɛn**

**\*\*\* .**

**Bɔku pipul dɛn nɔ biliv se i nid fɔ analayz di kayn  
we aw lɔv tan Dɛn de difayn am as di filin we dɛn gɛt  
fɔ dɛn fambul, padi, ɛn ɔda pipul dɛn we dɛn fil se dɛn  
gɛt strong atrakshɔn to bɔt lɔv so pas dat Di wangren  
we we a go diskrayb tru lɔv to yu na bay we a de  
diskraib di ifɛkt we i gɛt pan di sol Fɔ fil ivin wan smɔl  
smɔl spak fɔ divayn lɔv de ful pɔsin wit so ɔvawɛl gladi  
we i at fɔ contain it Di satisfayshɔn we lɔv de brɪŋ lay  
nɔto pan di filin fɔ lɔv insɛf, bɔt na di gladi at we i de  
brɪŋ Tru lɔv de gi wi gladi at we wi nɔ go ebul fɔ tɔk  
bɔt**

**\*\*\* .**

**Di bɔdi in layf pawa fɔ de tru wan balans it,  
optimism, ɛn smayl Di wan dɛn we de fɛn gladi at  
insay dɛnsɛf de diskɔba se dɛn bɔdi gɛt chaj wit  
ilɛktrik kɔrɛnt we kɔmɔt frɔm layf ɛnaji, we gɛt tayt  
kɔnekshɔn to divayn wil ɛn di yunivasal maynd Smayl  
rili bɛnifit to wɛlbɔdi I de atrak pɔsitiv vaybreshɔn,  
opin ɔrayzɔn fɔ optimism, ɛn brɪŋ insay pis ɛn  
saykilɔjik ɛnkɔrej**

**\*\*\* .**

**Di wan ol wɔl dɔn fɔgɛt di tru minin fɔ di wɔd "lɔv,"  
ɛn i sɔri fɔ no se dɛn nɔ ɔndastand am ɛn yuz am di  
rɔŋ we jɔs lɛk aw dɛn kin si ɔyl na ɛvri pat pan di ɔliv,  
na so lɔv kin pas ɔl di tin dɛn we Gɔd mek Bɔt fɔ  
difayn lɔv rili at, jɔs lɛk fɔ tray fɔ tɔk bɔt di teys ɛn  
flawa we ɔrɛnj gɛt Pɔsin insɛf fɔ test ɔrɛnj fɔ rili  
ɔndastand in flawa, ɛn di sem tin kin apin to lɔv**

**ɔlman dɔn ɛksperiɛns lɔv insay sɔm kayn we insay  
in at, ɛn dat mek i gɛt sɔm ɔndastandin bɔt aw i tan,  
bɔt dɛn nɔ no aw fɔ kɔltiv, klin, ɛn ɛkspɛn am to**

**divayn lɔv Wan spak fɔ divayn lɔv de na bɔku pan di at  
frɔm we dɛn yɔŋ, bɔt bɔku tɛm i kin lɔs bikɔs pipul dɛn  
nɔ no aw fɔ mɛn ɛn divɛlɔp am**

**\*\*\* .**

**Laif na skul we gɛt ɛkspiriɛns, ɛn ɔl dis de sho wan  
say: Gɔd**

**\*\*\* .**

**Di chɛnj we de apin na layf de mek rial layf nɔ klia  
Biɛn di pikchɔ dɛn we de muv we de sho tin dɛn we nɔ  
rial we pɔsin kin si, na di tru tru layf we de na di wɔl  
we ayd fɔ mek pɔsin nɔ si am**

**\*\*\* .**

**Trɔbul ɛn prɔblɛm dɛn kin apin we pɔsin nɔ no bɔt  
di tin dɛn we i bin dɔn du trade, we i du na wan  
patikyula tɛm ɛn ples Di sɔfa we dɛn de sɔfa naw  
kɔmɔt frɔm di tin dɛn we dɛn bin de tink ɛn du we dɛn  
bin de tɔk, we bin tek rut na di grɔn we dɛn bin de  
tink, we bin de gro to plant ɛn bia frut we de sho di  
kayn tin dɛn we dɛn bin de tink ɛn du**

**Trɔbul ɛn trɔbul nɔ kin kam fɔ brok pɔsin ɛn  
paralayz wetin i want, bɔt na fɔ mek i gladi fɔ Gɔd lɛk  
aw dɛn fɔ gladi fɔ am ɛn rɛspɛkt In lɔ dɛn we i go yuz  
fɔ gɛt tru tru gladi at**

**\*\*\* .**

**Di ticha Paramahansa bin tɛl wan grup we na in  
disaypul dɛn se:**

**Praktis di art fɔ liv na dis wɔl we yu nɔ go lɔs yu  
insay pis, ɛn waka di rod fɔ balans fɔ rich di wɔndaful  
ɛn wɔndaful gadin fɔ no yusɛf**

**\*\*\* .**

**We wi ɔmbul wi kin si wan vali we gɛt drim dɛn we  
ful-ɔp wit di flawa dɛn we gɛt fayn fayn sɛnt ɛn we de  
blo we de mek wi no wisɛf**

**\*\*\* .**

**Gɔd in fayn fayn tin dɛn nɔ gɛt bɔda I fayn fɔ ɛnjɔy  
ros ɛn flawa dɛn, bɔt pas fɔ ɛnjɔy dɛn fayn fayn tin dɛn  
na fɔ si Gɔd in fes biɛn dɛn klin ɛn lɔv Di gladi gladi we  
pɔsin kin gɛt frɔm myuzik, di lɔv fɔ myuzik sɛf, nɔ kin  
kɔmpia to di kriaytiv vɔys we Gɔd de mek we de flɔ tru  
in myuzik**

**\*\*\* .**

**Sol dɛn we lɛk pis kin gɛda di wata we gɛt sɛns we  
de kɔmɔt na mɔtalman ɛn divayn spring dɛn**

**Masta, a no se Yu de lisin to di silent wɔd dɛn we  
mi sol de tɔk ɛn di beg we mi at de beg Yu**

**\*\*\* .**

**Lɛ wi tray ɔltɛm fɔ mek wi layf fayn pan ɔltin bay  
we wi tek lɔv, ɔnɛs, ɛn sinsi, ɛn bay we wi de luk  
ɛvrɪde na di miro fɔ tink bɔt wisɛf ɛn fɛn di dip dip tin  
dɛn na di sol**

**\*\*\* .**

**If yu nɔ no [di abit dɛn we de mek yu vɛks] tan lɛk  
we yu de it ɔ skrach Di mɔ we yu de giv-ɔp pan di we  
aw di skin want fɔ skrach fɔ pul di filin we de mɔna yu,  
na di mɔ yu go want fɔ skrach mɔ ɛn mɔ, ɛn di mɔ yu  
nɔ de pe atɛnshɔn to da filin de ɛn nɔ giv-ɔp to am, na  
di mɔ i nɔ de mɔna yu**

**\*\*\* .**

**Wan nɔ fɔ pwɛl ɔda pipul dɛn rayt, ɔ pul dɛn land,  
pis, lɔv, rɛspɛkt, ɔ ɛni wan pan dɛn prɔpati ɔ tin dɛn  
we dɛn nɔ ebul fɔ si If yu nɔ fil se yu want fɔ tek wetin  
nɔto yu yon, wetin yu nid ɔ wetin yu want go kam to  
yu Tif kin bigin fɔs na yu maynd we pɔsin bigin fɔ jɛlɔs  
ɔda pipul dɛn Di sid dɛn we de mek pɔsin want fɔ du  
bad tin fɔ kɔmɔt na in maynd**

**\*\*\* .**

**We di tin dɛn we pɔsin kin want fɔ du wit Gɔd  
biznɛs kin bigin, i kin pik di chisel we gɛt sɛns fɔ shep  
in layf fayn fayn wan**

**\*\*\* .**

**We wi luk ɔl di tin dɛn we fayn na di wɔl, wi kin fil lɛk se wi gɛt sɔri-at ɛn sɔri-at insay wi**

**\*\*\* .**

**ɛni impɔtant tin na layf fɔ mek wi tink gud wan bɔt am ɛn fɔ lɔng tɛm, ɛn fɔ chɛk am insay di faya we de apin ɛvride ɔnda difrɛn tin dɛn**

**\*\*\* .**

**Di wan dɛn we de kia fɔ dɛnsɛf na di wan dɛn we de liv stret Gladi at de kɔmɔt nɔmɔ frɔm klin tink ɛn rayt akshɔn If yu gladi naw, yu go gladi tumara bambay, ɔl tu na ya ɛn na di nɛks wɔl Wi fɔ gɛda gud fɔchɔ bay we wi gɛda di frut dɛn fɔ sɛns we di san fɔ chans de shayn In ɔda wɔd, wi fɔ tek chans bifo i tu let**

**\*\*\* .**

**Waka di rod dɛm fɔ layf wit stedi ɛn kɔmpɔzishɔn, no se di pawa we nɔ gɛt ɛnd fɔ mek tin dɛn de wit yu, de go wit yu ɛn sɔpɔt yu**

**\*\*\* .**

**ɔlman nid fɔ de in wan ɛn rɛst fɔ mek i go ebul fɔ bia wit di prɔblɛm dɛn we de mɔna am na layf, ɛn wan wan pɔsin fɔ rɛspɛkt in yon indipɛndɛns**

**Bien ɛvri shado na layf, Gɔd in layt we pas ɔl de**

**\*\*\* .**

**Hol di helm fɔ fet ɛn nɔ fred di bad bad tin dɛn we de apin na do we de buffet di ship na yu layf Trɔst se di "impossibilities" we yu op fɔ ajɔst, yu go akɔmplit wit Gɔd in ɛp, tru di trɛnk fɔ fet we de bia ɔl di chalenj dɛn**

**\*\*\* .**

**We yu ebul fɔ gɛt wanwɔd wit yusɛf, na da tɛm de yu kin gɛt wanwɔd wit ɔlman**

**\*\*\* .**

**Dis wɔl nɔto wi os; wi os de na di ɔda say, insay  
Gɔd in kɔsmik kɔnshɛns**

**\*\*\* .**

**Yu tink se ɛnitin de we go mek wi gladi pas fɔ liv  
layf we gɛt wanwɔd, lɔv, ɛn gi?**

**\*\*\* .**

**Briz di fresh briz fɔ ɔda pipul dɛn impɔtant aidia  
ɛn bɛnifit frɔm dɛn brayt, fayn we fɔ si tin**

**\*\*\* .**

**Mi at kin ful-ɔp wit gladi at we a si wan anful pipul  
dɛn we rili want Gɔd in lɔv Wi kam na dis wɔl jɔs fɔ  
ripɛnt di frut dɛn we wi lɛk Gɔd ɛn sav am fetful wan  
ɛn ɔmbul**

**\*\*\* .**

**Liv onli in di present, not in di future Du yu bes  
tide en no luk to tumoro**

**\*\*\* .**

**Insay di kev we de insay yu go si di wata we gɛt  
sɛns**

**\*\*\* .**

**Na di fɔrɛst, bitwin di aybrɔw, de di get fɔ go na  
ɛvin Dis sɛnta na di bren [di say we di spiritual yay ɔ  
di spiritual kɔnshɛns de] na di aks fɔ wil We yu fɔs yu  
maynd pawa pan dis sɛnta ɛn saful saful ɛnkɔrej yu  
wil, wetin yu want go apin (Bɔku tɛm wi kin si se pɔsin  
we de tray fɔ mɛmba sɔntin we i nɔ no, de tɔch dis  
pɔynt na in fɔrɛst)**

**So, pɔsin nɔ fɔ yuz in wil fɔ du bad tin Fɔ want fɔ  
du bad to ɔda pipul dɛn bay wilful na fɔ yuz di pawa  
dɛn we Gɔd dɔn gi wi bad bad wan If yu si se yu wil de  
mek yu go na di rɔng rod, stɔp, bikɔs fɔ kɔntinyu fɔ go  
da say de nɔto jɔs fɔ west yu spiritual ɛnaji, bɔt i go  
mek yu lɔs da pawa de, we go mek yu nɔ ebul fɔ yuz  
am ivin fɔ gud**

**Wi motalman get di pawa fo kontrol wisef Pan ol  
we wi no fri ol, wi ol di ki fo fridom Bot stil, boku pipul  
den de liv den layf we no get wanwod, den no de yuz di  
sens we God gi den en di fridom fo disayd fo du scontin  
fo mek den ebul fo kontrol densef**

**\*\*\* .**

**Di tayga na di instinkt fo kil de gayd am en i no get  
oda tin fo du pan di tin Bot motalman get fridom fo  
disayd en sens, we de mek den ebul fo kontinyu fo  
important den sityueshon en rayz den standad instead  
fo kontinyu fo bi prizina den we get instinkt en abit den  
we de ambog den**

**\*\*\* .**

**Wan tem a bin de travul wit tren en di weda bin rili  
wam, en di briz bin de fil lek se i de komot na ovin  
Olman we bin de rawnd mi bin de sofa wit di big big  
wam wam wam wam wam wam wam wam wam wam wam  
wam wam wam wam wam wam wam wam wam wam wam  
wam wam wam wam wam wam wam wam wam wam wam  
wam wam wam wam wam wam wam wam wam wam wam  
wam wam wam wam wam wam wata wam wam wam wam  
wam wam wam wam wam wam wam wam wam wam wam  
wam wam wam wam wam wata wa layt ays bin don koba mi  
bodi**

**\*\*\* .**

**We a de sen wef fo mi lov en gud wish to oda pipul  
den, a de opin wan get fo mek divayn lov kam to mi**

**\*\*\* .**

**Tray fo pul di tin den we de mek yu veks na yu  
layf, o fo bia wit den if nid de, en no alaw den fo mona  
yu pan yu maynd**

**If posin ebul fo klin, i no nid fo mek i doti**

**Wan kin lek fo liv na kotje jos lek aw i lek fo liv na  
pales**

**Di tin we important pas ol fo mek wi get sakrifays  
pan God biznes na fo tray tranga wan**

**\*\*\* .**

**Di wan den we de na di wol kin luk fo God in gift  
den, bot di wan den we get sens kin luk fo di posin we  
gi am insaf**

**\*\*\* .**

**Na net, a kin pul mi at ol di tin den we di wol de  
aks fo en a kin komot nia am atol, mi wan wit mi wil a  
kin gayd mi tinkin, dayrekt den along di rod den we a  
want te a rich di rayt disizhon en aw fo impruv am  
Don, a kin mek a want fo tek di rayt akshon, en wit  
God in ep, a kin ajost sakrifays Dis we ya, a don yuz mi  
wil fayn fayn wan boku tem, bot dis kin jos posibul wit  
konsistens en kontinyu fo yuz am**

**\*\*\* .**

**Di pikcho we den peint di mawnten den we den  
peint na di blu crayzin, di wondaful we aw motalman  
bodi de wok, di ros en di gron silk kap, di nobul we sol  
den get, di sublimity of minds, en di dip lov ol den tin  
ya de memba wi bot di fayn fayn God en di say we ol di  
nobiliti en nobiliti den komot**

**If posin no wok fo develop in nature di balans we—  
in maynd, matirial, en spiritual—den no go test tru tru  
gladi-at Spiritual insight de inspekt wi fo get sens, en i  
no mek sens fo alaw di ego fo dominate sens, gud  
jajment, en sens; bifo dat, di las tin fo disayd fo du wit  
sens en konsheens**

**\*\*\* .**

**If yu ful yu at wit lov en long fo wan aidia bot God  
en kip am dip insay yu, den di Masta fo di Yunivas go  
kam to yu en aksept da aidia de from yu bikos di  
divayn long fo toch God in at**

**\*\*\* .**



**We yu sef pan Gɔd, yu kin ɛnjɔy ɔltin witout attachment So, i rili impɔtant fɔ tray fɔ no Gɔd, ɔdasay layf kin disapɔynt yu ɛn brok yu op dɛn insay wan bad bad we**

**\*\*\* .**

**Wi tɛm go pas, ɛn wetin wi de si naw go fade ɛn disappear wan de Chenj gud as long as yu nɔ alaw am fɔ du yu bad, ɛn we i at, i de sav as wɔnin fɔ lɛf di tin dɛn we yu want we go mek yu sɔfa if yu nɔ ebul fɔ fulfil dɛn**

**\*\*\* .**

**ɔltin na di yunivas gɛt sɔntin fɔ du wit dɛnsɛf ɛn gɛt tayt padi biznɛs wit dɛnsɛf Tru di rayt we aw Gɔd de yuz mɔtalman sɛns we Gɔd gi wi, wi no se ɔl layf gɛt sɔntin fɔ du wit di Suprim Mind**

**\*\*\* .**

**Di wan ol tin we mɔtalman mek we de mek mɔtalman maynd de shayn, de jɔs gi fayn fayn tin dɛn bɔt di wɔndaful wɔndaful tin dɛn we de na di wan ol wɔl**

**\*\*\* .**

**Nɔ wok nɔ fɔ tray wit kɔnfyus ɛn distɔb maynd, lɛk fɛda we de na di briz Bifo dat, ɔl di wok dɛn fɔ du wit pis insay ɛn ɔdasay, wit kol at ɛn kɔntrol yusɛf, wit sɛns ɛn big kɔnsɛntreshɔn**

**\*\*\* .**

**If yu gi sɔm tɛm ɛvrɪde fɔ tink gud wan bɔt Gɔd ɛn beg am, yu go gɛt bɔku kɔmfɔt ɛn tru tru gladi at bak**

**\*\*\* .**

**ɛvrɪde fɔ bi de fɔ tɛl tɛnki fɔ di gift dɛn we de gi layf: san, wata, fayn fayn frut ɛn vɛjitebul dɛn, we na indaykt gift dɛn frɔm di pɔsin we gi pas ɔlman: Gɔd**

**\*\*\* .**

**Mi na kin oba misef, nɔto kin fɔ prɔpati A nɔ gɛt natin, bɔt stil a de rul di kingdom we gɛt pis, ɛn dɛn dɔn krawn mi na di tron we go mek a satisfay sote go**

**\*\*\* .**

**We yu kol, yu kin fil se wan wɔl we gɛt gladi at de pul insay yu**

**\*\*\* .**

**Mɔtalman lɔv nɔ gɛt minin pas i kɔmɔt frɔm Gɔd in lɔv we nɔ gɛt kɔndishɔn Yɔŋ man ɛn uman kin lɛk dɛnsɛf, bɔt afta sɔm tɛm, nɔ gri ɛn et kin tek ples fɔ am Mɔtalman infatueshɔn nɔ pafɛkt, we divayn lɔv pafɛkt ɛn sote go**

**\*\*\* .**

**Di onli we fɔ ɛkspiriɛns divayn lɔv na fɔ du ɔltin fɔ mek Gɔd gladi ɛn yu go si se Gɔd de kam to yu di we dɛn we yu nɔ de ɛkspekt, ɛn in gladi at go pas yu ɛn in layt go shayn pan yu**

**Mi want na fɔ mek tɛmpul fɔ Gɔd insay pipul dɛn sol ɛn fɔ si In blɛsin smayl de shayn na dɛn fes Di big tin we pɔsin kin du na layf na fɔ mek pɔsin dediket tɛmpul to Gɔd insay in sol, ɛn dis kin izi fɔ gɛt**

**\*\*\* .**

**Bɔku pipul dɛn kin kam to mi fɔ tɔk bɔt dɛn wɔri, ɛn a kin aks dɛn fɔ mek dɛn kol, tink gud wan, ɛn nɔ tink bɔt ɔda sɔlv dɛn te dɛn fil pis ɛn spiritual tranquility We di maynd kol ɛn fet pan Gɔd strong, sɔlv fɔ prɔblɛm dɛn go inevitably kɔmɔt If yu nɔ pe atɛnshɔn to prɔblɛm dɛn, dat nɔ de gi garanti fɔ se dɛn go lɔs, ɛn if yu wɔri bɔt dɛn, dat nɔ go gi yu fayn tin dɛn Meditate te yu fil kol, den tink bɔt yu prɔblɛm ɛn pre wit ɔl yu at to Gɔd fɔ mek i ɛp yu Fokus pan di prɔblɛm, ɛn yu go fɛn sɔlv we yu nɔ go wɔri ɔ tray tranga wan**

**\*\*\* .**

**O Masta, ple Yu myuzik we nɔ de day pan di flut  
na mi layf, so dat a go gɛt blɛsin wit di vaybreshɔn  
dɛn we Yu oli tiun dɛn de mek**

**\*\*\* .**

**I rili impɔtant fɔ kɔntrol di filin fɔ gɛt gladi at ɛn  
pis na yu maynd Dɔn nɔbɔdi nɔ go ebul fɔ anɔynt yu ɔ  
wek yu jɛlɔs insay yu, ɛn yu go kɔntinyu fɔ tinap  
tranga wan ɛn prawd dip dip wan, ɛn nɔbɔdi nɔ go  
ebul fɔ chalenj yu ɔ ambɔg yu pis**

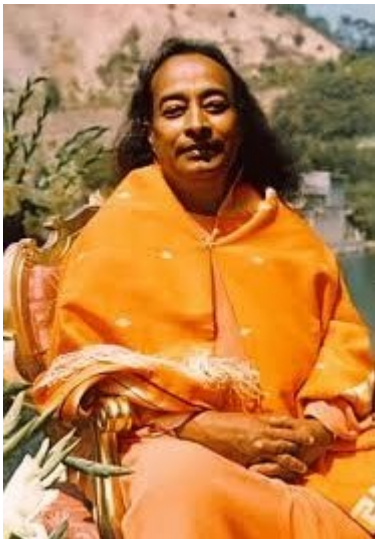
**\*\*\* .**

**Fɔ ɔmbul na di we we rili shɔ fɔ gɛt di ren we Gɔd  
de sɔri fɔ wi**

**\*\*\* .**

**Sɔntɛnde pipul dɛn kin tink se Gɔd de fa frɔm dɛn,  
na wan ples we de fa na di yunivas, ɛn na dat mek dɛn  
nɔ de kɔl Am Bɔt I de nia am pas klos ɛn i lɛk pas pɔsin  
we dɛn lɛk to di wan dɛn we de tink bɔt am ɛn tek am  
se i de nia dɛn**

spiritual tin dɛn



Di sol fɔ wek

Frɔm di slip we wi wik ɛn di shaklɔ dɛn we pɔsin kin gɛt  
we i nɔ gladi

ɛn i de kɔmɔt na di say we sɛns, layt, ɛn pis de

Bɔku we dɛn de fɔ du dis

Sɔm pan dɛn tin ya na fɔ kɔntrol wisɛf

Fɔ it di rayt it

Kɔrej ɛn tinap tranga wan fɔ fala di prinsipul dɛn

Wan stebul saykolojik stet

ɛn fɔ gɛt maynd fɔ bia wit prɔblɛm dɛn

ɛn fɔ pul di kɔnshɛns frɔm di tin dɛn we de ambɔg di  
sɛns

Fɔ pe atɛnshɔn pan di gud tin dɛn wit sɛns

I nɔ bin gri fɔ mek dɛn win am pan di strɛs we i bin de  
fɛt na layf

Bikɔs if yu gri se yu dɔn win, dat kin mek yu nɔ ebul fɔ  
disayd fɔ du sɔntin

Fɔ mek pɔsin gɛt pawa dɛn we nɔ gɛt limit pan Gɔd  
biznɛs

We di Wan we mek ɔltin gi mɔtalman

ɛn fɔ tink bɔt Gɔd te pɔsin tɔch in fes

Di kɔrɛkt tin dɛn we de sho se Gɔd de

Na di gladi at we kin gro we pɔsin de tink bɔt am

We di maynd fri

Frɔm di we aw pipul dɛn de tink bɔt ɔda pipul dɛn, we  
dɛn de tek wan pɔsin bɛtɛ pas ɔda pɔsin, ɛn we dɛn nɔ de du  
tin tret

ɛn we pɔsin we gɛt smɔl smɔl maynd kin dɔn

We wi de fil sɔri fɔ ɔda pipul dɛn

Wi fil se os dɛn fɔ wɔʃip, pan ɔl dɛn difrɛn difrɛn tin dɛn

Dɛn na Gɔd in os dɛn

We wi no se layf na strɛch ɛn na wok we wi fɔ du

ɛn di sem tɛm, na drim we nɔ de te

We wi de tink bɔt Gɔd wit lɔv

Wi de wok fɔ mek ɔda pipul dɛn gladi

Wit fayn wɔd dɛn ɛn savis we nɔ de tink bɔt insɛf nɔmɔ

Dɔn wi go no se Gɔd de wit wi

ɛn wi de tɔk to am gud gud wan

Kosmik Rutin: Bitwin Pawa ɛn Intɛlijɛns

Sɔm pipul dɛn nɔ kin no

Difrɛns de bitwin trɛnk ɛn sɛns

Ilɛktrishɔn na pawa

Bɔt pas nɔmɔ dɛn put am na lamp

I nɔ go gi di layt we wi go ebul fɔ yuz

Na intɛlijɛns de put kɔrɛnt insay di layt bɔl

Nɔto ɔl di tin dɛn we Gɔd mek kin ebul fɔ du dat

Fɔ mek i wok fayn fayn wan fɔ insɛf

Wi nɔ gɛt sɛns fɔ gayd ɛn kɔdinɛt dɛn

So wi si se di faktri fɔ kɔsmik intɛlijɛns

I de wok di we aw dɛn de wok togɛda

Stiam gɛt di pawa fɔ muv tin dɛn

Faya kin tɔn wata to stim

Dis na jɔs tu pawa dɛn

Frɔm di pawa dɛn we di tin dɛn we Gɔd mek de du

Bɔt insay dɛn natura, untamed stet

Dɛn nɔ de mek ɛnitin we go bɛnifit dɛn

Bɔt we dɛn yuz dɛn wit sɛns  
ɛn gayd dɛn kɔrɛkt wan  
Dɛn de gi big savis to mɔtalman  
Frɔm dis wi kin pul am  
dat di Wɔl ɛn di wan ol wɔl  
Dɛn kin du wan strikt rutin  
We de mek mɔtalman layf pɔsibul  
Dis kosmik rutin  
."ɔ "di ritm fɔ di tin dɛn we de na ɛvin  
Na di tin we wan supɾem divayn maynd de mek  
Di wan ol wɔl nɔ bin fɔ de if I nɔ bin de  
ɛn mɔtalman maynd we nɔ gɛt bɛtɛ pawa nɔ gɛt pawa  
Fɔ no bɔt in sikrit ɛn sikrit dɛn  
Invokeshɔn fɔ di wok  
O Divayn Layt  
!Di atɔm dɛn we de pas ɔlsay na di wɔl  
Yu de ayd ɛn nɔbɔdi nɔ de si yu  
Di sɛns dɛn nɔ ebul fɔ no yu  
Ilɛksɛf na insay di san layt  
wam golden we gɛt wam  
ɔ insay di kol silva rop dɛn we de na di mun  
Lamp dɛn we de na ɛvin de sho di tin dɛn we Gɔd mek  
Bɔt i nɔ de sho yu  
Di wɔl we wi kin si bɔt tin dɛn  
Bikɔs ɔf di layt dɛn we bin de shayn bad bad wan  
Na jɔs daknɛs to mi yay  
Trenin mi insayt fɔ no yu hiden splendor  
I de sho insɛf pan ɔl di tin dɛn we Gɔd mek  
nɔNa di sɛibra rijy  
Di mɔtalman bren, inklud  
Frɔm di topografi ɛn di fold dɛn  
I gɛt di chanel dɛn we de na di at  
ɛn dak riva dɛn we gɛt blɔd vesel dɛn  
Na smɔl smɔl tin we dɛn mek fɔ wan big kɔntri  
?Dis na eria we gɛt bɔku bɔku tin dɛn fɔ du

?Yu tink se no Gɔd nɔ de we de de  
Yu tink se poem kin de we nɔ gɛt pɔsin we de rayt  
?poem

?ɔ wach we nɔ gɛt pɔsin we mek am  
?ɔ na ros we nɔ gɛt disayna  
Nɔ atɔl nɔto so  
Semweso, di sɛribrɔ rijyɔn  
Biuti we ayd  
Na we dɛn mek am  
Amazing ɛn ɛkstra ɔdinari sɛns  
A de wɔnda udat de liv na dis fayn fayn ɔl  
Wit in wɔl dɛn we dɛn mek wit  
di bon tisu dɛm we de adhe  
ɛn di wɔndaful tin dɛn we de insay de  
?Uswan defy fɔ falamakata  
Na bikɔs ɔnda di skel, wan eria de  
I ful-ɔp wit bɔku bɔku sɛl dɛn  
Vibrant ɛn intɛligent  
ɛn bizi arawnd di klok  
Wit ekstrim strɛs ɛn kɔmpleks aktiviti dɛn  
smɔl smɔl tin dɛn we de na di bren  
I de wok nɔ-stop  
Wit difrɛn difrɛn wok dɛn  
Fɔ pripiɔ pati dɛn  
Maykroskɔpik ɛgzamin dɛn  
We wi de wɛlkɔm di gɔst dɛn we de kam  
Tru di domɔt dɛn we di sɛns dɛn de mek  
Sɔntin de we fiba fɔ bay ɛn sɛl  
Di oparɛshɔn dɛn we de go bifo  
Frɔm absɔpshɔn ɛn drenaj  
ɛn lɛk smɔl bot dɛn  
Blɔd sɛl dɛn de muf  
Na di midul pan di atria dakt dɛm  
Lod wit impɔtant sapɔt dɛn  
Difrɛn kayn ɛn difrɛn kayn dɛn

Na di Wan we mek gud at na in inspekt am  
Prawd kin mek pɔsin blayn pan Gɔd biznɛs  
Na bikɔs i de drɛb kɔmɔt na di sol  
Vishɔn fɔ big big ples  
Di wan we de insay big big sol dɛn  
Gret pipul dɛn kin no  
Dɛn kin lɛnt dɛn pawa  
Frɔm Gɔd we na di Olmayti  
Di wan we lɛk di wan dɛn we ɔmbul  
ɛn I de mek dɛn no mɔ, gayd dɛn, ɛn trɛnk  
Ilɛksɛf na di pɔsin  
biznɛsman we gɛt sakrifays  
ɔ pɔsin we gɛt sɛns fɔ du pɔlitiks  
ɔ wan dikteta we de rul wit pawa  
ɔ wan bigman we de rifɔm  
In pawa nɔto natin  
We yu kɔmpia am to Gɔd in pawa we nɔ gɛt ɛnd  
Fɔ ɔmbul na di domɔt we opin  
Frɔm we di bɔku bɔku sɔri-at de kɔmɔt  
Lɔv ɛn fɔ mek pɔsin biliv tranga wan  
To di kayn sol dɛn  
Wan pɔsin we lɛk fɔ du gud  
ɛn i kin gri fɔ tek di layt dɛn  
ɛn blɛsin dɛn we kɔmɔt na ɛvin  
ɔs lɛk aw daknɛs nɔ go ebul fɔ de  
ɛnisay we di layt de shayn  
Dis na aw di daknɛs fɔ sik fɔ dɔn  
We Gɔd in layt de shayn na di bɔdi in sɛl dɛn  
Na smɔl pipul dɛn nɔmɔ no dis tru tin  
We pipul dɛn fil se dɛn want fɔ wɛl  
Dɛn kin pre wit at we trɔbul  
ɔ wit filin fɔ fil se i nɔ gɛt op  
Fɔ tink se Gɔd nɔ go lisin to dɛn prea  
ɔ dɛn kin pre bɔt dɛn nɔ de wet  
So dat dɛn go no if dɛn prea dɔn rich to Gɔd



Jɔs lɛk aw i nɔ pɔsibul fɔ lisin  
To di myuzik we dɛn kin brodkas na di aywev  
Yuz wan risiva we nɔ fayn  
So, dɛn nɔ kin ebul fɔ no di vaybreshɔn  
Wɛlbɔdi, trɛnk, ɛn sɛns we kɔmɔt frɔm Gɔd  
Wit wan sayk we nɔ de wok fayn bikɔs ɔf di fred ɛn wɔri  
ɔl kayn wɔri, dawt, ɛn nɔr kin no wetin fɔ du  
Mek wi mɛmba yu ɛn tɛl yu tɛnki, Masta  
Insay po ɛn prɔsperiti  
Insay sik ɛn fɔ wɛl  
Insay daknɛs ɛn layt  
Insay ɔl di tin dɛn we de apin  
Lɛ wi mɛmba wit tɛnki di de dɛn we wi bin de gɛt wɛlbɔdi  
We yu dɔn gi wi  
ɛp wi fɔ opin di yay fɔ fet  
Mek wi si yu blɛsin layt  
Di Wan we de mɛn ɔl sik ɛn sik dɛn  
Dɛn go test di gladi at we de insay dɛn wan tɛm bak  
Di lɔ fɔ muv de bays pan di lɔ fɔ kɔz ɛn ɛfɛkt, ɔ akshɔn  
ɛn riakshɔn  
Di pɔsin we dɛn bɔn gud na dis layf bin de so insay wan  
bɔdi we bin dɔn de bifo {bikɔs ɔf wetin dɛn an dɔn put bifo}  
ɛn if dɛn tray fɔ du gud, di skel fɔ gud go tip mɔ ɛn mɔ in  
favɔrit - "To di wan we gɛt, dɛn go gi am mɔ, ɛn i go gɛt bɔku  
."tin  
Di wan dɛn we gɛt sɔm gud kwaliti dɛn nɔmɔ kin lɔs ivin  
da smɔl tin de, bikɔs "wetin nɔ de, dɛn go tek am frɔm dɛn,"  
bikɔs ɔf di pawaful bad tin dɛn we de atak ɛn pas dɛn  
Pɔsin we want fɔ du bad fɔ dɔn gɛt da bad abit de insay  
in layf we i bin dɔn liv bifo, ɛn dɛn bad tin ya kin mek dɛn  
strong ɛn kontrol dɛn Di wan dɛn we gɛt sɔm bad abit dɛn bin  
tan lɛk dat bifo, ɛn if di gud tin pas di bad wan, dat min se di  
gud kwaliti dɛn go drɛb di bad abit dɛn kɔmɔt na dɛn sol  
Dis na di natura wok we di lɔ fɔ kɔz ɛn ɛfɛkt (karma) de  
du Bɔt, pɔsin nɔ fɔ fil se i nɔ ebul fɔ ɛp am ɛn i trɔp if i apin fɔ

get abit den we i no want we i want fo pul komot Naw na di  
chans fo win den abit den de bay we i de kolktiv past resolve  
en gud tinkin

Possin kin fri insef from di grip fo bad abit en mek gud  
abit den we i de tink en du, we go mek i get di tin den we i  
want

I no mata aw bad abit den de insay possin, den fo memba  
se densef mek den abit den de tru di ripit we den de ripit som  
patikyula tin den en du den, en den kin ripples den bad abit  
den de wit gud wan den bay we den de tink gud wan en we  
go ep den

Gud en bad tin den we possin kin tink bot na difren difren  
stet den we mortalman de tink Naturally, i bete fo get fayn  
drim pas fo sofa bad bad drim den Konshens kin fleksibul en  
sensitiv; i kin tek di stet we i want o drim di drim dem we de  
apil to am

Bot di problem wit pipul den na dat den de alaw den eria  
fo konshens—we den get freedom fo disayd en we den de pik—  
fo de gayd den bay di we aw den de du tin en di mistek den  
we den bon wit di abit den we den bin don get trade So, den  
pawa fo no bot tin den de kontinyu fo ronawe en de dref, jos  
lek aw di metafizikal gadship we don stop bien di fot den fo  
no en fo no wetin de apin

We di wan den we don chak wit bad abit den test di bita  
pen we possin kin get we i liv layf we noto in yon, den go ton  
to di layt fo ondastand en liv rayt layf fo fen sev, ileksef den  
bad abit den don tayt en dip dip wan

Don, if den wok fo get en kia fo gud abit den bay we den  
de praktis di we aw den de liv den layf we get wanwod, den  
go get gladi at bak we den get insay den at en enjoy pis as  
natin we kin apin we den kontrol densef en get gud abit den

Tru padi biznes  
Pozitiv ekshenj min  
imoshonal enjoyment



Dən tu tin ya na fə fri frəm ɔl kayn sɔfa ən want, ən fə  
get gladi at we go de sote go we yu nɔ get ɛni kɔndishən; ɔ  
satisfay wit ɔl yu at we get pis, lɔv, sɛns, ən gladi at  
Pipul dən nɔ go get pis te dən rich da satisfy we dən at  
want ən we dən de tray fə get bay ɔl we ən we dən de du am  
Dis na impɔtant tin fə ɔndastand aw mɔtalman de  
Bɔt i sɔri fə nɔ se pipul dən kin luk fə satisfy na di rɔŋg  
ples ən dən nɔ kin ebul fə fɛn am  
Dən de luk fə am na di wɔl ən tin dən na di wɔl we dən  
get ən we de na do, ən we dən nɔ get wanwɔd we nɔ de pan  
gud ɔndastandin ən strɔŋg fawndeshən  
So, i nɔ pɔsibul fə mek pɔsin get klin gladi at frəm ɛnitin  
ɔ frəm ɛni pɔsin na dis wɔl, we wi tink bɔt di we aw Gɔd mek  
ɔltin

Krieshən de bays pan di prinsipul fə duality Fə egzampul,  
yu nɔ go ebul fə get imej insay wan kɔlɔ nɔmɔ; yu nid  
kɔntrast ɔ difrɛns Semweso, i nɔ pɔsibul fə mek tu tin dən nɔ  
de na dis wɔl

If wi gi wi wetin mɔtalman want, ɔlman want fə du gud  
tin dən nɔmɔ – tin dən we fayn, we fayn, ən we get gud tin  
dən – we wi nɔ nid fə dil wit west, anɔyntment, ən ɔda tin dən  
we nɔ fayn Bɔt dat nɔ pɔsibul

Insay dis wɔl we get tu pipul dən, nɔ gladi at nɔ de we nɔ  
get pen, nɔ layt nɔ de we nɔ get daknes, nɔ gud nɔ de we nɔ  
get bad, nɔ layf nɔ de we nɔ get day Wan say pan kɔyn nɔ go  
ebul fə get if di ɔda wan nɔ de Wetin wi want fə dip insay wi  
nɔ go ebul fə fɛn insay ɛnitin we di wɔl go ebul fə gi

Di choice is up to the individual Dən go kɔntinyu fə luk fə  
wetin dən de luk fə na di rɔŋg ples ən get frustrashən afta  
?frustrashən

Pipul dən kin luk wit ɔl dən pawa ən want, bɔt dən nɔ kin  
fɛn wetin dən de luk fə, we kin mek dən at pwɛl ən nɔ get op  
Pantap dat, i kin mek dən vɛks bad bad wan, we kin chenj to  
bad bad vɛks ən te go to akt dən we get fɛt-fɛt So, di rɔŋg we  
fə fɛn tin nɔ kin mek dən get di gladi at we dən want

Di Wan we mek ɔltin want fɔ wi wan kɔmplit ɛn pafɛkt  
gladi at we wi kin jɔs fɛn na di dip dip pat na di sol So, Gɔd  
mek dis yunivas di kayn we we natin nɔ de insay am we go  
satisfay mɔtalman at ɛn fulɔp wetin i want pas we i tɔn to di  
say we i de pul gladi at, gladi at, ɛn satisfay, we na in bak  
Fɔ tru, di Kingdom na ɛvin de insay mɔtalman  
Balans insay di skel dɛn  
Balans na fayn tin we de jɔyn tin dɛn fɔ tink bɔt  
Matirial, saykolojik, imɔshɔnal, ɛn spiritual  
Insay wanwɔd we gɛt wanwɔd, i pɔsibul fɔ du am  
I de mek pipul dɛn tink gud wan ɛn ɛnkɔrej pipul dɛn fɔ  
wok fayn fayn wan  
Wi ɔl wan wan want fɔ gɛt wɛlbɔdi bɔdi  
Wɛlbɔdi ɛn fri frɔm ɔl di tin dɛn we de ambɔg am ɛn  
difrɛn kayn wikɛdnɛs  
Wi want bak fɔ mek wi maynd de wach  
ɛn se di we aw wi de fil ɛn di we aw wi de fil de wok fɔ  
wi, nɔto agens wi  
Wi want am fɔ ɛp fɔ mek wi padi biznɛs wit di wan dɛn  
we de arawnd wi bɛtɛ  
Wanwɔd ɛn satisfay, jɔs lɛk aw wi want fɔ bi  
In touch wit di spiritual sayd fɔ wi bi  
Taym kin tranga  
Bɔku prɛshɔn dɛn de  
Tɛnshɔn de go ɔp  
Fɔ mek yu ebul fɔ balans pan dɛn kayn tin dɛn de  
I nid fɔ put mɔni pan trɛnk, tɛm, ɛn atɛnshɔn  
Dɛn nɔ kin ebul fɔ balans bay we pɔsin de tink bɔt wetin  
i want  
Bifo dat, dɛn fɔ ebul fɔ du am bay we dɛn rili plan ɛn  
tray tranga wan  
Bɔku tin dɛn de na wi layf we nid fɔ balans  
I tan lɛk se bɔku pan dɛn nɔ gri wit dɛnsɛf  
Fɔ ɛgzampul, risponsibiliti to di famili  
Fɔ gɛt mɔni fɔ liv ɛn fɔ gɛt wɛlbɔdi

En fɔ fala di prinsipul den we de na buk en gud abit den  
En fɔ dil wit di bɔku bɔku infɔmeshɔn we den nid  
Diuti to di sosayti  
Apat frɔm bɔku ɔda kɔmitment den we nid wi tɛm en

trɛnk

Taym shɔt fɔ wi ɔl  
Bɔt wi nid fɔ mek wi layf izi fɔ lɛ wi nɔ gɛt bɔku prɔblɛm

den

?Omas valyu tɛm den kin west fɔ fɛn prɔpati  
Wi kin tek am se na di bɛst bikɔs i nyu en i nɔ nid fɔ de  
Bɔt dis obsession gɛt prayz, we Buddha bin sho bay we i

tɔk

. "Enibɔdi we want fɔ gɛt kaw fɔ tek kia ɔf am"  
."If wi analayz wi layf, wi go si se wi bisin bɔt bɔku "dɔl  
We di midia en kɔment den bin mek wi biliv  
I rili impɔtant fɔ mek wi gɛt kɔmfɔt en gladi at  
I sɔri fɔ no se, wetin den kɔl nyu tin den we de sev tɛm  
Den dɔn tif mɔtalman tide  
Wetin i bin de ɛnjɔy we i kam pan fri tɛm  
Fɔ mek wi ebul fɔ balans di tin den we de agens dɛnsɛf

na wi layf

Wi nid wan stebul pɔynt fɔ rɛfrɛns  
I nɔ de chenj wit di tɛm, ples, ɔ tin den we de apin  
Di mɔ we layf de kɔmpleks, na di mɔ wi nid fɔ ɔndastand  
Dat na di wangren fawndeshɔn we pɔsin kin ol en abop

pan

In na Gɔd ɔlmayti, di Wan we de biɛn layf pan ɔl di tin  
den we de apin en di we aw i de sho  
Na di layf bɔt we de midul di si we gɛt layf we de mek  
pipul den vɛks en we gɛt trɔbul  
Sef ples frɔm layf in blow en penful setbacks

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Pipul den kin abop pan dɛnsɛf  
I pas fɔ abop pan Gɔd  
Pan ɔl we den no fɔ tru

Dɛn kin dɔn  
Dɛn nɔ ebul fɔ blo  
ɔ fɔ waka ɔ fɔ muv  
If Gɔd nɔ de drayv am ɛn i nɔ gɛt pawa fɔ du am dairekt  
wan

Dɛn kin kip am na di bren, at, ɛn bɔdi sɛl dɛn  
Na bikɔs dɛn bin dɔn yus fɔ abop pan it  
di briz ɛn di san layt  
Dɛn dɔn kam fɔ biliv se dɛn tin ya we de na do  
I de sɔpɔt dɛn ɛn gi dɛn layf  
Bɔt na lay lay tin fɔ tink dis we  
Na bikɔs mɔtalman de dipen dairekt pan wan pawa  
Da pawa de na Gɔd  
Na bikɔs Gɔd na di wan we de ɔp pas ɔlman ɛn di wan  
we pas ɔlman  
ɛn di wan we ay pas ɔl di ɔda wan dɛn we dɔn de  
Pipul dɛn bin de mek dɛn fred am  
Pan ɔl we na di spirit fɔ lɛk pɔsin, fɔ gɛt sɔri-at, fɔ gɛt  
sɔri-at, ɛn fɔ gɛt pis  
A nɔ want fɔ put faya we tan lɛk ɛl, we de bɔn na pipul  
dɛn maynd  
Na bikɔs Gɔd na di pɔsin we wi lɛk pas ɔlman na di at ɛn  
sol

Na in na di fayn pɔsin we in fayn fayn tin dɛn nɔ go  
kɔmpia to ɛni ɔda tin

If wi tink bɔt am dis kayn we  
Wi go fil se wi de nia Am ɛn I de nia wi  
ɛn if wi tray fɔ du am wit ɔl wi at  
I go opin in an to wi wit sɔri-at ɛn sɔri-at  
ɛn if wi aks am wit ɔl wi at  
Wi bin fil se wi de want am mɔ ɛn mɔ  
I go kam to wi

Rili

. -

Na bɔku bɔku we dɛn

Lɔjik de sho wi  
Gɔd na di rizin ɛn rizin fɔ dis ɛgzistens  
Bɔt di rial pruf fɔ se Gɔd de  
Nɔbɔdi nɔ go ebul fɔ rich to am  
Na bay rayshɔnal dɛdukshɔn nɔmɔ  
If wi want fɔ fɛn Gɔd  
. - We na di wangren tin we mek wi de -  
Wi fɔ go fa pas dat  
Nɔmal we aw pɔsin kin tink  
Na bikɔs Gɔd nɔ ebul fɔ ɔndastand di sɛns maynd  
Wi nɔ go ebul fɔ ɔndastand di men tin we i mek  
A kin bisin bɔt wetin a de tink ɔltɛm ɛn sote go  
Wit di tin dɛn we pɔsin want  
Usay wef dɛn we de mek i gladi ɛn we de mek i fil pen  
de tos am  
I de mek i sɔfa bikɔs i de fil bad bad wan  
If wi want fɔ rich wan sublaym stet  
Frɔm ay kɔnshɛns ɛn sɛns  
I nid fɔ pul di tin we yu de tink bɔt  
Frɔm in frenzied, raging aktiviti  
Na bay we wi de pe atɛnshɔn pan di maynd ɛn tink gud  
wan bɔt Gɔd  
Wans di storm of tinkin don finish  
So dat wan swit ɛn blɛsin kwayɛt go kam dɔŋ pan di sol  
Dɔn di disaypul kin fil kol ɛn i kin fil se i sho  
Apat frɔm di skɔp fɔ nɔmal ɛkspiriɛns  
As in sɛns de opin ɛn in spiritual fakulti dɛn de wek  
I de si am dairekt wan  
If yu nɔ gɛt di sɛns  
Di blɛsin divayn prezɛns  
Bɔku tɛm, wi nɔ kin si di tin dɛn we de nia wi  
Wi de pas nia valyu tin dɛn we wi nɔ de stɔp  
ɛn wi de kɔntinyu fɔ tray fɔ imajin  
ɔ wi kin tray fɔ kech renbo  
Wi de luk fɔ sef na dak



Pan ɔl we wi sol den rili want fɔ get layt  
 Wi de drink drim we nɔ de mek wi tɔsti  
 Wail wi sol den de want di trut we pas ɔl  
 Wi de chase wan mirage we no ivin de  
 Fɔ tray fɔ fɛn rɛst na in shed  
 Frɔm di wam wam layf ɛn di sɔmda we de bɔn  
 We wi rili want fɔ du sɔntin  
 Wan ples usay pis ɛn wanwɔd de  
 we ayd insay wi sol den  
 Difrɛns we nɔ de kɔmpit  
 Di wan we di wɔl ful-ɔp wit  
 Wetin de tɛmpt wi ɛn mek wi want fɔ du sɔntin  
 Fɔ mek wi pe atɛnshɔn pan prɔpati  
 Na jɔs wan shado we nɔ get wan bɔt  
 Fɔ rare treasures we de lay  
 Na di mayn den we de ɔnda grɔn  
 Wi fɔ wok fɔ mek di maynd we de wɔri, kol  
 ɛva de rɔnata di tin den we de na di wɔl  
 ɛn fɔ dayrɛkt in kɔs insay  
 Wi fɔ mek di tin den we wi de tink ɛn di tin den we wi  
 want, gri  
 Wit inof hiling facts  
 Found dip insay di self  
 Dɔn wi go si wanwɔd  
 Insay wi layf ɛn insay wi nature  
 If wi alaynɛs wi op ɛn ɛkspekteshɔn den  
 Wit di innate harmoni we de insay wi  
 Wi go sef sef na di si we get layf  
 Nɔto fɔ fred fɔ drawn  
 Na bikɔs wi get wanwɔd fɔ wisɛf  
 I go bi layf jakit  
 ɛn wit wing den we de abop pan Gɔd  
 Wi go flay ay ay ples na di atmosfɛrɛ we pis de  
 Sɔm pipul den go de wɔnda  
 ".As long as wi get fridom of choice"

So wetin mek di tin den we kin apin no gri wit wetin wi  
?bin de op fo  
:Di ansa na dis  
Motalman don wik in wil  
I no bin no bot God in pawa igen  
we de na in konshens  
Bot if i wok fo mek in wil strong  
Na bay we wi de praktis fo kontrol wisef  
En fo tink bot di layt we komot from am we de insay am  
Di tin we i want don fri  
En we in wil fri  
I kin bi di masta fo in yon destiny  
Bot if i si se i de alayv  
Na we we in konshens no gri wit am  
I no go fri en i no go ebul fo go op  
Na di lada fo go bifo  
Wi fo spen tem  
Fo du den tin den de  
We de ep wi fo get gladi at  
En i de bring benifit en gud tin to wi  
Nobodi no go ebul fo stop wi mach  
As long as wi don mekop wi maynd fo du scontin  
Fo go bifo  
Man kin konfyus insaf  
Insay wan smol sel  
From di limited horizon  
smol smol aydia den  
di we aw posin de fil kin chenj  
abit den we no fayn fo yu  
Na dat mek i get fo tren insaf  
Fo mek yu ebul fo chenj chenj, fo opin yu at, en fo gri wit  
wetin yu de du  
Wi fo wok fo kontrol di tin den we wi lek  
En fo tren wi wil di rayt we  
Na bay we wi de du di best tin den na layf

En dat wi fɔ tink mɔ bɔt Gɔd  
Wi de skata di spirit fɔ lɛk, pis, ɛn brɔda ɛn sista dɛn  
Na ɔl di kɔna dɛn na dis wɔl  
Di wan dɛn we gɛt sɛns

**Masta Paramhansa Yogananda**

**Transleshɔn: Mahmuud Abas Masoud**

**Bikɔs wi kam na dis wɔl frɔm say we wi nɔ no, na  
nɔmal tin fɔ mek wi wɔnda bɔt di ɔrijin ɛn di rizin fɔ  
layf Wi de yɛri ɛn rid bɔt wan we mek dis wɔl, bɔt wi  
nɔ no aw fɔ rich to Am ɔl wetin wi no na dat di wan ol  
yunivas de prɛd se In divayn intɛlijɛns de jɔs lɛk aw di  
smɔl, prɛsis komponent dɛn na wan wach de mek wi  
admaya di wan we mek di wach, ɛn jɔs lɛk di big,  
kɔmpleks mashin dɛn of a factory amaze and inspire  
admiration for their inventor, so too we wi si di  
wɔndaful tin dɛn we de na di nature, wi kin wɔnda di  
intɛlijɛns we ayd biɛn dɛn, ɛn wi kin aks:**

**"Udat gi di flawa in vibrant, san-fes shep?"**

**Usay in sɛnt ɛn fayn fayn tin dɛn kɔmɔt?**

**En aw dɛn bin mek in petal dɛn wit dis kayn fayn  
fayn prɛsishɔn ɛn day wit dɛn kayn wɔndaful kɔlɔ dɛn  
ya we de mek pɔsin gladi?**

**Na nɛt, di sta dɛn ɛn di mun, we de spre silva layt  
rawnd wi, de ɛnkɔrej wi fɔ tink bɔt di kɔnshɛns we de  
gayd dɛn ɛlestial bɔdi dɛn ya na dip spes**

**Di saf layt we di ful mun de gi nɔ go du fɔ wi  
ɛvrɪde, ɛn so wan maynd we gɛt sɛns ɛn we de peshɛnt  
de mek wi rɛst na nɛt Dɔn di san de kɔmɔt, ɛn in brayt  
layt de mek wi ebul fɔ si di wɔl we de rawnd wi wit**

**klia en kol at, we de mek wi ebul fo du di wok den we de prezent densesf to wi**

**Tu we de fo fulop wi nid: di bodi en di spiritual We wi welbodi de pwel, fo egzampul, wi kin go to dokto fo tritment Bot tem kin kam we dokto o eni oda posin no go ebul fo ep, en wi kin ton to di sekon we: to di spiritual pawa we mek wi bodi, maynd, en sol Fisikal pawa kin smol, en we i no wok, wi kin ton to di divayn pawa we no get limit Dis kin apin bak to wi moni biznes nid We wi du wi best en stil no get inof, wi kin ton to da pawa de**

**Olman tink se den problem na di wos Som kin fil mo preshon pas oda pipul den bikos den resistans wik Given di difrens pan pipul den maynd trenk, den kin spen difren enaji If posin get problem we rili tranga en in maynd wik, den no go ebul fo win am Di wan den we get strong maynd kin win den problem bay we den de brok di tin den we de ambog den en shek den fawndeshon Yet, ivin di pipul den we strong pas ol get som tem den kin get folt We wi kin get buku buku problem den en problem den we kin apin we wi get buku buku tin den, we wi get sens, en we wi de tok bot God biznes, wi kin no aw di pawa we layf get smol na dis wol we wi get**

**Wi no fo jos de tray fo get gud welbodi en fo get moni, bot fo fen di minin fo layf Wetin na di rizin fo layf? We problem den kin ambog wi, wi kin fos ton to di tin den we de arawnd wi, tray fo ajost evri matirial we wi biliv se go gi wi rilif Bot we wi rich na wan say we no get end en se, "Ol di tin den we a don tray fo du no wok; wetin mo a go du?" wi begin fo tink sirios wan fo fen wan fayn solv fo wi problem En we wi tink dip inof,**

**wi kin fən di ansa insay wisef Dis, insef, na wan we fə  
ansa prea**

**Prea: Na tin we wi nid fə lan bət Gɔd**

**Prea na spiritual nid Gɔd nɔ mek wi as begman,  
bikɔs i mek wi lək in pikchɔ Di Oli Skripchɔ dən deklare  
dis Begman we go na jentriman in os ɛn aks fə alms de  
gət begman in shea Bət bɔy pikin kin gət ɛnitin frɔm in  
jentri papa So, wi nɔ fə biev lək begman**

**I tan lək se sɔm pipul dən gət ɔltin ɛn dən bɔn dən  
na lɔjishɔn ɛn kɔmfɔt, ɛn ɔda wan dən tan lək se dən  
de atrak trɔbul ɛn fɔlt Usay Gɔd in pikchɔ de insay  
dɛn? Di pawa we Gɔd in spirit gət de insay ɛni wan pan  
wi Bət aw wi go ebul fə gət da pawa de? Sɔntɛm yu  
dɔn fil bad trade bikɔs i tan lək se dən nɔ ansa yu  
prea, bət nɔ lɔs op ɛn fet Fɔ no if yu prea dən de wok ɔ  
nɔ wok, yu fə gət wan men biliv pan di pawa we prea  
gət dip insay yusef**

**Sɔntɛm sɔm pipul dən prea nɔ gət ansa bikɔs dən  
kin disayd fə beg Semweso, pɔsin fə no wetin fə aks  
Gɔd Yu kin pre wit ɔl yu at ɛn ɔl yu trɛnk fə gət di wɔl  
ɛn ɔltin we de pan am, bət dən nɔ go tek yu prea bikɔs  
ɔl di prea dən we gət fə du wit matirial layf na tin we  
nɔ bɔku, ɛn fə tru, i fə smɔl Bət rayt we de fə pre Bət  
dɛn kin se pusi gət nayn layf Bət prɔblɛm dən gət  
nayntin nayn layf! Yu fə fən wan fayn we fə pul di "kat  
we gət prɔblɛm" Di sikrit fə prea we go wok fayn na fə  
chenj in pozishɔn frɔm di wan we de beg to di wan we  
pɔsin we gət rayt gət We yu aks Gɔd fə sɔntin we tan  
lək da spiritual nature de, yu prea go gət pawa ɛn sɛns**

**Di sid dən fə sakrifays de pan di pawa we pɔsin  
want**

**Mɔs pipul dɛn kin rili fred ɛn wɔri we dɛn de tray fɔ du sɔntin we rili impɔtant to dɛn Fɔ akt wit wɔri ɛn nervɔs nɔ de atrak divayn pawa, bɔt di kol ɛn kɔntinyu fɔ yuz wil pawa de shek di fɔs dɛn na di yunivas ɛn briŋ wan ansa frɔm di infinite Absolute Di sid dɛm fɔ sakrifays fɔ ɔltin we yu want fɔ ajɔst de lay insay yu wil Wan wil we brok ɛn krɔs bay difikulti dɛn kin paralayz fɔ sɔm tɛm Bɔt di pɔsin we gɛt maynd ɛn we dɔn mekɔp in maynd we se, "Mi bɔdi kin rɔtin, bɔt di ed we a want go kɔntinyu fɔ ol ay ɛn we i dɔn mekɔp in maynd fɔ drɛb am," de sho di ay digri we i gɛt pawa fɔ du sɔntin**

**Wilpawa ɛn in rayt dairekshɔn na wetin de elevɛt ɛn rayz pɔsin in stetɔs We pɔsin lɛf fɔ yuz wilpawa, i kin bi ɔdinari pɔsin, we nɔ de wok we tin de apin Bɔku pipul dɛn se wi nɔ fɔ yuz wi wil pawa fɔ chenj di tin dɛn we de apin, bikɔs wi de fred fɔ ambɔg Gɔd in plan Bɔt wetin mek Gɔd gi wi wil pawa if i nɔ bin want wi fɔ yuz am? Wan tɛm a mit wan rigid man we se i nɔ biliv fɔ yuz wilpawa bikɔs i de fid sɛlf-impɔtant a ansa se, "Yu de yuz yu wilpawa rayt naw, ɛn kwik fɔs, fɔ rɛsist mi Yu de yuz am fɔ tɔk, tinap, waka, it, go na di fim, ɛn ivin slip Yu want ɔltin we yu de du Witout wilpawa, yu bi rɔbɔt" Na pɔsin in duty fɔ harmonize in wil, governed by want, wit wetin Gɔd want So, we dɛn de pre di rayt prea ɔltɛm, i kin bi pawa fɔ du sɔntin insɛf**

**Yu fɔ biliv se i pɔsibul fɔ gɛt wetin yu de pre fɔ If yu pre fɔ gɛt os, ɛn di sem tɛm yu maynd se, "Aw yu go ebul fɔ bay os, yu ful?" yu de wik yu wil wit dis kayn tink We yu ban di frayz "A nɔ ebul" frɔm yu maynd, yu gɛt ay pawa Fɔ tru, os nɔ de fɔdɔm frɔm di skay, ɛn fɔ gɛt os, yu fɔ yuz wil pawa ɛn tek kɔnstrɔktiv akshɔn fɔ rich yu gol We yu kɔntinyu fɔ bia ɛn nɔ gri fɔ admit fɔ fel, yu go ebul fɔ sho wetin yu**

want fɔ du ɛn we yu de yuz da wil pawa de ɔltɛm tru  
yu tink ɛn akshɔn, yu want go fulfil, ɛn ɔl wetin yu  
want ɛn we yu want go kam to yu We yu kontinyu fɔ  
tray wit ditarminieshɔn ɛn kontinyu, di rizɔlt we yu  
want go apia insay sɔm we, ivin if wetin yu want nɔ  
rili de na dis wɔl Insay dis kayn wil pawa lay di divayn  
ansa, bikɔs gud wil kɔmɔt frɔm Gɔd Persevering will is  
a divine will

**Bɔn di sid dɛn fɔ tink bɔt bad tin dɛn**

Wik wil na wikɛd mɔtalman wil We prɔblɛm ɛn fɔlt  
dɛn de chuk am ɛn te am, i de lɔs in kɔnekshɔn to di  
Jɛnɛrato we nɔ gɛt ɛnd Bɔt biɛn di mɔtalman wil, na di  
divayn wil de, we nɔ nɔ ɛnibɔdi we nɔ gɛt maynd ɔ win  
Ivin day, pan ɔl in pawa, nɔ go ebul fɔ brok ɔ ambɔg di  
divayn wil Gɔd go mɔs ansa da prea de we wan wil we  
nɔ de shek fɔ mek i disayd fɔ du sɔntin ɛn we nɔ de  
chenj, de drɛb

Bɔku pipul dɛn kin les ɛn taya, ilɛksɛf na dɛn bɔdi,  
dɛn maynd, ɔ dɛn ɔl tu Dɛn kin want fɔ tink gud wan  
bɔt dɛn kin tink bɔt slip nɔmɔ As soon as dɛn kin slip,  
dɛn kin slip dip, ɛn na da tɛm de di prea dɔn! Insay dis  
stet, wil pawa de bɛr Di avrej pɔsin in bren ful-ɔp wit  
di sid dɛm fɔ "A nɔ ebul" We dɛn bɔn am na famili wit  
sɔm kwaliti ɛn abit dɛm, dɛn kin gɛt dɛn tin ya we dɛn  
kin du, dɛn kin biliv se dɛn nɔ ebul fɔ du dis ɔ se Dɛn  
bad bad sid ya fɔ bɔn ɛn pul dɛn pawa kɔmɔt na yu  
kɔnshɛns Yu gɛt di pawa fɔ ajɔst ɛnitin we yu want Dat  
pawa de na di kɔr fɔ yu go

Di wan dɛn we want fɔ gɛt wil pawa nid gud  
kɔmpin If yu want fɔ bi big pɔsin we sabi bɔt  
matematiks ɛn yu kɔmpin dɛn na klas nɔ lɛk  
matematiks, yu nɔ go gɛt wan dawt fɔ se yu ɛnjɔymɛnt  
go stɔp Bɔt we yu de kip kɔmpin wit pipul dɛn we sabi

**du matematiks, yu wil pawa go strong, en yu go ebul fɔ se, "If ɔda pipul den ebul fɔ win, na so misɛf go ebul fɔ du am".**

**No rɔsh pan big tin jɔs fɔ bil yu wil pawa Fɔ mek yu gɛt sakrifays, yu fɔ fɔs tɛst yu wil pawa wit smɔl tin den we yu bin tink se yu nɔ go ebul fɔ du If yu put di tray, sakrifays go fala**

**A stil mɛmba ɔl di gol dɛm we mi padi dɛm en ɔda pipul dɛm bin tɛl mi se a nɔ go ɛva ajɔst, yet a bin du Den pipul ya we gɛt gud maynd kin kɔz big bad tin wit den opinion Mek Gɔd protɛkt wi frɔm den en den advays Kɔmpaniship gɛt di big pawa pan wil pawa Fɔ go dans wit rɔm en lawd myuzik, instead fɔ tink gud wan na di sanktua fɔ saylɛns, de dɔti di maynd wit di dɔst fɔ di wɔl vaybreshɔn so tik dat i at fɔ shek den ɔf Pɔsin in wil pawa nɔ go ɛva strong ɔ wik bikɔs ɔf di inflɛns we in kɔmpin den gɛt Fɔ divɛlɔp wil pawa tru fɔ tray fɔ yusɛf nɔmɔ rili at Yu nid gud ɛgzampul fɔ falamakata If yu want fɔ bi pɔsin we de peint, liv rawnd gud peint den en kip kɔmpin wit pipul den we de peint If yu want fɔ bi spiritual pɔsin, kip kɔmpin wit spiritual pipul den we gɛt nobul abit**

**Big difrɛns de bitwin biliv en ɛkspiriɛns Biliv kɔmɔt frɔm tin den we yu dɔn yɛri ɔ rid bɔt en aksept as fawndeshɔnal trut ɛkspiriɛns, na di ɔda say, na wetin yu pasɔnal witnɛs en rili ɔndastand Di shɔt tin we di wan den we dɔn ɛkspiriɛns Gɔd gɛt nɔ de shek If yu nɔ ɛva test ɔrɛnj, den kin ful yu bɔt in prɔpati den Bɔt if yu dɔn it ɔrɛnj bifo, den nɔ go ebul fɔ mistek yu, bikɔs yu dɔn test di frut en sabi am gud gud wan**

**Luk fɔ de wit di wan den we de mek yu fet strong**



**Aydia bɔt Gɔd, sakrifays, wɛlbɔdi, ɛn ɔda tin dɛn, ɔl de na yu maynd lɛk saykolojik kapsul Tray dɛn Fɔ tɛst yu aydia, yu fɔ yuz yu wil pawa fɔ mek dɛn gɛt layf Fɔ mek yu gɛt di pawa we yu nid, yu fɔ gɛt padi biznɛs wit pipul dɛn we gɛt strong wil If yu want fɔ mɛn pɔsin bay wetin Gɔd want, luk fɔ di kɔmpin wit di wan dɛn we de mek yu fet strong ɛn gi yu wil ɛnaji**

**A bin travul di long ɛn brayt ples na India fɔ luk fɔ pɔsin we rili no Gɔd, bɔt dɛn nɔ bin bɔku ɛvri ticha we a mit bin de sheb dɛn yon biliv Bɔt pan spiritual tin dɛn, a bin dɔn mekɔp mi maynd fɔ nɔ satisfay wit jɔs wɔd dɛn bɔt Gɔd A bin want fɔ ɛksperiɛns am ɛn rili fil se i de wit am Wetin dɛn tɛl mi nɔ gɛt minin pas a ɔndastand am tru pasɔnal ɛksperiɛns**

**Wan tɛm, a bin de tɔk to wan padi bɔt di sent dɛn na India Mi padi na bin brɔka, ɛn i nɔ bin sheb mi enjoyment Bifo dat, i se, "ɔl di wan dɛn we yu kɔl sent na rili charlatan dɛn we nɔ no Gɔd" A nɔ bin agyu wit am, bɔt a chenj di tɔpik, ɛn wi begin fɔ tɔk bɔt di brɔka wok Afta i tɛl mi bɔku tin bɔt am, a se saful wan, "Yu no dat." no wan brɔka we pɔsin kin abop pan de na Kalkata, ɛn se dɛn ɔl na layman?" I vɛks bad bad wan ɛn ansa am wit wamat se, "ɛn wetin yu no bɔt brɔkers?" A ansa se, "Na dat a bin min ɛn wetin yu no bɔt oli pipul dɛn?" I bin speechless a kontiniu kolhat en kain, "A no sabi enitin boht brokerage, en yu no sabi enitin boht sent".**

**Di praktis fɔ rilijɔn dɔn rich wan say we bɔku pipul dɛn nɔ kin ebul fɔ translet dɛn spiritual aydia igen to layf ɛksperiɛns A de tɔk ya frɔm pasɔnal ɛksperiɛns A nɔ want fɔ tɔk bɔt tin dɛn nɔmɔ we a no wit sɛns Mɔs pipul dɛn kin rid sɔm buk dɛn bɔt trut ɛn bi pɔsin we ebul fɔ du dɛnsɛf we dɛn nɔ mek di ɛfɔt we nid fɔ**

**ɔndastand di trut we de bien di wɔd dɛn Di ɛmti  
prɔnawnsment ɛn olo prɔnɔnsment dɛn fɔ spiritual trut  
dɛn nɔ gɛt ɛni bɛnifit to wi ɛn lɛf ɛni pɔsitiv impreshɔn  
Wi fɔ difrɛns bitwin pɔsin in sɛmin ɛn in layf stori  
ɛnibɔdi we want fɔ tich ɔda pipul dɛn fɔ sho fɔs se i  
dɔn rili ɛkspiriɛns wetin i de lan ɛn i dɔn ɔndastand  
wetin i de tɔk bay ɛkspiriɛns**

**(ɛn a si se mɔtalman nɔto natin pas di tin we i de  
tray fɔ du)**

**ɛnibɔdi we tray tranga wan, fit fɔ gɛt glori mɔ**

**Wit ay ambishɔn, i de rayz to di ayt dɛn**

**Di wan we gɛt di ay aspireshɔn dɛn na in pipul dɛn  
bin de si pas ɔl**

**Di wan dɛn we want fɔ go bifo nɔ de delay**

**ɛn di wan we bin want fɔ let nɔ bin kam bifo**

**Pis de fɔ una**

**Initiativ ɛn spirit fɔ mek tin dɛn**

**We wi luk di bɔku bɔku tin dɛn we de apin na dis  
wɔl we nɔ gɛt ɛnd, we wi de rɔsh bɔku bɔku pipul dɛn  
we de rɔsh ed fɔ go na di stej dɛn na layf, wi kin ful-ɔp  
wit wɔnda ɛn aks wisɛf bɔt di sikrit we de bien dis  
strenj tin we de apin Wetin na di men gol fɔ wi waka?  
ɛn wetin na di bɛst we fɔ rich to am?**

**Bɔku pan wi kin drɛf we wi nɔ gɛt ɛni aim, we nɔ  
gɛt ɛni rizin ɔ dairekshɔn, lɛk motoka dɛn we de rɔn go  
na natin As wi nɔ de tek tɛm ɛn nɔ tek tɛm de waka na  
layf in rod dɛn, wi nɔ de ɔndastand di rizin we mek wi  
de travul Wi nɔ kin notis if wi de tred rod dɛn we de  
rɔn rawnd we nɔ de go ɛnisay, ɔ wan stret rod we de**

**go dairekt to di say we wi want fɔ go ɛn aw wi go ebul  
fɔ fɛn wi men tin if wi nɔ ɛva ivin tink bɔt am i?**

**Bɔku pipul dɛn—pan ɔl we dɛn nɔ no di rizin fɔ layf  
—gɛt inof tin fɔ disayd ɛn du wetin dɛn want ɛn fɔ dil  
wit di say we dɛn de ɛn di tin dɛn we de apin to dɛn  
fayn fayn wan ɛn wetin na fɔ du sɔntin? Na wan  
kapasiti fɔ mek tin, wan spak fɔ di Krieta we nɔ gɛt  
ɛnd we de insay ɛni wan pan wi**

**Bɔku pipul dɛn maynd tan lɛk wan ɔs pawa injin!  
Pan ɔl di bɔku bɔku tin dɛn we pɔsin kin ebul fɔ du  
insay ɛni mɔtalman maynd, na smɔl pipul dɛn nɔmɔ  
kin yuz da pawa de we dɛn nɔ tap, Pipul dɛn intres kin  
smɔl ɛn dɛn kin jɔs de fɔ di tin dɛn we dɛn nid fɔ liv na  
layf lɛk fɔ it, wok, ɛnjɔy dɛnsɛf, fɔ slip, ɛn ɔda tin dɛn  
lɛk dat**

**Saikɔlɔjis dɛn se wan men difrɛns de bitwin  
mɔtalman ɛn animal: pan ɔl di tin dɛn we Gɔd mek, na  
mɔtalman nɔmɔ de laf (sɔntɛm wit di ɛksepsɔn fɔ  
mɔnki ɛn hayna dɛn we de snar) Laf kin bɛnifit, ɛn if  
pɔsin nɔ yuz dis gift, pɔsin kin mis wan pan di  
impɔtant tin dɛn we mɔtalman de divɛlɔp Wi nɔ fɔ tan  
lɛk di wan dɛn we de si layf wit rigid, siriks autluk,  
nɔto fɔ laf ɔ smayl, ɛn as a rizulta, nɔ ɛva rili ɛnjɔy layf**

**Apat frɔm di spɛshal we aw mɔtalman ebul fɔ laf,  
mɔtalman gɛt ɔda spɛshal abiliti: wan pan di big wan  
dɛn, di ebul fɔ mek tin ɔ fɔ mek nyu tin dɛn Wetin na  
dis abiliti we nɔ izi fɔ ɔndastand, we nɔ izi fɔ  
ɔndastand? Di Wɛst na di land fɔ prɛktikal, industri, ɛn  
aplai sayɛns inovashɔn Di Is na di land fɔ layt ɛn  
spiritual kriaytiv So, di spirit fɔ initiativ na di kapasiti  
fɔ kriaytiv—fɔ du sɔntin we nɔbɔdi nɔ dɔn du bifo,  
insay nyu we dɛn**

**Di spirit fɔ mek tin dɛn na di ebul fɔ mek tin dɛn  
we kɔmɔt frɔm di Wan we mek ɔltin**

**Wetin pipul dɛn dɔn du wit dis oli gift? Ɔmɔs pipul  
dɛn kin rili tray fɔ yuz di tin dɛn we dɛn ebul fɔ mek?  
Wik, mɔnt, ɛn ia dɔn pas ɛn kɔntinyu fɔ pas, ɛn dɛn nɔ  
de chenj, dɛn de chenj nɔmɔ bay di ej Di pɔsin we de  
mek tin dɛn de shayn lɛk wan brilliant mitɔ we de rɔn  
na di spes, we de mek sɔntin frɔm natin ɛn mek di tin  
we nɔ pɔsibul pɔsibul tru di kriyaytiv pawa we di ay  
spirit gɛt**

**Tri kategori de fɔ di wan dɛn we mek tin:**

**Kategori dɛn de we spɛshal, we rili wɔndaful, ɛn  
we nɔ kɔmɔn; avrej kategori dɛn; ɛn ɔdinari kategori  
Ɛn afta dat, bɔku bɔku pipul dɛn de we dɛn kin kɔl  
natin**

**Aks yusɛf dis kwɛstyɔn: "A dɔn ɛva tray fɔ du  
sɔntin we nɔbɔdi nɔ ɛva du bifo?"**

**Dat na di statin pɔynt fɔ aktiv di spirit fɔ initiativ  
ɛn unleashing latent kriaytiv**

**Nɔ tan lɛk di wan dɛn we biliv se dɛn nɔ ebul fɔ du  
difrɛn tin frɔm di ɔdinari ɛn famili Dɛn tan lɛk pipul  
dɛn we de slip Di advays dɛn we dɛn kin gɛt frɔm dɛn  
sabrɔshɔs dɔn mek dɛn biliv se dɛn ɔl na di sem ilk**

**Na tɛm fɔ mek mɔtalman wek insɛf frɔm in stet we  
i nɔ no natin ɛn we i de sɔprayz ɛn fɔ afɛm to insɛf se i  
gɛt di big gift we mɔtalman gɛt: di spirit fɔ mek tin  
dɛn**

**Ɛvri mɔtalman gɛt spak we gɛt ɛkstra ɔdinari  
pɔtnɛshɛl, we de mek dɛn ebul fɔ mek sɔntin we  
nɔbɔdi nɔ si yet I sɔri fɔ no se bɔku tɛm, mɔtalman kin**

de ɔnda di magnetik inflɔəns we dən envayrɔmənt gət  
ən dən nɔ kin tray fɔ brok fri frɔm in pawaful pul If  
sɔmbɔdi se, "No pɔynt nɔ de fɔ tray, dən dɔn ɔlrɛdi du  
am," dən kin alaw dɛnsɛf fɔ fɔdɔm pan wan wɔl  
kɔnshɛns we nɔ gət pawa ɛn diskɔuraj ambition Dis na  
di rizin we mek bɔku pipul dən kin fel na layf

Dis kin apin bak to di spiritual aspek Bɔku pipul  
dɛn de we nɔ kin chenj ɔlsay na dən layf Pan ɔl we dən  
nɔ kin satisfay bikɔs dən nɔ gət bɛtɛ maynd ɛn dən nɔ  
kin gət bɛtɛ ɛksperiɛns, dən kin fred fɔ tink difrɛn we  
frɔm aw dən mɛn am Pɔsin fɔ adap insɛf to di prɔblɛm  
dɛn we kin apin na layf akɔdin to wetin in kɔnshɛns tɛl  
am ɛn wetin in at want, ɛn nɔ fɔ du tin blaynd wan we  
i nɔ gət sɛns

Mi ticha we a rili rɛspɛkt, we nem Sri Yuktswarji,  
bin tɛl mi se:

"If yu rili biliv Gɔd ɛn want ɛnitin, Gɔd go gi yu da  
tin de ivin if i nɔ rili de na di yunivas".

A bin gət da fet de we nɔ de shek pan Gɔd ɛn pan  
mi yon wil, ɛn a bin de si ɔltɛm se dɛn de mek nyu  
chans dɛn fɔ mi fɔ gət di tin dɛn we a want

Di kreativ pɔtnɛshɛl insay mɔtalman stil de slip, nɔ  
divɛlɔp ɛn nɔ de yuz Dis pawa na innate ɛn inhɛrɛnt,  
de insay ɛvri mɔtalman witout ɛksɛpshɔn, yet pipul  
dɛn nɔ de yuz am So, aw dis kriyaytiv spirit go wek?

If yu nɔr dɔn divɛlɔp di kriyaytiv tinkin skil dɛm  
yet fɔ fɔj yu yone rod, yu kin tray fɔ impɔtant sɔmtin  
we ɔda pɔsin dɔn du bifo Di tray fɔ impɔtant pan ɔda  
pipul dɛn nyu tin dɛm na di kɔmɔn we fɔ du am

**Di sækən ɔ midul kayn spirit fə mek tin dən de insay di wan dən we de kəmpoz ɔ mek nyu tin dən, bət we nɔ gət ɛni impɔtant impɔtant tin**

**Di ɛkstra ɔdinari kwaliti we wan spirit we de mek tin gət na in de alaw di pɔsin we gət am fə tinap bifo di wɔl wit wan layt we de shayn, lɛk di big big pipul dən we bin de briŋ nyu ɛn bɛnifit tin dən fə di wɔl, tin dən we nɔbɔdi nɔ bin dɔn du bifo Dən spɛshal sɛns ya bin gət wan spirit we nɔ de chenj, we dən sɔpɔt wit wan wil we nɔ de shek fə rich dən gol dən Did God bin favɔret dən big big pipul ya, gi dən da kayn difrɛn big big tin ya? Yu tink se di wil we Gɔd want bin pik dən fə gət da kayn glori de pas ɔl ɔda wan dən? Fə tru, nɔto Dən jɔs yuz dən kriyaytiv gift fə sho di big ɛn glori we na ɔl mɔtalman in ɛritaj, bikɔs dən mek dən lɛk Gɔd, we na di say we ɔl di kriaytiv ɛn nyu tin dən kɔmɔt**

**Di wan dən we want fə gət glori fə dɛnsɛf nɔto rili big Inflated wit prawd, vanity, ɛn self-importance, dən nɔ de gət ɛni sɔpɔt frɔm Gɔd Di wan dən we lɛk fə gi, we de ɛnkɔrej ɔda pipul dən fə pul dən pɔtnɛshɛl, divɛlɔp dən abiliti, ɛn kɔltivayt sɛlf-kɔnfidɛns na dən rili big**

**Bɔku pan di wan dən we bin bi big pipul dən nɔ bin no se dən bin de gayd dən: dən bin gət wan tɔch fə big tin we bin de sav as di bɛsis fawndeshɔn we dən bil di bildin fə dən layf pan, dən bin bi spɛshal ɛn dən bin sabi du dən wok fayn fayn wan pan wan wɔndaful we pan dən fild fə mek tin dən**

**If yu posɛs di kwaliti fə big, i min se yu dɔn subkɔshɔs gayd bay di pawa dɛm na di maynd, we in abiliti mek yu ebul fə divɛlɔp yu kriyaytiv ɛnaji dɛm bay we yu opin di layt chanel dɛm na yu sol ɛn kɔnɛkt dɛm to di tɔtal kɔnshɛns, di sɔs fə ɔl ɔrijinal ɛn kriaytiv**

**Gretnes kin bi bak, we min se den kin kol am bay we i de develop in talent en akseleret in growth Wan we de fo mek posin bi big posin bay we i get dis ekstra ordinari, astonishing pawa We i du tin wit sens en tru di rayt trenin, posin kin men di spirit fo mek tin den en pul in potneshel Di wan den we don tray tranga wan fo long tem na di wan den we naw de enjoy di rializashon fo den op en di fulfilment fo den drim Den fo dig di pawa den we no de insay de, en den fo yuz had wok fo win wetin i tan lek se i at en no go ebul fo win**

**Di posin we want fo get buku tin fo du fo redi fo bia wit di bad bad tin den we di wol de tink en di bad we aw den de kondem am fo mek i go ebul fo get sakrifays pan eni wok, ilaksaf na tin den o i get sens Posin fo tek tem bak wit di tin den we di wan den we no get bete vishon kin tok we de mek i no get bete maynd if i want fo bi orijinal, fo mek tin den, en fo mek nyu tin den, en if i want fo tink en tok difren we, ivin smol Wan in enjoyment fo no de shek, no fo eva alaw am boredom o apathy fo go insay in domayn**

**Di wan den we get fayn fayn spirit fo mek tin den kin swela ol di problem den, problem den en tin den we kin ambog den, en biliv dip dip wan se den rayt**

**Wit sinisi en stedi we no de shek we no de shek shek en baksleyd, go bifo wit God in blesin, no se di pawa we no get end fo mek tin den go tek yu an en sopot yu along di rod**

**Fos, posin fo konsheens fo toch di pawa we no get end Dis blesin pawa na di sos fo ol di kriaytiv en inovashon Wans dis apin, di konsheens en sobkoshens maynd ol tu ful-op wit pawa en wil**

**Fɔ lɔng tɛm a bin de fred fɔ lɔs di kriyaytiv spirit we a bin dɔn kɔltiv insay misɛf ɔnda harsh kɔndishɔn ɛn tranga prɔblɛm dɛn Bɔt naw a dɔn no se di ɔltimat, infinite law de insay mi sol Dat oli lɔ na di fawndeshɔn fɔ ɔl sayɛns, art, ɛn no ɛn if mi sɔpɔt bay da divayn sɔpɔt de, i nɔ pɔsibul fɔ mek a fel**

**We yu want fɔ mek sɔntin we wɔndaful ɛn wɔndaful, sidɔm kwayɛt wan ɛn tink gud wan te yu fil se pawa we nɔ gɛt ɛnd, we de mek tin dɛn de insay yu Tray fɔ du nyu tin Bɔt ɔltɛm mek shɔ se yu tray de sɔpɔt di big tin we de mek yu ebul fɔ mek tin dɛn we de, se dis blɛsin ɛliment de biɛn ɔl wetin yu de du, ɛn se i go fulfil yu op ɛn krawn yu tray wit sakrifays**

**Gɔd ɔlmayti want mek wi gɛt di pawa we nɔ gɛt bɔda fɔ mek di divayn spirit gayd wi Pipul dɛn dɔn blok di wɛlspring fɔ kriyaytiv pawa insay dɛn sol tru apathy ɛn indolence, ɛn dɛn fɔ pul ɔl di tin dɛn we de ambɔg ɛn di dɔti we de mek di oli wata nɔ flɔ fri wan na ɔl di say dɛn Dɛn fɔ gɛt unwavering resolve ɛn wan aktif wil fɔ du gud, ɛn afta dat drim dɛn go bi rialize ɛn noble aspirations go bi tin we go apin**

**Mɔs pipul dɛn kin satisfay fɔ jɔs rigurgitate di aidia dɛn we ɔda pipul dɛn gɛt ɛn nɔ kin kam wit wan ɔrijinal tink I fayn fɔ bɛnifit frɔm di gud aidia dɛn we ɔda pipul dɛn gɛt, bɔt na di wok fɔ ɔlman fɔ ad sɔntin we nyu, ilɛksɛf na intɛlektual ɔ matirial, to di wɔl in ɛritij ɛn ɛnrich di trɔs we mɔtalman no bɔt ɛnibɔdi gɛt spɛshal kwaliti dɛn ɛn dip-dip abiliti dɛn we de wet fɔ mek dɛn diskɔba am ɛn aktiv am**

**Fɔs, a bin de shem fɔ bi ticha Di kɔmitment sirɔs ɛn di risponsibiliti dɛn rili bɔku Ticha fɔ bi pɔsin we de tek shɔk bikɔs di tɛm we i de agyu ɛn kɔnfyus, i nɔ go ebul fɔ ɛp di wan dɛn we de aks fɔ in ɛp**



**Tru ticha fɔ lɛk ɛn sav ɔlman, ɔndastand mɔtalman, ɛn no Gɔd We mi mentɔ, Seri Yokstuargi, tɛl mi se mi wok na dis layf na fɔ bi spiritual ticha, a tɔn to Gɔd, put mi trɔst pan Am, ɛn pre fɔ In ɛp ɛn gayd**

**We a begin fɔ gi lɛkshɔn, a mek am mi intenshɔn se mi lekchɔ dɛn nɔ go kɔmɔt frɔm buk ɛn tiori no, bɔt frɔm insay inspekshɔn ɛn pasɔnal ɛksperiens, we a no gud gud wan se di kriyaytiv pawa we in sɔs nɔ de ɛva rɔn dray ɛn we in flɔ nɔ de ɛva stɔp, de biɛn mi tink ɛn wɔd dɛn**

**Dɛn dɔn yuz da pawa de bak pan bɔku tin dɛn fɔ ɛp ɔda pipul dɛn na dɛn wok ɛn difrɛn ɔda we dɛn**

**A nɔ bin se, "Masta, du am fɔ mi".**

**Bifo dat, a se: "O Masta, a want fɔ du dis, bɔt na wit Yu gayd ɛn blɛsin nɔmɔ a de beg Yu fɔ inspekt mi ɛn ol mi an"**

**Yu kin du smɔl smɔl tin dɛn na wan we we rili spɛshal Yu kin bi di bɛst pɔsin na yu fil Wi nɔ fɔ fala rod dɛn we pipul dɛn dɔn waka fayn ɔltɛm; wi fɔ mek nyu wan fɔ wisɛf ɛn ɔda pipul dɛn Pɔsin kin du sɔntin we nɔbɔdi nɔ dɔn du bifo—sɔntin we kin kech pɔsin in maynd ɛn mek di wɔl daz**

**Yu kin pruv se di krietiv divayn spirit de insay yu ɛn wok tru yu Di past dɔn go ɛn naw na istri lvin if yu mistek dɛn bin dip lɛk di si, di esɛns fɔ di sol tu strong fɔ mek dɛn swɛla am Bɔt dis trut nɔ gɛt minin if pɔsin kɔntinyu fɔ tink bɔt in fɔlt ɛn du misguided akshɔn dɛn we i nɔ mek sirɔs tray fɔ kɔrɛkt in kɔs ɛn rifɔm insɛf**

**Bɔt wi de ɛnkɔrej di wan dɛn we rili want fɔ du sɔntin ɛn we rili sirɔs fɔ gɛt di strong rɪzɔlt ɛn di**

**maynd we nɔ de shek fɔ go bifo pan di rod we dɛn nɔ  
alaw di mistek dɛn we dɛn bin dɔn mek trade fɔ  
ambɔg di prɔgrɛs ɔ di smɔl aydia dɛn fɔ shak di wil**

**Layf kin dak ɛn di ples kin dak; prɔblɛm kin apin  
ɛn chans kin slip we yu nɔ notis Bɔt tek tɛm fɔ admit  
se yu nɔ ebul ɔ se to yusɛf se, "I dɔn dɔn fɔ mi, Gɔd  
dɔn lɛf mi" Bikɔs if yu du dat, yu go pwɛl yusɛf, ɛn  
nɔbɔdi nɔ go ebul fɔ ɛp yu da tɛm de**

**Yu famili kin rijek yu, gud fɔchɔ kin lɛf yu, padi  
dɛn kin lɛf yu, ɛn di pawa dɛn we mɔtalman ɛn di  
nature kin gɛt kin plan agens yu Bɔt as lɔng as yu gɛt  
fet pan Gɔd ɛn strɔng wil, yu kin pul di atak dɛn we  
fate kin atak yu ɛn tinap agens prɔblɛm dɛn lɛk wan  
strɔng rɔk we di wef dɛn we de blo kin brok agens, ɛn  
waka wit wan stedi stɛp ɛn ed we dɛn ol ay, as i fit fɔ  
nobul man ɛn uman dɛn**

**Ivin if yu win wan ɔndrɛd tɛm, tray bak ɛn disayd  
se yu go win di prɔblɛm dɛn ɛn win di krawn fɔ glori  
Disapɔyntmɛnt nɔto fɔ ɔltɛm, ɛn frustrashɔn na tɛst fɔ  
shot tɛm Gɔd want mek yu win ɛn nɔ ebul fɔ win, ɛn fɔ  
mek di ful pawa we de insay yu kɔmɔt, so dat yu go  
ebul fɔ du yu nɔbul wok na di stej na layf Bi op, ɛn yu  
go fɛn gud, ɛn mɛmba, "Fɔ tru, wit hadship kin kam  
izi".**

**Una gɛt fet pan Gɔd ɛn op fɔ in blɛsin dɛn**

**Bikɔs afta di nɛt we dak pas ɔl, do ɛn layt kin kam**

**Bɔt aw yu go fɛn di wok we fit yu na layf? If ɔlman  
want fɔ bi kin ɛn prɛsident, udat go bi di savant ɛn  
savant dɛn? Di wok we di kin de du ɛn di wok we di  
savant de du impɔtant bak na di ple as lɔng as di akto  
dɛn de du dɛn wok fayn fayn wan**

**En fɔ dis rizin, wi kam na dis wɔl wit spɛshal  
difrɛns, tin dɛn we wi want, ɛn we wi want fɔ du difrɛn  
tin dɛn ɛn tin dɛn we wi lɛk fɔ du Gɔd bin want dis wɔl  
fɔ bi wan kɔsmik stej fɔ wi ɛnjɔjment we wi de fa frɔm  
wi os we de na ɛvin Bɔt wi fɔgɛt di plan we di divayn  
dairekta ɛn ɔkestratɔ fɔ dis stej gɛt ɛn wi want fɔ ple  
wi rol dɛn akɔdin to wetin wi tink se i fayn, nɔto lɛk  
aw Gɔd want Dis na di rizin we mek dis chaos de apin,  
wit dizayd ɛn trɔbul we de skata ɔlsay na di wɔl**

**Pipul dɛn kin fel na di stej na layf bikɔs dɛn kin  
tray fɔ ple rol dɛn we difrɛn frɔm di wan dɛn we dɛn  
bin dɔn plan fɔ dɛn fɔs Sɔntɛnde, klawn kin atrak mɔ  
atɛnshɔn ɛn admiresɔn pas kin So, ilɛksɛf yu wok nɔ  
impɔtant, du am di bɛst we yu ebul ɛn wit klia  
kɔnshɛns, ɛn na Gɔd in yay, yu go de pan di wan dɛn  
we dɔn gɛt sakrifays**

**Gɔd intend gud fɔ wi If di rol dɛm we wi de ple na  
sad ɔ trajik, wi nɔ fɔ ribel agɛns layf bɔt wi fɔ strong  
wi fet pan Gɔd (ɛn pan dis, di Prɔfɛt, pis de pan am,  
se:)**

**"Gɔd nɔ de sɛn sik dɔŋ we i nɔ de sɛn in mɛrɛsin  
bak So mit sɔfa wit beg".**

**(O sol, nɔ pwɛl at bikɔs ɔf big prɔblɛm)**

**ɛn a shɔ se a go gɛt fridɔm frɔm di Wan we mek  
ɔltin, we na Gɔd fɔ ɔl di tin dɛn we Gɔd mek**

**ɔmɔs prɔblɛm dɛn dɔn kam ɛn go, dɔn pas?**

**Afta di impak we i gɛt pan mɔni ɛn layf)**

**Spiritual Simfɔni dɛn  
Saying, poem, advays ɛn affirmations  
Masta**



Wi fɔ lan fɔ bisin bɔt ɔda pipul dɛn, bikɔs fɔ gɛt gladi at  
bay we wi de mek ɔda pipul dɛn gladi na di tru gol fɔ ɔl di  
wan dɛn we lɛk Gɔd, we biliv pan am

Fɔ briŋ gladi at to ɔda pipul dɛn na wɔndaful ɛn rili  
impɔtant tin fɔ mek wi gɛt wi yon gladi at, ɛn insɛf na tin we  
go bɛnifit wi

Sɔm pipul dɛn kin tink bɔt dɛnsɛf nɔmɔ, dɛn kin se, "ɔl  
wetin impɔtant to mi na fɔ gladi" Bɔt i sɔri fɔ no se na dɛn  
kayn pipul ya nɔ de ɛva fɛn gladi at  
I nɔ fayn fɔ luk fɔ pɔsin in yon gladi at ɛn nɔ pe atɛnshɔn  
to di gladi at ɛn wɛlbɔdi we ɔda pipul dɛn gɛt  
Di wan we nɔ tek tɛm tif ɔda pipul dɛn layf kin jɛntri, bɔt  
i nɔ go gladi, bikɔs di vɛks we ɔda pipul dɛn vɛks pan am go  
kil pas pɔyzin we go kil am  
:Gɔd in lɔ se

We pɔsin tray fɔ liv kɔmfyut pan di prɔblɛm we ɔda pipul  
dɛn de spɛn, dɛn ɔda pipul dɛn de go tray fɔ mek dɛn layf  
misɛf Bɔt if dɛn tray fɔ mek ɔda pipul dɛn gladi, ivin pan dɛn  
yon prɔblɛm, ɔda pipul dɛn go tink bɔt dɛn wɛlbɔdi ɛn gladi  
at We wi de tink bɔt wi yon impɔtant nid dɛn, wi fɔ tink bak  
bɔt di nid dɛn we ɔda pipul dɛn nid ɛn we wi sho se wi bisin  
bɔt dɛn, wi go wish dɛn gud ɛn gladi at

Di pɔsin we lɛk fɔ bisin bɔt ɔda pipul dɛn kin liv in layf di  
rayt we wit dɛn famili ɛn di wɔl we de arawnd dɛn Di pɔsin  
we de tink bɔt insɛf nɔmɔ kin gɛt prɔblɛm ɔltɛm, i kin stɔp, ɛn  
i nɔ kin gɛt pis na in maynd

We yu no se Gɔd na pis insay yu, yu go no se I gɛt pis ɛn  
wanwɔd pan ɔl di gud tin dɛn we de na di krieshɔn, ɛn yu go  
si am insay di fayn fayn tin dɛn we Gɔd mek, yu go fil in klos

we i de wit tru tru padi biznes, en fil in blesin den insay fayn  
fayn tin den we yu want en onaful tin den we no get enitin fo  
du wit yu yon aim Yu go fil in prezens bien di vel den we de  
mek yu no tok natin en insay ol di wondaful tin den  
Nak di domot wit ol yu at en di vel go es en yu go si di  
fes we get glori pas ol insay ol in fayn fayn en fayn fayn tin  
den

If yu lek God, yu go fil in lov en natin no go ebul fo ful yu  
Yu kin dro to matirial eksperiens bikos yu no test spiritual  
gladi, en we yu test am yu go no di difrens  
Bi fri fo pik No mek enitin stop yu, en no alaw enibodi fo  
kontrol yu o ambog yu gladi at  
Yu sef na sepret pat pan di kosmik ol en yu fo fen da  
pafekt ol de fo mek yu ebul fo eksperiens blisful konshens en  
test di gladi gladi we divayn lov get  
Boku pipul den no kin ebul fo mek di balans we den nid  
bitwin den prektikal en spiritual layf  
Di posin we get tayt padi biznes wit God nid moni, en di  
posin we de na di wol no go ebul fo liv gladi at if God no de  
Di spiritualist de wok, en in wod den we i no tok se: God  
de gi mi trenk en gi mi di maynd, so i de get mo trenk en God  
de bles di tray we i de tray  
Di posin we de na di wol de wok bak, bot i se: Na mi de  
du ol dis fo misef, en nobodi no get eni fayv pan mi, so i de  
brig tin den we i no bin de ekspekt pan insef en fedom pan  
denja

Ol di tin den we posin kin du, ileksef na fo propati o fo get  
tayt padi biznes, fo get gud prinsipul den en fo mek wi  
konshens kontrol en fo mek wi tink gud wan  
Ton to God, memba am, en mek am di sent fo yu layf Kol  
am en pre te i gayd yu en sho yu aw in lo den de wok Memba  
se fo tink gud wan bot God en fil se i de de bete pas wan  
milyon analisis en eksplen Tel am se yu no go ebul fo solv yu  
problem den fo yusef, ivin if yu tink bot wan trilyon aydia, bot  
se solv den posibul if yu put den na in an Aks fo gayd fcs, en

afta dat tink bɔt am frɔm bɔku we fɔ fɛn fayn sɔlv Gɔd de ɛp  
di wan dɛn we de ɛp dɛnsɛf We yu maynd kol ɛn ful-ɔp wit  
fet afta yu dɔn pre to Gɔd we yu de tink gud wan, yu go ebul  
fɔ si di rayt sɔlv fɔ yu prɔblɛm wit Gɔd in ɛp ɛn gayd  
We di biliv we pɔsin biliv pan spiritual trut ɛn tin dɛn we  
pɔsin kin ebul fɔ du kin chenj to rial no, da pɔsin de kin gɛt  
mɔ sakrifays ɛn no mɔ pas ɔl di masta sabi bukman dɛn na di  
wɔl Gret pipul dɛn we dɔn kam fɔ no Gɔd nɔ kin kɔnfyus ɔ  
dɛn kin gɛt dawt bikɔs dɛn kin ɛkspiriɛns di Trut, we na Gɔd  
O Masta, we a bin blayn, a nɔ bin ebul fɔ fɛn ɛni domɔt  
we de go to Yu Yu dɔn mɛn mi yay, ɛn naw a de diskɔba  
domɔt dɛn we opin ɔlsay—insay flawa dɛn at, na padi dɛn  
vɔys, ɛn insay di mɛmori dɛn fɔ nobul ɛn lɔv tɛst dɛn ɛvri briz  
we a de blo na mi prea de opin nyu pasej to di tɛmpul we Yu  
de wit ɔltin

Mi kɔnshɛns nɔ de kɔnfyus igen to wan smɔl fizik bɔtul  
we dɛn sial wit kɔk we nɔ no natin A nɔ de waka igen na di  
midul pan yu kɔsmik si we a nɔ tɔch di si wata A nɔ de slip  
insay yu igen, O Masta, we a nɔ no yu ɔ we a nɔ no yu  
prezɛns Mi ɔl biɛn dɔn naw insay yu tɔtal prezɛns  
If yu alaynɛs ɔl yu akshɔn wit Gɔd ɛn fala di lɔ dɛn fɔ gud  
kwaliti, yu nɔ go fel ɔ go rɔng Mɛmba se divayn lɔv de ɛp fɔ  
fɔgiv bɔku sin If yu rili fil lɛk fɔ Gɔd—nɔto jɔs filin, bɔt tru tru  
lɔv—yu go fri

Wi nɔ fɔ beg Gɔd wit dray at ɛn tink we de waka waka,  
bikɔs fɔ beg we nɔ gɛt wanwɔd nɔ go du fɔ mek Gɔd ansa am  
Da ansa de kin apin bay we wi de pre wit ɔl wi at ɛn we de  
kɔmɔt na di dip dip tin dɛn na di at  
If pɔsin nɔ brinj Gɔd kam na in layf ɛn mek i balans fayn,  
prɔblɛm dɛn go kam to am ilɛk uskayn layf i bi  
O Masta, we a pas di tɛst ɛn tɛst dɛn na layf fayn fayn  
wan, a go no se mi na bɔd na paradays we de prez ɛn sij bɔt  
Yu wɔndaful tin dɛn we nɔ gɛt ɛnd ɛn mi spiritual pɔsin de  
ɔlsay na ɛvri atɔm we de na di wɔl

A dɔn wek ɛn mek mi smɔl lɔv bɔku fɔ miks wit di spirit  
fɔ yunivasal lɔv we ɔl wetin de de liv ɛn muv insay  
We a de ɛp ɔda pipul dɛn fɔ gɛt sakrifays, a kin gɛt  
growth ɛn prɔsperiti fɔ misɛf, ɛn insay di prɔsperiti ɛn wɛlbɔdi  
fɔ ɔda pipul dɛn, a kin gɛt mi gladi at  
Wan tɛm sayɛnsman dɛn bin tink se wata na wan  
ɛliment, bɔt ɛksperiɛns dɛn pruv se tu tin dɛn we wi nɔ de si,  
haydrojɛn ɛn ɔksijɛn, jɔyn fɔ mek di kɔmpawnd wata  
Semweso, wɔndaful trut dɛn de we pɔsin kin ɔndastand tru  
spiritual ɛksperiɛns We wi sidɔm kwayɛt wan we wi de tink  
gud wan ɛn wi tink dɛn tɔn insay, wi kin ɛksperiɛns di divayn  
prezɛns dairekt wan, ɛn dis kin wɔndaful bikɔs di tin dɛn we  
kin kɔmɔt na do nɔto na do bɔt na insay  
As di san in layt de skata, a go spred rayt fɔ op na di at  
fɔ di po pipul dɛn ɛn di wan dɛn we dɛn dɔn lɛf biɛn, ɛn layt  
lamp dɛn we de sho se dɛn dɔn mekɔp dɛn maynd ɛn  
kɔnfidɛns pan dɛnsɛf na di at fɔ di wan dɛn we tink se dɛn nɔ  
ebul fɔ du natin  
Insay di stilnɛs na di nɛt ɛn di dip saylɛns, insay di grov  
dɛm fɔ kɔnshɛns ɛn fa frɔm di grasp fɔ di sɛns dɛm,  
kɔmyuniket wit di Divayn Lɔv wit dip lɔng Tink bɔt Am ɔltɛm  
ɛn tɔk to Am insay di langwej fɔ di at ɛn sol ɛn we yu sɔrɛnda  
yu at to Am, ɔl di vel dɛm we de ayd Am frɔm yu go rɔtin, ɛn  
fred ɛn ilyushɔn go vanish, lɛf in layt ɛn In big big gladi at  
nɔmɔ  
Bɔku pipul dɛn biliv se Gɔd in kiɔndɔm de na sɔm kɔna na  
di spes, we de fa frɔm di dɔti vapour dɛn na di Wɔl, we dɛn  
chaj wit di vaybreshɔn dɛn we sin ɛn transgreshɔn de mek  
Dɛn fɔgɛt se di big big eria dɛn we di spirit de shek de rili nia  
We di wan dɛn we dɔn go bifo pan spiritual tin dɛn kin lɔk  
dɛn yay, di dimɛnshɔnal Wɔl ɛn in tin dɛn we pɔsin kin si, we  
pɔsin kin si kin lɔs, we di dimɛnshɔn dɛn we de sote go de  
apia insay vishɔn dɛn we nɔ gɛt ɛnd bifo dɛn insay si  
Di tɛm we tekɔnɔlɔji de sev fɔ de fɔ stɔdi layf mɔ dip wan  
Praktikal aktiviti ɛn mɔni na we fɔ gɛt wɛlbɔdi, bɔt pɔsin nɔ fɔ

ful wit prɔpati ɔ alaw blaynd gridi fɔ pul di gladi at we i get fɔ  
liv

A yuz di pikaks fɔ wil ɛn di hoe fɔ ditarminieshɔn, dig  
insay di grɔn fɔ kɔnshɛns, ɛn diskɔba di wɛlspring fɔ layf fɔs a  
rili no se a na wan wit kɔsmik ɛnaji a nɔto di bɔdi, bɔt di  
sɛlestial chaj fɔ ilɛktrishɔn we de ɔlsay na di bɔdi  
Masta, a no se a get valyu chans fɔ diskɔba di trɔs dɛm  
fɔ di sol we ayd insay di dip dip dip si we get kɔnshɛns A go  
riples di atachment dɛm na di wɔl wit spiritual ɔrienteshɔn  
dɛm, ɛn a go spur mi wil ɛn ɛnaji fɔ ajɔst di rizin fɔ layf,  
kɔnfidɛns se Yu go ɛp ɛn inspekt mi ɔltɛm fɔ du wetin rayt  
Wi nɔ fɔ alaw dis wɔl fɔ kontrol ɔ dikte to wi, ɛn wi nɔ fɔ  
fɔget se natin nɔ de we rial ɛn we go de sote go pas Gɔd, ɛn  
tru tru gladi-at de insay wi yon ɛkspiriɛns wit Am  
Insay di oli ples fɔ tink gud wan, a kin layt tu kandul dɛn:  
di kandul we de kɔmɔt na do ɛn di kandul we a de wek  
Wonderful garlands of my warm longing de rawnd di fut  
dɛm fɔ yu tɔtal prezɛns  
Yu sɛnt, we de kɔmɔt frɔm di flawa dɛn we get lɔv we de  
na di pɔt na mi at, de ɔlsay na mi layf  
Di shado dɛm fɔ mi fred ɛn ilyushɔn dɔn lɔs jɔs bikɔs ɔf  
di brilians fɔ Yu layt, O Gɔd, we dɔn wek mi sote go frɔm di  
drim dɛm fɔ mɔtalman ɛgzistɛns  
Wit wach ɔltɛm ɛn wit yay we nɔ get bɛtɛ trɛnk, a go de  
luk yu fes we nɔ get ɛnd, ɛn tink bɔt in fes ɛn di swit swit  
!ɛksprɛshɔn dɛn we nɔ de ɛva ripit  
Di dans fɔ layf ɛn day de ɔltɛm, bɔt a go fri misɛf sote go  
bay we a go get bak mi spiritual ɛsin ɛn we big big briz de  
blo rawnd mi ɛn prɔblɛm dɛn de mit mi, a go sel mi bot krɔs  
di riva fɔ layf go na di divayn sho  
We prɔblɛm ɛn bad bad tin dɛn kam, a go mek mi  
maynd strɔng ɛn shap mi wil fɔ win dɛn ɛn as lɔng as a de  
trit ɔda pipul dɛn fayn, Gɔd go gi mi trɛnk, sɛns, ɛn jɔjment  
fayn



Fɔ no Gɔd na di fɔs ɛn impɔtant nid na layf bikɔs i de  
brɪŋ pis to di sol ɛn kol at na di at Gɔd na di balm we de mɛn  
ɔl wi pen ɛn trɔbul, di solv fɔ ɔl wi prɔblɛm dɛn, ɛn fɔ fulfil ɔl  
wi nid dɛn Di tin dɛn we wi at want fɔ—lɔv, nem, sɛns, ɛn  
bɔku tin—wi de fɛn ɔl dɛn tin ya na Gɔd, di sɔs we ɔl gud ɛn  
blɛsin de gi wi

ɔl di ɛksperiɛns dɛn de mɛzhɔ bay di ebul fɔ aksept ɛn  
ɔndastand, so a go aksɛleret mi divɛlɔpment bay we a  
kɔnshɛns fɔ intensify ɔl mi ɛksperiɛns dɛn wit di pawa fɔ pe  
atɛnshɔn

A fil yu insay di dip dip tin dɛn we a de tink bɔt, a de si  
yu prezɛns insay mi dip filin dɛn, ɛn a de si yu de blo na di  
gadin we a lɛk

Ful mi wit di sɛnt we de na yu fes, so dat a go ɛnjɔy yu  
blɛsin smel

Kam to mi frɔm ɔdasay na di ɛvin, di sta dɛn, di tin dɛn  
we yu de tink bɔt, ɛn di filin dɛn Sho mi yu fes we oli pas ɔl  
ɛn mek a no yu prezɛns na mi sol, rawnd mi, ɛn ɔlsay  
A dɔn de luk fɔ yu ɔlsay na di ej ɛn tɛm, na di rod dɛn we  
a want ɛn ambishɔn, ɛn naw a dɔn no se yu de insay mi sol  
ɛn inspekt mi mɔs oli filin dɛn

No ayd frɔm mi igen biɛn di flawa dɛn fɔ filin, tink, ɛn di  
puls fɔ di sol

Dɛkɔr mi sol wit di jɔlɔs dɛn we Yu sɛns de gi, ɛn blo  
insay mi di briz we de mek yu gladi, ɛn pul di daknɛs we dɔn  
kɔba Yu frɔm mi yay ɛn mi sɛns  
O Yu we pas di sta ɛn di blu skay, ɛn pas di layers na di  
atmosfɛs ɛn ɔl di tin dɛn we de na di wɔl ɛn di tin dɛn we de  
apin, aksept di wispa dɛn we mi lɔv de mek ɛn put mi biɛn  
wit Yu lɔv, Yu layt ɛn Yu pis

Di we aw pipul dɛn de liv dɛn layf na dis: na wan say di  
dak vali de we pipul dɛn nɔ no natin, ɛn na di ɔda say, di layt  
we go de sote go we gɛt sɛns

Di tin dɛn we de ambɔg pɔsin fɔ gro na Gɔd in yay na fɔ  
jɔs bisin bɔt insɛf nɔmɔ, fɔ prawd, fɔ gridi, fɔ vɛks, ɛn ɔda tin

dən Dən dak kwaliti dən ya kin mek ɔ push pɔsin fɔ nɔ no  
natin pas aw i dɔn ɔlɾedi gɛt  
Bɔt fɔ gri wit wetin Gɔd want, dat kin mek pɔsin fri ɛn i  
kin gi di gladi at we mɔtalman de luk fɔ ausayd insɛf, pan ɔl  
we i de insay am

Di san fɔ fayn chans dən nɔ go shayn na mi rod, ɛn di  
rod kin bi ples we nɔbɔdi nɔ de, dak, ɛn ful-ɔp wit prɔblɛm ɛn  
trɔbul, bɔt stil a go du ɔl wetin a ebul fɔ fes di prɔblɛm dən ɛn  
kɔmɔt na di daknɛs we di prɔblɛm dən de, a no insay mi at se  
di layt we kɔmɔt frɔm Gɔd go gayd mi ɛn shayn brayt wan na  
mi rod

ɔl mi trɛnk na Yu, Masta, ɛn mi layf nɔ gɛt ɛni valyu ɔ  
ɛgzistens if yu nɔ gɛt Yu sɛns ɛn pawa Aw yu big, ɛn aw a  
!smɔl

Wi nɔ kin gɛt rizin ɔltɛm fɔ proud fɔ wisɛf as mɔtalman,  
yet wi nɔ fɔ mek wi mistek dən mek wi at pwɛl Wi fɔ luk  
ɔltɛm na di brayt say fɔ wi prɔblɛm dən, lan frɔm wi mistek  
dɛn, ɛn tɔn to Gɔd ilɛk wetin apin to wi  
Bikɔs na Gɔd nɔmɔ pafɛkt we de, a go tray fɔ chɛk sɛns  
we a nɔ no natin, fɔ fɛn wɛlbɔdi bitwin wikɛdnɛs, ɛn fɔ fil kol  
at midul kɔnfyushɔn

Gɔd de insay mi sol ɛn rawnd mi, de gayd ɛn wach mi,  
so a go pul di klawd dən we de mek a fred we de mek di layt  
we de gayd mi nɔ de shayn na di ɔrayzin na mi layf  
Masta, mek a nɔ kɔrɛkt mi padi dən bad bad wan Bɔt if  
dɛn de luk fɔ mi advays fɔ mek dən impɔtant dɛnsɛf, lɛ a gi  
ɔmbul advays dən we de bays pan Yu gayd ɛn inspekshɔn  
Wit saful ɛn lɔv, fri frɔm fos ɛn kɔmpɛlshɔn, ɛp mi fɔ lid di  
wan dən we de stɔp to Yu Gayd mi ɔndastandin ɛn trɛnk so  
dat a go chenj di daknɛs natures to enlightened disciples we  
de sho di layt fɔ Yu sɛns

Tide a go plant di sid dɛm fɔ sɛns, wɛlbɔdi, prɔsperiti ɛn  
gladi at na di gadin fɔ mi layf ɛn a go tɛl Gɔd tɛnki we di tin  
we mi at want kam tru

A go klin mi maynd bay we a tink se na Gɔd de dayrɛkt  
ɛnitin we a de du

Tide a go wok fɔ sho pis ɛn balans na mi layf tru mi  
tinkin, wɔd, ɛn akshɔn, ɛn a go fos ɔl mi trenk ɛn wil fɔ ajɔst  
to wanwɔd wit di divayn wil

O Yu we de rul na wi at tron, we gɛt wanwɔd wit Yu lɔv,  
aksept wi lɔng ɛn di want we wi sol de want Blɛs wi ɔl, pul di  
tin dɛn we de ambɔg wi na wi rod, ɛn pul di daknɛs we nɔ no  
natin kɔmɔt insay wi

Mek yu layt we de gayd wi shayn pan wi rod Wek wi  
maynd ɛn gladi wi wit yu nia, ɛn mek wi fil se yu de wit wi  
ɔltɛm

Bi ɔnɛs wit yusɛf Di wɔl nɔ ɔnɛs wit yu bikɔs i lɛk ipokrit  
We yu ɔnɛs wit yusɛf, yu go fɛn di rod fɔ gɛt pis insay yu at  
Liv onli in di present, not in di future Du yu bes tide ɛn  
no wori about tumoro

Masta, ɔl di matirial gol dɛm we mɔtalman de tray fɔ  
ajɔst de bring am jɔs sɔm gladi at, ivin if dɛn ɔl krawn wit  
sakrifays Bɔt bay we a fɛn Yu, Masta, a go fɛn di sɔs fɔ  
kɔmplit ɛn las gladi gladi

Di tin dɛn we pɔsin kin gɛt we kin mek pɔsin gladi kin stil  
de apat frɔm di tin dɛn we pɔsin kin tink bɔt; dɛn, wit di gladi  
gladi we dɛn de gi, kin fɛn ɛnta insay tink tru ilyushɔn ɛn  
imajinɛshɔn

As fɔ klin gladi at, we na di men tin we wi sol gɛt, wi kin  
gɛt am bay we wi de tink di rayt we, ɛn i de nia wi ɛn wi kin  
ebul fɔ rich

We di tin dɛn we de mek pɔsin fil gladi we i de fil nɔ de  
igen, di gladi at we de kɔmɔt frɔm dɛn fɔ sɔm tɛm nɔ de igen  
wit dɛn, bɔt di gladi at we de insay di sol nɔ de dɔn if pɔsin  
no aw fɔ gri wit am, ɔ if di pɔsin nɔ gri fɔ tink bɔt tin dɛn we  
nɔ de chenj ɛn dis kin mek i nɔ gladi

Di gladi at we di sol gɛt, we na Gɔd in blɛsin, de nyu  
ɔltɛm ɛn i de sote go

Tide a go aks fɔ pis ɛn gladi at insay misɛf, ɛn a go kip di  
fɔt we mi sɛns de gayd wit wil, pis, ɛn lɔv, ɛn a go tɛl Gɔd  
tɛnki ɛn rayz to am di tɛnki fɔ mi sol ɛn di nyu tin dɛn we mi  
at want

Wetin a lɔs na di wɔl nɔ go bi lɔs fɔ mi sol  
A go de luk ɔltɛm wit trɔst ɛn fet to di divayn sta we de  
gayd mi we nɔ de ɛva setul na di skay na mi layf  
O Masta, blɛs wi tinkin so dat dɛn go mɛmba wi bɔt Yu  
blɛsin, blɛs wi filin so dat dɛn go no Yu lɔv, blɛs wi want so  
dat dɛn go want fɔ gɛt wetin yu gladi, blɛs wi ambishɔn so  
dat dɛn go mek wi want fɔ du ɔl wetin gud ɛn nobul, ɛn lɛ wi  
no se Yu na di ɔltimat gladi at we wi at want ɛn wi sol de luk  
fɔ

A no se mi tinkin go brin mi ɔl tu fɔ fel ɔ sakrifays, dipen  
pan us aydia strong pas ɔl na mi maynd So, a go du mi bɛst  
fɔ mɛmba se Gɔd de wit mi, ɛp ɛn inspekt mi fɔ tink klia wan  
O Masta, insay di miro we stil de a de si ɛvrɪde di fes fɔ  
pis, yu fes ɛn ɛvrɪde a go wok fɔ wek yu lɔv ɛn pis na sɔm at  
O kosmik mama, a go pul di sta dɛn frɔm di gadin dɛn  
na nɛt ɛn gi dɛn as gift fɔ lɔv to yu ɛnitɛm we a de luk yu fes  
we de shayn na di ful mun, yu saful smayl dɛn de pul mi wɔri  
ɛn was mi sɔri-at  
:fɔ mek sho se

A go ban ignorance ɛn pul di flawed kɔnsɛpt dɛn, ɛn a go  
rayz frɔm di sɛla we gɛt smɔl smɔl ɔrayzin ɛn limited  
perspektiv to di fridɔm fɔ lɔv ɛn mɔtalman sɔri-at  
Gɔd in prezɛns de sho mɔ pan di wan dɛn we gɛt gud at  
ɛn spiritual tin dɛn we lɛk am ɛn we nɔ de ɛva fɔgɛt Am We  
big big briz de blo ɛn wef dɛn we gɛt prɔblɛm de kam, dɛn  
kin ebul fɔ stiar di bot we de na dɛn layf fɔ go na di say dɛn  
we sef we Gɔd go protɛkt dɛn  
A gɛt di pawa we di spirit we de mek tin gɛt ɛn a de nia  
di maynd we de ɔlsay na di wɔl, ɛn a no se Gɔd de gayd mi  
ɛn ɛp mi fɔ solv ɔl di tin dɛn ɛn prɔblɛm dɛn

O mi Gɔd we a lɛk, wit opin yay ɛn wit di yay na mi  
maynd a go si Yu, ɛn a go wɔship Yu wit ɔl di lɔng ɛn  
devoshɔn, ɛn a go tink bɔt Yu we a de du mi wok, ɛn a go kɔl  
Yu wit di langwej we di at de tɔk ɛn di wispa we di sol de  
wispa

I kin bi insay pɔsin in nature fɔ fred sik ɔ fɔ biliv se i nɔ  
go ɛva wɛl Insay dis kes, i fɔ adopt wɛlbɔdi layf abit we go  
mek i gɛt wɛlbɔdi ɛn gud abit dɛn, ɛn i fɔ pre bak fɔ mek i gɛt  
mɔ fet pan Gɔd in pawa fɔ mɛn If dɛn biliv se dɛn nɔ ebul fɔ  
du am ɛn dɛn nɔ ebul fɔ gɛt sakrifays pan ɛni wok, dɛn fɔ  
mek shɔ se dɛn tray tranga wan fɔ mek dɛn gɛt di sakrifays  
we dɛn want fɔ gɛt

We wi de tɔk to di wan dɛn we lɛk Gɔd ɛn tɔk to wi, dat  
de mek wi want fɔ du sɔntin, i de mek wi at kol, ɛn i de mek  
wi no mɔ

Na insɛf sɛf disayd

Tide a go tink bɔt Gɔd we gi mi layf, bikɔs fɔ pe atɛnshɔn  
pan mɔtalman tin dɛn we a nɔ de pe atɛnshɔn to Gɔd atɔl,  
dat go jɔs briŋ mɔtalman sɔfa ɛn spiritual misɛf  
:fɔ mek shɔ se

Tide a go ɛp misɛf so dat a go yuz di pawa dɛn we Gɔd  
dɔn gi mi di bɛst we, ɛn a go aks Gɔd fɔ ɛp mi, blɛs mi tray,  
ɛn gi dɛn sakrifays

We mistek de gayd mɔtalman in wil, i de ful wi ɛn mek  
wi nɔ no di tru; bɔt we sɛns de gayd wi, i de mek wi alaynd  
wit wetin Gɔd want Bɔku tɛm, mɔtalman in wil kin fɛt wit di  
tin dɛn we Gɔd want, ɛn dis kin mek wi lɔs di spiritual gayd  
we de ɛp wi fɔ avɔyd fɔ fɔdɔm insay di ol we de mek wi sɔfa  
ɛn di trap dɛn we de mek wi sɔfa

A go yuz ɛvri abiliti ɔ talɛnt we a gɛt fɔ du ɔltin we go  
mek Gɔd gladi ɛn we de sav mɔtalman

If pɔsin nɔ no ɔltin, i denja, bikɔs i kin mek di pɔsin we  
de luk fɔ mek prawd ɛn ebul fɔ du wetin i want, i kin stɔp di  
sirɔs we aw i de luk fɔ ɛn di dip dip insay di sol Na di wan  
dɛn nɔmɔ we nɔ gɛt filin fɔ se dɛn impɔtant fɔ dɛnsɛf kin

bɔku pan Gɔd in gudnɛs ɛn spiritual tin te dɛn kam nia Gɔd  
Fɔ tru, pipul dɛn we de wɔship wit ɔl dɛn at nɔ gɛt natin ɛn  
dɛn kin fa frɔm prawd ɛn mek lɛk se dɛn de mek lɛk se dɛn  
gɛt sɛns

We pɔsin no insɛf ɛn tɔch in spiritual ɛsin, i kin fil wan  
insay gladi at we kin go wit am pan ɔl di tin dɛn we i kin du  
na layf ɛn ɔnda ɔl di tin dɛn we kin apin to am  
Tide a go wek di spirit fɔ bigin ɛn aktiv di abiliti fɔ ajɔst,  
a no se di sɔs fɔ ɔl di kriyaytiv fɔs ɛn di wɛspring fɔ ɔl di no  
de wit mi ɔltɛm

A no se Gɔd in pawa nɔ gɛt limit ɛn i dɔn gi mi di trɛnk fɔ  
win di prɔblɛm dɛn we a de gɛt na layf ɛn fɔ pas ɔl di tin dɛn  
we de ambɔg mi we de ambɔg mi  
Na tɛm fɔ lɛ wi tɔn wi at ɛn maynd to Gɔd so dat wi go  
rich wi os na ɛvin usay wi go gɛt rɛst frɔm wɔri ɛn fridɔm  
frɔm pen

Wi de es wi an fɔ gɛt Gɔd in gift dɛn we na layf, san  
shayn, it, ɛn ɔl In ɔda blɛsin dɛn, bɔt pan ɔl we I de gi wi bɔku  
!fayn fayn tin dɛn, i nɔ bɔku pipul dɛn de mɛmba am  
O Gɔd we gɛt di lɔ we de ɔlsay na di wɔl, lɛ a wɛr mi  
skata dɛn, we dɛn bɔn wit bad bad tin dɛn, as badge dɛn we  
fit frɔm di blɛsin an dɛn we Yu jɔstis gɛt  
Mek di prɔblɛm dɛn we a kin gɛt ɛvrɪde bi lɛk fɔ mɛn tin  
dɛn we a nɔ kin tink bɔt ɛn pul mi maynd fɔ gɛt gladi at we  
go de sote go na di wɔl  
A wish se di kray wata we a de kray bikɔs ɔda pipul dɛn  
de trit mi bad, go was sɔm pan di dɔti tin dɛn we ayd na mi  
maynd

A wish se ɛvri shap blow frɔm di pikaks dɛm fɔ  
distɔbɪshɔn go opɪn nyu dip insay mi  
Di divayn longing fɔ tan lɛk dip-si probe we de plɔmp  
insay di ocean fɔ spiritual perceptions Di wan dɛn we dɛn  
insay vɪshɔn dɔn opɪn tru tinkin de fil Gɔd in prezɛns na dɛn  
at

Masta, ep mi fɔ chenj mi awareness frɔm limiteshɔn ɛn  
wik tinkin to di sɔm no se Yu de wit mi ɔltɛm, sɔpɔt mi ɛn  
inspekt mi wit fayn fayn tink ɛn sublaym percepshɔn

Masta, ep mi fɔ chenj mi awareness frɔm limiteshɔn ɛn  
wik tinkin to di sɔm no se Yu de wit mi ɔltɛm, sɔpɔt mi ɛn  
inspekt mi wit fayn fayn tink ɛn sublaym percepshɔn

Mek a mɛmba yu, Masta - ikwal - insay tranga ɛn izi,  
insay sik ɛn wɛlbɔdi, insay ignorance ɛn sɛns

A go kip di mɛmori fɔ mi lɔv fɔ Gɔd ɛn di we aw a want  
am fɔ de sote go, so dat insay da layt de a go si In fes we rili  
fayn

We di smayl we de na di fes gri pafɛkt wan wit di smayl  
we de na di at, di smayl we di sol de smayl de shayn  
O Gɔd we a lɛk, a go wɔship yu na mɔnin we yu de wek,  
aftanun we yu de du tin, we yu dɔn ol, ɛn na nɛt we yu go  
gɛt las fayv

Wit di tɔch dɛm fɔ mi insay sɛns dɛm, tide a go tyu mi  
spiritual redio to di frikshɔn dɛm fɔ kɔsmik brodkas fɔ pul di  
nɔys fɔ wɔri ɛn lisin to di im fɔ divayn lɔv

Ivin di wan dɛn we de wɔship Gɔd pas ɔlman kin tink  
sɔntɛnde se Gɔd nɔ kin ansa dɛn prea, bɔt i kin ansa kwayɛt  
wan ɛn akɔdin to di lɔ we de na di spiritual prea fɔ bi tru tru,  
intenshɔn klin, ɛn gɛt rizin fɔ mek yu gɛt blɛsin ansa

Masta, mek a gi di balm fɔ pis to at dɛn we de pen, so  
dat dɛn go fɛn swit kɔmfɔt insay Yu Mek mi wan san layt we  
de shayn wantɛm wantɛm fɔ ɔl di sol dɛn we de sɔri, ren we  
de gi layf fɔ di maynd we dɔn dray, ɛn gift fɔ du gud to di  
wan dɛn we dɛn de trit bad

Fɔ bigin fɔ gɛt gladi at fayn fayn wan, i nid fɔ gɛt di rayt  
we fɔ liv, fɔ tink gud wan, fɔ lan bɔt Gɔd, ɛn fɔ gɛt dip fet pan  
Gɔd

Layf we nɔ gɛt gladi at na Gɔd in yay na layf we nɔ gɛt  
wan bɔt, we nɔ gɛt layt, ɛn di lod dɛn we de insay de kin taya  
ɛn i kin ebi

Una kómot nia di nɔys ən bɔku bɔku pipul dən na di wɔl  
ənitem we yu ebul, ən luk fɔ ples dən we kwayet usay yu go  
ebul fɔ de yu wan ən tink bɔt Gɔd  
Ənisay we di daknəs we nɔ ɔndastand ən we nɔ get  
wanwɔd de, na de a go spre di layt fɔ mi lɔv ən pis  
Dis wɔl na strenj, as ɔltin we de insay de chenj ən chenj,  
ən fɔ dis rizin, pɔsin nɔ fɔ ankɔ di bɔt fɔ in gladi at na di  
shore na dis wɔl  
Wi de liv na wan wɔndaful wɔl Di wan dən we di wangren  
tin we dən want fɔ du na layf na fɔ it, drink, enjoy densesf, ən  
slip nɔ rili nɔ bɔt di wɔndaful tin dən we mɔtalman de du  
O Masta, dayrekt di strim dəm fɔ wi gladi-at so dat dən  
nɔ go lɔs densesf na di san fɔ shot tɛm sɛnsful gladi-at  
Nɔ alaw wi sɔri-at fɔ rɔn dray ən evapɔret na di dɛzat  
dən we nɔ get natin usay wi de tink bɔt wisɛf nɔmɔ  
Mek di chanel dəm fɔ wi imɔshɔn dəm miks wit di lek we  
nɔ get bɔda fɔ yu lɔv  
Mek di riva dən na wi layf big ən dən wata level go ɔp wit  
di bɔku bɔku ren we Yu blɛsin de kam, ən mek dən krɔs di big  
big ples dən we get sɔri-at, sakrifays, ən tink bɔt ɔda pipul  
dən filin, so dat dən go dɔn flɔ - klin ən klia - insay Yu blɛsin si  
Ənibɔdi we pre fɔ mek i get sakrifays ən di sem tɛm se to  
insɛf se, “A nɔ tink se a go get sakrifays,” nɔ go get sakrifays  
Wi fɔ pre wit big fet ən ɔmbul at so dat di layt dən we  
kómot frɔm Gɔd go shayn ən blɛsin dən we de na evin go  
kam dɔŋ  
Jɔs lɛk aw i nɔ pɔsibul fɔ tɔk tru fon we dɔn brok, na so i  
nɔ pɔsibul fɔ mek pɔsin brodkas in prea dən fayn fayn wan  
tru wan tin we de na in maynd we dɔn disabled bikɔs ɔf di  
hama dən we de mek i wɔri, wɔri, nɔ satisfay, ən fɔ lɛk tin  
dən we nɔ de te  
Wit dip tranquility ən kwayet harmoni wit refined,  
constructive vibrations, di mental apparatus kin ripɛnt ən  
kalibrayt so dat in spiritual risepshɔn pawa go multiply, ən so  
i kin bi pɔsibul fɔ transmit mɛsej dən we kómot na dən at to



Gɔd efyushɔn ɛn ifektiv wan ɛn gɛt blɛsin ansa frɔm di All-  
Hearing, the Responsive  
Swim ɛn flot na di si we nɔ gɛt bɔda we gɛt pis ɛn gladi  
at pas drim insay yusɛf

O di Wan we mek ɔltin we pas ɔlman  
Di sta dɛn we de shayn na di skay, di mawnten dɛn, ɛn  
di san in ɔfna we de bɔn wit faya na sɔm pan di tin dɛn we  
de sho ɛn sho se yu de de ɔlsay

I izi fɔ fɛn Gɔd tru we yu de tink bɔt am ɔltɛm, we yu  
want fɔ no am wit ɔl yu at, ɛn beg am wit ɔl yu at I na di big  
big trɔs we fit fɔ mek pipul dɛn fɛn ɛn fɛn am na di mayn fɔ  
di sol

We dɛn nak di matsstik we de mek pɔsin want fɔ du  
sɔntin we de bɔn, na di wɔl fɔ di sol we de want, di faya we  
de kɔmɔt frɔm Gɔd in lɔv de bɔn na di pɔsin we de luk fɔ in at  
O Masta, fayn fayn tin dɛn fayn bikɔs dɛn borrow fayn  
fayn tin frɔm Yu fayn fayn tin dɛn, we fayn pas ɔl fayn fayn  
tin dɛn we pɔsin kin si, ilɛksɛf na di nature ɔ bitwin pipul dɛn  
I fayn fɔ lɛk Gɔd ɛn fɔ lɛk in savant dɛn We wi fɛn am, wi  
de fil in lɔv insay ɔlman No pawa nɔ de we pas di pawa we  
lɔv gɛt na di wan ol wɔl

We tu ɔ mɔ pipul dɛn bi padi dɛn fɔ ɔl dɛn layf, dat kin  
sho se dɛn lɛk dɛn klin ɔ na padi wit di sol  
Masta, gi mi di gladi at fɔ de nia Yu so dat a go sheb wit  
ɔlman da big big gladi de, ɛn mek a si Yu layt, we we a si am  
de mɛn di at ɛn pul di shado fɔ wɔri

Mek mi bɔd we a lɛk rɔnawe kɔmɔt na di kech we di tin  
dɛn we a dɔn put insɛf pan ɛn flay na di say we fridɔm de, ɛn  
siɲ di sol in siɲ, we in ɛko de mek ɔl di at dɛn we gɛt lɔv ɛn di  
maynd dɛn we gɛt wanwɔd

Mek di briz we wi de blo na di spiritual we aw wi de si  
tin, kɛr di sɛnt we wi de beg ɛn di sɛnt we de mek wi want Yu  
we de gro, O Masta  
We a want sɔntin, a kin gladi we a gɛt am, ɛn a kin gladi  
bak we a gi am to ɔda pɔsin

Gɔd nɔ de ansa to prea dɛn we nɔ gɛt wanwɔd, bɔt i kin  
rili kam to di wan dɛn we de beg am dip wan ɛn wit ɔl dɛn at  
ɛn kɔl am wit at we ful-ɔp wit fet

Di fayn lɔ dɛn we wi fɔ fala na fɔ du gud, fɔ tɔk tru, fɔ  
ɔnɛs, fɔ lɛk ɔda pipul dɛn, fɔ chɛk wetin wi want fɔ du, ɛn fɔ  
kɔntrol wisɛf

O Masta, opin di bɔd dɛm na wi at ɛn mek di sɛnt fɔ lɔv  
we dɛn dɔn kip na wi at fɔ flay pan di wing dɛm we wi want  
fɔ mit Yu

Send, O Masta, di rayt we di san de gi yu sɛns fɔ gayd  
mi insay di de dɛn we a de du tin dɛn we a gladi, ɛn di layt fɔ  
di mun we yu de sɔri fɔ ɛnitɛm we a de waka na di dak nɛt  
dɛn we a de fil bad

Di aydia dɛn we gɛt sɛnt, we de blo de gro ɛn kɔmɔt  
frɔm di sid dɛn we de beg frɔm dɛn at ɛn di dyu we de mek  
pɔsin fil fayn we i de tink gud wan, de wata dɛn  
We wi fɔgɛt di smɔl sɛf bay we wi de chɛnj padi biznɛs,  
wi kɔnshɛns go bɔku ɛn wi go si di wan big sɛf de wok tru wi  
Tru padi biznɛs na di layt we wi go yuz fɔ ɛp wisɛf na di  
rod dɛn na layf

A de si bɔku kruk, harsh, ɛn nɔ tek filin na dis wɔl, ɛn a  
nɔ de si ɛni rizin fɔ ad pan dɛn abit dɛn de If a bin du dat, a  
go du bad to misɛf

Sɛl yu bot we de tink gud wan oba di wata we de mek  
yu maynd kɔnfyus ɛn we de ambɔg yu sɛns  
Sɔri-at kin mek pɔsin sɔri bɔku, ɛn di mɛrɛsin we go wok  
pas ɔl fɔ mek pɔsin fil bad na fɔ tɔch di divayn prezɛns we  
kin kɔrej di sol ɛn mek di maynd gladi

O Divayn Dɔktɔ, drɛb sik kɔmɔt na wi bɔdi, brayt di  
ɔrayzin na wi maynd ɛn fri dɛn frɔm wikɛd ɛn frayd, ɛn pul di  
daknɛs kɔmɔt na wi sol wit di layt we de shayn we Yu de  
Di rod fɔ go to Gɔd, dɛn dɔn mek am wit tru, fɔ tɔk tru,  
fɔ tinap tranga wan, fɔ kɔntinyu fɔ bia, fɔ pe atɛnshɔn, fɔ lɛk,  
fɔ want fɔ du sɔntin, fɔ disayd fɔ du sɔntin, ɛn fɔ gɛt fet

We di we aw motalman de du tin no fayn en i no de wok,  
wi fo toun to God we get pawa pas olman en aks am fo ep wi  
Na mi nomo get fo ansa fo di tin den we a de du en di we  
aw a de biev bikos den no go aks eni oda posin kwestyoun o  
aks am fo den

We di san fo God in gudnes de shayn na di crayzin na wi  
layf, blesin den kin boku en di tin den we wi no ebul fo du kin  
don

From di wel we no get natin, a go pul di klin, klia wata we  
get sens from God fo mek a no tosti pan God biznes  
A diskonekt di waya den na mi maynd from di smol, smol  
eria na di sens en konekt den to di wol we get spiritual sens  
we no get end, en a kam fo no se a de liv bay di layt fo God  
we don koba mi en we don pas ol di atom den na mi bi, en mi  
sol don ful-ov wit di lov en pis we God get  
Insay di miro we de sho se a get kol at na God in yay, a  
go si God in fes

O Masta, sho mi di sikrit fo mi egzistens, en ep mi fo fil

Yu oltem insay mi en rawnd mi

From tide a go tray fo no God en no forget mi wok den na  
di wol, we a don olredi du fo mek i gladi  
Evride a bin de wata di sid den we God plant na mi sol in  
gron, en we di san we in sori-at bin de shayn pan den, di sid  
den bin de gro, gro, en bia blesin avest fo satisfay en satisfay  
Wan tem, wan pan God in man den bin de was na di riva  
we wan oda man kam en begin fo was in os nia da man we de  
du wetin rayt, bay wilful en no tek tem splash am wit wata Di  
sent in disaypul den bin veks en want fo bit di posin we atak  
am en dreb am go, bot den ticha tel den se den no fo du dat,  
bot fo lef am in wan

Wantem wantem, di os kik in ona, brok en nak som pan  
in tit den Di gud man bin kam nia am wit lov en begin fo kia fo  
am en men am Na di strikt lo we God mek, noto di oli wan,  
we bin de ponish di posin we sin

God en in lo den we de olsay na di wol de wok tranga  
wan en oltem fo pul injustis pan ol di wan den we de abop  
pan God, we de aks fo in ep, en ep en enkorej densef na di rod  
den na layf

A no se di wok we a de du na dis wol de mek a gro misef  
as long as a de tray fo fen ol di tin den we a ebul fo du en  
benifit from den

Pis na sayn fo spirituality So, a go mezho mi spirituality  
bay di amount of pis we a fil insay misef  
Masta, mek a no se Yu sens de sopot mi ondestandin, en  
Yu de olsay na mi layf  
:fo mek sho se

We a de kip mi welbodi en trenk, en bay we a de fala di  
gud abit den, a de ep motalman tru mi layf  
We a bin blaynd, a no bin ebul fo fen wan domot we de  
go to yu, bot naw we yu don opin mi yay, a de fen domot den  
olsay

Wit di dawn fo yu shayn shayn, di ros den we a want go  
blo na di gadin na mi at, en a go wev wan krawn from den  
ros den de en put am na yu blesin treshold  
O Masta, as di rayt fo Yu lov de shayn insay mi spiritual  
spes, di fog we no no natin de skata en di klawd den we no  
sho de don

O wata we de komot na layt, yu ayd bien wol den we get  
kosmik rayt Opin di winda fo mi vishon so dat a go si yu de  
sho olsay

A go aks fo sef en sikyriti fos en fos en oltem bay we a  
de tink oltem se God de protekt mi oltem

Mi God we a lek, if a komot na di rayt rod, tek mi an en  
gayd mi bak to am If a de fel, ep mi fo get sakrifays En pas ol,  
if a no no natin, ep mi fo get sens

If yu disayd fo gladi, dat go ep yu No wet fo mek tin  
chenj, imajin se yu trobul de de En no mek yu no gladi fo bi  
sontin we yu kin yus fo du na yu layf, so dat i no go afekt yu  
en di wan den we de arawnd yu bad bad wan If yu gladi, na

blesin fɔ yu ɛn ɔda pipul dɛn; if yu gɛt gladi-at, yu gɛt ɔltin,  
ɛn yu gladi-at min se yu gri wit Gɔd  
Wetin wi du yestede bin sho aw wi de naw, ɛn di tin dɛn  
we wi de du naw go sho aw wi tumara bambay go tan lɛk  
Fɔs, wi fɔ dɔnawe wit di we aw pipul dɛn nɔ no natin, ɛn  
afta dat di we aw i de de go dɔnawe wit ɔda pipul dɛn  
ɔl di gladi gladi we nɔ de te ɛn di tin dɛn we a want fɔ  
du fɔ sɔm tɛm, a de yuz as bɔndɛl stik fɔ layt di faya we go  
de sote go we Gɔd no  
Gɔd go sho insɛf to mi if di we aw a de tink bɔt am  
strong pas di tin dɛn we a de tink bɔt we de ambɔg mi ɛn ɔl  
di tin dɛn we de ambɔg mi maynd  
A go ful mi at wit di wef dɛn we di sol de wispa, ɛn a go  
tɔn di wata we de mek a fil fayn ɛn we de shayn we de mek  
a want fɔ du sɔntin, insay di kɔp dɛn we sol dɛn we tɔsti de  
Di wef fɔ fil di tɔch we di big big si we de sɔpɔt am de  
tɔch A fil di si we de kɔba ɔltin na di spirit we mi kɔnshɛns de  
flɔt insay in dip we nɔ gɛt ɛnd  
A go tray fɔ no di trut we ayd biɛn di mask dɛn we de  
ayd am, dɔn a nɔ go de na di sɔri-at fɔ di pawa dɛn we de na  
do  
A biliv se ɛp go kam we dɛn nid am mɔ, bikɔs Gɔd in lɔ  
de wok fayn fayn wan  
Wetin layf min if i nɔ gɛt prɔblɛm dɛn we wi kin gɛt ɛn  
?prɔblɛm dɛn we wi kin gɛt  
Insay wan mɔnt we gɛt sɔri-at ɛn we a kɔba wit pwɛl at,  
:a yɛri yu vɔys de wispa  
Mi san we de prɔtɛkt mi de shayn ikwal pan di awa dɛn  
we brayt ɛn dak pas ɔl na yu layf Biliv, smayl, ɛn mek mi layt  
we de mɛn pɔsin shayn tru di transparency fɔ yu smayl dɛn  
O Masta, mek wi at jɔyn na di tɛmpul fɔ divayn lɔv usay  
Yu suprɛm prezɛns de shayn wit ɔl in glori ɛn spɛshal  
Lɛ wi no se na yu nɔmɔ wi de tray fɔ rich Nɔ fɔgɛt wi  
ilɛksɛf wi fɔgɛt yu, ɛn mɛmba wi ilɛksɛf wi nɔ mɛmba yu

Di we aw wi want yu kin kam en go, shayn en don, bot  
yu kin kontinyu fo de bien di agriment sote go, O posin we  
get gud at en we lek yu  
Aksept di long we wi sol get en di lov we wi at get, O  
Masta

A trowe mi net fo lov insay di si we get konshens en kech  
wan presho kech  
A de aks yu, Masta, mek di layt fo mi sol miks wit yu big  
layt en mek mi at bit wit yu divayn lov, so dat a go spre yu  
layt en lov insay ol di sol den we get wanwod  
Tide a go dediket tem fo de wit God, a no de pe atenshon  
to tin den we no get wan bot en no gri fo tink bot lay lay tin  
den

Di rayt we de mek a gladi we ful-op di skay fo mi kwayet  
de tel yu fo kam wit blesin leksef yu sho yusef naw ol leta, a  
sho se a go mit yu wan de, yu we mi at lek en mi sol rili want  
Tu kayn envayroment de: wan insay envayroment en  
wan oda envayroment A go protekt misef from bad bad tin  
den en tray fo tru en rayt  
A no se gud pas bad tin de na dis wol bikos na God na di  
pawa we pas olman  
:dizayn

Evride a go de aktif pan ol tu di mental en fizik level,  
bikos mental stagnation en physical inactivity ol tu de ambog  
di spiritual progres

O God we a lek, opin fo mi da yay we no de si natin pas  
Yu, en we no de si natin pan ol di fayn fayn tin den pas Yu  
fayn fayn tin we get glori pas ol

Di conta we de shot tem fo liv na dis wol bin ful wi, as wi  
bin de flot insay shalo, shalo wata den we get lay lay sef en  
sef, wan net we get pipul den we no no natin we de kil pipul  
den bin lok wi

O Wan we get sori-at, fri wi from di denja web we di wol  
want en ambishon den get, en ep wi fo go insay di kwayet dip  
ples den we God de komyunion so dat wi go sev sote go from

di nèt dɛn we pipul dɛn de tink bɔt ɛn di trap dɛn we de mek  
pipul dɛn ful wi

A fil se Gɔd in layt de rawnd mi, usay pis de, pis de, ɛn  
gladi at na Gɔd in yay

A go was di dɔti we nɔ no natin so dat di klin layt we di  
spirit de gi go shayn tru mi

Sɔntɛm sɔmbɔdi de fel pan prɔpati, gud abit, ɛn spiritual  
tin dɛn, bɔt stil if i dubl dɛn tray ɛn afɛm se divayn layt de  
shayn pan am, i go fil klos to Gɔd ɛn di tin dɛn we de apin to  
am go mek Gɔd ansa tru tru prea ɛn tink gud wan, ɛn dis na  
fayn we fɔ win di tin dɛn we de ambɔg dɛn fɔ mek dɛn gɛt  
sakrifays

Bifo pɔsin du sɔntin, i gɛt fridɔm fɔ disayd fɔ du sɔntin,  
bɔt afta di akt, di bad tin dɛn we go apin to am go fala,  
ilɛksɛf i lɛk am ɔ i nɔ lɛk am; dis na di lɔ fɔ karma So, i fayn  
fɔ tink bifo yu du sɔntin

Di wan dɛn we want pis ɛn fɔ test di divayn switnɛs fɔ pe  
di prayz, ɛn da prayz de na fɔ dediket di tɛm we dɛn nid fɔ  
gɛt kol at ɛn mek pis Di bɛst we fɔ pul strɛs na fɔ gri wit pis,  
gladi, ɛn kol at insay insay

Masta, mi an dɛn de wok fɔ yu Yu dɔn gi mi wok fɔ du na  
dis wɔl, ɛn ɔl wetin a de du a de du fɔ ɔnɔ yu

We wi sɔrɛnda wi layf to Gɔd, wi kin si se layf kin chenj  
to fayn fayn simfɔni ɛn if wi tray fɔ fil Gɔd in prezɛns we wi  
de du ɔl wi wok dɛn, wi go si se I de pik patikyula wok fɔ wi  
ɛvride ɛn ɛp wi fɔ du dɛn

Fɔ sho di gud tin dɛn we di spirit gɛt, na di wangren we  
fɔ liv wit pis Insay wi na di pawa fɔ chenj os to paradays  
A go win prawd wit ɔmbul, et wit lɔv, gladi at wit kol at,  
selfishness wit altruism, bad wit gud, ignorance wit no, ɛn  
wɔri wit di pis fɔ tink bɔt ɛn tink bɔt Gɔd

ɔl di tin dɛn we wi de du fɔ gɛt di vɔys we de insay di  
spiritual kɔnshɛns fɔ gayd wi

I bɛtɛ fɔ mek wi layf simpul A dɔn si pipul dɛn we gɛt  
sɛns, we de yuz mɔni fɔ it, we de liv fayn fayn wan, bɔt stil

get bɔdi we ful-ɔp wit aktiviti ɛn trenk, bikɔs dɛn dɔn tren dɛn  
maynd fɔ nɔ abop ɔl pan ɔda tin dɛn we de kɔmɔt na do fɔ  
get wɛlbɔdi ɛn satisfay

Flay di plen we get kol at oba di ay ay ay ay mawnten  
dɛn we get sɛns, ɛn waka waka na di land we fayn sote go ɛn  
we get nyu gladi at

O Masta, kip mi fa frɔm bad, ɛn blɛs mi so dat a nɔ go  
yeri bad, ɔ si bad, ɔ tɔk bad, ɔ blo bad, ɔ tɔch bad, ɔ kip bad,  
ɔ tink bad

Bi wit wi ɛvrɪde, Masta, so dat wi go ebul fɔ du wi wok  
wit satisfay sol ɛn at we yu oli prezɛns de sɛnt

Wi de tɔn to spiritual tichin bikɔs wi want fɔ fri frɔm wi  
sɔfa Di wɔl we ɛn di we aw wi de du tin nɔto di solv Gɔd na di  
solv Na tɛm fɔ mek mɔtalman wek ɛn pul di daknɛs we nɔ no  
natin wit di layt we get sɛns Di big tin na layf na fɔ liv na di  
say we oli we get klia kɔnshɛns

Klosap ɔlman fil se dɛn nɔ de mek spiritual prɔgrɛs, dat  
min se dɛn nɔ de chenj ɔ impɔtant pan ɔl we dɛn de tray

Bɔku tin dɛn kin ambɔg wi prɔgrɛs, ɛn na wi wok fɔ luk layf  
ɔbjɛktiv wan, kritikal wan, ɛn analytically fɔ no dɛn tin ya ɛn  
lan aw fɔ adres ɛn win dɛn

Enibɔdi we de ɛp ɔda pipul dɛn pan saykilɔjik ɛn matirial  
ɛn we in at ful-ɔp wit gudnɛs ɛn sɔri-at go si se wetin i de gi  
de kam bak to am

?Di Wishing Tree Wetin Dɛn Dɔn Du





Trade trade, wan ermit we bin de wōship Gōd bin de na  
wan patikyula kōntri en i bin spen bōku ia de travul bitwin di  
mawnten den fō go fēn wan tik we nō bōku we den kōl di  
Wishing Tree

Wan lay lay stori se na di nimf den na Paradays bin plant  
den wōndaful tik den ya en na ascetik den nōmō kin si den as  
blēs in fō di strōng we aw den de du strikt spiritual disiplin  
Den se den tik den ya gēt di pawa fō gi wetin enibōdi we  
sidōm jōnda den branch den want en wetin i want  
Dis emit bin fil dip dip wan se i fit fō fēn da tik de bikōs jōf  
di tray we i nō taya, di we aw i bin gri fō tek di prōblem den  
we i bin gēt, en di we aw i bin de fala di strikt disiplin we i bin  
dōn sēt fō insēf Bōt pan jōl den tin ya we i bin de du en  
ēksesaiz, lēs in den bin de we i nō bin dōn lan yet Pan jōl we i  
bin want fō gēt sēns, i bin gēt jōda tin den bak we i nō bin  
want fō du

Wan pan den tin den de we i bin want na di we aw i bin  
want fō fēn di Wishing Tree Di rōf mawnten rod den bin dōn  
west in bare fut den we i nō bin de taya fō luk fō di tin we in  
at want en fō fulfil di dip tin den we i bin want fō du In insay  
filin bin de mek i biliv jōtēm se den go gi am wetin i want, en  
di tik bin de wet fō am as natura riwōd fō in spiritual tray, we  
pas di kapasiti en di bia we jōdinari pōsin kin bia  
Wi padi bin rayt insay in intuition Insay wan pan di vali  
den na di ay mawnten den, i fēn wan tik we gēt brayt lif den,  
en i bin nō wantēm wantēm wit in sēns se na di trōs we i bin  
de luk fō en we i bin want fō fēn jōtēm

I bin rili want en wantēm wantēm, i go nia di tik in  
branch den we de wēlkōm pipul den en sidōm jōnda am Fō  
ēksperiēns di spēsshal pawa den we dis spēsshal tik gēt, i lōk in  
yay en se to insēf se, "If dis na rili tik we wi want, den lē i bi  
"!wan strōng fōt fō mi

Jōs afta di tink pas na in maynd, wan fayn fayn pales  
kam nia di tik, we gēt fayn fayn gadin den we ful-jōp wit fresh  
ros, basil we gēt sēt, en ay ay tik den rawnd am

I bin gladi fɔ dis mirekul ɛn di gladi gladi we i bin gɛt fɔ  
ajɔst di tin we i lɛk pas ɔl, bikɔs i bin dɔn fɛn di tik we i bin de  
luk fɔ ɔltɛm I nɔ wet lɔng bifo i tɔk bɔt in nɛks tin we i want, i  
se: "A want fɔ si wan kwaya we gɛt titi dɛn we de prɛzɛnt mi  
di bɛst ɛn swit it dɛn we de na gold plet ɛn gi mi drink dɛn  
we de mek a gladi pas di wan dɛn we i want." silva pitcha  
."dɛn we de insay kɔp we de shayn lɛk gold we de shayn  
Insay wan blink in yay, di tin we i bin want bin apin, as i  
fɛn wan tebul bifo am we ful-ɔp wit ɔlkayn fayn fayn tin dɛn  
we dɛn bin de put pan gold plet dɛn, ɛn fayn fayn titi dɛn we  
bin de gi am difrɛn it ɛn drink dɛn we fit kin ɛn prins dɛn  
We i no se di nyu kast ɛn di gadin ɛn gadin dɛn we de  
rawnd am nid sikyɔriti ɛn protɛkshɔn, i aks di tik fɔ mek i bi  
wan pawaful ami fɔ protɛkt am ɛn in nyu jɛntri dɛn Wantɛm  
wantɛm, wan big ami kam ɛn kamp nia di kast, we di gad  
dɛn we gɛt ɔl wetin dɛn nid bin tinap na di pales get dɛn fɔ gi  
di protɛkshɔn we dɛn nid  
Afta we i dɔn ɛnjoy di fayn fayn ɛn bɔku bɔku bankwet, i  
bigin fɔ inspekt in nyu pales I go ɔp di polish mabul stej ɛn  
waka waka na di rum dɛn we gɛt jɔlɔs we gɛt fayn fayn layt  
Fɔ dɔn, wi fɔtunate ɛmit bin taya fɔ waka ɛn i bin de luk  
fɔ pis ɛn rɛst na wan pan di rum dɛn we de ɔnda grɔn Di lɔw  
winda dɛn na da rum de bin gɛt shed wit di lɔng branch dɛn  
na di gloriful Wishing Tri  
As i de ledɔm na wan bed nia di winda, i notis se di tik  
tik branch dɛn na di tik we de wish de blok di layt, ɛn i fil se  
na in wangren de, wan fred we de kres insay in at Di saylɛns  
bin brok jɔs bay sɔm sawnd dɛn, ɛn i bin de wɔnda if dɛn  
kɔmɔt na di gadin ɔ frɔm di wayl animal dɛn na di fɔrɛst we  
de waka fri wan pas di pales wɔl dɛn  
As in wɔri de gro, wan pawaful tinkin kam insay in  
maynd, ɛn i se to insɛf se: "Na tru se wan pawaful ami de ya  
fɔ protɛkt mi, bɔt a nɔ si wan sojaman tinap nia dis winda, ɛn  
di winda nɔ de protɛkt wit nɛt we gɛt ayɛn bar Wetin if tayga

we kɔmɔt na di fɔrɛst ebul fɔ go insay tru di winda? If na so i  
"bi, i go it mi, ɛn dat go bi di ɛnd fɔ mi  
I nɔ tu te we da tink bɔt fred de krɔs in maynd, wan wayl  
wayl tayga kɔmɔt na di winda, ol di ɛmit we bin de fred bad  
. bad wan, ɛn bigin fɔ go (fɔ it am)  
I sɔri fɔ no se di ɛmit nɔ bin no se di Wishing Tree nɔ bin  
de difrɛns bitwin gud ɛn bad tin dɛn I bin want fɔ du wetin i  
bin de tink bɔt we bin de stɔp na di at fɔ di wan dɛn we bin  
de kip dɛn Fɔ tru, di Wishing Tree bin gɛt di pawaful mental  
imej we di ɛmit bin gɛt, ɛn na dat na bin in las tin we i bin  
want  
Olman de liv ɔnda di majik wish tik we de gi ɔl wetin dɛn  
want Da tik na wilpawa  
ɛnibɔdi we nɔ dɔn masta yet fɔ kɔntrol wetin i want,  
wetin i want, ɛn wetin i de tink bɔt fɔ tɛl in Masta tɛnki, bikɔs  
di tin dɛn we i de tink bɔt we nɔ gɛt disiplin nɔ de kam tru  
wantɛm wantɛm, if nɔto dat, dɛn wayl tin dɛn de we i want  
go mek di tayga dɛn we nɔ gɛt laki, we go paun pan dɛn ɔna  
ɛn ɔda pipul dɛn, sho insɛf  
Di moral fɔ di stori na di impɔtant tin fɔ pe atɛnshɔn pan  
in tinkin pan gud ɛn gud tin dɛn we yu sidɔm ɔnda di branch  
dɛn na di Wishing Tree, we nɔto natin pas di wil ɛn pawaful  
sɛns we mɔtalman gɛt  
If pɔsin put in maynd pan fred, fɔ fel, sik, ɛn nɔ no natin,  
dat kin mek big big animal dɛn kɔmɔt na di wɔl we wi nɔ de  
si, ɛn dis kin mek prɔblɛm dɛn we nɔ gɛt ɛnd ɛn mek pɔsin  
sɔprayz wit wetin i nɔ want  
Sɔm pat dɛn frɔm di sɛns we di Baramhanis dɛn bin gɛt

Gret pipul dɛn na ɛgzampul  
Pan ɔl we dɛn bɔdi nɔ bin bɔku  
Bɔt dɛn bin kam fɔ no se dɛn na pat pan di si we nɔ gɛt

end

ɛn dat ɔl wan wan fɔm dɛn  
Dɛn na wɛf dɛn we de na di brɔst fɔ di kɔsmik si

Insay dis wɔl wi de stɔp ɛn stɔp wisɛf  
Insay di say we wan smɔl famili de  
Bɔt we wi lɛk wi neba dɛn, wi kin gro ɔp  
We wi lɛk wi kɔntri, wi kin bi big pɔsin  
We wi lɛk ɔl di pipul dɛn ɛn ɔl di neshɔn dɛn, wi kin bi big  
pipul dɛn fa fawe  
ɛn we wi kɔnshɛns bigin fɔ go insay Gɔd insay di layf we  
wi go dɔn day  
ɔ na dis wɔl tru dip tinkin  
Ivin we wi de insay bɔdi we wi de si  
Wi rili ɔndastand di rial tin  
Di si na di wef dɛn  
ɛn se di wef dɛn kɔmɔt na di si  
Frɔm wi laybri we dɛn dɔn kip: Lɛta dɛn  
Diya padi dɛm, wi arkiv laybri gɛt  
I kɔmɔt frɔm sɔm pat dɛn frɔm bɔku bɔku lɛta dɛn we  
pipul dɛn we de rid kin sɛn  
Frɔm difrɛn kɔntri dɛn, dɛn bin tɔk bɔt dɛn ɛkspiriɛns  
Wit di tichin dɛn we Masta Paramhansa Yogananda bin  
tich  
Na ya a dɔn translet wan ɛgzampul pan dɛn lɛta dɛn de  
Na bikɔs i de mach bɔku pan yu kɔmɛnt ɛn mɛsej dɛn  
Dis na pruf fɔ se mɔtalman ɛkspiriɛns na wan  
ɛn dat de opin at ɛn tink dɛn we gɛt wanwɔd  
Dɛn kin mit dɛnsɛf, ɛnisay we dɛn de  
Wit lɔv, gudnɛs, ɛn pis  
If yu go lɛk mɔ pan dɛn mɛsej ya  
A go gladi fɔ gi mɔ  
Wit tru tru lɔv ɛn di bɛst wish  
Mahmoud Abbas Masoud bin de tɔk bɔt am  
Naw duya rid sɔm pan di mɛsej dɛn  
Dɛn tichin dɛn ya bin ɛp mi fɔ fɛn ɔda tin dɛn bak  
Di pis we nɔ gɛt ɛnd we de insay ɔl wi at  
I bin mek a gɛt mɔ kɔnfidɛns bɔt tumara bambay

En a bin mek a lek Gɔd en di wan den we sabi am mo en

mo

Fɔ tru, i get layt en blesin

\* \* \*

A kin fil se a rili gladi fɔ Gɔd

We bin gayd mi fɔ lan bot den tin ya we get fɔ du wit Gɔd

biznes

A kin rili gladi fɔ tel tenki en tel tenki

Fɔ di ep we a bin get, a tel Gɔd tenki

En di lekcho den we di sensman Paramahansa bin gi

A kin fil bak se a don begin fɔ du wan fayn fayn tin

Fɔ diskɔba di ayd trɔs dem fɔ di sol na di mayn na mi

layf

\* \* \*

Insay di tichin den we Masta Paramahansa bin de tich

A bin fen wan spring we bin de flo oltem we get pis,

trɛnk, en trɛnk

I at fɔ list ol di benifit den we de flo

Insay mi evride layf from in ay ay tin den we i bin de tink

bot

\* \* \*

A kin rid den lekcho den ya bɔku bɔku tem

Enitem we a de fen nyu tin den, lek se

A nɔ eva rid am bifo

Fɔ mi, na tin we de bon, we de gi bɔku trɛnk

From di divayn no, inspekshon, en lov

\* \* \*

Di mo a de rid den tichin ya wit fɔs en tink gud wan

Enitem we a fil se a notis se a don impɔtant na mi layf

Na di matirial, saykolojik, en spiritual level

I get magnetik propati den

Fɔ mek pɔsin get gudnes en ol di gud tin den

\* \* \*

As a de rid den lekcho ya

A begin fɔ fil lek se a de pan wan rod we de go ɔp

A kin klaym ay ay ples den we get sens en spiritual tin

den

A no bin no bot am bifo

A kin fil bak se i don mek buku tin den we a don du na mi

layf

En i bin mek i jentri en get difren difren tin den

Trade, a bin de wek af-af

En naw a de fil se a don no mo bot mi

En fo fil bad bot aw posin kin fil

Mi wish na fo ep fo spre den aidia ya

So dat oda pipul den go benefit from am jos lek aw a don

benefit from am

\* \* \*

." A jos don fo rid "Whispers from Eternity

To di ticha Paramhansa, en a fil buku pis

Divayn lov ful mi ol mi bodi

. -

Wan kompiashon bitwin ombul en prawd

Fo ombul na fayn fayn vali we de mek pipul den no bot

sontin

Usay divayn ren de ton buku buku wan en geda

En i no posibul bak fo mek ren geda na wan mawnten

So, di wata fo no no go ebul fo geda na di ed fo prawd

we prawd

Prawd de lok di domot fo aksept en opin, we no de go

insay

We posin ombul, i kin opin domot den big big wan

I de kol fo mek sens kam en mek am

Prawd na wan bad bad tin we posin kin si we den rayt na

di posin we prawd in fes

Pipul den kin dreb am en den kin de fa from am

Fo ombul na fayn sent we de mek olman lek en want di

posin we get am

Prawd kin komot from posin we no important

We de sho as wetin den kol supiricriti kompleks

Pan ol we na sɛns de bɔn pɔsin we ɔmbul  
ɔ fɔ no yusɛf  
Prawd nɔ gri fɔ fɛn di trut  
As fɔ ɔmbul, i ɔmbul ɛn wɛlkɔm di trut  
I beg am fɔ go insay di Oli ples we Oli fɔ in sol  
Prawd de sho se i nɔ ebul fɔ du sɔntin tru di tray we i nɔ  
bin ebul fɔ du  
Fɔ put ɔda pipul dɛn dɔŋ ɛn mek dɛn luk smɔl  
Bɔt if wi ɔmbul, dat de sho se wi ɔndastand wi at  
Wan egzampul we de shayn bɔt pɔsin we big ɛn we gɛt  
ay pozishɔn  
Vaniti na klos we de sho klia wan we di wan dɛn we nɔ  
gɛt natin kin wɛr  
Fɔ put wisɛf dɔŋ na di klos we wi de wɛr fɔ sho se wi gɛt  
rɛspɛkt ɛn we wi de put wisɛf dɔŋ  
Prawd de drɛb padi ɛn trut kɔmɔt na in layf  
We pɔsin ɔmbul, dat kin mek wi padi ɛn ɔndastand  
Di pɔsin we prawd tan lɛk ɛmti tin we de mek nɔys we  
dɛn tap am  
Pɔsin we ɔmbul tan lɛk bɔtul we ful-ɔp wit di blɛsin drink  
we gɛt sɛns  
If pɔsin ɔmbul, i kin mek pɔsin in at gladi; i de skata  
gladi-at rawnd am  
I de mek padi dɛn we gɛt tru ɛn sol dɛn we gɛt gud at  
kam  
Di pɔsin we ɔmbul kin brɪŋ gudnɛs ɛn blɛsin dɛn na dɛn  
layf  
Wit in ɔmbul, lɛk fresh, sɛnt ros  
Mek Gɔd ful yu layf wit gladi at ɛn gladi at  
Ambishɔn ɛn dilinkshɔn  
Di ambishɔn fɔ bi milyɔnaria  
Lɔv fɔ jɛntri ɛn gridi fɔ flat pɔsin  
Na lay lay standad fɔ tru tru gladi-at  
?ɛn udat want fɔ bi milyɔnaria dis we  
I nɔ jɔs de du bad to insɛf

I de ambɔg ɔda pipul den bak  
Na bikɔs i de kɛr den go na rod den we de mek den sɔfa  
ɛn sɔfa

Fɔ egzampul, wan simpul wokman we de wok na ɔtel  
Di wan we si milian man wear dia dia klos  
I de kɔmɔt na wan fayn fayn motoka wit prawd ɛn prawd  
Na prayvet drayva de drayv am  
I de jɛlɔs am fɔ di blɛsin den we i tan lɛk  
I kin tray fɔ falamakata di we aw i de liv in layf  
I kin yuz fɔ lɛnt mɔni ɛn bay motoka, sɔntɛm na wan we  
i dɔn yuz

I nid fɔ tek bɔku mɔni fɔ mek den mentenɛns am  
ɛn i kin bay ɔda lɔjishɔn den  
We i mistek biliv  
I go gi am wan patikyula luk  
Frɔm ɛmti pomp ɛn ilyushɔn jɛntri  
I na po sol we de ple gɔl wit in smɔl smɔl tin den we i gɛt  
I kin put inɛf pan prɔblɛm den we i go ebul fɔ avɔyd izi  
wan

Na smɔl pipul den nɔmɔ de we no  
Di pɔsin we de sakrifays in wɛlbɔdi ɛn gladi at  
Na di ɔlta we de mek pipul den fred ɛn wok tranga wan  
Nɛvɔs we de brok ɛn at prɔblɛm  
Fɔ mek i go bi milyɔnaria  
I kin rili ful di wan den we gɛt simpul maynd ɛn we nɔ  
gɛt sɛns

Fɔ waka na rod den we slipul  
Usay den kin mɛzhɔ layf bay di we aw pɔsin de luk we  
de ful pipul den  
Fɔ mek lɛk se i gladi  
As fɔ di lay lay standad we  
Jɛntri na di men gol na layf, pas dat, no ɔda gol nɔ de  
Dis kin mek pipul den yuz trik ɛn ful  
Fɔ ful di wan den we gɛt simpul maynd ɛn tif den layf  
Estravagant layf stayl abit den



I no mata aw den mek di moni  
Fo gladi fo prez en fo flat posin na sayn fo se yu no get

sens

Due to dispicable boast en loathsome sho of  
Ol dis kin mek di posin we de luk fo jentri, want fo get mo

gridi

En fo mek we den we no get sens  
O fo yuz blakmel en tin den we no fayn  
Fo get mo lojishon den  
We tan lek lid we den don brus  
We de wund di an we de ol am  
En no ledom pan am  
liv layf we get fayn fayn layf  
Di want fo get moni eni we  
En fo fred fo liv na os we no get boku moni  
En di fred fo los moni  
Na di famili en di sosayti in yay  
Apat from we den de tink bot densef nomo  
Den tin ya ol na tin den we de sho se posin de du bad  
Advantej den we den no kolkul  
I no de fil sori fo di wan den we nid e  
If olman bin de liv simpul layf en dres simpul wan  
Di fashon fo liv fayn fayn layf don don  
We de lid boku tem  
To boku misef en frustrashon  
En pipul den bin de tray fo get kwaliti den we get fo du  
wit God biznes

En di nobul vinega insted  
Den fo pul di we aw posin de tink bot insef nomo  
I bin de liv simpul layf en i bin de tink fayn fayn wan  
Standart en test krayteria  
No dil o kopreshon no nid fo de  
Wit di wan den we get boku moni we den don geda  
Di wan den we no de fil wetin oda pipul den de fil  
Den at no de sof to den broda den we no get wan valyu

Ivin if den si den insay rotin rotin en angri  
Jentri insef noto sin  
Bifo dat, i kin bi blesin na gud pipul den an we get fri-an  
Di wan den we God don jentri from in boku boku gudnes  
Di wan den we kin enjoy fo ep oda pipul den  
En i pul di bad bad drim bot po en injustis na den sholda  
Wod den get boku pawa fo bil o pwel  
Fo kondolens en komfort  
O fo kros spirit en brok filin  
Wod den de we kin mek pipul den konfyus en konfyus  
Wod den we de pul wori en mek at kol  
I de mek posin get konfidens en komfort  
Wod den we de mek pipul den begin fo fet wo  
Wod den fo mek di atmosfere sof  
En i de mek bad bad tin den en lod den no boku  
God don gi motalman boku gift den  
Dis inklud fo ebul fo tok wetin i de tink  
Insay di wod we den tok, rayt, en yeri  
Fo mek pipul den get minin en tayt komyunikeshon  
Motalman na wan famili  
I no mata wetin i tan lek se na difren tin den fo tink bot  
Le wod bi tul fo mek pipul den kam nia den, noto fo mek  
den fred  
Fo mek pipul den get korej, noto fo mek pipul den fred en  
no get wanwod  
Fo mek pipul den get wanwod, noto fo mek den no get  
wanwod  
Fo pul di tin den we de ambog en di tin den we de ambog  
am  
No fo ful-op di rod den wit chukchuk en tin den we de  
ambog am  
Di stori bot di yuza we tich di kin  
Trade trade, wan kin bin tel wan pan di pipul den we i  
bin de rul se if i no ansa wan patikyula kwestyon, di tik go de  
wet fo am

" ?Di man ansa se, "Wetin na di kwēstyɔn, Yu Majesty

" ?Di kiŋ aks se, "Tɛl mi, usay divayn kɔnshɛns de  
Di man aks di kiŋ fɔ gi am tu wiks fɔ mek i kam wit di  
ansa to am, ɛn di kiŋ gri fɔ du wetin i aks fɔ  
Dɔn i go bak na in wokples wit pwɛl at ɛn tɛl in bɔs se if i  
nɔ ansa di kiŋ in kwēstyɔn insay tu wiks, i go pe fɔ am wit in  
layf

Di pɔsin we de yuz am, we dɛn bin sabi fɔ in maynd ɛn  
in sɛns, bin tɛl am  
Mek a go pan yu bihaf ɛn a go ansa di kweshon mi sef "

"

Di pɔsin we de yuz am go to di kiŋ ɛn tɛl am  
Fɔs, mek a sidɔm na yu tron, bikɔs pan ɔl we a de tɛl "

" yu sɔntin we yu nɔ no, na mi na yu masta  
Di kiŋ prezɛnt in tron to di pɔsin we de yuz am, ɛn se

" ?Tɛl mi, usay divayn kɔnshɛns de "

." Di yuza we sidɔm na di tron ansa se: "Bring mi kaw  
Dɛn briŋ di kaw kam insay, ɛn di pɔsin we de yuz am aks  
" ?se, "Usay di milk de

." Di kiŋ ansa se: "In di ɔda

Di pɔsin we de yuz am ansa se: "Dat nɔto so, milk nɔ de  
na di ɔda nɔmɔ, bɔt na ɔl di pat dɛn na di kaw in bɔdi, bikɔs  
." milk na di men tin fɔ di kaw

Dɔn di pɔsin we de yuz am aks fɔ wan bol milk, ɛn we  
" ?dɛn kam wit di bol to am, i aks di kiŋ se: "Usay di bɔta de  
." Di kiŋ ansa se, "A nɔ si bɔta

Di yuza se: "Di bɔta de de, bɔt i de sheb ɔlsay na di milk

."Churn di milk ɛn di bɔta go separet ɛn flot to di surface  
ɔs lɛk aw milk de na ɔl di pat dɛn na kaw in bɔdi, ɛn  
bɔta de sheb ɔlsay na ɔl di milk mɔlyul dɛn, na so Gɔd in  
kɔnshɛns de insay ɛvri atɔm we de

So, di sɛns we di pɔsin we yuz am bin gɛt bin sev in

bɔsman in layf, bikɔs di kiŋ bin gɛt di kɔrɛkt ansa to in  
kwēstyɔn

Divayn kɔnshɛns nɔto fɔ di wan dɛn nɔmɔ we gɛt sɛns; i  
de na ɔlman in sol ɛn at ɛnibɔdi we de dip dip wan insay  
meditashɔn go opin di domɔt na in at, fil di prɛzɛns fɔ divayn  
kɔnshɛns, ɛn rid di buk fɔ layf If dɛn nɔ gɛt dis rial filin, di  
kwɛstyɔn nɔ go gɛt ansa

Na so pipul dɛn we gɛt sɛns kin tɔk  
Fɔ mek pɔsin go yusful na layf  
I fɔ fri insɛf frɔm ɔl di bad tin dɛn we i want fɔ du  
filin dɛn we de mek pɔsin fil bad ɛn we i want fɔ revaŋg  
Ivin jɔstifay fɔ nɔ satisfay  
Lɔv nɔ fɔ kɔmɔt na di tron  
Lɔv fɔ pas di we aw pɔsin de fil  
n bitwin pipul dɛmɔntaraksh ɔm di bɛsis fɔl de f  
Tin dɛn de ɛn tin dɛn we pɔsin kin lɛk na layf we bɛtɛ  
pasmak

Frɔm fɔ mek pɔsin fil bad ɛn fɔ vɛks  
Fɔ plan fɔ du bad ɛn trap ɔda pipul dɛn  
ɛn ren de kam dɔŋ di faya dɛn na ɛlfaya  
Ivin di wan dɛn we de biev wan patikyula we  
I nɔ fit di fayn fayn kwaliti we mɔtalman gɛt  
If nɔmɔ mɔtalman bin fɔ stɔp fɔ bɔn ɛn amplify bad tin  
dɛn

Bifo dat, i de yuz di yay we de sho se i satisfay  
We di ɔlmayti we mek ɔltin gi am  
Fɔ pe atɛnshɔn fɔ du gud fɔ yusɛf ɛn fɔ ɔda pipul dɛn  
Bikɔs fɔ stɔp fɔ tink ɛn fil fɔ et  
Disable di tul dɛm fɔ gud  
We Gɔd dɔn gi mɔtalman so dat dɛn go yuz am  
Insay di shɔt tɛm we i bin de travul fɔ go na dis land  
We pɔsin nɔ de tink di rayt we, dat kin mek pɔsin in at at  
ɛn fɔ wek bad saspek ɛn filin fɔ et  
If i kam insay di at, i nɔ kin izi fɔ pul am  
Dat na bad bad tin we di we aw pipul dɛn bin de si tin  
we nɔ bin gɛt bɛtɛ op dɔn tɔn to jaundiced  
ɔltin we fayn kin bi ɔg, ɛn ɔltin we fayn kin bi bays

Ivin welbɔdi tul dɛn kin bi tul fɔ mek tin dɛn  
Pɔyzin ɛn di sik we nɔ fayn  
Dat na ɛl  
Mek God kip wi en yu away from am  
ɛn bɔt in bad ɛn in bad tin dɛn  
Pis de fɔ una  
Mek lov de rawnd yu ɔltɛm

### **San fɔ di kɔsmik kɔnshɛns**

Dis atikul bin kɔmɔt na di fɔs magazin we dɛn kɔl East  
and West magazin insay 1925 Dɛn bin mek dis magazin we  
leta dɛn kɔl di Self-Knowledge magazin fɔ wan rizin: fɔ mek  
pipul dɛn kam nia dɛnsɛf ɛn fɔ sho di bɛst pan di spɛshal tin  
dɛn ɛn kwaliti dɛn we neshɔn dɛn gɛt, we dɔn ɛp ɛn kɔntinyu  
fɔ ɛp fɔ bil di big mɔtalman bildin na dis planɛt Wɔl

Di big ticha bin wok fɔ bɔku ia fɔ mek pipul dɛn gɛt lɔv  
ɛn brɔdaship spirit, ɛnkɔrej fɔ chɛnj ɛkspiɾiɛns ɛn no fɔ mek  
layf fayn, fayn, ɛn gɛt minin Insay dis, i se: "Wi angri fɔ no fɔ  
mek wi fɔgɛt wi smɔl smɔl difrɛns dɛn ɛn ɛnkɔrej wi fɔ gladi  
fɔ aksept di trut dɛn we ɔda pipul dɛn de du Lɛ Is ɛn West  
rɛdi fɔ chɛnj di bɛst we dɛn pipul dɛn gɛt, bikɔs ɔl pipul dɛn  
na brɔda ɛn sista dɛn sista dɛm, ɛn wi ɔl na pikin dɛm fɔ di  
."wan yunivasal homland

A sidɔm na wan smɔl il wit mi yay lɔk ɛn luk di blak blak  
daknɛs we bin de kɔba mi Fɔs, a nɔ bin ebul fɔ si natin pas  
daknɛs, bɔt stil a bin de luk fɔ sɔntin we a nɔ no bɔt we a  
sabi ɛn we a sabi di sem tɛm

A opin mi yay ɛn luk di fayn fayn wɔl we gɛt gladi at, we  
dɛn mek fayn wit bɔku bɔku mun layt ɛn sta dɛn we nɔ gɛt  
ɛnd we de shayn na di big big spɛs, fil dɛn ɛn il dɛn we de  
smayl wit gras dɛn we gɛt ɛmirald-grin gras dɛn we saf lɛk  
velvet, mawnten dɛn we de shayn, wev dɛn we de krach pan  
di si we gɛt trɔbul, ɛn siti dɛn we de bost bɔt di bɔku bɔku tin  
dɛn we mɔtalman dɔn du ɛn di tin dɛn we dɛn dɔn mek Bɔt

stil, i bin tan lek se ol wetin a si bin de kondem mi fo we a  
west mi tem fo tink gud wan, en den bin de aks mi se a de  
drim, we a los na wol we pipul den de tink bot tin den  
Di wol se to mi, "Wetin mek yu de lok yu yay en ton mi  
fayn fayn tin den na yu yay, en liv na emti daknes en dak  
"?emti ples

A wispa bak: "O daring intruder, if noto fo insay biuti, yu  
"!biuti no bin fo get splendo o raytin

As dis tinkin kros mi maynd so, a fil wan ayd kol from  
wan dip kona insay mi sol, en mi sens den bin de shek shek  
en di sel den na mi bodi bin get layf bak

A lok mi yay bak fo si wan si daknes a bin de luk gud gud  
wan insay di at fo di pitch-blak daknes, de luk fo wan layt we  
a bin no se de, we nid fo jos luk fo am te a fen am Wantem  
wantem, a si wan fayn, olmost layt tinkin we bin de komot na  
wan pan di kona den na da dip, sikrit chemba de we a bin de  
pe atenshon pan da fayn fayn aidia de, en na in bin de shayn  
mo en mo te i sho in glori we ayd

En a bin kam fo no se a kin si de we a no get yay en si  
evri tinkin we de shayn lek laytin we de flash en afta dat i de  
los, o we de shayn lek boku boku miti den we de flash we de  
rilis wan spreay layt we de apia wantem wantem en afta dat i  
no de igen na di skay na mi maynd A bin ebul fo kont evri  
flash, evri spak, en fo no di tem en enaji we eni wan pan den  
!get Wetin na wan gloriful metafizik vishon

En a bin ebul fo yeri bak witout mi yes, en a bin de lisin

wit so klia wan to di fayn yet tenda voys we de na mi tink

Yes, a bin de lisin to di low wispa den we konsheens bin de  
mek en di kwayet voys fo sens A yeri oltin we den voys den de  
tok wit so klia wan, lek se a no eva yeri bifo En fo di fos tem, a  
bin fil di prezens fo den fambul ya we no de si, we de insay a  
bin de fil se den kompinn en den no bisin bot mi Den fambul ya  
we bin don liv long long tem insay di dip dip ples den we a bi,  
insay dak rum den, de plan, kodinet, en shep mi destiny Bot

stil den bin kontinyu fo ayd, ombul, en ayd, lek se den no get  
eni prezens o egzistens

Na big big wok una de du, sikrit fambul en padi den!

?Wetin mek yu no de apia klia wan en opin wan

Yu de fred di kruk en rof we aw mortalman de luk yu? O

sontem yu de fred fo apia na di pale twilight fo mentalities  
we no ebul fo rifin, diliket tinkin! O sontem yu de fred fo swela  
bikos of di bad bad vaybreshon we di boku boku tin den de  
!mek

Bot stil yu rili sabi fo slip komot na dak rum den fo bil  
skayskrepa den, big big brij den, en okayn tin den we yu don  
!du, don yu go bak we nobodi no notis o selibret yu

Di tren we de rosh na di daknes na net, di plen den we  
de ala, di pawaful ship den we de flot lek vilej den na di si, di  
masta sabi buk den we den mek wit art, di tempul fo di Vejnin

Atena, di Patinon, en di Taj Mahal ol na mirekul den we  
mortalman mek, en ol dis de memba mi bot yu en yu pawa  
!den we den mek wit pawaful tink

Bot we a si di lek wit in wata we de shayn de mek sayn  
fo mek a no tosti, en di dak klawd den de fri riva den en wata  
we de fodom we ren de kam fo gi di fil en tik den we ful-op  
wit swit swit swit frut den; en we a si di ful mun in layt de  
shayn na net, en wach di saykl we di sizin den de go, en di  
wol we den drep insay wan tik kap we get gras, en di red  
klawd den we di raytin den we de na di kotin na di crayzin  
don mek shep den ol den fayn fayn pikcho den ya we a no go  
ebul fo falamakata a de si, en a kin tink bot da kosmik an de  
!we de wok wit pawa en sens ol say

En a kin tink wit soprayz bot da kosmik voys de we de  
komand di san, di mun, di planet den, di wol, di nature, di  
sizin den, ol di blaynd fos den, di si den wit den tayd,  
mortalman, layf, en day, en den de yeri in voys en obe am  
Yu tink se kona de we ayd, we no get limit o end, usay  
den kin ayd di aydia den we get sens en wok na di yunivas  
?we nobodi no notis den

A luk tru di winda dem fo memori en memba di biginin fo  
mi pikin tem, we di san na mi konsheens bin de rayz na di  
skay na mi layf En we i bin de rayz sloslo da tem de from di  
daknes na di sabkoshos maynd, i bin de layt jos wan smol pat  
pan di crayzin na mi maynd, so a no si natin pas mi mama,  
mi toys dem, en som pis kandy dem we get difren kolɔ dem  
Leta, as mi awareness de gro brayt brayt wan, a si wan  
big pat pan mi mental horizon; i bin get layt, en a si boku tin  
den we a no eva si bifo a si mi padi den, mi fambul den, mi  
neba den, mi kontri—ol den bin apia en kam insay mi fild fo si  
insay di skay na mi maynd, di san na mi konsheens bin de  
shayn wit wan layt we de konstant en pawaful, we de layt ol  
wetin bin don ayd bifo a si ol pipul, ol neshon, ol di tin den we  
God mek, nature, planet, sta, en ol di ilektron den we de  
!shayn a ivin si di kosmos en di spes we no get end  
En a no bin no bifo se a go diskoba insay di daknes na mi  
!maynd di san we de na di kosmik konsheens  
Fo kontrol di bad abit den

**Pɔsin we de drink pasmak kin get adikshon, en dis  
adikshon kin mek i get wan bad bad abit en we kin  
mek i no get wanwod If den no tray fo stop fo drink, i  
kin bi pɔsin we de drink te i chak, i kin sofa wit wan  
kraym we i no ebul fo kontrol fo drink rom Den bad bad  
pipul ya kin spen den moni boku tem fo drink rom Den  
kin it smol en i kin tan lek se den kin get som tin fo it  
from di drink we de mek pɔsin dronk insef As dis bad  
bad abit de bi we don rotin, den no de fil se den get fo  
du wit den yon welbodi en di we aw den tinap na den  
os, komyuniti, en di wol**

**Di we aw wi bin don tok bot di wan den we don  
chak we don chak na jos wan egzampul bot wetin a kol  
"mental alcoholics" Den kin put den kayn pipul ya we  
de drink te den chak na den maynd o den maynd  
akodin to den patikyula saykilojik kondishon, we kin bi**



**we kin de te en we no kin ebul fo solv, lek fo veks, fred, want fo du mami en dadi biznes we den no ebul fo kontrol, fo gladi fo du bad to oda pipul den, fo ple gol, fo tif, fo jelos, fo et, fo gridi, fo get bad wamat, charlatanism, . stupidity, en krayzi**

**We posin sho se i veks, i de fred, i de jelos, o eni wan pan di kwaliti den we wi bin don tok bot from we i smol, na pruf fo sho se i bin get den abnormal saykilojik abit ya we i bin don liv bifo Mama en papa den we notis eni wan pan den bad bad tin ya we kin apin to den pikin den, ivin we den yon, fo tek di tin sirios wan en tek step fo mek di pikin no get saykilojik adikshon, i fayn fo put den na difren say onda di kia fo spiritual mento den**

**Wit gud komin en sopot envayroment fo som ia, posin we get mental sik kin fri from di swef grip fo den vays den we den don get Pan ol we den de get di rayt meresin na say we den de sopot am, den fo tel di wan den we get mental sik bot di bad bad tin den we kin apin to den we den get bad bad abit den en den fo enkorej den fo tink bot den en tray fo rili tray fo avoyd fo sho den bad bad tin ya en destructive behaviors under any circumstances Evri instans fo indulge pan wan mental sik abit we yu bin get insay wan fos inkarneshon de mek am strong en stop am na di konshens maynd te di posin bi slev to am insay evri sents fo di wod**

**Di posin we veks, we want fo du kontin, o we gridi kin forget den ples en no kin tek den rilayshon wit di sosayti, i kin du big mistek den we kin pwel den yon layf en oda pipul den layf Boku pan den pipul ya we get maynd sik biliv se we den de sho den maynd abit, den de pul densef komot na den maynd en get som rilif Bot fo put densef don pan bad bad tin den we kin apin to den, na abit we kin get bad bad tin den fo du, bikos**

**bay we den de ripit fo sho den layf dis kayn bad bad tin we posin kin du, posin kin get adikshon to in maynd, en i kin mek insef bi posin we oda pipul den kin laf, ɔlsay en ɔltɛm**

**If pikin den de na say we pɔyzin de we den maynd stil de divelop en ebul fo chenj, den go get bad abit den we if den no kontrol den, dat kin mek den get sirios maynd sik Mama en papa den we notis se den pikin chenj wantɛm wantɛm—lek pikin we bin don kol bifo we no gladi ɔltɛm—fo pe atenshon gud wan, no en adres di tin den we de mek den fil bad en no get op igen, en fen nyu tin den we go ep den we fo mek den chenj den enaji di we we go benifit en we go wok fayn**

**Di wan den we de sho eni wan pan di kwaliti den we wi bin don tok bot na pipul den we de drink rom na den maynd Den de rayd di bad abit den we de ron wit bad bad abit den we no de tek tɛm en we no get eni risponsibiliti, en den de brok den gladi at bay we den no ebul fo ep dɛnsɛf, we den want fo sɔrɛnda to di kɔrɛnt den we den lek en bay we den de sho den bad kwaliti den**

**I no get wan minin fo kɔrɛkt, advays, ɔ blem di wan den we de drink te den chak we get mental sik fo den vaylɛnt tendency Den maynd stet na bikɔs ɔf den bad abit den we den kin du bɔku tɛm Den fo trit den lek pipul den we get maynd sik we de sofa wit saykilɔjik dizayd we no go ebul fo solv**

**Fo chenj yu kɔmpin na di tritment we go wok pas ɔl fo eni kayn akyu mental intoxication, bikɔs di wil fo di posin we don drɔnk in maynd na slev bay abit en dat mek den no get eni resistans to bad Di tritment we fit pas ɔl na fo transfa den dairekt to wan envayromɛnt we de akt lek antidote to den pɔyzin mental stet Den fo put posin we vɛks bad bad wan—if i posibul—wit wan ɔ mo pipul den we no bi vɛks ivin**

ɔnda sikɔstems we de mek pɔsin vɛks ɛn we de mek i vɛks Pɔsin we want fɔ du sɔntin fɔ de rawnd pipul dɛn we ebul fɔ kɔntrol insɛf Prɔfɛshɔnal tifman nid fɔ gɛt kɔmpin wit ɔnɛs pipul dɛn Yu kin ɛp pɔsin we de shem ɛn we de fred bay we dɛn ɛnkɔrej dɛn fɔ kip kɔmpin wit pipul dɛn we gɛt maynd ɛn rid di biyografi bɔt hiro dɛn Di wan dɛn we gɛt chukchuk wamat ɛn sɔri abit fɔ kip kɔmpin wit di wan dɛn we gladi ɛn we natin nɔ de du natin

Di wan dɛn we de drink rɔm we gɛt maynd sik fɔ mɛmba se we dɛn kɔnstipɛshɔn ɔ we dɛn bɔdi nɔ de wok fayn, wit di it we dɛn it mit, mɔ bif ɛn bɔd, go mek dɛn maynd sik wɔs ɛn mek i strɔng mɔ na dɛn bren Inklud bɔku frut ɛn vɛjitebul dɛn na dɛn ɛvrɪde it, fɔ praktis fɔ wan de frut jus fast insay di wik, ɛn wan wan tɛm fɔ inkɔrej fɔ fast fɔ lɔng tɛm, go rili ɛp fɔ chɛnj di bren rijyɔn dɛn usay di bad abit dɛn kin bɔku

We pɔsin de du mami ɛn dadi biznɛs pasmak, i kin pwɛl di nervɔs sistɛm ɛn di bren sɛl dɛn, ɛn dis kin mek di pɔsin we de drink rɔm we gɛt mental sik vɛks Dɔn bak, we pɔsin de du mami ɛn dadi biznɛs pasmak kin mek dɛn nɔ gɛt bɛtɛ maynd So, ɔl di wan dɛn we de drink te dɛn chak fɔ lan fɔ kɔntrol di we aw dɛn want fɔ du mami ɛn dadi biznɛs so dat dɛn go ebul fɔ du mɔdareshɔn pan dɛn mared rɪleshɔnship, lɛk aw di nature se

Bɔku tɛm wi kin si se di wan dɛn we de gi dɛn tin fɔ it ɔ we de gi dɛn tin na di famili—ilɛksɛf na papa ɔ pikin, ɛn na sɔm sosayti dɛn, mama ɔ gyal pikin—de sho se dɛn lɛk fɔ drink rɔm bikɔs dɛn fil se dɛn pozishɔn de gi dɛn rayt fɔ kɔntrol ɛn put wetin dɛn want Dɛn smɔl smɔl dikteta dɛn ya nɔ fɔ pul dɛn vɛks pan di famili mɛmba dɛn we nid ɛn dipen pan dɛn Bikɔs if dɛn du dat, dɛn go lɔs di rɛspɛkt ɛn rɛspɛkt we dɛn gɛt fɔ di wan dɛn we dɛn lɛk

**We famili dikteta biliv se i kin du wetin i want na os, i kin begin fɔ sho in kwaliti dɛn we nɔ fayn ɛn in kwaliti dɛn we i kin kɔndɛm ivin ausayd di famili sɛklɔ As tɛm de go, i kin yus to dis shemful bihayvya ɛn i kin du wetin i de du, ɛnisay ɛn ɛnitɛm If dɛn bad bad pipul ya nɔ kɔntrol di we aw dɛn want fɔ kɔntrol di wan dɛn we dɛn lɛk, smɔl smɔl dɛn kin bi pɔsin we nɔ gɛt bɛtɛ maynd, we nɔ gɛt filin machɔ ɛn mek bɔku trɔbul fɔ di wan dɛn we de nia dɛn, di wan dɛn we kin tɔk to dɛn wan wan tɛm, ɛn dɛnsɛf**

**ɛnibɔdi we biliv se dɛn gɛt maynd sik fɔ go fɛn tritment At di smɔl wan, dɛn fɔ stɔp fɔ tray fɔ infɛkt ɔda pipul dɛn Imajin se yu sidɔm kwayɛt wan na os, sɔntɛm yu de rid buk nia di faya ples, we wantɛm wantɛm wan skunk we gɛt dɔti smɛl kam insay yu os! Natin nɔ de fɔ mek pipul dɛn nɔ gɛt wanwɔd, ɛn yu ɛn di wan dɛn we de rawnd yu go tray fɔ drɛb di skunk, sok unasɛf insay di kemikal dɛn we nɔ fayn As a rizulta, di os ɛn di skunk go ambɔg**

**Semweso, i nɔ rayt fɔ mek mɔtalman skunk go insay say we nɔ want in prezɛns, bikɔs i kin mek ɔlman we de rawnd am vɛks, ɛn leta dɛn kin trit am bad**

**Mɛmba, mi padi dɛm, se di mɔtalman skunk, we de bia di mental trem dɛm fɔ wan bad bad nature we de sho na in fes ɛn we de sho na in yay, de mek big bad bad tin apin na say dɛn we kol, pisful, ɛn kwayɛt ɛnvayrɔment dɛn nɔ wɛlkɔm Dis mɔtalman ɛnisay**

**Fɔ ayd in maynd stet bɛtɛ pas fɔ sɔkdɔm to in inflɔɛns bitwin pipul dɛm Shemful indulgence, ɔ gi fri rein to pɔsin in want ɛn pasɔn, na di fayn fayn grɔn usay di prɛ- ɛn post-natal impuls dɛm de gro ɛn flourish So, ɛnibɔdi we de sɔfa wit dis affliction fɔ de ekstra wach fɔ liv na ɛnvayrɔment we de mɛn di**

**innate saikolajik sid dɛm fɔ bad abit ɔ agresiv tin dɛn  
we pɔsin kin du**

**Na tru se we yu mit pɔsin we de trit yu wit lɛk se i  
de flat ɛn adres yu wit atifishal smayl, "Long tɛm nɔ  
si!" we i de se to insɛf se, "Mek Gɔd swɛ di awa we  
mek wi kam togɛda," yu fil in filin, yu fil et am, ɛn yu  
de vɛks wit in lay lay flat we i de tɔk**

**Pasɔnali, a want fɔ no usay a tinap wit pipul dɛn  
we a lɛk fɔ bi ɔnɛs, ilɛksɛf dɛn de fil bad ɔ dɛn at, pas  
fɔ mek lɛk se dɛn de mek lɛk se dɛn de mek lɛk se dɛn  
na lay lay snek Nɔbɔdi nɔ want fɔ mek dɛn pɔynt di  
snek we de mek ipokrit frɔm ɔnda wan bɔkul we gɛt  
rosy smayl ɔ biɛn ɔni, flat wɔd dɛn**

**Wit ɔl wetin wi dɔn tɔk, i bɛtɛ fɔ mek di pɔsin we  
de drink te i chak fɔ bi padi to ɔda pipul dɛn, ilɛksɛf na  
fɔ sho ɛn mek lɛk se na in nɔmɔ, pas fɔ infɛkt dɛn wit  
di pɔyzin dɛn we in bad bad abit gɛt**

**Di we aw pɔsin kin kɔntrol insɛf ɛvrɪde, ilɛksɛf na  
smɔl smɔl tin dɛn, go ɛp di pɔsin we de drink te i chak  
fɔ lɛ i nɔ du bad abit smɔl smɔl**

**Pis de fɔ una**

**Pawa fɔ kɔnsɛntret**

**Fɔ mek pɔsin we de luk fɔ pɔsin fɔ bi pɔsin we de  
tek am, dɛn fɔ sidɔm kwayɛt wan ɛn pe atɛnshɔn pan  
wan tin we dɛn want we fit fɔ pe atɛnshɔn te dɛn  
maynd ɛn tink dɛn dɔn ful-ɔp wit da aidia de We  
mɔtalman want alaynɛd wit di divayn wil we no ɔltin  
ɛn we gɛt ɔl pawa, dɛn kin yuz am fayn fayn wan fɔ  
rich di gol we i want Pɔsin nɔ kin jɔs sidɔm ɛn wet fɔ  
mek sakrifays fɔdɔm na dɛn lap We yu sɛt yu kɔs ɛn  
disayd fɔ go bifo, yu fɔ aktiv yu wil ɛn ɛksɛrt prɛktikal  
ɛfɔt, ɛn yu go si se ɔl di ɛlɪmɛnt dɛn fɔ sakrifays go  
kam to yu frɔm usay yu nɔ de ɛkspekt am Insay yu wil,**

**we chaj wit di divayn kɔrent, lay di ansa to yu prea  
dɛn We yu yuz da wil de, yu opin di winda tru we yu  
de gɛt di ansa to yu prea dɛn Dis na mi yon ɛkspiriɛns  
Insay di past, a bin tray fɔ du sɔm tin dɛn jɔs fɔ tɛst mi  
wil, bɔt naw a nɔ de du dat bikɔs a dɔn ɔlrɛdi no di  
autkam: ɔltin we a dɔn no di tin we pɔsin want kin  
apin**

**Wan tɛm, bɔku ia bifo, a si wan pan mi disaypul  
dɛn de go rɔng We a de si di tin dɛn we nɔ go ebul fɔ  
avɔyd ɛn we de mek i fil pen we i de du, a tray fɔ mek  
i tɔn bak pan in rod Bɔt a si se a nɔ ebul fɔ ɛp am,  
bikɔs i bin dɔn mekɔp in maynd fɔ kɔntinyu fɔ go dɔn  
di rod we bad tin de apin Fɔ dɔn, a tɛl misɛf se, "Bikɔs  
i want fɔ du dis, a go lɛf am fɔ bi" Bɔt mi lɔv ɛn  
kɔnsyans fɔ i kam bak kwik kwik wan, ɛn a sidɔm ɔnda  
wan banyan tik ɛn imajin am Wit fervent zil, a  
kɔntinyu fɔ sɛn am dis mɛsej na mi maynd: "A de beg  
yu fɔ kam bak" Na ivintɛm, wan strɔng, intuitiv filin  
bin stɔp insay mi, ɔl tu na mi bɔdi ɛn maynd, se i rili  
de kam bak Wantɛm wantɛm, di "prodigal son" apia,  
we i dɔn kam bak na os I grit mi wit wan bo ɛn se, "Ol  
de, eniwe a go and enitin we a du, a si yu fes Wetin  
dis min?" A se, "Gɔd bin de kɔl yu tru mi Na in kɔl,  
nɔto mi yon Mi want nɔ bin de tink bɔt misɛf nɔmɔ, bɔt  
a bin dɔn mekɔp mi maynd nɔ fɔ kɔmɔt na dis ples te  
yu kam bak" Dis kayn maynd kin brin big chenj dɛn na  
di wɔl I rili na wɔndaful ɛn wɔndaful pawa!**

**So, dip prea gɛt pawa ɛn dip ɛfɛkt Di bɛst tɛm fɔ  
pre na na nɛt we di tin dɛn we de ambɔg yu nɔ bɔku If  
yu si se i nid fɔ slip sɔm tɛm na ivintɛm, du am fɔ mek  
yu maynd de wach ɛn pe atɛnshɔn we yu de pre na  
nɛt, ɛn fɔ de wit Gɔd Dis kin tan lɛk se i nɔ izi fɔs, bɔt i  
go izi if yu kɔntinyu fɔ tray, ɛn yu go sɔprayz wit di  
fayn fayn tin dɛn we yu go gɛt We yu gɛt wan spɛshal,**

dinamik wil, Gɔd bigin fɔ ansa En we di Absolut we nɔ gɛt end brok in kwayɛt, yu go ful-ɔp wit gladi at Bɔt as long as pɔsin kip ivin wan selfish want fɔ pruv di pawa we in prea gɛt to ɔda pipul dɛn, ɔ if i tɔn dɛn to komoditi fɔ prɔfit frɔm, dɛn go lɔs da pawa de, en Gɔd nɔ go ansa dɛn igen, bikɔs dɛn go dɔn bil wan barɛri bitwin dɛnsɛf en Gɔd, we de fa frɔm dɛnsɛf Am Gɔd go kam to di pɔsin we de luk fɔ am nɔmɔ we dɛn tru en tru, en we dɛn lɛk am fɔ in sek We pɔsin de tink bɔt insɛf en i de yuz prawd en bost, Gɔd no se dɛn nɔ want dɛn bɔt dɛn de tray fɔ mek dɛn gɛt glori fɔ dɛn yon prawd, en I nɔ go gri fɔ tek in inviteshɔn

Udat go kɔntinyu fɔ bia wit di maynd en kɔntinyu fɔ du am te Gɔd ansa am?

Gɔd na di men tin we de mek pɔsin lɛk am en na in de mek pɔsin lɛk am If yu no aw fɔ tink gud wan wit di intenshɔn fɔ kɔnɛkt wit am, I go ansa yu lɔv rikwest dɛn No nid fɔ beg fɔ rich to am Bɔt udat go devote di tɛm we yu nid? En udat go kɔntinyu fɔ bia te dɛn bi faya we de bɔn we gɛt maynd fɔ gɛt In ansa?

If yu gɛt dɛt we yu nɔ ebul fɔ pe, ɔ if yu want wok, fɔs tink gud wan Insay di stilnɛs we de fala dip meditashɔn, put yu maynd wit disayd we nɔ de shek pan yu nid, bɔt nɔ de wach di tin we go apin ɔltɛm If yu plant sid na di grɔn en kɔntinyu fɔ dig am fɔ si if i de gro, i nɔ go eva gro Semweso, if yu luk—evri tɛm we yu de pre—fɔ sayn se Gɔd dɔn gi yu wish, yu nɔ go gɛt wetin yu want Kɔntinyu fɔ pre witout intarapshɔn en lɛf di ɔda wan to Gɔd Yu wok na fɔ pul Gɔd in atɛnshɔn to yu nid en fɔ du yu pat fɔ ɛp am fɔ fulfil yu op If yu gɛt siribɔs sik, fɔ egzampul, du ɔl wetin yu ebul fɔ mek pɔsin wɛl Bɔt no wit shɔ se di las mɛrɛsin de na Gɔd in an Lɛ dis tinkin kam wit yu we yu de tink gud

wan evri nɛt Pre wit big big wan ditarminieshɔn ɛn rili trɔst, ɛn wan de yu go si se di sik dɔn lɔs wantɛm wantɛm

Di maynd fɔs gɛt sɔgzhesɔn, dɔn Gɔd de chaj di maynd wit in pawa Fɔ dɔn, di bren de rilis layf fɔs fɔ briŋ kam hilin Yu nɔ no di mak we di divayn pawa we dɛn dɔn kip insay yu maynd I de kɔntrol ɔl di wok dɛn we yu bɔdi de du Yu kin trit ɛni bɔdi we yu de yuz dis pawa na yu maynd I impɔtant fɔs fɔ no di kɔrɛkt we fɔ tink gud wan, ɛn afta dat yu go ebul fɔ yuz di pawa fɔ kɔnsɛntret, we di divayn pawa go ɛp yu, fɔ mɛn di bɔdi ɔ fɔ dil wit ɛni ɔda sik

Tray fɔ du sɔntin we at ɛvrɪde Kip tray, ivin if yu nɔ ebul fayv tɛm We yu sakrifays, yuz yu fɔs wil pawa fɔ akɔmplit ɔda tin Dis we ya, yu go ebul fɔ akɔmplit big tin dɛn pan fast fast Pawa Wilpawa na liv ɛksprɛshɔn fɔ di imej fɔ Gɔd insay yu Insay wil pawa de pawa we nɔ gɛt ɛnd: di sem pawa we de kɔntrol ɔl di pawa dɛn we di nature gɛt ɛn bikɔs dɛn mek yu insay di imej fɔ Gɔd, da pawa de na na yu an fɔ ajɔst ɛnitin we yu want: yu kin mek prɔsperiti ɛn bɔku bɔku tin ɛn chenj et to lɔv Aks Gɔd fɔ ɛp yu fɔ kɔntrol ɔl tu di bɔdi ɛn maynd, ɛn afta dat yu go gɛt Gɔd in ansa A de si ɔltɛm se di tin dɛn we a want pas ɔl dɔn ɔlrɛdi apin

Di tin we wi nid pas ɔl na Gɔd

Na di fɔrɛst, bitwin di aybrɔw, de di get fɔ go na ɛvin Dis bren sɛnta na di sidɔm ples fɔ di wil We yu fos yu maynd pan dis sɛnta ɛn go kol, ɛnitin we yu want go fulɔp So, yu nɔ fɔ ɛva yuz yu wil fɔ du bad tin Fɔ want fɔ du bad to ɔda pɔsin, ɔ want fɔ du bad to da pɔsin de, na bad bad misyuz fɔ di pawa we Gɔd dɔn gi yu If yu fɛn yu go mek yu go na di rɔng rod, yu fɔ stɔp



wantem wantem Bikos fo go bifo na da say de noto jos  
fo west oli enaji, bot i go mek yu los da pawa de bak,  
en yu no go ebul fo yuz am igen ivin fo gud tin den

Fos en fos, prea fo bi lojik en rayt Wi no fo aks God  
fo tin den we no posibul o we no rizin insay di natura  
oda fo layf Wi fo jos aks fo wi impotent nid den Den fo  
mek difrens bak bitwin "essential needs" en "non-  
essential needs" Di best we fo men yusef from "non-  
essential needs" na fo egzamin en skrutinize den nid  
den de insay di layt fo lojik en rizin Fo drim bot big big  
bildin den bin bi wan pan mi tin den we a lek fo du, bot  
da want de don don naw a don olredi get buku pan den  
kayn strokcho den de, wit ol di problem den we kin  
apin we i kam pan fo ripent en mentenens Onaship na  
big big wok Di want fo get tin den we no get steriyl fo  
lef, en posin fo pe atenshon nomo pan di rial nid den

Di tin we mortalman nid pas ol na fo God We i kam  
fo no am, i no go jos gi am in "necessary needs," bot i  
go gi am in "non-necessary needs"! I go fulfil ol wetin  
in at want, jos lek aw I go fulfil in op en drim den we i  
lek pas ol

As bobo na India, a bin get strong want fo get poni,  
bot mi mama no bin alaw mi fo la afta dat, we a bin  
mek mi boy pikin den skul na Ranchi, a bin bring wan  
mareduman fo wi fo yuz Wan monin, a si se i don don  
wan fol, jos lek aw a bin don want we a bin smol! Den  
kayn problem ya don apin to mi buku tem Long tem  
don pas, we a bin de travul go na Kashmir, a bin si dis  
bildin (di hedkwata fo no misef) insay wan vishon Buku  
ia afta dat, a si dis ples en wantem wantem a no se na  
di sem bildin we a bin don si na di vishon, a no se God  
bin want am fo bi mi yon

**We yu de pre dip wan en kontinyu fɔ pre, yu go fil big big gladi-at we ful-ɔp yu at en yu bi**

**No satisfay ɔ biliv te yu fil da gladi at de, bikɔs we yu fil da gladi gladi de we pas ɔl na yu at, yu go no se yu prea dɔn rich to Gɔd en yu de na in maynd en yu Masta go gi yu en yu go satisfay**

**Mek Gɔd gi yu sakrifays Pis de pan yu**

Fo impɔtant we dɛn fɔ du am



Di kɔnekshɔn bitwin di spiritual sɛf en di bɔdi en maynd na di rut kɔz fɔ ɔl wi pen, di tin dɛn we wi nɔ ebul fɔ du, di tin dɛn we wi nɔ ebul fɔ du, di tin dɛn we wi nɔ ebul fɔ du, en di tin dɛn we wi nɔ ebul fɔ du Bikɔs ɔf dis kɔnekshɔn, wi kin get gladi at lɛk pen en gladi at, te wi nɔ ebul fɔ get divayn gladi at ɔ kɔnshɛns Rilijɔn, insay in men tin, involv fɔ avɔyd pen ɔltɛm en fɔ get klin blɛsin, ɔ Gɔd jɔs lɛk aw dɛn nɔ kin si di tru tru imej fɔ di san klia wan na di wata we get trɔbul, na so bak di tru, gladi gladi we di spiritual sol get (di we aw di wan ol spirit de sho) nɔ go ebul fɔ ɔndastand ɔ grap am bay di wef dɛn we de mek trɔbul en wɔri we de kɔmɔt frɔm di we aw di sol de no di we aw di bɔdi en maynd de chenj en chenj chenj en jɔs lɛk aw wata we de mek trɔbul de chenj di tru imej fɔ di san, na so bak wan maynd we get problɛm kin chenj di blɛsin we de sote go na di insay sol tru dis aydentifikeshɔn ɔ atakshɔn

Di rizin fɔ dis chapta na fɔ fɛn di izi, kɔrɛkt, ɛn ifɛktiv we  
dɛn we ɔlman kin praktis, we go fri di spiritual sɛf we gɛt  
blɛsin sote go frɔm di pen we i de atak in maynd ɛn bɔdi, so  
dat i go mek i nɔ fil pen ɛn sɔfa fɔ ɔltɛm ɛn i go ɛlɛvɛt am to  
di spiritual gladi at we na di men tin fɔ rilijɔn  
:Di buk dɛn we de tɔk bɔt sɛns na di 1st se  
If yu bin ebul fɔ rayz ɔp di bɔdi ɛn no se yu na sol, yu go"  
."gɛt blɛsin we go de sote go ɛn fri frɔm ɔl di pen  
Fo fawndeshɔnal, yunivasal rilijɔn rod dɛn de we di tin  
dɛn we dɛn de du ɛvrɪde de ɛp fɔ fri di spiritual sɛf frɔm di tin  
dɛn we de ambɔg di bɔdi ɛn maynd Dɛn 4 rod ya de kɔba ɔl  
di rizin rilijɔn tin dɛn we prɔfɛt dɛn, oli pipul dɛn, ɛn sɛnsman  
dɛn we gɛt sɛns de tich ɔ rɛkɔmɛnd  
Rilijɔn prɔsis na di wan dɛn we di prɔfɛt dɛn dɔn mek ɛn  
tich insay di fɔm fɔ difrɛn tichin dɛn Di wan dɛn we nɔ gɛt  
bɛtɛ sɛns nɔ ebul fɔ ɔndastand di tru minin fɔ dɛn tichin dɛn  
ya, dɛn kin gri wit di minin dɛn we dɛn gɛt we de ɔp ɛn smɔl  
smɔl dɛn kin go dɔŋ to di lɛvul fɔ ritual, sɛrimɔni, fɔm,  
kɔstɔm, tradishɔn, ɛn rigid prɔsis Dis na di sɔs we de mek  
pipul dɛn lɛk pati ɛn sɛkt dɛn  
Wi fɔ no se dɛn nɔ mek wi fɔ rul ɛn lɔ dɛn, bɔt dɛn de fɔ  
wi Dɛn de chenj as wi de chenj ɛn divɛlɔp as wi de divɛlɔp, ɛn  
na wi wok fɔ fala di men tin we di rul de du, nɔto di we aw i  
tan na do, bikɔs wi nɔ no natin ɛn wi nɔ gɛt wanwɔd  
Di kɔstɔm ɛn di we aw dɛn de wɔship difrɛn akɔdin to di  
difrɛn skul dɛn we dɛn de tink, bɔt di klin tin we de insay di  
difrɛn skul dɛn we di prɔfɛt dɛn de tink na wan pan in men  
!tin, bɔt bɔku pipul dɛn nɔ ɔndastand dat  
Big big pipul dɛm we de tink kin tray fɔ no di trut we pas  
ɔl bay we dɛn de yuz dɛn maynd pawa, bɔt dɛn nɔ kin ebul fɔ  
du wetin dɛn de du bikɔs dɛn nɔ kin ebul fɔ ɔndastand di trut  
we pas ɔl tru di tin we dɛn de tink bɔt nɔmɔ  
No difrɛn frɔm jɔs ɔndastandin I nɔ mek sɛns fɔ  
ɔndastand di swit we ɔni gɛt wit sɛns if pɔsin nɔ ɛva test am  
Semweso, rilijɔn no kɔmɔt frɔm di dip dip tin dɛn we

mortalman don eksperiens Dis na wetin wi kin du boku tem we  
wi de tray fo ondestand God, rilijon tichin den, en gud abit  
den; wi no kin tray fo no den tin ya tru insay, spiritual  
eksperiens

I sori fo no se di wan den we get sens we ebul fo yuz den  
maynd fo pul di tru tin den we de na di natura sayens en oda  
say den we den sabi boku tem kin biliv se den kin ondestand  
di ay ay rilijon en gud abit trut den tru sens rizin nomo I sori  
fo no se, instead fo bi sos fo ep, den maynd en intelektual  
fakulti kin akt boku tem lek bareri, we kin mek den no  
ondestand di men tin bot di trut

Naw le wi wach di 4 rilijon rod den we de sho se wi de go  
:bifo pan God biznes

Fos: Di mental we - di komon, natura we, bot i no ebul fo  
wok fayn we i kam pan di we aw pipul den de si tin kwik kwik  
wan Men development en gro na natura en komon fo ol di wan  
den we de no bot wisef na in de mek wi difren from animal  
den we de don, we get difren digri den fo no bot denser  
pment enodivel ses dem foin say di stej dem en pr  
omtem konsens de bi kon se dis konshon, wi de fcevolush  
sef, ot di sens fomkonsens de kono sef From animal k omtem f  
fri in sef en no in sef tru in sef So, konsens de tray fomtem kon s  
ochodi n on de bi fon to self-awareness; dis tenshwi de tensh  
nekt to plentimortalman sayk, we koptment di modivel oda fo ral  
go omal wan de tray fomtem en nos en mental stet dem, sof  
bak to in tru tru sef tru in sef

Fo develop konshens tink na wan pan di we den we di  
spiritual sef de elevet in sef en fri in sef from di bodi en maynd  
konstrakshon Di spiritual sef de tray fo go bak to in tru tru sef  
tru di development fo tink en tink na natura Dis na di we aw di  
wol de

Di yunivasal spirit de sho in sef insay difren stej den we i  
de gro: from di wan we smol pas ol to di wan we ay pas ol  
Insay ston en gron, no konshens o layf no de lek aw wi de si  
am, we na tik den no de we de gro, dat na, wan we we de

kam nia layf Bɔt, nɔ fri, layf we nɔ ɡɛt ɛnitin fɔ ambɔɡ ɔ  
kɔnshɛns tink prɔses ɛnitin nɔ de Insay animal, layf de ɛn no  
bɔt layf Insay mɔtalman—di pinal—na layf de wit awareness  
of it, in addition to self-awareness within the soul So, na  
nɔmal tin fɔ mek mɔtalman divɛlɔp insɛf bay we i de tink,  
analays, ɛn tink gud wan, tru di dip stɔdi fɔ buk dɛn, ɛn tru di  
risach, ɛksplɔrɔʃɔn, skrutinyɔ, ɛksperiment, ɛn di tray fɔ rich  
usay di kɔz ɛn ifɛkt dɛn kɔmɔt na di natura wɔl  
Di dip we pɔsin de tink, na di mɔ i de yuz di we aw i rich  
in kɔrɛnt lɛvɛl insay di prɔses fɔ kɔsmik asɛnʃɔn, ɛn di mɔ i  
de kam nia di Suprim Spirit  
Bikɔs wi de ɛlevɛt wisɛf tru di maynd pas di bɔdi ɛn di tin  
dɛn we i nid, di kɔrɛkt ɛn bay wilful aplikeshɔn fɔ dis mental  
we go gi spɛshal ɛn sɔm rizɔlt Fɔ Trenin di maynd tru strɔng  
ɛn dip stɔdi fɔ ɡɛt no bɔt wan patikyula fil kin ɛp fɔ mek i no  
bɔt insɛf to sɔm mak, bɔt i nɔ de—insay di impɔtant tin dɛn—  
as i impɔtant lɛk di prɔses fɔ tink we dɛn aim fɔ transfa di  
bɔdi ɛn fɔ ɔndastand trut  
Insay India, dɛn kɔl di ay ay we fɔ mek pɔsin in maynd  
Jnana Yoga, we min fɔ ɡɛt tru tru sɛns tru mɛmba ɛn sɛns; as  
we pɔsin de mɛmba insɛf ɔltɛm se: "Mi nɔto di bɔdi, ɛn di  
pikchɔ dɛn we de pas smɔl we de sho se a de na dis wɔl nɔ  
."go ebul fɔ afɛkt mi mi na spirit  
Bɔt wan bad tin bɔt dis we fɔ du tin na dat i kin mek  
pɔsin no insɛf sloslo, ɛn i kin tek bɔku tɛm Pan ɔl we di  
spiritual sɛf kin bigin fɔ no insɛf, i kin kɔntinyu fɔ bisin bɔt  
sɔm tin dɛn we kin apin na in maynd we kin pas smɔl, we nɔ  
ɡɛt ɛnitin fɔ du wit am Di kwayɛt we di sol ɡɛt, na di ɔda say,  
kin pas rizin ɛn rayz ɔp di fizik sɛns dɛn, pan ɔl we—we dɛn  
no am—i kin pas ɛn i kin pas dɛn sɛns dɛn de  
Sɛkɔn: Di divoshɔnal we - we involv fɔ tray fɔ put wi  
maynd pan wan aidia instead fɔ pe atɛnʃɔn pan difrɛn aidia  
. ɛn difrɛn tin dɛn (lɛk di we aw wi de tink)  
Di divoshɔnal we de kɔba ɔl kayn wɔship, lɛk prea (we fɔ  
fri frɔm ɔl di tin dɛn we de apin na di wɔl) Insay dis we, di

spiritual sɛf fɔ fos in maynd dip ɛn rɛspɛkt pan ɛnitin we i pik  
fɔ kɔnsɛntret pan: ilɛksɛf na wan patikyula kɔnsɛpt fɔ divinity  
ɔ pan absolyut, ɔl-kɔnkɔmpas ɛgzistens

Di men pɔynt na fɔ mek di pɔsin we de luk fɔ pe  
atɛnshɔn pan wan divoshɔnal aydia wit big zil ɛn ɛnjɔymɛnt  
Tru dis prɔses, di spiritual sɛf de fri smɔl smɔl frɔm bɔku  
bɔku tin dɛn we de ambɔg am na in maynd ɛn i de gɛt di tɛm  
ɛn chans we nid fɔ tink gud wan bɔt in men tin We wi de pre  
wit kɔmplit sinsiriti frɔm di dip pat na wi at, wi kin fɔgɛt ɔl di  
fyzikal sɛns dɛn ɛn trowe ɔl di tin dɛn we de insay wi at we wi  
kin tray fɔ tink bɔt fɔ mek wi pe atɛnshɔn ɛn tek wi maynd  
Di dip we wi de pre, na di mɔ wi satisfay Dis kin bi di  
mɛzhɔ we wi de yuz fɔ no aw wi de nia Gɔd, we na di bɛst  
blɛsin We wi de put di tin dɛn we wi bɔdi want ɛn kɔntrol di  
tin dɛn we wi de tink bɔt we de ambɔg wi ɛn we nɔ gri wit  
wetin wi de tink, di we aw dis we aw wi de du tin bɛtɛ pas di  
wan we wi bin de yuz trade, de sho klia wan  
Bɔt dis we fɔ du tin gɛt tin dɛn we nɔ izi fɔ du ɛn prɔblɛm  
dɛn we kin kɔmɔt frɔm di we aw di spiritual sɛf kin gɛt lɔng  
ɛn kɔntinyu fɔ atak di bɔdi ɛn we i bi slev to am, ɛn i kin tray  
fɔ natin fɔ pul in maynd kɔmɔt nia di say we i kin fil bɔt in  
bɔdi ɛn in maynd

Pan ɔl we pɔsin kin rili want fɔ pre ɔ fulɔp insɛf pan sɔm  
kayn wɔship, in maynd kin stil gɛt prɔblɛm wit di atak we di  
bɔdi kin fil we dɛn nɔ ebul fɔ kɔntrol ɛn di tin dɛn we i kin tink  
bɔt fɔ shot tɛm we di mɛmori kin gi ɛn rivyu Insay prea, bɔku  
tɛm wi kin bisin tumɔs bɔt fɔ mek di rayt kɔndishɔn fɔ pre ɔ  
fɔ rili wet fɔ pul di prɔblɛm dɛn we kin apin na in bɔdi  
Pan ɔl we wi de tray tranga wan, wi abit dɛn we nɔ gɛt  
wɛlbɔdi, we dɔn bi sɛkɔn nature to wi, de domin di tin dɛn we  
di sol want ɛn de stɔp in fakulti Pan ɔl we wi rili want, di  
maynd de kɔntinyu fɔ gɛt prɔblɛm ɛn kɔnfyus, sote di wɔd  
"we yu maynd de, na de yu at de bak" de aplay Dɛn kin aks  
wi fɔ pre to Gɔd wit ɔl wi at, bɔt wi kin pre wit wi at fɔ ses bɔt  
bay di storm dɛm fɔ tink ɛn sɛns impreshɔn dɛm

Tɔd: Di Meditashɔnal Metɔd – Dis we ɛn di wan we de  
fala am na klin prɛktikal ɛn i gɛt fɔ du wit aplai trenin Dɛn kin  
rɛkɔmɛnd dɛn na big big sɛnsman dɛn we dɔn kam fɔ no di  
trut na dɛn layf Mi sɛf lan dɛn tu we ya frɔm wan pan dɛn big  
big spiritual masta ya

We wi de praktis fɔ tink gud wan te i bi wan abit we dɔn

tayt, wi kin mek wi gɛt wan stet fɔ slip wit kɔnshɛns Dis  
kwayɛt ɛn fayn stet kin apin bɔku tɛm we wi de dip insay slip  
ɛn kam nia fɔ nɔ no natin, ɔ we wi de wek frɔm am ɛn kam  
nia wan stet fɔ kɔnshɛns

Insay dis stet we wi de slip wit kɔnshɛns, wi kin fri frɔm  
ɔl di tin dɛn we wi kin tink bɔt na do ɛn di tin dɛn we wi kin fil  
we wi de fil, ɛn di sol kin ebul fɔ tink bɔt insɛf ɛn kam nia di  
gladi at wan wan tɛm, akɔdin to di dip we wi de tink gud wan  
ɛn di we aw wi de praktis

m di fɪzɪkal ɛn mɛntalɔno ɛn fri fr ɔinsay dis stet, wi de f  
ɔsɛs fɔdisturbans dɛm we de okyupa di maynd Tru dis pr  
ntro bay weɔgan dɛm de kɔ n, di ɛksternal ɛn sɛnsɔmɛditash  
slip ɔntary nɛv dɛm, lɛk na di stet fɔɔl di vɔdɛn de k  
ɔto di las, stej fɔt nɔs, bɔn stet na di fɔDis mɛditash

ɔ lɔntrɔk ɔwi kin lan f ,(n slipɔkɔnsh) n Insayɔaktual mɛditesh  
malɔnli difrɛns na dat insay nɔ nli di ɛksternal sɛns dɛm Di  
n,ɔk, we insay mɛditashɔtomatɔ ntroɔslip, di sɛns dɛm de k  
ɔs stej fɔltu, insay dis fɔ tɔn ɛfɔnsɛshɔntro tru kɔdɛn de k  
nɔntafɛresh ɔn, di spiritual sɛf de stil susceptible fɔmɛditash  
ɔ dɔɔ ng, at, ɛnɔn lɛk di lɔnshɔdi fɔntary intanɛt bɔlɔm invɔfr  
gan dɛm we wi mistek biliv se wi nɔ ebul fɔ kɔntrol am

So, wi fɔ luk fɔ bɛtɛ we pas dis, bikɔs pas di spiritual sɛf  
nɔ ebul fɔ disable di bɔdi sɛnseshɔn bay wil, ɛn bak di  
intanɛnt sɛns dɛm we de alaw fɔ tink bɔt, i kin stil vulnerable  
to dis disturbans witout op fɔ kɔntrol ɛn suprɛs dɛm, ɔ gɛt di  
chans fɔ no insɛf

Fɔs: Di Sayntis Metɔd fɔ Yoga – Sent Pɔl bin se, “A de  
day ɛvrɪde” We i se, i bin min se i no aw fɔ kɔntrol in insay  
ɔgan dɛm ɛn fri in spiritual sɛf tru wil pawa frɔm ɔl tu di bɔdi

en maynd Odinari, pipul dem we no tren kin get di sem kayn  
stet we de nia fo day, we di spiritual sef fri from di bodi we de  
robin

Wit di rayt trenin en praktis fo wan prektikal en regyula  
we, di posin we de praktis kin fil di separeshon fo di spiritual  
sef from di bodi we no go eksperiens las day  
Na ya a go prizent wan jeneral ovaviu fo di we aw den de  
du am en di sawnd sayens tiori we i biys pan Wetin a de gi  
na from mi pasonal eksperiens en den kin se i valid oisay na di  
wol A kin se en afem bak se di gladi gladi, we na wi oltimat  
gol—as a don eksplen—de rili sho insaf pan di prasis fo dis we  
Fo tru, di prasis sef rili gladi a kin afem se na so i bi  
immeasurably more delightful than the greatest sensory  
pleasure attainable through the fave senses or the intellect A  
no want fo gi eni pruf fo di validiti fo dis we pas wetin di posin  
we de praktis am go eksperiens Di mo peshent en oltam di  
posin we de luk fo am de praktis am, na di mo den go fil se  
den don establish insay di konsheins fo gladi at  
Bikos bad abit den so tranja en den de dip dip wan, di  
fyzikal owe de wek wan wan tem, i de atak da stet de fo  
kwayet wit ol in sens memori den Bot, wit prektis oltam en fo  
long tem, wi kin mek di posin we de du am biliv se tem go  
kam we den go si densaf na stet we den go get sublime  
spiritual blis Bot wi no fo tray fo imajin di rizolt den we di we  
aw den de du tin go gi en afta dat wi fo lef di tin den we den  
de du praktis afta yu don tray fo shot tem Fo tru tru sakrifays  
en fo mek yu go bifo fo tru, yu nid fo fala di impotant poynt  
den we de don ya

Fos: Pe atenshon gud wan to di topik we yu want fo lan

Sekon: Fo rili want fo lan wit di maynd fo aks kwestyon

Tod: Fo kontinyu fo wok te yu rich di gol we yu want  
If wi go af-af en no pe atenshon to di we aw wi de du am  
afta wan simpul prektis, wi no go get di rizolt we wi de op fo  
I rili sori fo no se pipul den kin spen buku pan den tem fo  
get tin den we den nid o fo put an pan tiori diskishon en



intelektual dibat, bɔt dɛn nɔ kin tray fɔ fɛn ɛn ɛksperiɛns fɔ  
dɛnsɛf di spiritual trut dɛn we de mek layf rich ɛn gi trɛnk, ɛn  
fɔ tru, dɛn kin gi am minin Dɛn maynd kin bisin bɔt tin dɛn  
we nɔ impɔtant, tin dɛn we nɔ impɔtant, ɛn tin dɛn we gɛt zil  
fɔ du fɔ de dayrɛkt fayn fayn wan fɔ rich dis gol  
Fɔ long tɛm naw a dɔn de praktis di we aw wi bin dɔn tɔk  
bɔt, ɛn ɛvri tɛm we a de praktis am a kin fil big gladi ɔ a kin  
fil fayn ɔ tɛm we in mɔmɛnt nɔ de stɔp ɛn we in flɔ nɔ de stɔp  
Wi fɔ mɛmba se di spiritual sol dɔn de na jel bay di bɔdi  
fɔ bɔku ej ɛn long tɛm, ɛn i nɔ kin fri insay wan de Shɔt,  
intamitɛnt prɔsis nɔ kin gi di pɔsin we de du di prɛktishɔn dat  
sublaym spiritual blis ɔ garanti fɔ kɔntrol di intanɛnt ɔgan  
dɛn Dis nid fɔ mek i du siriks ɛn bay wilful fɔ praktis fɔ long  
tɛm

Bɔt di we aw dɛn tek tɛm yuz dɛn we ya kin mek pɔsin fil  
se i gɛt klin gladi at Di mɔ we pɔsin de kam nia dis gladi at,  
na di mɔ i de praktis am Dis stet nɔto ɛni mɔtalman mek ɔ  
invent am; i de insay wi yon we, ɛn wi jɔs nid fɔ pul am insay  
wisɛf

Pis de fɔ una

### **Wilpawa ɛn di inflɛns we di envayrɔmɛnt gɛt**

**Trɔbul ɛn anɔyntmɛnt kin kɔmɔt frɔm we pɔsin nɔ  
no bɔt di tin dɛn we i bin dɔn du trade, we i dɔn du na  
wan patikyula tɛm ɛn ples Di sɔfa we dɛn de sɔfa naw  
kɔmɔt frɔm di tin dɛn we dɛn de tink ɛn du we dɛn de  
tɔk, we tek rut na di grɔn we dɛn de tink, we de gro to  
plant ɛn bia frut we de sho di sem tin ɛn di tin dɛn we  
i dɔn du**

**Trɔbul ɛn trɔbul nɔ kin kam fɔ brok pɔsin ɛn  
paralayz wetin i want, bɔt na fɔ mek i gladi fɔ Gɔd lɛk  
aw i rili fit ɛn rɛspɛkt In lɔ dɛn we dɛn go yuz fɔ gɛt tru  
tru gladi at**

**Gɔd nɔ de sɛn dɛn kayn bad bad tɛst ya bikɔs na  
mɔtalman mek dɛn mɔ I de to mɔtalman fɔ wek in**

**kɔnshɛns frɔm in slip we i nɔ no natin ɛn fɔ rayz frɔm  
di daknɛs we i nɔ no natin to di layt fɔ no**

**Insay di say we dɛn de no bɔt Gɔd biznɛs**

**Di ticha tɛl wan disaypul we bin de luk fɔ in gayd  
we i de go na di spiritual rod:**

**Nɔ want fɔ mek pipul dɛn no yu ɛn di tin dɛn we yu  
dɔn du na Gɔd in yay, bɔt na Gɔd nɔmɔ yu fɔ luk fɔ**

**We yu no se pis de insay yu, yu go no se pis ɛn  
wanwɔd de insay ɔl di gud tin dɛn we de na di  
krieshɔn, ɛn yu go si am insay di fayn fayn tin dɛn we  
Gɔd mek, fil in klos we i de nia insay tru tru padi  
biznɛs, ɛn tɔch in blɛsin dɛn insay nobul aspireshɔn  
dɛn ɛn ɔnaful tin dɛn we nɔ gɛt selfish gol dɛn Yu go fil  
in prezɛns biɛn vel dɛn we de stil ɛn insay ɔl di  
wɔndaful tin dɛn**

**Nak di domɔt wit ɔl yu at ɛn di vel go es ɛn yu go  
si di fes we gɛt glori pas ɔl insay ɔl in fayn fayn ɛn  
fayn fayn tin dɛn**

**If yu lɛk Gɔd, yu go fil in lɔv, ɛn natin nɔ go ebul fɔ  
ful yu Matirial ɛkspiriɛns dɛn kin apil to yu bikɔs yu nɔ  
test spiritual gladi at We yu du dat, yu go no di  
difrɛns**

**Bi fri fɔ pik Nɔ mek ɛnitin stɔp yu, ɛn nɔ alaw  
ɛnibɔdi fɔ kɔntrol yu ɔ ambɔg yu gladi at**

**Yu sɛf na sɛpret pat pan di kɔsmik ɔl ɛn yu fɔ fɛn  
da pafɛkt ɔl de fɔ mek yu ebul fɔ ɛkspiriɛns blisful  
kɔnshɛns ɛn test di gladi gladi we divayn lɔv gɛt**

**Fɔ briŋ lɔv kɔmɔt na di jel fɔ et ɛn vɛks**

**Wi de aks yu, Masta, fɔ shayn yu layt pan wi sol  
dɛn**

**ɛn shawa di wan dɛn we yu lɛk ɛn di wan dɛn we  
de aks fɔ ɛp wit yu bɔku bɔku blɛsin dɛn**

**ɛn mek I kip di spɛkt dɛn fɔ wɔ, fɛt-fɛt, ɛn day fa  
frɔm wi**

**ɛn inspɛkt wi fɔ mek pis bi wi gol**

**En lov na wi prɔvishɔn**

**Wi gol na fɔ fri frɔm di tin dɛn we de ambɔg wi**

**\* \* \***

**If pɔsin tray fɔ jɔs gɛda mɔni ɛn du wetin in bɔdi  
want**

**Di bɛnifit dɛn we i de gɛt nɔ bɔku ɛn dɛn nɔ  
important**

**Na bikɔs di de go kam we i go lɛf ɔl di tin dɛn we  
di wɔl gɛt**

**Bɔt if i jɛntri tru Gɔd**

**I go jɛntri pas ɔl di kin dɛn ɛn di jɛntriman dɛn na  
di wɔl**

**Dɛn blɛsin jɛntri dɛn de na di wan dɛn we lɛk Gɔd**

**Di wan dɛn we nɔ satisfay wit ɛni ɔda tin pas di  
jɛntri we di sol gɛt**

**As dɛn de wok fɔ divɛlɔp dɛn spiritual tin dɛn**

**En fɔ mek dɛn want fɔ no di say we dɛn layf kɔmɔt**

**En di layf we lov gɛt frɔm di dip dip dip tin dɛn we  
pipul dɛn et ɛn bad**

**Dɛn de elevɛt dɛn kɔnshɛns pas di smɔl smɔl tin  
dɛn we dɛn de tink bɔt na di wɔl**

**To di horizons fɔ fridɔm, pis, layt, ɛn gladi at**

**Dɛn no se dɛn big we nɔ gɛt say fɔ stɔp**

**Dɛn kin gɛt nyu tin dɛn we dɛn kin no ɛn no bɔt tin  
dɛn**

**En as dɛn de plant di sid dɛn fɔ gud tin dɛn ɛn du  
dɛn**

**Na di spes dɛm we dɛn kɔnshɛns de**

**Dɛn sɛns de opin**

**En dɛn kɔgnitiv pawa dɛn de aktiv**

**Philamson, dɛn tru tru tin**

**Dɛn kin fɛn Gɔd in Kɪndɔm insay dɛnsɛf**

**Wi de beg Gɔd we na di ɔlmayti fɔ gayd wi so dat  
wi go ridyus wisɛf**

**En wi de pul wi spiritual pōsin kōmōt na di jel dēn  
we dak**

**To di spes dēm fō fridōm, kwayēt, en di layt dēm fō  
no**

**Fresh frut en vėjitebul dēn na impōtant tin dēn fō  
it**

**Frōm wan lekchō bōt nyutrishōn  
Dēn bin gi am na Encinitas, Kalifōnia - Jun 1940  
Nōto di protin we de na di mit nōmō de mek pōsin  
gēt trēnk**

**Sōm pan di minral sōl dēm we de insay vėjitebul en  
frut dēm we dēn nō kuk na impōtant tin dēm bak**

**pan ol we big pat pan di mit kin gi bōku enaji, if  
mit de kōntrol di it fō lōng tēm, i go stōp fō gi da enaji  
de Dōn bak, if pōsin it bōku prōtin i kin mek i gēt  
prōtin pōyzin, we kin mek pōsin taya en sik Fō tōk  
smōl, tumōs prōtin kin ambōg jōs lēk aw i nō kin gēt  
bōku prōtin**

**If yu want fō pul yu taya, wan mēresin de fō it di  
rayt it Mit kin gi yu trēnk fō sōm tēm, bōt i kin mek yu  
gēt bōku pōyzin na yu bōdi If yu it mō raw it dēn we nō  
kuk, dat go mek yu nō fil taya en mek yu fil trēnk**

**Jus de gi big enēji bōst, bōt ful frut en vėjitebul  
dēm de gi fa fawe bōku bōku bōku bōku bōku bōku b  
ōku wan bōt sōm pipul dēm jōs nō want fō dediket di  
tēm fō it dēm na dis fōm**

**di dijestiv sistēm de pul kēmikōl sōbstans dēm en  
sheb dēm to di aprōpriet tōp sēl dēm ol say na di bōdi**

**Di bōdi gēt bōku bōku kemikal dēn, en it fō ful-ōp  
di tin dēn we nō de insay dēn tin dēn de evride**

**Di it we dēn kin it evride fō gēt bōku prōtin,  
vaytamen, minral, sōm fat en oyl, en di rayt amōnt fō  
nētrōl kabōhaydrēt, pan ol we dēn fō stōp di stach dēn  
we dēn dōn rifin en shuga we dēn dōn rifin as mō as i  
pōsibul**

**Wan big tin we kin mek pɔsin gɛt trɛnk na we dɛn miks ɔrɛnj jus ɛn grɔn amɔnd, bikɔs amɔnd kin bɛtɛ we dɛn miks am wit ɔrɛnj jus**

**I impɔtant bak fɔ drink bɔku wata If gud kwaliti wata nɔ de, fresh frut jus, kokonat wata, ɛn watamelɔn na fayn tin fɔ sɔpɔt ɛn sɔm pat pan dɛn kin tek ples fɔ klin wata**

**Insay di fyuchu, pipul dɛn go it frut jus ɛn vɛjitebul jus mɔ ɛn mɔ bikɔs ɔf di wɛlbɔdi bɛnifit dɛn we dɛn jus ya de gi**

**ɔl tu di infɛriɔriti kɔmpleks ɛn di supiriɔriti kɔmpleks dɛn bad**

**Wan inferiority complex na jɔs bad lɛk wan superiority complex bikɔs pɔsin we fil se inferiority nɔ go ebul fɔ sho di superiority we de insay dɛn**

**Mɔtalman, bikɔs i gɛt spiritual nature, i gɛt oli spak, ɛn i nɔ rayt ɛn i nɔ rayt fɔ tink se i ɔmbul ɔ fɔ tink se i pas ɔlman ɛn fɔ biev lɛk pɔsin we nɔ gɛt ɛni rɛspɛkt ɔ usay i kɔmɔt**

**We pɔsin de sho prawd, di tik shado fɔ prawd de mek Gɔd in layt we de insay in sol nɔ klia**

**So, wi fɔ avɔyd ɔl tu di knot dɛn togɛda bikɔs dɛn ɔl tu na tin dɛn we de ambɔg wi fɔ go bifo pan Gɔd biznɛs**

**Lɛ wi fil se Gɔd de wit wi, i de inspɛkt ɛn gayd wi, ɛn na in na di lɔv we pas ɔlman na wi layf**

**Di wan dɛn we sabi Gɔd kin fil se dɛn na ɔlman in savant ɛn dɛn nɔ kin tink se dɛn bɛtɛ pas ɔda pipul dɛn**

**Di infɛriɔriti kɔmpleks gɛt fɔ du wit di wan dɛn we gɛt wik aydia ɛn wik sabkɔshɛns, we di supɛriɔriti kɔmpleks de bɔn frɔm prayz we pipul dɛn et ɛn lay lay prawd**

**Dɛn tu knot ya kin pwɛl pɔsin in spiritual growth ɛn dɛn kin bi bikɔs ɔf lay lay tin ɛn nɔ tek di trut, pas fɔ ɔndastand gud gud wan ɛn fɔ jɔj kɔrɛkt wan**

**Fɔ get kɔnfidens pan dɛnsɛf bay we dɛn win di wiked tin dɛn we mɔtalman get frɔm dɛn mama ɛn papa Di wan dɛn we want am fɔ tray fɔ ɛkspiriɛns in swit tru tin dɛn we pɔsin kin si na dɛn layf, so dat dɛn go fri dɛnsɛf frɔm di kɔmpleks dɛn we de mek dɛn nɔ impɔtant ɛn we dɛn de mek prawd, wit Gɔd in ɛp**

**Di sikrit ɛn di say we pɔsin kin get pawa di bɔdi nid sɛvɛra awa fɔ kɔnvɔlt it to ɛnɛji bɔt enitin we de mek di wil wok ɛn aktibɔt de jɛnarɛt ɛnɛji kwik kwik wan**

**di pawa we wi want kin pul di pawa frɔm di bɔdi in sɛl dɛm ɛn frɔm di bren in ɛnaji we dɛn kin kip di ɛnaji we dɛn kin pul frɔm it**

**di wil de drɔ nyu aktiviti bak frɔm di kɔsmik sɔs insay di bɔdi tru di spɛnal kɔd**

**So, di sikrit fɔ mek pɔsin get trɛnk na fɔ kip di pawa we pɔsin get ɛn fɔ briŋ nyu ɛnaji insay in bɔdi tru di pawa we i want**

**Aw dɛn kin du dat?**

**Fɔs, pɔsin fɔ du sɔntin wit ɔl in at ɛn bay wilful If sɔntin de we fayn fɔ du, i fɔ du am wit ɔl in at ɛn bay we i disayd fɔ du am**

**We yu wok wit ɔl yu at, yu get mɔ ɛnaji bikɔs yu nɔ jɔs de pul ɛnaji frɔm di nɛf dɛn na di bren, bɔt yu de atrak big big flɔ pan kɔsmik ɛnaji insay di bɔdi**

**Uman we de mek fayn it fɔ di pɔsin we i lɛk, kin gladi ɛn get trɛnk, bɔt if dɛn fos am fɔ kuk we i nɔ want, i kin fil taya frɔm di biginin**

**So, pawa we pɔsin want fɔ du kin briŋ trɛnk shot stori:**

**Wan tɛm, a bin de tɔk to wan padi bɔt sɛnt Mi padi na bin brɔka, ɛn i nɔ bin sheb mi ɛnjɔymɛnt Bifo dat, i se, "ɔl di wan dɛn we yu kɔl sɛnt na rili charlatan dɛn we nɔ no Gɔd" A nɔ bin agyu wit am, bɔt a chenj di tɔpik, ɛn wi begin fɔ tɔk bɔt di brɔka wok Afta i tɛl mi**

bɔku tin bɔt am, a se saful wan se, "Yu no dat de de."  
nɔto wan singl trɔst brɔka se dɛn ɔl na layman?" I vɛks  
bad bad wan ɛn ansa am wit wamat se, "ɛn wetin yu  
no bɔt brɔkers?" A ansa se, "Na dat a bin min ɛn wetin  
yu no bɔt oli pipul dɛn?" I bin speechless a kontiniu  
kolhat en kain, "A no sabi enitin boht brokerage, en  
yu no sabi enitin boht sent".

Enjɛl dɛn we gɛt ɛnaji  
Gɔd mek wi as enjɛl dɛn we gɛt trɛnk  
ɛn wi bin put insay bɔdi dɛn we pɔsin kin si  
Wi bin de pe atɛnshɔn ɔl to bɔdi dɛn we nɔ gɛt  
bɛtɛ trɛnk

ɛn wi fɔgɛt di spiritual sol we chaj wit di ɛnaji we  
di kɔsmik layf gɛt

Naw wi fɔ rili tray fɔ pe atɛnshɔn  
Fɔ gɛt sɛns bak fɔ no ɔltin  
Di rut fɔ sakrifays na we wi de gɛt mɔ sɛns pan  
Gɔd biznɛs

Tru dat wi kin no se wi nɔ gɛt ɛnitin fɔ du wit wi  
ɛn se Gɔd in pikchɔ de insay wi  
Di fɔs flawa na di gadin fɔ spirituality na di flawa  
fɔ fet ɛn op

Bɔt di frut na rial no we pɔsin kin gɛt bay we i de  
tɛst insɛf

Bi op ɛn no se di gud tin dɛn ɛn blɛsin dɛn na layf  
de wet fɔ yu

As lɔng as yu de wok wit sinsi ɛn dedikeshɔn  
Fɔ mek dɛn gɛt bak di divayn ɛritij we bin dɔn lɔs  
Pɔsin we rili lɛk Gɔd biznɛs na pɔsin we balans  
Pɔsin we de fil satisfay, ɛnjɔy gud wɛlbɔdi, ɛn we  
gɛt sɛns we de gro

I gɛt di jɛntri we di sol gɛt ɛn di jɛntri we gɛt sɛns  
I biliv tranga wan se Gɔd de ɛp am  
I nɔ mata aw layf kin tan lɛk se i at ɛn aw bad tin  
kin apin

**Gɔd in fes de sho wi insay di fayn fayn tin dɛn we  
Gɔd mek**

**Ɛn in vɔys de tɔk to wi tru dilik, fayn fayn myuzik  
dɛn**

**Ɛn frɔm di swit, saful vɔys dɛn we pipul dɛn we lɛk  
dɛnsɛf kin mek**

**Ɛn tru di vɔys we de mek pɔsin du in wok**

**Di insentif we de drɛb wi to gudnɛs ɛn pis**

**Gladi at ɛn no na Gɔd in vɔys**

**We de kɔl wi fɔ go bak na di blɛsin os**

**Os we gɛt kol at ɛn pis na yu maynd**

**Ɛn fɔ ɛnjoy in swit prezɛns**

**Ɛn in fayn fayn tin dɛn we nɔ gɛt wan kɔmpitishɔn,  
we pas ɔl**

**Di wɔl de ful pipul dɛn we nɔbɔdi nɔ go biliv, ɛn wi  
fɔ aproch am as dat If wi nɔ win in ful ɛn ilyushɔn fɔs,  
wi nɔ go ebul fɔ ɛp ɛni ɔda pɔsin**

**Wi fɔ mɛmba se na di solitude fɔ wan maynd we  
de pe atɛnshɔn, na di faktri fɔ ɔl di big big tin dɛn we  
wi dɔn du Ɛn insay dis wɔndaful faktri, wi fɔ kɔntinyu  
fɔ wev di patɛns dɛn we wi want fɔ mek wi ebul fɔ win  
ɔ dil fayn fayn wan wit ɔl di bad tin dɛn we kin apin**

**Di wil fɔ tren ɛn ɛksesaiz ɔltɛm**

**Mɔtalman gɛt bɔku chans fɔ wok na dis faktri we  
de na dis wɔl as lɔng as i nɔ west in tɛm ɛn spɛn in  
ɛnaji fɔ natin**

**Na nɛt a kin pul mi at pan di tin dɛn we di wɔl  
want fɔ de wit misɛf**

**Fa, fa frɔm di wɔl**

**Na mi wan wit mi wil na mi spiritual solitude**

**Usay a de dayrɛkt mi tinkin to di dairekshɔn we a  
want**

**A bin disayd fɔ du dis dip dip wan**

**We a de mek a want fɔ du tin dɛn we gɛt wɛlbɔdi  
ɛn we go bɛnifit mi, i de mek a gɛt sakrifays Dis we**



**ya, a dɔn yuz mi wil fayn fayn wan bɔku tɛm Bɔt, dis  
kin apin nɔmɔ bay we a de yuz di wil ɔltɛm**

**Na fayn fayn filin yu go gɛt we yu ebul fɔ se ɛn  
afɛm se, "Mi wil, we dɛn chaj wit divayn wil, go ajɔst  
fɔ mi wetin a want!"**

**If pɔsin bigin fɔ du wetin i want ɛn trɔs ɔltin to  
wetin Gɔd want ɛn i nɔ yuz in yon wil we Gɔd dɔn gi  
am, i nɔ go gɛt di rizɔlt we i de luk fɔ**

**Divayn pawa want fɔ ɛp yu fɔ insɛf**

**Wi fɔ drɛb di tink se Gɔd, wit in pawa ɛn pawa we  
pas mɔtalman, de fa frɔm wi ɛn ayd na di fa say dɛn  
na di ɛvin, ɛn wi nɔ fɔ fɔgɛt se di divayn wil de biɛn wi  
mɔtalman wil, bɔt da pawaful pawa de, lɛk si we ful-ɔp  
wit in tayd ɛn ɛkstenshɔn dɛn, nɔ go kam pas di  
maynd opin ɛn di at tek am**

**Beg fɔ beg**

**O Yunivasal Mama**

**Fɔ bi di wangren faya we de na wi at**

**ɛn fɔ pul di daknɛs we de na wi sol dɛn**

**ɛn insay wi kray wata fɔ lɛk yu**

**Wash di lɔv we wi gɛt fɔ di tin dɛn we de na di wɔl**

**ɛn wi gladi fɔ gri wit yu**

**Pul wi sɔri-at ɛn sɔri-at wans ɛn fɔ ɔltɛm**

**Mek wi smɔl at dɛn bi big at**

**I de akɔmod yu wan ol prezɛns**

**ɛn insay di miro we de sho yu divayn nature**

**Lɛ wi si wisɛf as pɔsin we pafɛkt ɛn we klin**

**Mek di faya we de mek wi lɛk yu, go ɔp ay ay wan**

**Abov di faya we de mek pipul dɛn want fɔ liv na  
dis wɔl**

**Bɔku bɔku tɛmteshɔn dɛn kin mek lɛk se dɛn tan  
lɛk yu**

**ɛn i de ful wi ɔltɛm**

**\* \* \***

**Kam, O klin ɛn pafɛkt divayn gladi at!**

**Enta di tɛmpul dɛn we wi want fɔ yu  
Mek di planɛt gɛt pis  
Na wi mawnten dɛn, na dak nɛt dɛn we wi nɔ no  
natin**

**Mek I gayd wi ɛn briŋ wi bak sef wan  
To yu sef ɛn sikrit ples fɔ ayd!**

**Wispa frɔm Eterniti  
Di fɔs kwata fɔ Khayyam  
Na Edward Fitzgerald translet am ɛn na Masta  
Paramahansa bin ɛksplen am**

**Di nem we Omar Khayyam gɛt na di Wɛst, kɔmɔt  
frɔm di transleshɔn we Fitzgerald bin translet in  
kwata-fɔt dɛn insay di mid-nayntin sɛntiwɔd, we dɛn  
tek as di bɛst transleshɔn we dɛn dɔn ɛva translet to  
Inglish**

**Di ticha Paramhansa bin tek Omar Khayyam as  
wan pan di big big mistik ɛn we gɛt ay digri fɔ no  
insef, ɛn i bin yuz simbolik fɔ sho in spiritual ɛn  
ɛkspiriɛns ɛkspiriɛns, ɛn se dɛn nɔ bin ɔndastand am  
kruk wan, ɛn di wan dɛn we de du risach nɔ bin de dip  
dip wan fɔ ɔndastand in spiritual filɔsofi we i bin put  
insay di kwata**

**Wek! fɔ Mɔnin insay di Bol fɔ Nayt  
I dɔn flung di Ston we de put di Sta dɛn fɔ Flay  
ɛn luk! di ɔnta na di Is dɔn kech  
Di Sultan in Turret in wan Noose of Layt  
Arabik transleshɔn:**

**Wek, bikɔs mɔnin dɔn trowe ston na di bɔtul we  
de na nɛt**

**Fɔ skata di sta dɛn kpatakpata  
ɛn na dis na di ɔntinman na di Is  
I bin tek di Sultan in tawa  
Wit wan noose of lait  
ɛksplen ɛn ɛksplen:**

**Eksplen di minin dɛn:**

**Mɔnin: Na di dawn fɔ wek frɔm di lay lay ɛgzistens na dis wɔl**

**Di vessel fɔ nɛt: di daknɛs fɔ ignorance we de prizin di sol we nɔ de day insay di smɔl, limited mɔtalman kɔnshɛns**

**Ston: Fɔ mek pɔsin fayn pan Gɔd biznɛs**

**Sta dɛn: Na di fayn fayn tin dɛn we pɔsin kin want fɔ du**

**Hunter of the East: Di pawaful Ist sɛns we de pwɛl di tin dɛn we lɛf pan ilyushɔn**

**Wan nɔs fɔ layt: di raytin fɔ blɛsin sɛns, we de pwɛl di daknɛs we de mek pipul dɛn sɔfa we de prizin ɛn tay di sol**

**Di we aw dɛn de ɛksplen am:**

**Di stilnɛs we de insay de wispa se:**

**"Wek! Abandon di slip we yu nɔ no natin, bikɔs di dawn fɔ sɛns dɔn brok Trowe di dak bɔtul fɔ di tin dɛn we yu nɔ no wit di ston we gɛt spiritual rɛfinmɛnt fɔ brok am ɛn skata di dak, shayn sta dɛn we gɛt dɔl matirial want".**

**"Luk di layt fɔ di Ist sɛns, di ɔnta ɛn distroyer fɔ ilyushɔn, bikɔs i dɔn ol di ay ay tawa fɔ di spirit wit wan nɔs fɔ layt, ɛn pul in restrictive matirial daknɛs, dɔn pul am kpatakpata."**

**"O pipul dɛm we de na di siti we gɛt ilyushɔn, lɛf slip! Bikɔs di san layt fɔ di spiritual mɛsej fɔ insay sɛns dɔn apia".**

**Lan aw fɔ yuz di strong ston we de mek pɔsin gɛt bɛtɛ spirit fɔ brok di dak bɔtul we de mek pɔsin nɔ no natin ɛn pul di want fɔ gɛt tin dɛn we pɔsin kin ɛnjoy fɔ sɔm tɛm frɔm am**

**"Tek lɛsin frɔm di ɔnta fɔ sɛns, we de luk ɔltɛm fɔ sol dɛn we de want layt ɛn we de luk fɔ trut, fɔ rawnd**

**dɛn wit wan aura fɔ glɔrifʊl splɛndo di splɛndo fɔ  
fridɔm we go de sote go".**

**Di Pikin we bin dɔn lɔs in prɔpati, kam bak  
Wan tɛm, bɔku ia bifo dis tɛm, a bin si wan pan mi  
studɛnt dɛn de waka na di ɔda say**

**We a no di bad tin dɛn we i nɔ go ebul fɔ avɔyd we  
i du, a bin tray fɔ mek i lɛf fɔ du wetin i bin de du, bɔt  
a bin kam fɔ no se a nɔ go ebul fɔ ɛp am**

**Na bikɔs i bin dɔn mekɔp in maynd fɔ go bifo pan  
di rod we bad tin de apin**

**Fɔ dɔn, a tɛl misɛf se:**

**"Since im wan dat, a go lef am onli".**

**Bɔt di lɛk we a lɛk am ɛn bisin bɔt am bin kam bak  
kwik kwik wan, so a sidɔm ɔnda wan fig tik ɛn begin fɔ  
imajin am**

**A bin de kɔntinyu fɔ sɛn dis mɛsej we gɛt sɛns to  
am ɔltɛm:**

**"Gɔd dɔn aks mi fɔ aks yu fɔ chenj yu maynd bɔt  
wetin yu want fɔ du".**

**Na ivintɛm, wan strong filin we a bin de fil na mi  
bɔdi ɛn maynd bin mek a biliv se fɔ tru i de kam bak**

**Wantɛm wantɛm, di "prodigal son" apia, we i dɔn  
go bak na os I grit dɛn wit bo ɛn se:**

**"Ol de, eniwe a go and enitin we a du, a si yu fes  
Wetin dat min?"**

**A ansa: "Gɔd bin de kɔl yu tru mi Dat na in kɔl,  
nɔto mi yon".**

**Nɔto fɔ jɔs bisin bɔt misɛf bin mek a want fɔ du  
sɔntin, bɔt a bin dɔn mekɔp mi maynd nɔ fɔ kɔmɔt de  
Dis ples go opin te yu kam bak**

**Dis kayn dizayn kin briŋ big chenj dɛn It's truly an  
amazing force!**

**We yu sɛt yu kɔs ɛn disayd fɔ kɔntinyu fɔ waka na  
yu rod, yu fɔ aktiv yu wil ɛn mek prɛktikal ɛfɔt, ɛn afta  
dat yu go si se ɔl di tin dɛn we go mek yu gɛt**

**sakrifays go kam to yu fròm usay yu no en usay yu no  
no**

**Insay yu wil, we chaj wit divayn enaji, de di ansa  
to yu prea den**

**We yu yuz da wil de, yu de opin di winda usay yu  
go gèt ansa to yu prea den**

**Dat na mi yon eksperiens Trade a bin de tray fò du  
sòm tin den jòs fò tɛst mi wil, bɔt naw a nɔ de du dat  
bikɔs a no di rizɔlt bifo tɛm: ɔl wetin a want, na Gɔd  
we gèt di Olmayti de ajɔst am**

**Fròm di buk we nem "Man in Ultimate Goal".**

**Lɛ wi mek Gɔd bi di shɛpad fò wi sol**

**En di layt we kɔmɔt fròm Gɔd na di skaut**

**Na di dak rod den na layf**

**Na in na di layt we de gayd di nɛt den we pipul  
den kin kɔnfyus**

**En di san we pɔsin kin no insay di awa den we  
pɔsin kin wek**

**En di sta we de gayd am na di si we dak fò de na  
di wɔl**

**Lɛ wi aks fò In ɛp en fɛn In inspekshɔn**

**Na bikɔs di wɔl go kɔntinyu fò go ɔp en dɔŋ**

**Di tin den we kin apin insay de kin trɔbul lɛk wef  
den we de blo**

**Usay wi go gèt gayd fròm?**

**I nɔ de insay wi abit den we de chenj chenj en we  
de tek wan pɔsin bɛtɛ pas ɔda pɔsin**

**Nɔto fròm wi envayrɔment we de ɔnda inflɔwɛns**

**Nɔto fròm wi kɔntri den ɔ wi wɔl**

**Bifo dat, na di vɔys fò di trut we de gayd wi**

**I de kɔmɔt na di dip dip tin den we de na di sol**

**Evri tɛm a kin tink bɔt Gɔd nɔmɔ**

**A bin sɔrɛnda mi sol to am**

**A bin trɔs mi at to am**

**A bin dayrekt mi lɔv ɛn di lɔng we a bin de want to am**

**Wi nɔ fɔ abop pan natin pas Gɔd**

**ɛn se wi fɔ abop pan di wan dɛn we go sho In layt**

**Dat lait na mi gayd**

**Na mi sɛns ɛn mi lɔv**

**Di pawa we pɔsin nɔ go ebul fɔ win**

**ɛn di trut we pɔsin nɔ go ebul fɔ pas am**

**Naw ɛn sote go**

**Pipul dɛn de we de tink pasmak so dat dɛn biliv se fɔ mek dɛn go ebul fɔ du wɛl na layf, dɛn fɔ wok lɛk mashin we dɛn nɔ go stop**

**Bɔt pipul dɛn de we nɔ de du tin pasmak pas dɛn, bikɔs wans dɛn dɔn begin fɔ intres pan tin dɛn we gɛt fɔ du wit Gɔd biznɛs, dɛn nɔ kin want ɔl ɔda tin igen, ɛn dat na rɔng pozishɔn**

**Dɛn biliv, fɔ egzampul, se nid nɔ de fɔ du ɛnitin we nid fɔ pe atɛnshɔn tranga wan ɛn tray tranga wan pan bɔdi, ɛn dɛn de advays fɔ asceticism ɛn fɔ lɛf ɔltin we gɛt valyu Bɔt dis abit de mask di intelektual stagnation**

**ɔnda wan klos we gɛt lay lay spiritual tin dɛn**

**A dɔn si se big big ticha dɛn kin rili intres pan di wɔl bɔt dɛn nɔ gɛt ɛni atakshɔn to am We dɛn gi mi ticha sɔntin we fayn, i kin tek kia ɔf am ɛn protɛkt am, bɔt if i apin fɔ brok ɔ damej, i kin laf ɛn se, "Mi intres pan am dɔn dɔn bikɔs i tek mi atɛnshɔn tumɔs" I bin detach bikɔs i nɔ bin atak am**

**A kin fil di sem we aw a gladi fɔ wetin Gɔd gi mi, bɔt a nɔ de mis am if a lɔs am**

**Wan tɛm, sɔmbɔdi gi mi wan fayn kot wit hat, ɛn na bin dia dia sɛt a bin gladi fɔ tek kia ɔf am ɛn protɛkt am fɔ mek i nɔ te ɛn dɔti te a taya wit am ɛn se: "O Gɔd, a nɔ nid dis trɔbul!"**

**Wan de, a go na wan hal na Los Anjelis fɔ gi lekchɔ, ɛn jɔs afta a rich ɛn bigin fɔ pul mi kot, a yeri di divayn vɔys se, "Tek wit yu ɔl di tin dɛn we de na di kot pɔkit" So a du am**

**Afta di lekchɔ, a go bak na di kot stɔrɔj rum ɛn a si se di kot - mek Gɔd protɛkt yu - dɔn lɔs**

**A bin rili vɛks pan dat, so sɔmbɔdi se, "Nɔ vɛks, wi go bay yu ɔda kot" a se, "A nɔ vɛks bikɔs a lɔs di kot, bɔt bikɔs di pɔsin we tek di kot nɔ tek di hat bak we go pafɛkt wit di kot".**

**Wi nɔ fɔ alaw di we aw wi de fil fɔ kɔntrol wi Aw pɔsin go gladi if ɔl wetin i bisin bɔt na in klos ɛn ɔda prɔpati dɛn?**

**Dis nɔ min se yu nɔ fɔ wɛr klin ɛn klin klos ɔ klin ɛn klin di os, bɔt yu nɔ fɔ pe atɛnshɔn tumɔs pan dɛn tin ya ɔ fɔ tink bɔt dɛn tin ya**

**Wans dɛn invayt mi fɔ wan dina pati ɛn ɔltin bin rili elegant ɛn arenj fayn a bin rili ɛnjoy di dina, bɔt di wan dɛn we bin ɔs wi bin rili fred, dɛn bin de fred se ɔltin nɔ go go lɛk aw dɛn bin dɔn plan, ɛn as a rizulta, dɛn bin pwɛl di atmosfɛs wit dɛn wɔri**

**Bɔrku tɛm, de wan wae de fil pasmak kin no aw ɔda pipul dɛn kin wɔri ɛn nɔr kin fil fayn Wetin mek dɛn kin fred ɛn frayd? Wi fɔ du wi bɛst, dɔn rɛst ɛn mek ɔda pipul dɛn rɛst Wi fɔ alaw tin fɔ tek dɛn natura kɔs we wi nɔ fos dɛn, dɔn di wan dɛn we de rawnd wi go gɛt pis bak**

**Di tin dɛn we dɛn kin avɛst na Parmenidian**

**Bihayn mɔtalman wil, di divayn wil ɛn di rizin fɔ di flɔ we nɔ gɛt limit fɔ di kɔsmik ɛnaji**

**Na fɔ sho ɔltin we gud ɛn we go bɛnifit wi na layf**

**Fɔ dis rizin, ɛnibɔdi we kɔntinyu fɔ tinap tranga wan ɛn we nɔ gri wit di wan dɛn we ay pas ɔl, Gɔd go ɛp am fɔ gɛt sakrifays**

**Wilpawa na enaji en want we den de dayrekt fo rich wan patikyula gol**

**Natin no de we pɔsin no go ebul fo du if pɔsin no want fo du sɔntin; fo tru, ivin simpul muvmɛnt no go ebul fo mek na evride layf we den no yuz wil pawa**

**Bɔku pipul den kin du tin den we no impɔtant en den no kin pe atɛnshɔn pan den tray fo du tin we go ep den**

**Wish difrɛn frɔm wil, pan ɔl we wish kin akt lɛk katalis fo wil**

**We pɔsin de divɛlɔp di pawa we i want, fɔs en fɔs i fo gɛt maynd en yuz di we aw i de ɔndastand, di sɛns, en i fo gɛt sɛns**

**Afta dis, den kin tren den en yuz di wil fo rich di gol we den want**

**Di joyn en tray fo kɔntinyu te den rich di gol**

**We pɔsin disayd fo rich wan fayn gol, i no kin fayn fo lɛ i lɛf fo tray**

**ɔ i kin giv-ɔp pan bad tin den**

**We kɔnshɛns de in harmoni wit di ay wil en tink en wil de fɔs pan wan patikyula aydia we no go ambɔg, di wil pawa go satrayt wit di kɔsmik aktiviti we no gɛt bɔda en we no de dɔn**

**Mɔtalman in wil we i no no natin en di tin den we i want de gayd, de brin pen en trɔbul pan di pɔsin we gɛt am**

**Fo test tru tru gladi at, gud want fo win bad wan, en di wil fo dayrekt di rayt dairekshɔn to di sɔs we di trut kɔmɔt en di ɔrijin fo ɔl gud we de**

**Wetin mek pɔsin fo avɔyd fo tɔk lay lay witnɛs? Na bikɔs lay lay tɔk de mek pipul den ipokrit en ful pipul den**

**Betrayal na wan pan di big big sin den na Gɔd in yay Fo lay pan pɔsin fo bɛnifit insɛf ɔ bikɔs i want fo**



**revang na wan we fɔ lay If ɔlman fala dis prɔsis, chaos  
en anarchy go de bitwin pipul den**

**Fɔ lisin to lay lay tɛstimoni agens ɔda pɔsin na fɔ  
endɔs di lay lay witnɛs en tek pat pan in shemful  
bihayvya, en da lisin en endɔsment de go mɔs tɔn to  
intanɛnt imɔshɔnal kɔnflikt we de tear di pis na di sol  
en distɔb di kol at na layf**

**Ivin if i jɔstifay fɔ sɔm tɛm, di akshɔn go dɔn  
bakfaya strong wan en mek pɔsin gɛt prɔblɛm en pen  
na in maynd we de ambɔg di kɔnshɛns en slap di  
kɔnshɛns**

**Envy kin gɛt bad en bad bad tin den bak, bikɔs i  
kin briŋ in yon sɔfa to di pɔsin we de jɛlɔs bikɔs di tink  
en filin we pɔsin kin fri go kam bak to am**

**Di wan we gi lɔv en altruism go gɛt in ritɔn lɔv en  
altruistic tritment, we di wan we sɛn fɔ tink bɔt gridi,  
selfishness en envy go briŋ den tin ya pan insɛf insay  
ikwal mɛzhɔ**

**Wetin mek pɔsin nɔ fɔ tif?**

**Aw di wɔl go tan lɛk if ɔlman de liv bay we den de  
tif, tif, en tek mɔni? If na so i bi, den go du di kraym  
den we rili bad en we rili bad Den go fɛt bad bad wan  
fɔ protɛkt prɔpati en fɔ gɛt bak di tin den we den dɔn  
tif**

**Tif na tin we de agens di soshal norm en we de  
tek ɔda pipul den rayt, en dat mek i de agens di lɔ den  
we de, en sosayti den nɔ gɛt di rayt fasiliti en di fayn  
we fɔ dil wit di wan den we du am**

**We den put tifman den na jel, den ol abit den kin  
begin fɔ gro mɔ en mɔ, en den kin gɛt nyu bad abit den  
bak we den de kip kɔmpin wit ɔda kriminal den If dis  
apin, den go wɔs fa fawe we den fri den pas aw den  
bin de bifo den go na prizin**

**Wi de beg yu, Masta, fɔ blɛs wi so dat wi nɔ go  
yɛri bad, si bad, tɔk bad, ɔ blo bad**

**Wi nɔ de tɔch bad, wi nɔ de fil bad, wi nɔ de tink  
bad, ɛn wi nɔ de drim bad**

**Di pawa dɛn we wi de yuz ɛvrɪde:**

**Di tin dɛn we wi kin si we wi de fil**

**- ɛn di we aw wi de fil**

**- ɛn wi intɛlijɛns**

**Na Gɔd dɔn lɛnt ɔl dis, ɛn wi nɔ go ebul fɔ liv wan  
sɛkɔn if i nɔ de**

**Bɔt pan ɔl we wi de yuz In gift dɛn, wi nɔ de tink  
bɔt Am lɛk aw wi fɔ tink, ɛn wi nɔ de pe atɛnshɔn to  
am di we aw i fɔ pe atɛnshɔn to am**

**Bifo dat, wi de du tin dɛn we wi kin du fɔ ɛnjɔy  
wisɛf ɛn tin dɛn we wi want fɔ du na di wɔl, we gri wit  
ɔl di tin dɛn we wi gɛt ɛn we gɛt kɔnekshɔn wit ɔl di tin  
dɛn we wi gɛt**

**Dis na di rut fɔ ɔl wi pen ɛn sɔfa**

**Gɔd mek wi lɛk aw i tan, ɛn na dat mek wi nɔ go  
ebul fɔ no di teist fɔ tru tru gladi at pas wi diskɔba in  
prezɛns insay wi ɛn test di nɛktɔ fɔ In blɛsin insay wi  
sol**

**Wi nɔ go ebul fɔ gɛt di blɛsin pawa bak we wi nid  
fɔ gɛt, bay wilful, wetin wi nid ɛvrɪde**

**If wi no se na Gɔd de gi da trɛnk de, wi fɔ abop  
pan am ɛn tɔn to am**

**Wit at we gladi fɔ ɔl di blɛsin dɛn we I de shayn  
pan wi na wan wata we de kɔntɪnyu fɔ rɔn**

**If yu gladi, a go mɔs inkrisayz yu [in favɔrit].**

**We wi at ful-ɔp wit tɛnki to di Wan we Gi Gi Pas ɔl,  
dɛn kin bi oli tɛmpul fɔ In glori prezɛns, ɛn dat na di  
big big tin we pɔsin kin ebul fɔ du, bikɔs di rizin fɔ layf  
na fɔ mek mɔtalman gɛt wanwɔd wit di Wan we mek  
am, kam nia Am, ɛn fɔ no Am**

**{Una fɔ luk fɔ Gɔd in Kɪŋdɒm fɔs ɛn in rayt we i de  
du, ɛn dɛn go ad ɔl dɛn tin ya to una}**

**We wi de mamba Gɔd ɔltɛm ɛn tink gud wan bɔt  
am, wi go no se na in wi lɛk, wi na di wan dɛn we i dɔn  
pik, ɛn wi gɛt pat pan di bɔku tin dɛn we i de gi wi**

**Di kingdom we gɛt gladi-at, lɔv, layt, ɛn gudnɛs**

**We wi de tink bɔt Gɔd in bɔku bɔku blɛsin dɛn, we  
di big wan pan dɛn na di pɔsibiliti fɔ yuz fridɔm fɔ  
disayd fɔ fala di rayt rod we de mek wi gri wit di ay tin  
dɛn we wi want fɔ du ɛn gɛt gladi at na Gɔd in yay,  
ɛvrɪde kin ful-ɔp wit nyu gladi at we de insay wi, ɛn wi  
kin fil wan blɛsin kɔrɛnt we de flɔ insay wi layf, so  
tɛnki kin ful-ɔp wi at, ɛn layf gɛt teist ɛn minin**

**Di pɔsin we, tru tink gud wan, ebul fɔ si di divayn  
lɔ we de wok insay wan mistek we nɔ de ɛva stɔp fɔ  
prez, tɛl tɛnki, ɛn put insɛf dɔŋ bifo Am we ɔl lɔv, prez,  
ɛn tɛnki fɔ**

**Lɛ wi mamba Gɔd, we na di say we ɔl di gud tin  
dɛn we de de, ɛn lɛ wi miks di mamba we wi de mamba  
wit tru tru lɔv we de kɔmɔt na di dip dip tin dɛn na wi  
at**

**To Gɔd, we layf de kɔmɔt frɔm, lɔv de kɔmɔt, ɛn  
blɛsin dɛn de kɔmɔt we nɔ de stɔp**

**Lɛ wi mamba wit gladi at ɔl di wan dɛn we layt  
kandul fɔ mɔtalman, ɔ plant gud sid na di wɔl na grɔn,  
ɔ spre aydia dɛn we gɛt layt, ɔ ɛnkɔrej fɔ du gud tin ɛn  
fɔ biev fayn**

**Lɛ wi opin wi at fɔ lɛk, lɛ wi mek wi maynd gri fɔ  
tek inspekshɔn we de mek wi no mɔ, ɛn lɛ wi aks Gɔd  
fɔ ɛp ɛn gayd wi**

**Insay wetin wi de tink bɔt ɛn du**

**Fɔ fred de pɔyzin di at**

**Mɔtalman in maynd na big big say fɔ kip ɛnaji ɔ  
impɔtant tin dɛn fɔ du**

**dis aktvɔti de yus ɔltɛm fɔ muvmɛnt mɔsul dɛm, di  
wok we di at, di lɔng dɛm, ɛn di dayafragm de wok, di**

**səl metabolism, di bɔdi kəmikəl riakshən, ən fɔ di wok we di mɔtalman sɛns ɔgan dɛm (nɛv dɛm) de wok .**

**Apat frɔm dat, dɛn kin spɛn bɔku impɔtant trɛnk fɔ tink, filin, ən fɔ want**

**Fɔ fred kin mek di impɔtant tin dɛn we pɔsin de du wik ən na wan pan di bad bad ɛnimi dɛn we pɔsin kin gɛt we i want fɔ du sɔntin**

**Frayd de swɛt ən ambɔg di aktiviti na layf we kin flɔ ɔltɛm to di nɛv dɛm, so dat dɛn kin tan lɛk se dɛn dɔn paralayz, ən di bɔdi kin slo ən in layf kin go dɔn notis ən bɔku (frayd na tin we de blok di nerv!) .**

**Fɔ fred nɔ de ɛp fɔ pul di tin we de mek pɔsin fred I de mek di wil wik ən mek di bren sɛn wan tin we de ambɔg di bɔdi in ɔgan dɛn Frayd de pɔyzin di at, i de mek i nɔ ebul fɔ digest fayn, ən i de mek bɔku sik dɛn na di bɔdi**

**We di awareness stil de fos pan Gɔd, yu nɔ go fred natin ən yu go ebul fɔ win ɔl di tin dɛn we de ambɔg yu ən ɛnitin we de ambɔg yu**

**Wit kɔrej ən fet "wish" na want we nɔ gɛt ɛnaji, we "intention" na di rɛzɔlushən fɔ du sɔntin: fɔ fulɔp wetin yu want ɔ want Bɔt yu kin sho "will" bay we yu se: "A de wok tranga wan te a rich wetin a want".**

**We yu tren yu wil pawa, yu kin fri ən dayrɛkt pawa dɛn we impɔtant fɔ du, pas fɔ want sɔntin we yu nɔ du wetin nid fɔ gɛt am**

**Wi nɔ fɔ lɔs op, bɔt wi fɔ no se Gɔd de gi wi chans afta chans fɔ mek wi tin dɛn bɛtɛ, fɔ mek wi aydia dɛn ɔp, ən mek nyu tin dɛn we go ɛp wi ən ɔda pipul dɛn na layf**

**If wi nɔ gladi wit di we aw wi de liv wi layf, wi fɔ fɛn nyu we ɛn we dɛn fɔ du tin we go mek wi satisfay ən kɔmfɔt pan wi maynd**

**Wi fɔ tink bɔt fɔ du sɔntin we go mek wi tin dɛn bɛtɛ ən mek wi layf gɛt minin ən fayn, dɔn wi fɔ du dat**

**Wetin nid fɔ apin kwik kwik wan na fɔ chenj di we  
aw pɔsin de tink ɔ fɔ chenj di we aw i de go**

**Wi fɔ disayd se wi nɔ go alaw prɔblɛm fɔ afɛkt wi  
ɛn mek wi nɔ balans, ɛn wi nɔ go mek tin dɛn we de  
wɔri pwɛl wi layf, tek wi filin, ɛn pwɛl wi atmosfere**

**ɛn se wi nɔ go bi viktim fɔ bad abit ɛn bad abit  
dɛn, ɛn se wi go fri ɛn nɔ go ebul fɔ kɔntrol wisɛf lɛk  
bɔd dɛn na di skay**

**No nid nɔ de fɔ mek pipul dɛn kɔntinyu fɔ de tinap  
ɛn nɔ chenj Dɛn fɔ pul di vel dɛn we de mek pipul dɛn  
nɔ biliv di tin dɛn we de na di sol so dat i go shayn wit  
in klin ɛn trɛnk, we go sho di fayn fayn ples we Gɔd  
dɔn gi mɔtalman**

**Gɔd de blɛs pɔsin we de tray fɔ du gud, we pɔsin  
want fɔ bi di rayt we, ɛn we i dɔn mekɔp in maynd fɔ  
gɛt sakrifays**

**Bihayn wi layf de di pawa fɔ di Suprim Spirit, ɛn  
biɛn wi wil de di kɔsmik ocean fɔ di Divayn Wil**

**Wi na impɔtant pat pan da si we nɔ gɛt bɔda We  
wi rich de ɛn swim insay de, wi kɔnshɛns de bɔku ɛn  
wi kin fil se wi big**

**We wi tink bɔt am, dat kin mek wi kam nia am, ɛn  
we wi tink bɔt am, dat kin mek wi kam nia am**

**Di tray we wi de kɔntinyu fɔ tray fɔ gri wit am de  
mek wi no, mekɔp wi maynd, ɛn trɛnk**

**Fɔ pripia fɔ kɔnshɛns ɛvrɪde kin briŋ divayn lɔv ɛn  
blɛsin dɛn we de na ɛvin**

**I de flɔ to wi we wi nɔ de ambɔg ɛn i de gi wi bɔku  
pan di tin dɛn we de na di si**

**Wan divayn kɔnshɛns de we layt insay ɛvri  
mɔtalman wan kɔnshɛns we de wet fɔ di chans fɔ sho  
insɛf**

**ɛn fɔ kɔmɔt na di smɔl ɛn restrictiv sɛla fɔ di ego  
jɔs lɛk aw pɔsin wek frɔm wan bad bad drim we de  
ambɔg am fɔ no se wetin i si nɔto natin pas drim, na**

so bak di divayn kɔnshɛns de ɛnkɔrej pɔsin fɔ wek  
frɔm di bad bad drim we i de slip ɛn kɔnfyus to nyu we  
fɔ no ɛn ɔndastand gud gud wan bɔt di minin ɛn di  
rizin fɔ layf

If wi want fɔ ɛkspiriɛns di dawn fɔ wek na spirit ɛn  
witnɛs di layt dɛn we de sho se wi shɔ, wi fɔ lisin to di  
vɔys we de insay wi

Wi de ansa to in prompting Wi fɔ pul di ston dɛm  
fɔ ilyushɔn ɛn di rɔk dɛm fɔ ignorance we de ambɔg di  
sol fɔ go bifo ɛn we de mek i nɔ muv frɔm di rod

ɛn lɛ wi nak wit di an fɔ lɔng tɛm na di domɔt fɔ  
wek frɔm di slip we wi nɔ bisin bɔt, so dat wi go blo di  
briz we de mek wi gladi ɛn briŋ ɛvin ilɛktrishɔn to ɛvri  
tin we wi de tink bɔt ɛn ɛvri filin we wi gɛt

ɛn ɛni wan pan wi wok dɛn

Wi de aks Gɔd ɔlmayti fɔ opin winda dɛn fɔ no na  
wi kɔnshɛns, fɔ ful wi wit di layt fɔ sɛns, fɔ rawnd wi  
wit in lɔv, ɛn fɔ kɔba wi wit in sɔri-at we go de sote go

Pan di wan dɛn we bin kam to mi, pipul dɛn bin de  
we a bin tɛl frɔm di biginin, fɔ tɔk tru, se dɛn nɔ bin  
fayn, ɛn a bin aks dɛn fɔ chenj dɛn rizin dɛn de

Sɔm pan dɛn nɔ bin lɛk wetin a tɔk, bɔt ɔda wan  
dɛn bin ansa ɛn chenj fɔ bɛtɛ

Ipokrit nɔ de mek pɔsin gɛt gud tin fɔ du, ɛn ivin  
di wan dɛn we gɛt sɛns pas ɔlman nɔ kin ebul fɔ ayd  
wetin dɛn yay de sho

Dɛn kin rayt pɔsin in wan ol istri na in yay

If yu want fɔ no di pɔsin in tru tru we, aks Gɔd fɔ  
sho yu di tru tru abit we da pɔsin de gɛt

Bikɔs yu nɔ want fɔ mek dɛn ful yu, yu go fil dip  
insay yu at in tru tru nature ɛn yu intuition nɔ go rɔng

We wi de tɔk to wi kɔmpin, wi fɔ luk in yay dairekt  
wan ɛn tɔk wit kɔnfidɛns, wit kɔnfidɛns, ɛn tru

**We wi de shek an wit pɔsin, wi fɔ tɛl am di magnetizm fɔ wi lɔv ɛn sinsi, ɛn tray fɔ ɛp am as wi ebul**

**Di pɔsin we de luk fɔ no fɔ bi pɔsitiv ɛn wok fɔ divɛlɔp in spiritual magnetizm; den Gɔd go gi am di pawa fɔ ɛp ɔda pipul dɛn ɛn transmit blɛsin vaybreshɔn to dɛn**

**A kin travul pas di planɛt ɛn sta dɛn we de fa pas ɔl, bɔt a go bi yu yon ɔltɛm Yu pipul dɛn we de fala yu kin kam ɛn go, bɔt a go de wit yu ɛn bi yu yon sote go A kin tos rawnd di wef dɛn we bɔku bɔku pipul dɛn we dɔn bɔn ɛn fil se a de mi wan ɛn mi wan, bɔt stil a go bi yu yon ɔltɛm**

**Di wɔl, we bisin bɔt yu gem dɛn, kin fɔgɛt yu, bɔt a go mɛmba yu ɔltɛm Mi vɔys kin dɔn ɛn a kin fel**

**Bɔt insay mi sol in wɔd dɛn a go wispa: "A go bi yu yon ɔltɛm".**

**Tray, sik, ɛn day kin mek a skata ɛn bɔn mi bɔdi, bɔt as lɔng as smɔl op de na mi mɛmori**

**Luk insay mi yay we de day bikɔs tru dɛn a go tɛl yu se: "A go lɛk yu sote go ɛn a go fetful to yu ɔltɛm!"**

**A de tɛl una tru se a nɔ bin gɛt di ansa to ɔl mi kwɛstyɔn dɛn frɔm pipul dɛn, bɔt na frɔm Gɔd, we na di say we ɔlman gɛt fri-an**

**ɛn na di say we ɔl di tin dɛn we wi no na di wan ol wɔl kɔmɔt**

**Na in nɔmɔ na mi inspekshɔn na layf, ɛn we a de tɔk, a de aks am fɔ chaj mi wɔd dɛn wit in pawa, in trut, in lɔv, ɛn in layt a de fil wev dɛn we gladi de kɔba mi bikɔs in big big lɔv de tɔn insay di sol lɛk saful briz pan hot de, ɛn in fɔdɔm de kɔntinyu pawaful wan de ɛn nɛt, wik afta wik, ia afta ia, so yu nɔ no usay di ɛnd de**

**Mɔtalman tink se dɛn nid lɔv ɛn jɛntri frɔm mɔtalman, bɔt biɛn ɛvri lɔv ɛn biɛn ɛvri jɛntri**

**Divayn lɔv we nɔ de chenj ɛn spiritual jɛntri we  
dɛn nɔ go ebul fɔ mɛzhɔ wit di jɛntri we de na dis wɔl  
ɛnibɔdi we no se na Gɔd de pul ɔl di lɔv, gladi-at, ɛn  
gudnɛs go fɛn am ɛn gladi pasmak wit am**

Mɔ tichin ɛn riflɛkshɔn dɛn fɔ Masta Paramhansa

Yogananda

Sisɛns na di kɔna stɔn na di spiritual rod  
Bifo dat, na di pila we di sol gɛt fɔ du wit di Wan we mek  
am

Dis min se wi fɔ tɔn to Gɔd wit ɔl wi kɔnfidɛns  
Wi kin tɔk to am klia wan ɛn wit tayt padi biznɛs  
Insay di simpul langwej di langwej we di at de tɔk

Wi de aks am fɔ ɛp wi

So dat wi go tray fɔ go to am ɛn abop pan Am

Fɔ mek wi at kol

ɛn i de fri wi frɔm prɔblɛm ɛn vɛks

ɛn frɔm ɔltin we go tinap na wi rod

I de tray fɔ pul wi kɔmɔt biɛn di tin we wi want fɔ du wit

Gɔd biznɛs

As tɛm de go

Wan gol de fɔ ɔl wi tɛst ɛn ɛkspiriɛns dɛn

I de mek wi want fɔ du ɔl wetin wi ebul

Wi kin trɔs tin to Gɔd

ɛn aw laki laki di wan we gɛt dis ɔndastandin

If wi nɔ gɛt am, wi de liv wit fɛt-fɛt ɛn fɛt-fɛt

Witout no di rizin

Bɔt na di spiritual rod

Wi no se di prɔblɛm dɛn we wi kin gɛt

I min fɔ mek wi ɔmbul bifo Gɔd

Wi kin ɛmti di tin dɛn we wi de tink ɛn fil

Frɔm lay lay prawd ɛn ilyushɔn grandeur

So dat Gɔd go ful wi wit in layt, in sɛns, ɛn in lɔv

Insay da sɛlf-submishɔn de to Gɔd

Di swit kɔnekshɔn de insay de

Lɛ wi mɛmba se as lɔng as di sɛns fɔ "sɛf" de dominant



Wan tin de we kin mek pɔsin nɔ de nia Gɔd  
Fɔ biliv se wi gɛt inɔf trɛnk ɛn sɛns  
So dat wi go tinap pan wi yon tu fut we nɔ gɛt sɔpɔt  
Wi kin sɔlv wi prɔblɛm dɛn wisɛf  
Wi kin fred dat if wi put wisɛf ɔnda wetin Gɔd want  
Dat wi nɔ go gladi fɔ wetin Gɔd sɛn wi  
Dis sho se wi nɔ gɛt fet pan Gɔd  
Bɔt i nɔ tu te ɔ leta  
Wi go gɛt fɔ tɔn to Gɔd  
Olman go diskɔba dis trut na in layf  
Apat frɔm we i dɔn ɔlrɛdi fɛn am  
Dis nɔto tin we de mek pɔsin in at pwɛl ɔ we nɔ fayn  
Di swit gladi gladi we de na  
Di filin se wi de bifo am  
Sef ɛn sikrit frɔm layf in sɔprayz ɛn di blow dɛm fɔ tɛm  
Dat na di kayn we aw pɔsin we ɔmbul ɛn di kwaliti we  
pɔsin we ɔmbul gɛt  
ɛn na de tru tru spiritual trɛnk de  
ɛn di big big tin we pɔsin kin du wit ɔl in at  
ɛn di dip we pɔsin lɛk  
ɛn di fayn we aw pɔsin satisfay ɛn put insɛf dɔŋ  
{Nɔto mi yon, O Masta, bɔt Yu want fɔ bi}  
(Wi de put wi trɔst pan Gɔd)  
Fɔ mek wi go tɔch wi spiritual nature  
Wi fɔ tray fɔ sho se wi gɛt ay kɔnshɛns na wi layf  
We tin nɔ izi fɔ wi, wi fɔ mɛmba wisɛf  
Dat wi nɔ wik ɛn wi gɛt di rayt tin dɛn fɔ dil wit am  
Wi nɔ fɔ alaw wok ɛn prɔblɛm dɛn fɔ ambɔg wi pis  
I de pul wi pis  
Wi kam na dis wɔl fɔ divɛlɔp wisɛf  
Fɔ fɛn ɔl di tin dɛn we wi ebul fɔ du fɔ gɛt tayt padi  
biznɛs wit Gɔd  
Nɔ fɔ plɔmp insay di dak si dɛn we pipul dɛn kin tink bɔt  
We gɛt bɔku bɔku prɔblɛm dɛn we kin apin  
If wi want fɔ no wi spiritual sɛf

Wi fɔ ɔnɛs to Gɔd ɛn wit wisɛf  
ɛn wi de trit pipul dɛn wit ɔl wi at  
ɛn fɔ mek i bi di tin we wi want pas ɔl na wi layf  
I de bɔt fɔ no di say we wi kɔmɔt frɔm Gɔd  
Frɔm Am wi kɔmɔt ɛn to Am wi fɔ go bak  
I nɔ mata aw lɔng wi nɔ de na di wɔl we wi nɔ de nia ɔda  
pipul dɛn  
Ivin if i tan lɛk se di ples dak ɛn i nɔ fayn  
Wi fɔ kontinyu fɔ gɛt fet  
Dat di san go kɔmɔt bak  
ɛn da gud de na layf pas bad  
Lov strong pas fɔ et  
ɛn di wan dɛn we de na di rayt rod  
Dɛn go rich ilɛksɛf i tan lɛk se di distans lɔng ɛn aw fa di  
say we dɛn de go de  
ɛn if wɔri de bɔku  
I fɔ pul am kɔmɔt bay we wi lɛk Gɔd ɛn tɔk to am  
Na tru se wi de pre wit ɔl wi at  
ɛn fɔ aks am fɔ mek wi mekɔp wi maynd mɔ ɛn mɔ  
I de ɛp wi fɔ kɔrɛkt di we aw wi de liv wi layf  
Dɛn go ansa di prea wit flash dɛn we go ɛnkɔrej am  
Di klawd go klia ɛn di ɔrayzin go apia klia bak  
Fɔ dil wit di prɔblɛm dɛn we de mit wi na layf  
Wan pan di bɛnifit dɛn we pɔsin kin gɛt we wi de du dip  
risach bɔt Gɔd  
Na di ebul we pɔsin ebul fɔ rilaks  
Usay di tɛnsiɔn kin go dɔŋ, di fred kin stɔp, ɛn di wɔri kin  
stɔp  
We wi nɔ ebul fɔ ɛnjoy layf igen  
Fɔ tek pat pan di tin dɛn we pɔsin kin du fɔ ɛnjoy insɛf  
we gɛt wɛlbɔdi  
Wi de bi siriks ɛn fred pas aw wi fɔ fred  
Di sol, insay in klin esɛns, nɔ de fil tɛnsiɔn ɔ nervɔs  
Bifo dat, na di " ego " we de ɛkspiriɛns dɛn stet dɛn de  
Wi nɔ fɔ tek tin dɛn tu siriks

sɔn ɛn in grip de lɔdi "ego" de d ɔso dat di intensiti f  
Bɔku tɛm, pipul dɛn kin tɔk bɔt di prɔblɛm dɛn we dɛn

kin fil

ɛn di saykolojik strɛs we dɛn kin gɛt ɔnda di wet fɔ di

bɔku bɔku tin dɛn we dɛn kin aks fɔ

Bɔt wi nɔ fɔ alaw wisɛf fɔ bi animal we wi de it

Fɔ ɛni kayn prɔblɛm

Lɛ wi mɛmba ɔltɛm se Gɔd dɔn gi wi trɛnk

Inaf fɔ dil wit ɔl di prɔblɛm dɛn we wi de gɛt

I nɔ pɔsibul fɔ mek di sol fil taya ɛn taya

Di bɔdi kin fil taya

Bɔt we wi se na wi bɔdi wik

Wi kin kɔntinyu fɔ de insay di smɔl smɔl tin we wi kin du

fɔ wisɛf

We wi de gɛt tin dɛn we de ambɔg wi

Wi fɔ aks Gɔd fɔ ɛp wi

Fɔ mek shɔ se wi ebul – wit Gɔd in ɛp – fɔ win am

ɛn se i de kam as katalis fɔ wek wi pawa dɛn we de slip,

we, we dɛn wek, dɛn ebul fɔ wek

Na bay we dɛn de dil wit ɔlkayn prɔblɛm dɛn ɛn prɔblɛm

dɛn

ɛn se wi tru tru nature na di spirit

We in men tin na pis, kol at, kwayɛt, ɛn kol at

ɛn se dɛn blɛsin tin ya de insay wi

Na impɔtant pat pan wi spiritual layf

Mɔtalman na spirit, ɛn dɛn nɔ go ebul fɔ win in spirit

Na bikɔs i nɔ gɛt ɛniti fɔ du wit am

We wi posɛs dis awareness

Wi kin fil se dɛn pawa dɛn de de wok insay wi

Wi fil se wi de go bifo ɛn wi de go bifo

Wi kin abop pan Gɔd ɛn pan wisɛf mɔ ɛn mɔ

Di kayn we aw di prɔblɛm dɛn kin tranga kin go dɔŋ

So dat wi go ebul fɔ dil wit am

Wan we we go ɛp pɔsin fɔ gɛt kɔnfidɛns, kɔmfɔt, ɛn

balans

Wit evri eksperiens we de apin na di skay na wi layf  
 Insay dis waka we wi de travul na dis wɔl  
 Wi fɔ no aw fɔ mek wi no mɔ en mek wi no mɔ  
 En aw wi go ɔndastand mɔ bɔt di tin dɛn we de arawnd  
 ?wi ɔ we wi de go tru  
 Da tɛm de, wi go ebul fɔ liv fayn layf  
 En fɔ dil wit pipul en layf fayn fayn wan en sef wan  
 We wi tek wan dip luk pan di wɔl in sivilizayshɔn  
 Wi de fɛn ɔl di sikrit dɛn we ayd fɔ di sivilizayshɔn dɛn  
 we bin de trade trade  
 ;Wan big imej de kɔmɔt, wit layn dɛn we tan lɛk  
 Difrɛn sizin dɛn, dɛn tek tɛm luk di ditel dɛn  
 Wi fain se man na wan wan en soshal in nature di sem  
 tɛm  
 ɔl mɔtalman gɛt di want fɔ ɔl tu in yon layf en soshal  
 layf  
 I gɛt abit fɔ tink bɔt ɛnibɔdi en i want fɔ de na grup en  
 klen  
 Ivin trade trade  
 Pruf de fɔ se di fɔstɛm mɔtalman dɛn  
 I bin gɛt di aidia fɔ gɛt wanwɔd insay grup dɛn  
 Insay ɛvrɪde layf, wi kin si se we wi de tɔk to ɔda pipul  
 dɛn pasmak  
 I nɔ de brɪŋ bɔku gladi at  
 En if wi de fa frɔm ɔda pipul dɛn pasmak, dat nɔ de mek  
 wi gɛt gladi-at  
 Gɔd want wi fɔ praktis fɔ tek tɛm du tin  
 En fɔ mek balans bitwin wi wan wan layf en wi soshal  
 layf  
 Wan wan en kɔlektif prinsipul dɛn na mɔtalman kɔmɔt  
 frɔm wan ay sɔs  
 Na Gɔd na di Wan, we na di say we dɛn de rɔnawe sote  
 go  
 Bifo di sta dɛn, di wan ol wɔl, en di we aw mɔtalman de  
 tink

Bifo filin en drim  
I pas ol di tin den we pɔsin kin si we i de fil  
I Na Wan, I Yunik, Na Biin insay Insef  
Pafekt insay in men tin en in kwaliti den  
Usay no san no de shayn  
No mun no de kɔmɔt  
No faya no de shayn  
Bifo dat, na In layt we kɔmɔt frɔm Gɔd, we no get wan  
kɔmpitishɔn

Na de, pas di daknes, no dak  
En di sayn we no get sawnd  
En nɔto oda tin pas di tin den we Gɔd mek  
Na de di tin we de sote go de  
We na di krijin fɔ egzistens  
En di say we ol di pawa en di tin den we Gɔd mek de  
kɔmɔt

Di tin den we pɔsin kin si en di tin den we pɔsin no kin si  
Gɔd mek dis wan ol wɔl so dat  
I de wok akɔdin to wan lo we no chenj en we no de chenj  
If wi pwel eni wan pan di lo den we de na di wɔl, wi de  
pɔnish wisef  
Enibɔdi we jomp frɔm di ruf na wan long bildin, in bon go  
brok

So, wi no go ebul fɔ ignore di lo bɔt graviti  
Witout fɔ sɔfa di bad tin den we go apin to am  
Na dis wɔl  
Mɔtalman kin du tin fri wan  
Bɔt na insay wan smɔl say nɔmɔ  
En if i pwel Gɔd in lo den  
I go pɔnish insef o pwel insef  
Gɔd dɔn mek den lo den de we no de chenj  
I bin want mek i wok fɔ wi  
Bikɔs if i no de, wi no go ebul fɔ fɛn wi we na dis layf  
Gɔd bin gi wi fridɔm bak fɔ disayd fɔ du sɔntin en i bin  
put kɔnshɛns insay wi

Fɔ no difrɛns bitwin gud ɛn bad, bɛnifit ɛn bad  
 We pipul dɛn de pik di rod dɛn we bad  
 Dɛn de pwɛl Gɔd in lɔ dɛn we de ɔlsay na di wɔl  
 Dɛn de sɛt in muvmɛnt kɔsmik fɔs dɛn  
 Di tin dɛn we kin apin we pɔsin nɔ ebul fɔ avɔyd kin apin  
 Bikɔs dɛn nɔ gri wit dɛn lɔ dɛn de  
 We dɛn de du dat, dɛn de pɔnish dɛnsɛf  
 Fɔ tru, Allah nɔ de du di pipul dɛn bad atɔl, bɔt na di }  
 {pipul dɛn de du bad to dɛnsɛf  
 Bɔt di wan dɛn we de fala in lɔ dɛn  
 ɛn dɛn kin du wetin i tɛl dɛn fɔ du  
 Dɛn de liv wit pis  
 ɛn tru dɛn, di yay fɔ sɛns kin opin  
 Dɛn kin waka wit kɔnfidɛns, sɔm stɛp dɛn  
 Dɛn kin fil se dɛn de waka sɛf wan  
 Na di rod dɛn fɔ layf  
 Tink na big pawa na yu layf  
 If yu bin no aw fɔ gɛt da trɛnk de  
 ɛn yuz am kɔrɛkt wan  
 Nɔ alaw wikɛd tin fɔ kam insay yu tink  
 Tek tɛm we yu de kip kɔmpin wit pipul dɛn we gɛt bad  
 aidia  
 ɛn wan pessimistic outlook, so dat dɛn wik aidia dɛn nɔ  
 go siep insay yu maynd  
 Apat frɔm we yu maynd dɔn rich wan patikyula lɛvul fɔ  
 trɛnk  
 So dat di tin dɛn we ɔda pipul dɛn de tink nɔ go mek i  
 wik  
 Difrɛn frɔm dat  
 I ebul fɔ mek ɔda pipul dɛn tink mɔ ɛn mɔ  
 ɛn fɔ mek dɛn gɛt mɔ kɔnfidɛns pan dɛnsɛf  
 Di wan dɛn we nɔ ebul fɔ du sɔntin fɔ gɛt padi biznɛs wit  
 di wan dɛn we kin ebul fɔ du sɔntin  
 Di wan dɛn we wik fɔ kip kɔmpin wit di wan dɛn we  
 strong pas dɛn

As fɔ di wan dɛn we nɔ ebul fɔ kɔntrol dɛnsɛf  
Dɛn fɔ de wit di wan dɛn we gɛt gud abit ɛn we de kɔrɛkt  
dɛnsɛf

Di pɔsin we de it pasmak fɔ it  
Wit pɔsin we ebul fɔ kɔntrol dɛn apɛtit bɛtɛ bɛtɛ wan  
:Dɔn i go ebul fɔ se  
."Mi tu kin kɔntrol mi apɛtit"  
We yu disayd fɔ du sɔntin ɛn prɔmis yusɛf fɔ stik to am  
Nɔ mek di tin we yu dɔn disayd fɔ du fɔ chenj if sɔntin  
apin we nɔ gri wit wetin yu dɔn disayd  
Kɔntinyu fɔ gɛt kɔnfidɛns pan yusɛf ɛn biliv se yu gɛt ɔl  
di trɛnk dɛn we yu nid  
Fɔ mek yu ebul fɔ du wetin yu want, ilɛksɛf i tan lɛk se i  
nɔ go izi fɔ yu

."If yu outwardly se "I am ready for her  
."En yu bin se to yusɛf, "A no kin  
We yu du dat, yu de ridyus di pawa we yu de tink bɔt  
I de mek di pawa we pɔsin gɛt fɔ du sɔntin wik  
Yu go nid wan wil we strong pas yu yon  
Fɔ gi am trɛnk ɛn fɔ mek i gɛt maynd ɛn fɔ mek i disayd  
fɔ du sɔntin

:Mi advays na  
Divɛlɔp di pawa we yu want fɔ du  
Tink gud wan  
Yu go si se yu bɔdi, yu maynd, ɛn yu spiritual pawa  
Fɔ wok togɛda fɔ disayn ɛn shɛp ɛvri pat na yu layf  
Na ɛni we we yu want  
Di ant kin fil in bɔdi

In shap yay dɛn de si wan smɔl fil rawnd am  
Pɔsin no in bɔdi, di say we i de, ɛn in famili  
ɛn sɔm ɔda tin dɛn we i sabi  
As fɔ di yunivasal mɔtalman  
I no se in bɔdi na pat pan mɔtalman famili  
In tinkin kɔba di yunivas insay in bɔdi ɛn maynd

dimɛnshɔn

I no se ɔltin we de insay in maynd  
If pɔsin kin chenj in kɔnshɛns to spiritual ɛkstazi  
Di wan ol wɔl go dɔnawe wit in maynd  
Na bikɔs na di tin dɛn we pɔsin de tink bɔt de mek di  
wan ol wɔl tan lɛk se na rial tin  
If dɛn nɔ bin de tink, di wan ol wɔl nɔ bin fɔ gɛt ɛni rial  
tin

Mɔtalman dɔn yus fɔ ɔl tu de wach ɛn bisin bɔt di  
prɔblɛm dɛn we de na layf  
ɔ i kin giv-ɔp fɔ slip ɛn fɔgɛt di wɔl  
Bɔt mɔtalman gɛt bɔku bɔku tin dɛn we i ebul fɔ du we i  
nɔ ebul fɔ wok yet  
ɛn if yu lan bɔt spiritual ɛkstazi  
Aw fɔ pul di bɔdi kɔnshɛns ɛn di slip kɔnshɛns we yu nɔ  
want

I go wek insay di kɔnshɛns we pas ɔl ɛn we gɛt blɛsin  
We pɔsin ebul fɔ de wek  
ɔ frɔm slip wantɛm wantɛm bay wil  
I go ebul fɔ rich wan ay stet fɔ kɔnshɛns  
No limit nɔ de fɔ mek pɔsin ɛnjoy am  
I go gɛt di gladi at we pɔsin kin gɛt we i de slip we i de  
tink ɛn we i want fɔ slip  
Eni taim, eniwe  
Di Bɔtaflay we nɔ de day bin tɔk  
Mi bigman sɛf  
Liv insay ɛvri at  
Na ɔl di kɔntri dɛn  
ɛn mi strong wil  
I de puls na ɛvri kɔna  
ɛn i de wek di wan dɛn we de slip  
Wit endless ethereal sajeshon dem  
As fɔ mi smɔl sɛf  
Dɛn put am na jel na di bɔdi we dɛn dɔn taym  
Di bɔtaflay stil de na in kɔk we de na di wɔl  
adhesive na di grɔn



Dɛn lɔk di domɔt dɛn  
 Dɛn tay am wit wan tawzin ayɛn rop dɛn  
 O mi sol we dɛn dɔn kapchɔ  
 O yu we de was wit di san layt  
 En yu breath in di elixir of laif  
 En yu drink klin wata  
 ?Yu de drim fɔ gɛt ɔl di gud tin dɛn we de  
 En yu saiz smɔl  
 ?!En yu at wik  
 !Wek we yu de slip  
 Gro  
 Stret yusɛf  
 Rinyu yusɛf  
 Yunayt wit yu ay sɛf  
 En yu go bi  
 Bɔtaflay we de sote go  
 Resistant to restrictions ɛn limiteshɔn dɛn  
 Fɔ no yusɛf  
 Na: Mahmoud Abbas Masoud transleshɔn we dɛn adap  
 am  
 Di we aw pɔsin de yɛri ɛn we pɔsin de si klia wan  
 Nɔto di yay de si  
 Bifo dat, na di maynd ɛn di trɛnk we de shep tin dɛn  
 Pɔsin kin gɛt yes we de lisin ɛn in yay we de si  
 Fɔ tru, di wɔl rili difrɛn frɔm wetin pɔsin de si  
 Di sawnd dɛm we i de yɛri na di wan dɛm we de fɔdɔm  
 insay di rɛnj  
 Di vaybreshɔn dɛn we i ebul fɔ no  
 Dɛn kin kɔl bak klewa intuitiv yɛri  
 ɔ fɔ yɛri tru sɛns  
 Bikɔs di nɔmal yes nɔ kin ebul fɔ pik  
 Sawnd dɛn we pɔsin nɔ kin yɛri  
 Di fakulti fɔ si ɛn yɛri de insay di sol  
 I pɔsibul fɔ wek di layt pawa dɛn na ɔl di sɛns dɛn

Na bay we i de tren di maynd en divelop in kognitiv  
abiliti den

Di pawa we de na wi yay tan lek ekstrem rayt  
Bot wi no ebul fo si di tin den we ekstrem rayt kin go  
insay

Bikos wi no don divelop wan harmoni yet wit da levul de  
fo vaybreshon

Wi ay ay sens kin pwel bikos of di limiteshon dem fo di  
mental pawa dem  
Klerivoyans kin apin we di layf pawa de alayned wit som  
eliment den

Transparent vibrations Jos lek aw X-ray de go insay di  
wol den

Mortalman yay get di sem abiliti, en da kayn vishon de  
."Den kol am "visual clarity  
I possibul fo test di trenk we di tin den we posin kin si klia  
We di pawa we di yay get fo si don dubl  
O rayz di level we di layf pawa we de olsay na oltin de  
shek

Fo rili si klia wan no de ambog di we aw posin de go bifo  
pan God biznes

Difren from dat, i de ep fo transfa o chenj di konsheins  
From di bodi level to di spiritual level  
Bot di pikcho den we de komot na di maynd we no de  
tink

I komot from ilyushon en imajineshon, en den fo avoyd  
am

Di posin we de luk fo am fo pas di test den we i de drim  
fo rich wan stet we i de wek pan God biznes

Usay i rili no se i de insay klos wan wit wan ay levul fo  
I de de en i de fil gladi at we de mek i fil fayn en we de  
olsay na in maynd, in sol, en in bodi

dao nodi ol mat na intens aktiviti in difren vaybresh  
God in Kingdom de insay mortalman  
Bot i fo sho am tru wok we go ep am en tink gud wan

Wi nɔ fɔ alaw ɛnitin fɔ ambɔg wi fɔ go bifo  
 Di sɛf fɔ sho tru fɔ klin di maynd, fɔ mek di abit dɛn bɛtɛ,  
 ɛn fɔ tink gud wan  
 Gɔd kin lisin to di kɔl we di sol de kɔl ɔltɛm  
 Bɔt di we aw i de ansa nɔ kin klia ɛn i kin klia so  
 sɔntɛnde i nɔ kin izi fɔ no  
 ?Udat de kɔntinyu fɔ luk fɔ pipul dɛn  
 I de kɔntinyu fɔ gɛt zil pan Gɔd biznɛs  
 Gɔd go fɛn am  
 In shea go bɔku  
 In jɛntri big na dis wɔl ɛn di layf we gɛt fɔ kam  
 Duya go na di Suida Yoga wɛbsayt ɛn di Fɛsbuk pej fɔ  
 Masta Paramhansa Yogananda  
[http://wwwswaidayogacom /](http://wwwswaidayogacom/) we de na di say we se  
<https://wwwfacebookcom/masteryogananda?ref=hl>, di  
 wan dɛn we de stɔdi di Baybul  
 Wan turis na yu land  
 Na yu de mek pipul dɛn gladi ɛn gladi  
 Yu na di men tin fɔ lɔv ɛn di jɔlɔs dɛn we gɛt sɛns we  
 skata na di fil dɛn we go de sote go  
 Yu na fridɔm ɛn fridɔm frɔm ɔl di ilyushɔn dɛn  
 Una na di wanwɔd we nɔ gɛt wanwɔd  
 Yu na di yunivasal kɔnshɛns  
 Yu na di biginin ɛn di ɛnd  
 ɛn di men gol, we pas dat, no ɔda gol nɔ de  
 Mi na turis na yu land ɛn mi na travulman na yu rod dɛn  
 Tek mi an ɛn gayd mi stɛp dɛn to di rod dɛn we de nia  
 yu we de go to yu  
 A gladi fɔ no una  
 Yu blɛsin gadin dɛn we ful-ɔp wit fayn fayn frut dɛn, de  
 kɔl mi  
 Fɔ go de ɛn ɛnjɔy in bɔku bɔku frut dɛn  
 Di frut dɛn we pɔsin kin gɛt kin swit, ɛn di mistik nɛktɔ  
 !we i gɛt kin mek pɔsin gladi

A wish se a bin fɔ dɔn want di frut we de gi mi tin fɔ it ɛn  
we de gi mi trɛnk ɔltɛm  
ɛn a de drink frɔm di wata we de mek pis we de kɔmɔt  
na di riva dɛn we gɛt oli lɔv  
Gi mi at klin ɛn kol at sol  
Wash mi bi wit yu wata we de shayn, klin am frɔm ɔl dɔti  
ɛn dɔti  
A kin want fɔ fil yu prezɛns ɛn si yu fayn fayn fes  
A dɔn de imajin aw i fayn ɔltɛm, ɛn mi sol dɔn rili want fɔ  
si am  
Ful mi bi wit tɛnki ɛn tɛnki fɔ yu fri an ɛn bɔku bɔku fayv  
dɛn  
Mek mi at bit wit lɔv fɔ yu as long as sta de we de shayn  
ɛn at de bit  
Blɛs mi tinkin so dat dɛn go tɔn to yu ɔtomɛtik wan, so  
dat dɛn go gɛt blɛsin fɔ di fayn fayn tin dɛn we dɛn de si yu  
ɛn si yu fayn fayn tin dɛn  
Grant mi di abiliti fɔ kapchɔ yu undulating melodies in di  
vastness of di ether  
A dɔn drɔnk wit in sɛlestial myuzik we di enjɛl dɛn kin  
want fɔ yɛri  
Oh, aw a wish se a kin fil yu blɛsin spirit insay ɛvri atɔm  
na mi bi  
ɛn nourish mi sɛns wit Yu divayn sustenans, we na di  
bred fɔ ɛgzistens  
Insay de, na di ɛlikxi we de gi layf ɛn di spring we de  
sote go  
Oh, aw a wish se a kin blo di swit briz we yu de blo  
In oases of longing ɛn pawa  
ɛn a si di layt dɛn we yu lɛk de shayn brayt brayt wan  
Na di skay fɔ mi sol, we de rili want yu  
We di briz kol, di sol kin gɛt pis  
Di awareness levels de go ɔp  
Dis kin apin bay we yu de tink gud wan  
ɛn fɔ tray fɔ kip di tin dɛn we kin mek pɔsin fil kol

Fɔ wef fɔ tink ɛn filin fɔ pis insay yu at  
Fɔ tink bɔt Gɔd ɛn fɔ tink gud wan bɔt gud tin dɛn  
Dɛn naf fɔ mek di sol ful-ɔp wit di pawa we di divayn  
spirit gɛt

Wɔd dɛn we nɔ gɛt pawa pan Gɔd biznɛs  
I tan lɛk straw we nɔ gɛt gren  
So, we wi de rid, wi fɔ tink bɔt di spirit we di minin dɛn  
gɛt

ɛn fɔ pe atɛnshɔn pan wetin i de tɔk bɔt  
Fɔ rich usay di aydia dɛn we de biɛn di minin dɛn kɔmɔt  
Gɔd na di klin pɔsin we de pul ɔltin we wɔndaful ɛn we  
de bɛnifit wi

Na in na di Masta we de gi Pis, we de rul na di tron we  
de mek pipul dɛn de tink fayn fayn wan  
I de gayd di tin dɛn we pɔsin we klin ɛn we gɛt ɔnɔ de du

ɛn i kin du wetin i want fɔ du  
Lɛ wi opin di domɔt fɔ mek pis na Gɔd in yay  
Mek di enjɛl dɛn we de kwayɛt kam insay saful wan

To di strɔkchɔ fɔ wi biznɛs ɛn aktiviti dɛn  
Lɛ wi du wi wok wit kol at  
I ful-ɔp wit di spirit fɔ mek pis ɛn pis na yu maynd  
ɛn biɛn di bit we wi at de bit, wi go fil di puls fɔ di divayn  
pis

Lɛ wi delv dip insay di kɔnsept dɛm fɔ ɛksperiɛns ɛn tɛst  
lɛksef na tru aydia dɛn wi de rid na buk dɛn we yusful  
ɔ prɔblɛm dɛn we wi nid fɔ dil wit  
ɔ di tin dɛn we pipul dɛn kin tink bɔt, di we aw pipul dɛn  
kin tink, ɛn tin dɛn we dɛn biliv  
ɔ gladi at na Gɔd in yay

Lɛ wi go insay di oli ples usay wi de tink dip dip wan  
ɛn wi kin enjoy di pis we de flɔ  
Frɔm di spring dɛn we gɛt kol at  
Notis: Bɔku egzampul dɛn de we dɛn kin gi we de sho di\*  
tayt rilayshɔn bitwin di rit we mɔtalman de blo ɛn di chenj  
dɛn we de apin na di stet dɛn we i de kɔnshɛns Pɔsin we de

insay wan kompleks mental dayalog ɔ we de tray fɔ du prɛsis  
en strɛs fɪzɪkəl ɛfɔt go ɔtomɛtɪk brɪθ rɪlɪ sloslo Fɔ kɔnsɛntret  
atɛnʃən de dipen pan fɔ blo sloslo, we di brɪz we de blo kwɪk  
ɔ we nɔ de ɔltɛm de akɔmpən di bəd bəd ɪmɔʃənəl stɛt dɛn  
lɛk fɔ frɛd, fɔ want fɔ du mami en dadi biznɛs we pɔsɪn nɔ  
ɛbul fɔ kɔntrol, en fɔ vɛks Mɔnki de blo 32 tɛm insay wan  
minɪt we yu kɔmpia am to 18 tɛm nɔmɔ insay wan minɪt fɔ  
wan mɔtalman ɛlifant, tɔtɔ, snɛk, en ɔda animal dɛn we dɛn  
nɔ sɛ dɛn kɪn liv lɔŋ, kɪn blo sloslo pas mɔtalman Fɔ  
ɛgzampul, wan big tɔrtɔs we de liv fɔ tri ɔndrɛd ia nɔmɔ kɪn  
blo 4 tɛm insay wan minɪt

Frɔm di buk: Di Filɔsofi fɔ India insay di Layf fɔ wan Yogi  
Na Paramhansa Yogananda rayt am: ɔtobayografi fɔ

wan Yogi

Bɪkɔs i nɔ pɔsɪbul fɔ mɛk pɔsɪn ɛbul fɔ du ɛnɪtɪn we gɛt fɔ

du wɪt sɔntɪn

ɔ fɔ mɛk ɛnɪ prɔgrɛs pan ɛnɪ wok

If wɪ nɔ gɛt frɪdɔm pan Gɔd biznɛs

ɔ gayd en sɛns frɔm Gɔd

Lɛ wɪ rayz, fɔs en las en ɔltɛm

Vas dɛn fɔ tɛl Gɔd tɛnki en tɛl tɛnki

Fɔ mɛk wɪ wok pafɛkt

En fɔ kɔmplɪt am di bɛst we aw wɪ ɛbul

En sɔ dat wɪ go fil di gladi at we wɪ gɛt fɔ du sɔntɪn

Wɪt wan nyu surj fɔ ɛnaji en ɛnjɔɪmɛnt

Wɪt ɔl mɪ tɛnki en tɛnki

To di say we ɔl gud tɪn kɔmɔt

Pan ɪn blɛsɪn dɛn we nɔ bɔku

We de ɔva wɪ ɛvrɪde na wɪ layf

Bɔku tɛm wɪ kɪn tɛk dɛn blɛsɪn dɛn de as wɪ rayt

Pan ɔl we bɔku bɔku pipul dɛn na dis wɔl nɔ gɛt am

ɛnɪtɛm we wɪ kɪn tɛl Gɔd tɛnki fɔ ɪn blɛsɪn dɛn

Di mɔ gudnɛs en blɛsɪn dɛn we wɪ de gɛt

.If yu gladi, a go mɔs ɪnkrisayz yu [ɪn favɔrɪt]

{Gi wɪ dis de wɪ brɛd we wɪ kɪn ɪt ɛvrɪde}

Lε wi mεmba se na in de tek ɔltin na layf  
Bɔt, na tru se na in de mis di target  
We wi tεl tεnki wit ɔl wi at, dat kin mek wi gεt kolat na

wi at

I de mek pɔsin gladi εn gεt kolat  
Wi kin fil se Gɔd de nia wi  
Di we aw i bisin bɔt wi εn di sɔri we i gεt fɔ wi  
If wi liv laik dis  
En wi bin tek dis rod  
Wi go rich wan sublaym stet  
Frɔm brayt, gud tinkin  
En di filin we pɔsin kin fil we i de nia Gɔd  
Dat na fayn fayn kes  
I gεt pis, gladi-at, εn rεfreshment  
We di sol fil da spiritual kɔnekshɔn de  
Strim dεn we gεt gladi-at de flɔ to am  
I kɔmɔt frɔm di divayn prezεns  
Dɔn Gɔd kin bi di trut we impɔtant pas ɔl na wi layf  
Wi kin ebul fɔ dil wit tin dεn we de apin εn nyu tin dεn  
we de apin  
If na so i bi, lɔv kin bi rial tin  
et na klin ilyushɔn  
Na bikɔs Gɔd na lɔv  
No impɔtant εgzistens nɔ de  
Eksept fɔ In wan insay dis εgzistens  
Drim εn ilyushɔn dεn  
Biεn di blankit we gεt op fɔ de na dis wɔl a bin de ledɔm  
fɔ long tεm  
A bin drim se a sidɔm na wan fayn fayn tron we gεt fayn  
fayn sidɔm ples  
Mi fes bin de fayn wit wan bɔkul we de mek a smayl  
Bɔt di tεm dεn we dεn bin de laf εn gladi nɔ bin las fɔ  
long tεm  
Bifo dat, dεn bin dray εn skata wan afta di ɔda wan  
Dɔn a si misεf rap wit rɔtin we dɔn rɔtin

En i bin stret pan di harsh rɔk dɛn we po  
Insay di grip fɔ bad bad prɔblɛm ɛn sɔfa  
A kray bad bad wan  
Bɔt mi kray wata bin de rɔn  
En nɔbɔdi nɔ de fɔ luk ɔ kɔrej am  
Di wɔl bin waka bifo mi ɛn luk mi wit mɔk kwayɛt  
!Mi at bin de ala, de aks fɔ yu ɛp, O Gɔd  
En as mi beg dɛn we nɔ de taya de rich na yu dip dip  
ples

I bin dɔn wek mi  
En wit gladi at we a bin rili gladi, a bin si se a sef ɛn sef  
bifo yu  
Away frɔm di grip fɔ kɔnfyus ɛn kɔnfyus dichotomies  
Oh Lord, a wish se yu go wek ɔl mɔtalman  
Frɔm wan wɔl we pipul dɛn de smayl drim bɔt jɛntri ɛn  
!po we de kray  
Deliver dem, O Dream Maker, frɔm di bad bad drim dɛm  
fɔ day

En ridyus wit dɛn di awareness fɔ sote go  
- En blɛs dɛn so dat dɛn go no - tru pis we go de sote go

Di bad bad tin dɛn we kin apin we pipul dɛn de ful pipul  
dɛn na dis wɔl

!Dɛn nɔto natin pas drim ɛn ilyushɔn  
Suprim inspekshɔn dɛn  
**O Gɔd we mek ɔltin**  
**O Masta fɔ di Yunivas**  
**O Yu we de manej ɛn mek di planɛt dɛn, sta dɛn,**  
**ɛn galɛksi dɛn begin fɔ muv**

**Yu jɔs rul se yu fɔ gi yu sitizin dɛn fridɔm fɔ disayd**  
**fɔ du sɔntin ɛn fridɔm fɔ disayd fɔ du sɔntin, ɛn dis go**  
**ɛp dɛn fɔ divɛlɔp dɛnsɛf ɛn kam nia yu oli prinsipul ɛn**  
**tin dɛn we yu want fɔ du**

**Yu dɔn gi wi fridɔm we go de sote go ɛn plant**  
**insay wi di sid dɛm fɔ yunivasal kɔnshɛns Bɔt i sɔri fɔ**



**no se, wi dɔn shak wi yunivasal kɔnshɛns biɛn di bar  
dɛm fɔ selfishness, et, narrow-mindedness, ɛn blaynd  
fanaticism**

**Masta, ɛp wi fɔ mɛlt - wit wi wam lɔv ɛn brɔda  
ɔndastandin - ɔl di atifishal, ays barɛri ɛn tin dɛn we  
de ambɔg wi ɛn ɔda pipul dɛn**

**ɛp wi fɔ yuz kɔnshɛns we de wach ɛn tink gud wan  
fɔ kɔntrol wisɛf ɛn fɔ waka stret na di rod dɛn we de  
na layf**

**ɛn blɛs wi fɔ multiply wi spiritual richness ɛn wi  
empathetic compassion bay we wi de expand di sɛklɔ  
fɔ wi nashɔnal lɔv fɔ inklud ɔl di pipul dɛn we de na di  
wɔl, ilɛksɛf dɛn kɔlɔ, klas, man ɔ uman, ɛn biliv**

**O Masta fɔ di Yunivas, lɛ wi rɛspɛkt ɛn cherish di  
indipɛndɛns fɔ ɔl mɔtalman we dɛn bɔn fri**

**ɛn blɛs wi so dat wi go bil wan wɔl we gɛt wanwɔd  
ɛn pik yu fɔ bi wi spiritual lida fɔ layf**

**Frɔm di dip dip ples dɛn na di sol**

**Oh Lord, mek di embers of mi longings glow**

**Yu oli prezɛns de ɔltɛm**

**A dɔn bil tɛmpul fɔ di tin dɛn we a want**

**Insay ɛvri wan pan mi aydia dɛn**

**Yu go duya visit mi?**

**En yu sidon pan di throne of mai lov fo yu?!**

**Mek mi tinkin fala yu waes gayd**

**Mek yu bi di big big gladi at na mi layf**

**Frɔm di get fɔ tink bɔt Gɔd ɛn tink bɔt am**

**A go go insay di Tɛmpl fɔ Sastaynɛbul Pis**

**Tide a go layt wan bɔndɛl stik fɔ ripresent wɔri ɛn  
fred**

**Fɔ mek Gɔd in tɛmpul layt insay mi sol**

**A go luk fɔ Gɔd na di say we mi sol de mi wan**

**ɛn a go pre wit ɔl mi at te mi at bit wit lɔv fɔ am**

**ɛn a de fil In ansa to mi prea dɛn**

**Oh, if na di spak na mi layf nɔmɔ bin ebul fɔ miks  
wit Gɔd in san**

**En i de flash na ɔl di yay dɛn we lɛk gud  
A go sprinkul di wɔl we wɔ dɔn skata  
Wit tink bɔt pis en lɔv  
A go go insay di divayn oli ples  
En a de tɔch di kɔsmik kɔnshɛns  
Tru di gladi at we pɔsin kin gɛt we i de tink gud  
wan en we Gɔd lɛk am**

**Divayn protɛkshɔn de rawnd mi ɔltɛm en sote go  
En Gɔd in layt de go wit mi en pul di daknɛs we de  
rawnd mi**

**As lɔng as a de waka insay In layt we de gayd mi,  
a nɔ go stɔp**

**A nɔ go kɔmɔt na di rayt rod  
Imɔshɔn dɛn we de liv  
O Spirit fɔ ɛgzistens en Masta fɔ di Yunivasiti dɛn  
Yu de biɛn mi yay, we a de si yu fayn fayn tin dɛn  
we yu de si**

**En biɛn mi yes, we a de yuz fɔ lisin to di miks we  
di sawnd dɛn we de na di wɔl de miks**

**Yu de biɛn mi tɔch, wit we a de fil tin dɛn na yu  
wɔl wɔl**

**En pas di vel we nature de ayd yu fayn fayn fes  
A de si yu na di kɔmfɔt we di flawa dɛn de luk  
En a de test yu insay di flawa fɔ it we de gi yu tin  
fɔ it**

**A de sɛns yu divayn ɛsin en yu swit we go de sote  
go**

**Insay ɔl di gud tin dɛn en wɔndaful tin dɛn we de  
A de pre to yu, Masta, en yu de biɛn mi vɔys we de  
shek shek**

**En biɛn mi maynd, we a de pre wit  
Yu pas di dip filin we a de fil  
Bifo mi oli tink en aspireshɔn en mi lɔng fɔ yu**

**Yu pas mi riflekshon en pas mi tenda lov!  
Oh, if na yu bin fo komot bien di vel den we  
motelman de fil  
En di fayn fayn tin den we de apin na di wol  
Opin mi spiritual yay so dat a go si yu jos lek aw  
yu de!**

**Layf we God no de, no komplit  
We wi konekt wit God, intuitiv ondastandin go  
inspekt wi en gayd wi pan oltin we wi de du  
Wi fo konsheens fo get da blesin pawa de Da pawa  
de insay wi; wi jos nid fo pul am komot na do**

**Yu go si se dis pawa de wok pan oltin fo mek yu  
sikostems bette en mek tin izi fo yu We yu konekt wit  
dis pawa, yu welbodi go puls wit kosmik enaji, en yu  
tinkin go bi mo rifin, fos, shap, en penetratin Yu go no  
se yu sol na vessel fo God in trut we de alayv en In  
sens we no de don**

**God na di sos we de gi welbodi, prosperiti, sens, en  
gladi at we go de sote go We wi konekt wit am, wi layf  
kin komplit en fulfil**

**Laif we God no get no komplit Wi fo tink bot da  
pawa we pas ol we de gi wi layf, trenk, en sens**

**Wi fo pre mek dis trut flo insay wi maynd, dis  
trenk go flo insay wi bodi, en dis gladi at we no de don  
insay wi sol**

**Bien di daknes we di yay den we den lok, de di  
wonderful pawa den we de na di wan ol wol, en ol di  
gud sol den en di nobul spirit den**

**En di buku buku say den we di sol get we no get  
end**

**If yu tink gud wan, yu go no di trut we rili tru en  
yu go si di wonderful wok we i de du na yu layf en ol di  
tin den we wonderful en we get glori pan di tin den we  
God mek**

**Na di rod den we posin kin want fo du scontin**

**Gɔd de kɔl mi  
Tru di sol dɛn we opin  
Ɛn fayn at dɛn we de bit wit lɔv  
Ɛn i ful-ɔp wit fet  
Ɛni gud tin we di disaypul du  
In awareness na wan step klos  
Frɔm di trɛshɔld fɔ kɔsmik kɔnshɛns  
Mek a go insay, Masta  
Fɔ si yu divayn fayn fayn tin dɛn  
Ɛn a gɛt blɛsin fɔ si una layt dɛn we de shayn  
If na Yu divayn sɛns de gayd mi layf  
So, di tray we a de tray go mɔs bi krawn wit  
sakrifays**

**A nɔ go go rɔng  
O Masta, blɛs mi so dat mi vishɔn go klia  
Mi sol dɔn klin  
Dɔn i si di san fɔ tru  
Ɛn a kin gladi fɔ no di trut  
Tide a go fɔgɛt di prɔblɛm dɛn we a bin gɛt trade  
A go fes di tin dɛn we de apin naw ɛn di tin dɛn we  
gɛt fɔ apin tumara bambay  
Wit bold ɛn kɔnfidɛns, wit di ɛp fɔ di ɔlmayti  
A go chaj mi bɔdi wit kɔsmik ɛnaji  
Ɛn a de was mi bi wit di hiling layt fɔ divayn  
kɔnshɛns**

**Lɛk wan kɔsmik nɛbula  
Pis de ful mi kɔnshɛns  
Ɛn i bin fil se Gɔd de wit am we nɔ gɛt ɛnd  
O Masta, mek mi sɛns  
Fil mi mental vessel  
Wit ɔndastandin ɛn no  
Mek di layt fɔ yu lɔv shayn  
Na di rod dɛn na mi layf  
Na di Blu Ayland dɛn we de na di ayland dɛn**

**From mi bolkon, a luk di west, en flay pan di wing  
den we a de imajin go na di shore den na di fa fa  
crayzin Na mi rayt en left, a si tu mawnten den we no  
tu te, ton to wan mistirious pepul kol**

**We a luk bak, wan an we a no si bin don koba den  
wit wan vel we get dip blu Bien mi, di siti na  
Gwadalajara bin de, we bin don was insay di twilayt Di  
ista skay bin don tint naw wit soft pink We a luk bifo,  
mi yay si wan majik siti we get blu ayland den we de  
flot insay wan lek we get gold**

**Insay dis akipelago we get majik blu ayland den,  
wan big big il we get blu laymston bin rayz, we grey-  
wayt volkeno klawd den bin de rawnd am we bin de  
spit giza den we get faya red-gold lava, we bin de ron  
slan lek renbo to di kwayel lek Intens gold flawa bin  
koba di blu ayland den insay layt we de bon**

**Di blu pik en in krawn we get faya bin de sho lek  
twin den na di say we da gold lek de we no get natin  
En na di rayt say, wan smol lek we kwayet bin de  
shayn, we bin de nia wan pan di blu ayland den brast  
lek ful mun we de swim midul wev den we get klawd**

**A bin de waka fo long tem na di siti usay di san de  
go don en klawd den we tan lek mirej, we de flot na di  
lek wit in fayn fayn gold layt En aw den gold wata den  
de we get red ays grup den we skata olsay te to di edj  
fo sote go**

**A bin tink se pipul den we get layt na gud sol den  
na dis wol, en afta den don pas ol di test den na layf  
fayn fayn wan, den bin alaw den fo enjoy densef en  
mek den drim den lek aw den want**

**Evride we di san de go don, den pipul den de go  
mek den drim den na evin mo en mo na siti den we get  
si en lek den we get gold rawnd am**

**Na de en bien di grip fɔ sɔri-at en biyɔn di trap dɛn  
fɔ dis wɔl we de na dis wɔl wit ɔl in bad bad tin dɛn en  
pen dɛn**

**Na de, pas di anɔyntɛd dɛn, dɛn pipul dɛn de bin  
de blo rɛd layt, drink ɔrɛnj rayt, muf go fa, kam nia,  
waka waka, en swim midul layt dɛn we gɛt bɔku bɔku  
kɔlɔ dɛn**

**Na ya, dɛn pipul dɛn de go rili no dɛn drim wantɛm  
wantɛm en embodi dɛn fantasi as dɛn want, dɔn dɛn  
go sɔlv en lɔs we dɛn want**

**Na ya i bin de ɛnjɔy di jɛntri dɛn we de mek i  
satisfay en satisfay, en i bin gi ɔl di wan dɛn we bin de  
kam fɛn am na in wɔndaful, majik wɔl, dɛn drim dɛn  
wit fri-an**

**Na ya, i nɔ bin gɛt fɔ wet en want lɛk mɔtalman fɔ  
mek in drim dɛn kam tru en wetin i want fɔ apin, bɔt i  
bin de drim lɛk aw i want en i bin ebul fɔ du ɔl dɛn  
drim en wish dɛn de bay in yon wil**

**Da siti de we di san de go dɔŋ na di Ayland dɛn fɔ  
Drim na bin wan pan mi drim dɛn we bin de te na di  
fold dɛn na di sabkɔshɔs, en tide i dɔn kam tru pan  
ɔltin!**

**Fɔ tru, a dɔn si di trɔs en jɛntri dɛn we ayd na mi  
sol, en dɛn layt dɔn pas mi en dɛn braytnɛs dɔn mek a  
de shayn!**

**Paramehansiat: Spektrum dɛn fɔ Divayn ɛkstasi  
O Masta, fɔ put yusɛf dɔŋ na di we we shɔ pas ɔl  
Fɔ gɛt di ren fɔ Yu divayn sɔri-at**

**A go put mi trɔst pan yu divayn jɔstis en pan di  
prinsipul dɛn fɔ tru**

**Fɔ no se yu de ansa di kɔl fɔ lɔv en di tin dɛn we  
yu at want**

**Insay klos kɔpɔreshɔn wit yu ɔl wil  
En wit mi absoliut fet in yu  
A go gɛt yu ɛp en fil se a de nia yu**

**Tide a go du mi duty towards yu  
Jɔs lɛk aw a de du wetin a fɔ du to di wɔl  
O Di Wan we Dɛn Lɛk pas ɔlman  
Yu na di ethereal echo we de reverberate in di  
sanctuaries of hearts**

**En yu na di vɔys fɔ filin dɛn we yes nɔ kin ebul fɔ  
pik**

**We yu gɛt blɛsin wit yu lɔv, dat pas dat pas dat  
we yu nɔ go ebul fɔ mɛzhɔ**

**Frɔm ɔl di tin dɛn we pipul dɛn de tink bɔt na di  
wɔl**

**En ɔl di glori dɛn we de na dis wɔl**

**Wit mi absoliut fet in yu**

**A de si di shado dɛm fɔ di sik de fade en go we nɔ  
de kam bak**

**A go si yu, Masta, frɔm di winda dɛn na di nature  
en di domɔt dɛn fɔ pis**

**Shawa wi wit yu blɛsin dɛn**

**En put wi insay di wef dɛn fɔ Yu kɔsmik enaji**

**Kip di we aw yu de tink bɔt yusɛf nɔmɔ, nɔ de nia  
wi**

**We de mek sol dɛn nɔ de kam nia dɛnsɛf**

**En dɛn mitin bin de bikɔs dɛn lɛk gud en layt**

**Mek a wata di flawa dɛn we a de beg mi**

**Wit di wata we de tink bɔt Yu en tink gud wan bɔt  
Yu, O mi Gɔd**

**So dat nyu flawa dɛn we gɛt layf go gro**

**Frɔm inspekshɔn, pis, en gladi at**

**Di wangren we fɔ avɔyd fɔ du bad na fɔ gɛt gud  
sɛns fɔ no se pɔsin dɔn du bad en disayd nɔ fɔ du am**

**Wan rɔng fɛt ɔda nɔ de prodyuz rayt Ignorance na  
mɔtalman in tru enimi en dɛn fɔ drɛb am kɔmɔt na dis  
wɔl Wi gɛt ɔl wetin wi nid na dis wɔl fɔ usher in wan ej  
we prɔsperiti, gladi at, en pafɛkt jɔstis**

**Di wangren tin we de ambog na motalman selfishness, we de mek dis no posibul Terrible en unjustified sofa na bikos motalman selfishness en de pursuit of self-interest we no de tink bot oda pipul den**

**Moni we den kin yuz fo fid en klos di wan den we nid ep, insted den kin yuz am fo pwel en pwel Dis selfishness, we den bon from ignorance, na di rut koz fo di global problem den**

**Olman tink se den de du di rayt tin, bot we den de du den yon gol den nomo, den de mek di karma lo fo koz en efekt, we go mos pwel den yon gladi at en oda pipul den gladi at**

**Di mo we a de si di bad bad tin den we de apin na di wol we motalman no no natin, na di mo a de no se gladi at no go las ilaksaf den mek di strit den wit gold**

**Gladi at de fo mek oda pipul den gladi, en if olman du dat, olman go gladi**

**En olman go get in pat pan di buku buku tin den we de na di wol**

**Bikos wi komot na dis wol usay wi no no, na normal tin fo le wi de wonda bot wetin mek layf begin en wetin mek wi de liv wi layf**

**Wi de yeri en rid bot wan posin we mek dis wol, bot wi no no aw fo rich to am Ol wetin wi no na dat di wan ol yunivas de pred se in divayn maynd de**

**Jos lek aw di smol en prexis pat en divays den we de na smol wach kin mek wi kole di posin we mek wach, en jos lek aw di big en kompleks mashin den na faktri kin mek wi soprayz en kole di posin we mek den, na so we wi si di wondaful tin den we God mek, wi kin soprayz wit di sens we ayd bien den, en wi kin aks se: "Udat gi di flawa wan shep we get layf we i de fes di san? komot from?"**

**Na net, di sta den en di mun, we de skata den silva layt rawnd wi, de mek wi tink bot di konsheins we de**



gayd den selestial bɔdi ya na di big big spes Di mun in saful layt nɔ go du fɔ di tin den we wi de du evride, ɛn so wan maynd we gɛt sɛns ɛn saful saful de sho se wi fɔ rɛst na nɛt Dɔn di san de kɔmɔt, in brayt layt de alaw wi fɔ si di wɔl we de rawnd wi wit klia wan ɛn serenity, ɛn wi tek am pan wisɛf fɔ fulfil wi nid den

Tu we de fɔ fulɔp wi nid: di we aw wi de liv wi layf ɛn di we aw wi de fil we wi de na di spirit We wi wɛlbɔdi de pwɛl, fɔ ɛgzampul, wi kin go to dɔktɔ fɔ tritment Bɔt tɛm kin kam we dɔktɔ ɔ ɛni ɔda pɔsin nɔ go ebul fɔ ɛp, ɛn wi kin tɔn to di sɛkɔn we; to di spiritual pawa we mek wi bɔdi, maynd, ɛn spirit

Matirial pawa nɔ bɔku, ɛn we wi nɔ ebul, wi kin tɔn to Gɔd in pawa we nɔ gɛt limit Dis kin apin bak to wi mɔni nid den We wi du wi bɛst ɛn stil nɔ gɛt inof, wi kin tɔn to da pawa de

Olman tink se den prɔblɛm na di wɔs Sɔm pipul den kin fil mɔ prɛshɔn pas ɔda pipul den bikɔs den resiliɛns wik Bikɔs ɔf difrɛns pan pipul den maynd trɛnk, den kin spɛn difrɛn ɛnaji If pɔsin gɛt prɔblɛm we pasmak ɛn in maynd wik, den nɔ go ebul fɔ win am Di wan den we gɛt pawaful maynd kin win den prɔblɛm bay we den brok di tin den we de ambɔg den ɛn shek den fawndeshɔn Yet, ivin di wan den we strɔng pas ɔ pipul den kin gɛt fɔlt sɔm tɛm We wi mit wit bɔku bɔku prɔblɛm ɛn prɔblɛm den we kin apin na wi bɔdi, wi maynd, ɛn na Gɔd in yay, wi kin no aw layf pawa nɔ bɔku na dis wɔl we wi gɛt

Wi nɔ fɔ jɔs de tray fɔ gɛt gud wɛlbɔdi ɛn fɔ gɛt tin den we wi nid, bɔt fɔ fɛn di minin fɔ layf

Wetin na di rizin fɔ wi layf? We prɔblɛm den kin ambɔg wi, wi kin fɔs tɔn to di tin den we de arawnd wi, tray fɔ ajɔst ɛvri pɔsibul matirial we wi biliv se go gi wi rilif Bɔt we wi rich na wan say we nɔ de ɛn se, "Ol di tin den we a dɔn tray fɔ du nɔ wok, wetin mɔ a go

**du?" wi bigin fɔ tink siribz wan fɔ fɛn wan fayn solv fɔ  
wi prɒblɛm ɛn we wi tink dip inɒf, wi kin fɛn di ansa  
insay wisɛf Dis na wan we fɔ ansa prea**

**Insay di stil we mi sol stil de**

**Mek a mit yu, Masta!**

**Possess mi, ɛn mek a fil yu prezɛns we go de sote  
go**

**Insay mi ɛn rawnd mi**

**Insay di solitude we a de tink, a kin want fɔ yɛri  
yu vɔys**

**Kip di lawd nɔys dɛn na di wɔl fa frɒm mi**

**Ayd insay mi memori**

**A go lɛk fɔ lisin to yu vɔys we kol ɛn we de mek yu  
fil fayn**

**ɛn di sinman de ɔltɛm na di kwayɛt na mi sol**

**Mi Gɒd, usay Yu de ɔlsay**

**Yu fɔ de de**

**Dip insay mi bɔdi ɛn mi kɒnshɛns**

**ɛp mi fɔ sho ivin smɔl pat**

**Frɒm di valyu tin dɛn we ayd na mi spiritual mayn!**

**O layt we de shayn**

**Mi at de wek**

**Mi maynd wɛlbɔdi**

**Ful mi spiritual tɛmpul wit yu glori**

**O Nɒt Sta we go de sote go!**

**ɛnisay we a bin de waka ɛn aw a bin de tɒn**

**Di magnetik kɒmpas nidul na mi maynd de  
kɒntinyu fɔ pɔynt to yu**

**Ilɛksɛf di briz we de mek bad bad tin dɛn de blo yu  
ɔ we di ren we kin kam we tin tranga ɛn bad bad  
tin kin wet**

**Bɔt dɛn bin de gayd mi maynd**

**Fɔ tɒn to yu ɔltɛm**

**Mi bɔd we a lɛk, we de bit in wing**

**Midul di klawd dɛn we gɛt kɒnfyushɒn**

**en di big big briz den we kin mek pipul den  
konfyus**

**I go mɔs fɛn in we fɔ go to yu  
Trade trade  
Na di at fɔ di ɛtɛ  
We wi kam na di wɔl as spirit  
Wi ɔl bin de slip  
ɔnda di blankit we Gɔd lɛk  
En we Gɔd wek wi  
Wi drayv go fa frɔm am  
ɔs lɛk aw i bin de na di stori bɔt di bɔy pikin we  
bin lɔs in prɔpati**

**Wi dɔn fɔget di divayn bond of kinship bitwin wi  
Wi bin bi strenja to wisɛf  
En bikɔs wi dɔn lɛf wi os na ɛvin  
Wi dɔn bi na dis wɔl  
Travulman den we de travul na di kɔna den na di  
wɔl**

**Wi de waka di rod den we destiny de  
Wi dɔn go tu fa  
Wi dɔn muf go fa frɔm di say we wi bin de fɔs  
Aweva wan wan tɛm  
Sɔm ples, ɛkspiriɛns, ɛn fes kin wek wi  
Mɛmori den we den bɛr ɛn dip insay filin den  
I de wispa to wi  
Wi kin fil lɛk se wi de ɛkspiriɛns ɔltin nyu wan  
Tin den we wi bin dɔn no  
Wi kin mit ɛn kɔnɛkt wit di wan den we wi lɛk  
Wi bin de nia den  
Insay di tɛm we bin de fa fawe  
O Wan we mek di wan ol wɔl  
Yu layt de shayn insay di big wan den  
Mek di divayn no we den gɛt mek wi ɔndastand  
Lɛ wi no se na yu na di men gol  
Wetin wi de tray fɔ du**

Di big big tin we pɔsin want fɔ du  
We wi de aspir fɔ ajɔst  
Refresh wi wit di fragrant briz we yu de blo  
Ful wi wit longing fɔ yu glori prezɛns  
Mek wi bi nourished by Yu divain waes  
Mek wi fil yu oli layt  
I de ɔlsay na wi layf  
Ɛn i de mek wi mekɔp wi maynd mɔ ɛn mɔ  
Ɛn i de pul wi daknɛs  
Ɛn mek pis de kɔba wi  
ɛn fɔ gɛt op  
Ɛn di want fɔ du gud tin dɛn  
Bitwin di Prins ɛn di Ɛnlayt Ɛmit

Wan tɛm, wan prins we bin de rul wit pawa bin go  
ɔntin wit in savant dɛn ɛn in atɛndant dɛn, we bin gɛt  
ɔl wetin dɛn nid ɛn we gɛt wɛpɔn Dɛn bin go dip dip  
wan na di fɔrɛst, dɛn bin de blo ɔn ɛn bit drɔm

Afta we di prins ɛn di wan dɛn we bin de wit am  
dɔn ɔntin sɔm bɔd dɛn, diya dɛn, ɛn tayga dɛn we gɛt  
wamat, dɛn kam fɔ no se dɛn dɔn lɔs dɛn rod

Dɛn bin gɛt bɔku it bɔt dɛn nɔ bin gɛt wata Pan ɔl  
we dɛn nɔ bin taya fɔ luk fɔ wata na di fɔrɛst, dɛn nɔ  
bin fɛn ɛni wan Dɛn nɔ bin gɛt say fɔ atak dɛn frɔm di  
atak dɛn we di wayl wayl animal dɛn we bin de na nɛt  
bin de atak dɛn, as daknɛs bin de kam nia kwik kwik  
wan

Di san nɔ de igen, ɛn di prins we bin de bifo di  
karavan, kam na wan ol os we dɔn pwɛl Afta i dɔn  
kɔmɔt na di ɔs, i push opin di domɔt we nɔ lɔk ɛn go  
insay di hut Ɔltin insay bin dak pas wan layt we de  
shayn na wan pan in kɔna dɛn, ɛn i tink wit pwɛl at se,  
"Ivin di hut nɔ gɛt pɔsin".

Bɔt bikɔs op bin de drɛb am, i kɔl se, "Pis Ɛnibɔdi  
de ya?"

I bin sɔprayz bad bad wan we i yeri wan vɔys we kol de ansa am wit kol at, se: "Yes, a de ya Yu de luk fɔ wata?"

Di prins bin de luk fɔ smɔl tɛm na di daknɛs te i si di gɔst fɔ mɔtalman, ɛn i bin sɔprayz se di man no wetin i de tink ivin bifo i mit am ɔ no am

Di prins aks in ɔs se, "Udat na yu?" Di ɔs ansa se, "A po ascetic devoted to God".

Di ɛmit layt wan lamp ɛn di prins kɔl in ɛntourage, ɛn dɛn fil big gladi fɔ fɛn wata ɛn frut na da rimot fɔrɛst de

Di prins aks di ɛmit se, "Yu nɔ de fred tayga ɛn snek?"

Di hermit sheikh ansa se: "Fɔ tru, tayga na mi pet pusi, ɛn snek na pis to mi Wi na padi dɛn we de ɔltɛm bask insay di san fɔ Gɔd in lɔv we de shayn pan ɔltin na dis ɛgzistens".

As di prins de luk di ɛmit mɔ, i bin fred we i si wan pe kobra we de dangle frɔm di ɛmit in nɛk We i kam nia fɔ kɔnfɔm wetin i dɔn si, di snek dɛn his ɛn swɛt, dɛn de flɔf dɛn ed, bikɔs dɛn bin no di shek we de shek shek we dɛn de fred ɛn di pɔsin we want fɔ pe bak we de lurk insay di prins in at

Pantap dat, da tɛm de wan pan di fɔrɛst tayga dɛn go insay di hut ɛn ledɔm kwayɛt wan nia di ɛmit in fut Afta di man we Gɔd kɔrej am ɛn pat in ed, di tayga kɔmɔt kwayɛt wan, ɛn go na di at na di fɔrɛst

Di prins we prawd bin tink to insɛf se, "Dis ol man fɔ bi pɔsin we de du wetin rayt ɛn we gɛt gud at, bikɔs i bin protɛkt wi frɔm wayl animal dɛn ɛn tɔsti we de kil wi As blɛsin fɔ wetin i du, a go mek i jɛntri" Dɔn i tɔk to di ɛmit, ɛn se:

"O Sheikh, yu fes de shayn wit gudnɛs ɛn sinsi, ɛn a gladi fɔ ɔl wetin yu dɔn du fɔ mi ɛn mi ɛntourage So,

**a want fɔ trɔs yu sikrit we yu go yuz fɔ jɛntri ɛn jɛntri  
Dis sikrit we a de sho fɔ di fɔs tɛm, ɛn na to yu nɔmɔ".**

**As i tɔk dɛn wɔd ya, di prins tek wan ston ɔnda in  
klos ɛn kɔntinyu fɔ tɔk ɛn se:**

**"A wan trɔs yu wit dis famili trɔs Na di Filɔsofa in  
Ston, ɛn sɔntɛm yu go jɛntri bay we yu yuz am Dis  
ston de mek gold, ɛn na wan pan di big big alkɛmist  
dɛn gi mi papa I gɛt di abiliti fɔ tɔn ɔltin we i tɔch to  
klin gold Yu kin yuz dis ston fɔ wan ol ia ɛn tɔn ston to  
gold, dɔn sɛl dɛn fɔ bay yusɛf wan pales we gɛt gold A  
go kam." bak to yu afta wan ia fɔ kam fɛn yu ɛn tek mi  
ston, we a tek am se i valyu pas mi layf".**

**Di ɛmit nɔ bin want fɔ tek da risponsibiliti de, bɔt  
fɔ ansa di prins in kɔntinyu fɔ ɛnkɔrej am, i gri fɔ kip  
di filɔsofa in ston Di prins si di ɛmit nɔ tek tɛm put di  
ston ɔnda in bɛlt (we pipul dɛn bin de put dɛn mɔni  
bikɔs dɛn de fred fɔ mek pipul dɛn we de tif am!), dɔn  
di prins go na in rod**

**Wan ia afta dat, di prins kam bak wit in  
entourage, i bin de op fɔ si wan fayn fayn pales  
instead ɔf di hut we bin dɔn pwɛl Bɔt i bin disapɔynt  
we i si se di hut stil tinap ɛn in kɔndishɔn wɔs pas aw i  
bin de bifo So i kɔmɔt na in ɔs ɛn push di domɔt opin,  
ɛn kɔl na di tap pan in vɔys: "Yu stil de alayv, ɛmit?"**

**Di ɛmit ansa wit strong ɛn dip vɔys se: "Yɛs, prez  
fɔ Gɔd, O Prins Welkɔm to mi ɔmbul os".**

**Wantɛm wantɛm ɛn witout preamble, di prins ala  
se: "Wetin bad wit yu, man? Wetin yu du wit di  
filɔsofa in ston we a lɛf wit yu? Wetin mek yu nɔ yuz  
am fɔ jɛntri?"**

**Di ɛmit tink fɔ smɔl tɛm ɛn afta dat i ansa se:  
"Wetin na dis filɔsofa in ston we yu de tɔk bɔt, ɛn  
wetin yu min we yu se a fɔ jɛntri? Fɔ tru, a nɔ want fɔ  
jɛntri pas mi".**

Panik bin seiz di prins, i tink se di ol emit dɔn lɔs in ston bikɔs i nɔ bisin bɔt am, ɛn i tɔk wit vɔys we tint wit beg se: "A min di prɛshɔ filɔsofa in ston we yu put ɔnda yu bɛlt wan ia bifo? [ɛdi, wit yu bɛlt], tɛl mi wetin yu du wit am?"

Di emit ansa se: "Na so i bi rayt naw a mɛmba yu prɛshɔ ston Wan de a bin de dip tink bɔt Gɔd we a go was na di riva, ɛn a tink se di ston slip na mi klos ɛn di wata swɛla am Mek yu sef".

Di prins kray wit di tɔp pan in vɔys se, "O, mi lɔs we nɔ go ɛva chenj! A dɔn lɔs ɔltin!" ɛn i bin lɛf smɔl fɔ lɛ i fɔdɔm frɔm sheer astonishment Di emit splash kol wata na in fes ɛn gi am layf bak, we di prins in ɛnchman dɛn bin de kam nia di sheikh, dɛn yay bin de bɔn wit bad at, de tray fɔ du am bad Bɔt di emit laf ɛn se, "O, Yu Aynɛs, we gɛt da kayn ay ay pozishɔn de, a nɔ bin no se yu go rayz da kayn fus de oba wan ston Kam wit mi na di riva, ɛn a go du am luk fɔ yu ston en trai fɔ fain am".

Di prins ansa se, "Yu dɔn lɔs yu maynd? Yu want fɔ luk naw fɔ wan ston we fɔdɔm frɔm yu ɛn di kɔrɛnt dɔn swip am wan ia bifo?"

Bɔt di emit nɔ pe atɛnshɔn to in wɔd dɛn, ɛn ala pan am se: "Smɔl Prins, nid nɔ de fɔ ɔl dis fus Wet te wi luk fɔ di ston na di riva Kam wit mi, una ɔl"

I tan lɛk se ɔnda spɛl, di prins ɛn in ɛntourage ansa di ermit in transparent magnetism ɛn dɛn fala am kwayɛt wan go na di riva De, di emit aks di prins fɔ pul in hankef na in poket, ol am bay in 4 kɔna dɛn, ɛn dip am insay di riva, ɛn pre so:

"O Prins fɔ Prins, Kiŋ fɔ Kiŋ, ɛn Meka ɔl Filɔsofa dɛn Ston, gi mi bak mi ston".

I nɔ tu te we di prins dɔn du dat ɛn es in hankef frɔm di wata, i sɔprayz fɔ si wit in yay we nɔ biliv pas twɛnti filɔsofa in ston dɛn, we fiba di prɔpati dɛn we di

**original wan we i bin los We i test eni wan pan den, i kam fo no se eni wan pan den kin chenj ordinary bich ston den to gold Don Di prins tay di ston den na di hankef en trowe am di bondel insay di riva**

**Di emit en in entourage ala pan am se, "Wetin mek yu du dat?" Bot di prins luk God in man, butu bifo am wit respect en se:**

**"A want, sa, fo get wetin yu get di wan we de tek ston we de mek gold as ston we no get wan valyu".**

**En so di prins lef in kingdom na dis wol fo lan from di ol man we get sens aw fo get di kingdom fo di spirit, we no de insay di spes en we no de onda di annihilation**

**Di moral fo di stori na dat, ilksesf i tan lek se di jentri we de na dis wol get valyu, na fo shot tem noma en den fo lef am bien na dis wol we no get wan valyu we di bodi go bi kol, bodi we no get layf**

**Bifo wi yuz di filosofia in ston, we na ya de sho di ebul fo gEDA jentri we no de te, wi fo tan lek di ascetic we don yuz in tem en di ebul fo get di divayn jentri we no de don en we no de pwel**

**Enibodi we kam fo no God go get jentri we pas drim, en if nid de, i go lef fo get propati lek se na ston, wit di op fo get jentri na God in yay en enjoy tru tru jentri**

**We wi de trit oda pipul den  
I rili important fo no en gladi fo am  
Difren kwaliti den en fayn kwaliti den  
We den distil from den eksperiens den  
En den shep am from den yon we  
If wi stodi pipul den wit opin maynd  
Wi go ebul fo onstand den en dil wit den fayn  
fayn wan**

**Wi go ebul bak wantem wantem  
Fo no di kayn posin we wi de dil wit**



**No tɔk to pɔsin we sabi bɔt ɔs rɛs  
No agyu wit sayɛnsman bɔt ɔganayzeshɔn na os  
A no wetin intres di pɔsin ɛn wetin kin kech dɛn  
atɛnshɔn**

**En i tɛl am bɔt da tɔpik de  
Nɔto bɔt tin dɛn we yu lɛk  
If wi want fɔ ɔndastand ɔda pipul dɛn  
Wi fɔ avɔyd fɔ kɔndɛm dɛn ɛn kɔndɛm dɛn  
Bifo dat, wi fɔ luk insay di miro we de sho se wi  
ebul fɔ ɔndastand sɔntin**

**Fɔ no wetin nid fɔ fiks ɛn impɔtant?  
Dat saykolojik miro rili difrɛn  
Bɔt di miro we wi sabi we wi kin luk insay ɛvri  
mɔnin**

**ɛvride a kin luk insay da sɛlf-miro de  
If a fɛn sɔntin we a nɔ lɛk  
A de blem misɛf ɛn a de wok tranga wan fɔ kɔrɛkt  
am**

**Dis we ya, pɔsin kin si in imej  
I de sho in tru tru fɔm na di miro fɔ in sol  
En i de go bifo ɛvride  
Na di rod fɔ gɛt gladi at ɛn pis na yu maynd  
Mek Gɔd blɛs yu  
Pis de fɔ una**

**Netwok fɔ Longings  
Na ya a de, a de trowe di nɛt we a want fɔ du  
Insay di big big si we a de tink bɔt  
Bɔku tɛm yu dɔn rɔnawe pan mi, O prɛshɔ divayn  
prey!**

**Bɔt, a de kɔntinyu fɔ go insay di dip dip ples dɛn  
we pis de**

**En a nɔ de stɔp, a de trowe di nɛt dɛn fɔ mi lɔv to  
una wan afta di ɔda wan**

**A fɔ kech yu wan de na di nɛt we a de wet fɔ yu  
we nɔ gɛt ɛnd**

**A de trowe dis net fɔ mi lɔv ɔlsay**

**Abov di trɔbul wef dɛn na layf**

**ɛn bɔt di sta dɛn we de shayn**

**ɛn insay di dip dip ples dɛn we gud sol dɛn de**

**ɔl wetin a no na dat a na ɔntinman**

**ɛn a go kɔntinyu fɔ tray fɔ kech yu**

**O diarest wish ɛn biggest treasure in egzistens!**

**A de aks Am fɔ pwɛl di vel dɛm fɔ ignorance ɛn pul  
di daknɛs fɔ ilyushɔn, ɛn fɔ bi di big big ambishɔn na  
yu layf ɛn di strongest longing na di tron fɔ yu want,  
ɛn fɔ ɛp yu fɔ transfɔm lethargi ɛn procrastination to  
spiritual aktiviti we de puls wit gladi, nyu, ɛn  
ɛnjɔymɛnt A de aks Am fɔ gi yu fɔ drink frɔm di wayn  
fɔ divayn lɔv te yu bi we yu dɔn chak, ɛn fɔ kam fɛn yu  
wit oli visit usay kɔrej de, ɛn fɔ was yu at wit di wata  
dɛn we gɛt lɔv ɛn tɛnki, ɛn fɔ layt insay yu bi di lamp  
dɛn we de mek yu shɔ, ɛn fɔ mɛlt yu drim dɛn insay di  
rial tin we In blɛsin si, ɛn fɔ mek yu si insay Am  
satisfay ɛn satisfay, so dat kol at go de na yu sol ɛn di  
blɛsin dɛn na ɛvin go kam dɔŋ pan yu**

**Stillness min fɔ mek yu tink bɔt tin dɛn we de mek  
yu at kol**

**Fɔ mek di bɔdi kol ɛn kɔntrol wetin i nid**

**ɛnibɔdi we ebul fɔ du dat go gɛt kol at we go mek  
i fil fayn**

**I go fil sublaym wev ɛn impreshɔn frɔm rifin wɔl  
dɛn**

**ɛn ɛnibɔdi we de go dip dip wan insay stil, so**

**I go diskɔba Gɔd in kɪŋdɔm insay insɛf**

**As long as pɔsin de waka na rod**

**ɛni mɔnt we i de spɛn in tɛm rili valyu**

**Wi de ya na dis land (di pasej os) fɔ shɔt tɛm**

**ɔltin de fɔ shɔt tɛm, bɔt di filin we Gɔd de fil de  
sote go**

**Natin nɔ go ebul fɔ pul am kɔmɔt na di at ɛn sol  
Wi nɔ fɔ alaw di tɛmtment dɛn we de na dis wɔl fɔ  
mek wi swɛ**

**Na bay we i de tɔn wi bak pan di men tin we wi  
want fɔ du ɛn di tin we wi want fɔ du we pas ɔl: Gɔd  
I pɔsibul fɔ mek wi no Gɔd**

**Wi fɔ fɛn di masta fɔ di wan ol wɔl**

**Frɔm in layt di sta dɛn de shayn**

**ɛn wit In pawa at dɛn de bit**

**Wi fɔ luk fɔ am na di Tɛmpl fɔ Saylɛns**

**We wi de kɔl Gɔd wit lɔng ɛn want**

**ɛn we wi tink bɔt am wit bɔn lɔng lɔng**

**Wi go fɛn am**

**A nɔ de tɔk bɔt gɔd we wi nɔ no**

**Bifo dat, i de tɔk bɔt wan Masta we a dɔn kam fɔ  
no**

**ɛn na tru fɔ mi**

**I rial pas ɔl di tin dɛn we wi de si**

**Na di divayn si we de sɔpɔt ɛn sɔpɔt di wef dɛn na  
wi mɔtalman layf**

**Wi kin du witout ɔltin**

**Eksept fɔ Gɔd**

**{Na so Gɔd, di Wan we de rul, di Trut, de ɔp}**

**(Dɛn gɛt blɛsin fɔ di wan dɛn we gɛt klin at, bikɔs  
dɛn go si Gɔd)**

**Na nɔmal tin fɔ mek pɔsin fil se i nid fɔ lɛk ɛn lɛk  
am Bɔt dis lɔng we in at want na in kin dɔn fɔ di sɔs  
we da lɔv de kɔmɔt, we na Gɔd**

**Mɔtalman lɔv de bays pan bɔku ɛkspekteshɔn,  
kɔlkyulɛshɔn, ɛn sɔbjɛktiv kɔnsidareshɔn, so no  
garanti nɔ de fɔ se i go de sote go bikɔs i tay bay  
kɔndishɔn**

**Bɔt di lɔv we Gɔd de gi nɔ gɛt ɛni kɔndishɔn, i de  
ɔltɛm, ɛn i de sote go If i tɔch yu at, yu go fɛn am wit  
yu ɔltɛm**

**Pan ɔl we tin apin, yu go fil am as sɔntin we de  
protɛkt yu ɛn mek yu gɛt kɔrej, ivin we tin tranga ɛn  
sɔfa**

**Midul di sɔfa ɛn tranga prɔblɛm dɛn**

**ɔlman kin lɛf yu, bɔt da oli lɔv de nɔ go lɛf yu, i nɔ  
go mek yu at pwɛl, ɛn i nɔ go lɛf yu fɔ wɔri ɛn ilyushɔn,  
bikɔs na pawa we de protɛkt yu ɛn layt we de gayd yu  
frɔm ɛvin midul di twist ɛn tɔn na layf**

**We mɔtalman lɔv chaj wit divayn lɔv, i kin klin ɛn  
klia Bɔt if yu separet di strim, we na mɔtalman lɔv,  
frɔm di spring, we na divayn lɔv, i kin stɔp fɔ flɔ ɛn lɔs  
insɛf na di san san na di wɔl**

**As lɔng as mɔtalman lɔv gɛt sɔntin fɔ du wit Gɔd in  
lɔv, i de mek di at sof, i de mek di kɔnshɛns fil fayn, ɛn  
i de wata di gadin dɛn na di sol wit di wata we de gi  
layf**

**Lɔv: Na sɔntin we de mek pɔsin want fɔ du sɔntin  
ɔl wetin a de du, a de du wit ɔl di lɔv we de na mi  
at**

**If yu tray am, yu go si se yu nɔ de fil taya atɔl  
Bikɔs lɔv na di big tin we de mek pɔsin want fɔ du  
sɔntin, ɛn pɔsin we want fɔ du sɔntin we lɔv de du, i  
gɛt spɛshal pawa fɔ du tin dɛn we sɔm pipul dɛn kin  
tan lɛk se i nɔ pɔsibul**

**Na di rod dɛn fɔ no bɔt Gɔd biznɛs  
Atrakshɔn ɛn di ɔpɔzit sɛks  
Di we aw pɔsin de luk fɔ klin, nit, ɛn klin  
I nɔ bad fɔ mek pɔsin luk fayn  
As lɔng as da apil de de ɔnda gud teist  
Bɔt i bad fɔ lɛ pɔsin yuz mami ɛn dadi biznɛs bay  
wilful**

**Fɔ mek pɔsin we nɔto in man ɔ uman lɛk am**

**Di atrakshon bitwin man en uman fo komot from di  
sol**

**Di wan den we get kontrol fo densef  
Den no de bost se den na sayn fo mami en dadi  
biznes**

**Den get bete chans fo get di rayt layf patna  
Insay mared-os we de go bifo  
Lov de fos, noto mami en dadi biznes  
Dis fo bi di best en di standad  
Insay som kontri den, den no kin kis o tok to densef  
Bitwin yon man en uman bifo den mared  
We tu pipul den fil se den atrak den we no get eni  
kondishon**

**to densef  
Den go redi fo sakrifays densef  
Tru tru lov na tru tru lov  
Na da tem de nomo den kin fit fo get tayt padi  
biznes insay mared**

**Fo get propati no get wan yus  
We wan man o wef tray fo kontrol di oda wan  
Dis na pruf fo se pipul den no lek den  
Bot we den de sho se den lek den  
Wit tru tru en padi intres  
En tek tem tink bot aw posin de fil  
En fo rili want fo mek oda pipul den gladi  
Lov kin get wan fayn kwaliti  
En insay dis kayn rilayshonship  
Wi kin si smol bot aw God lek wi  
Layf we posin no ondestand na fo kil inself pan  
spiritual en propati**

**Di wan den we get sens, get blesin  
Na di nid we pas ol na di spiritual rod  
En na di rod den we de na layf  
Fo ondestand na flashlayt  
I de mek motalman layt en mek i get sakrifays**

**Bifo pɔsin ebul fɔ rich di men gol na layf  
I fɔ gɛt da impɔtant ɛn impɔtant abiliti de  
So, pɔsin nɔ fɔ alaw di we aw pipul dɛn nɔ  
ɔndastand am fɔ mek i blayn**

**Na bikɔs na fɔ kil yusɛf pan Gɔd biznɛs ɛn fɔ kil  
yusɛf**

**Fɔ ɔndastand fɔ bi sɔntin we de gayd wi pan ɛnitin  
we de apin**

**I nɔ mata aw di ɛkspiriɛns dɛn we wi de go tru at**

**Wi fɔ ɔndastand di rayt we**

**Gɔd nɔ de mek wi sɔfa ɔ mek wi fil pen**

**Na wi de ɛp ɔ du bad to wisɛf**

**Tru di ɔndastandin ɛn ɔndastandin we wi gɛt**

**ɔ wi nɔ ɔndastand ɛn nɔ ɔndastand**

**Wi fɔ pre to Gɔd fɔ mek wi ɔndastand am**

**I nɔ mata di ɛkspiriɛns dɛn we dɛn prɛzɛnt to wi**

**ɔ di tin dɛn we wi de go tru**

**Na fɔ ɔndastand nɔmɔ go protɛkt mɔtalman**

**We di tin dɛn we kin apin to mi kin tranga ɛn  
tranga mɔ**

**Di fɔs tin we a kin tray fɔ du na fɔ fɛn ɔndastandin  
insay misɛf**

**A nɔ de blem di tin dɛn we de apin ɛn a nɔ de tray  
fɔ kɔrɛkt ɔda pipul dɛn**

**Bɔt a kin go insay fɔs**

**A de tray fɔ klin mi spiritual fɔt**

**ɛn fɔ pul ɛnitin we go ambɔg da layt we de insay  
de**

**ɔ i de mek di pawa dɛn we di sol gɛt nɔ sho**

**ɔ i de mek i nɔ ebul fɔ tɔk wetin i tink**

**Na dat na di we fɔ liv sakrifays**

**I kin tan lɛk se fɔ rɔnawe pan prɔblɛm dɛn na di izi  
we fɔ solv di prɔblɛm**

**Bɔt pɔsin kin gɛt trɛnk we i de fɛt wit in kɔmpin  
we strong**

**Di wan den we no get problem no de gro en den  
maynd no de strong**

**Fo fred kin don we wi get undastandin**

**We posin undastand, dat de mek wi get sef en  
protekt wi**

**A don get buku eksperiens den na layf**

**En di tin den we bin at fo du pan den eksperiens  
den de, na wit pipul den**

**Den no bin joj mi di rayt we**

**A don si pipul den we a don lek**

**Pipul den we a gi mi at to**

**Den no undastand mi en ton agens mi**

**Bot dat no bin mek mi at pwel**

**Bikos bita tin kin mek posin undastand**

**A no go alaw misef fo mek a fil bad**

**Na bikos oda pipul den no undastand mi**

**Bifo dat, a kin tray**

**Ep den if den de lisin to den**

**Send den gud intenshon**

**En gud wish den**

**We yu sidom kwayet wan**

**Yu maynd go fri from eni preshon**

**Bi yu wan wit yu tinkin en komot nia di wol en di  
tin den we i de aks fo**

**Yuz yu maynd konstruktiv wan evri mont**

**Gret tin den kin komot fos na di maynd**

**Na dat mek a kin kip mi maynd aktif oltem**

**As soon as di chans kam**

**A kin aktiv in kriet pawa den wantem wantem en di  
rizolt kin kam**

**Tray fo du sontin we yu go ebul fo mek evride**

**Fo mek yu tin den bete en fo kontrol wetin go apin  
to yu**

**Bifo yu lef am fo kontrol yu**

**Den kin mek welbodi biznes bete**

**Ɔ fɔ mek yu gɛt gud abit dɛn  
Ɔ fɔ gɛt sakrifays pan prɔpati ɛn spiritual  
sakrifays**

**Na bay we yu tek tɛm pe atɛnshɔn pan ɛni wan  
pan dɛn**

**Wan tɛm**

**Ɔl wetin a bin want fɔ du na dis layf**

**A bin ebul fɔ du am**

**Matter na tin we di maynd de mek**

**So, no saykolojik limit nɔ de fɔ di maynd**

**If yu ebul fɔ kɔntrol yu maynd**

**Di wan ol wɔl go drɔ to yu**

**A bin gɛt ɔl wetin a bin want**

**Na bin ɛn stil na di tin we a bin want pas ɔl**

**Gladi at pan Gɔd biznɛs de insay Gɔd**

**Dɛn bin du wetin a bin want ɛn a fil gladi we a nɔ  
ebul fɔ ɛksplen**

**Pɔsin nɔ fɔ fil lɛk se i nɔ ebul fɔ du natin, i nɔ gɛt  
op, i nɔ fɔ fil bad**

**I kin kɔntrol wetin go apin to am bay we i de  
kɔntrol wetin i de tink**

**Du di yusful ɛn gud tin dɛn we yu want fɔ du**

**I bin gɛt wan intanɛnt dizayn we bin de disayd fɔ  
mek pipul dɛn chenj fayn fayn wan**

**Yu go ebul fɔ chenj yu destiny**

**ɛn mek di tin dɛn we de apin to yu na layf bɛtɛ**

**Wit In ɛp, mek dɛn es am ɔp**

**A de kam lɛk briz we de kɔmɔt na paradays**

**Di disaypul fɔ chɛk insɛf ɛvride**

**Fɔ no if i de go bifo di we aw i want**

**We wi lan aw fɔ analayz wisɛf witout bias**

**Wi go ebul fɔ no wisɛf ɛn ɔda pipul dɛn**

**Di wan we de liv na dis wɔl wit ɔndastandin ɛn lɛf  
am wit awareness**

**I go fɛn tin we nɔ de day**



**A de tray tranga wan fɔ bil mi disaypul dɛn layf  
ɛn dayrɛkt dɛn tinkin to di say we dɛn kin gɛt  
gladi at ɛn usay layt kin kɔmɔt**

**Na dat mek a kin pe atɛnshɔn mɔ pan di spiritual  
aspek fɔs**

**Witout neglect di matiral aspek fo laif  
ɛn a want di wan dɛn we want fɔ no Gɔd wit dɛn at  
ɛn sol**

**Na bikɔs wi nɔ go ebul fɔ no Gɔd bay we dɛn de  
agyu wit sɛns**

**ɔ bay we yu de lisin to lawd sermon dɛn we de  
mek pɔsin fil bad**

**We de mek wan intanɛnt agiteshɔn na di sol  
Wetin a de kɛr insay mi sol rili oli to mi  
A nɔ ebul fɔ tɔk randomly  
A jɔs de tɔk bɔt wetin a dɔn tɛst ɛn chɛk  
Tru di no bɔt yusɛf ɛn di ɛkspiriɛns dɛn we yu gɛt  
na layf**

**Fɔ dis rizin, dɛn tichin ya na tru fɔ mi  
A nɔ de tray fɔ prich, bɔt a de tray fɔ tɔk bɔt dɛn  
tru tin dɛn de**

**We a gɛda frɔm di gadin fɔ mi pasɔnal ɛkspiriɛns  
A de kam lɛk briz we de kɔmɔt na paradays  
Fɔ kɛr di sɛnt fɔ di trut  
Frɔm di Gadin dɛn we Nɔ De sote go  
A nɔ de aks fɔ ɛnitin fɔ misɛf  
Di wangren tin we a want na fɔ gi yu  
Dat sɛnt we kɔmɔt na ɛvin  
ɛn afta dat a kin kɔmɔt na di shore dɛn na di wɔl  
Fɔ go bak wan tɛm bak to di kɔsmik at  
ɛn wetin a de gi una a want mek una ɛkspiriɛns fɔ  
unasɛf**

**Tru yu yon wanwɔd wit Gɔd  
Na dat nɔmɔ a want  
Ki dɛn fɔ mek yu gɛt bɔku bɔku tin dɛn**

**Enibɔdi we want fɔ mek dɛn tink gri wit di bɔku  
bɔku tin dɛn we Gɔd de gi**

**I fɔ pul ɔl di gras dɛn we nɔ gɛt natin ɛn we po na  
di grɔn na in maynd**

**Di yunivasal maynd pafɛkt ɛn i nɔ no nid ɔ  
stinginess**

**En enibɔdi we want fɔ gri wit da kɔsmik stoa os de  
I fɔ mek pipul dɛn no bɔt bɔku tin ɛn prɔsperiti  
Ivin if i nɔ no usay di nɛks it go kɔmɔt**

**Wi fɔ tink bɔt di bɔku bɔku tin dɛn we Gɔd de gi as  
ren we de mek wi fil fayn ɛn we de kam bɔku bɔku  
wan**

**I de fɔdɔm ikwal pan ɔlman**

**If pɔsin es kɔp, dɛn kɔp go ful-ɔp**

**En if yu put big pɔt (ɔ kontena) ɔnda di ren**

**I kin gɛt in ful-ɔp lɛk klin ɛn blɛsin ren**

**Us bɔtul wi de yuz fɔ gɛt di bɔku bɔku tin dɛn we  
de na ɛvin?**

**Di kontena we yu want fɔ ful-ɔp kin gɛt prɔblɛm ɛn  
ol dɛn**

**So, i fɔ rɛdi ɛn mek am fayn fɔ gɛt di blɛsin flɔ**

**Dis kin apin bak to mɔtalman**

**If di vessel fɔ rizin we de rayz am to di trɔs na ɛvin  
de sɔfa wit dɔti**

**Dɛn fɔ mek am fayn ɛn mek i gri fɔ tek am so dat i  
go ebul fɔ tek di bɔku bɔku blɛsin dɛn**

**Dat awareness nid fɔ ripɛnt ɛn kɔrɛkt**

**Na bay we i fri am frɔm ɔl di fred ɛn dawt**

**Envy ɛn et ɛn klin am wit wata we de klin**

**Wata dɛn we gɛt pis, kol at, tru tru, ɛn divayn lɔv**

**Di wan ol wɔl de step asay fɔ mek ples**

**Fɔ da pɔsin de we no usay i de go**

**I de set ɔf go to am wit di ditarminieshɔn fɔ pɔsin  
we de luk fɔ**

**Ki dɛn fɔ mek yu gɛt bɔku bɔku tin dɛn**

**Is-West Inna Kolcho**  
**If yu get strong maynd**  
**En i bin mek i get strong maynd**  
**Yu kin kontrol wetin go apin to yu**  
**Tray fo test yu maynd trenk pan smol smol tin den**  
**fos**  
**Wok fo mek i strong so dat i go ebul fo du boku big**  
**big tin den fo yu**  
**A don eksperiens dis na mi layf en a de tok wit**  
**kɔnvikshɔn**  
**Di pawa fo mek pɔsin get sakrifays de na di maynd**  
**Yu go no dis tru tin if yu kontinyu fo biliv tranga**  
**wan**  
**We di wol de dawt en di wan den we de mek den at**  
**pwel de mek den at pwel**  
**Pik wan patikyula tin we yu lek fo du ɔ wok we ɔda**  
**pipul den no go tink bot**  
**Dat yu kin du am fayn fayn wan**  
**Kontinyu fo du am te yu ebul fo du am**  
**Start wit gol den we no impɔtant**  
**Yu maynd pawa go gro smol smol**  
**Te yu ebul fo du wetin yu don plan fo du**  
**Di wol en yu famili de put yu insay wan patikyula**  
**we**  
**Bot wok wit sens en wok tranga wan**  
**Na chenj we go wok fayn**  
**No limit no de fo di pawa we di maynd get**  
**Fokus pan dis aidia**  
**Ful yu maynd wit di drayv fo ajɔst**  
**En di maynd fo du gud wok**  
**Towards achieving yu gol dem**  
**Kontinyu fo push yu tinkin to ay achivment**  
**Den bin get jɛntri na God in yay**  
**En ɔltin go bi jɛntri en prɔsperiti**  
**Na yu kɔmand en na yu savis**

**Mi layf de testify dat  
Udat na di pipul den we rili gladi?  
Motalman fo lan fo bisin bot oda pipul den  
Fo fen gladi at bay we yu de mek oda pipul den  
gladi**

**Na tru en fayn gol fo di wan den we lek God  
Fo gi oda pipul den gladi at rili important fo mek  
wisef get gladi-at**

**Na test we ful-op wit satisfay wit yusef  
Som pipul den jos de tink bot den famili en den no  
bisin bot oda pipul den**

**Oda pipul den de tink bot densef nomo en den no  
de tink bot eni oda posin**

**Bot na den wan ya no de test gladi at  
I no rayt fo tray fo get gladi-at fo wisef  
En no pe atenshon to di gladi at we oda pipul den  
get**

**Sombodi we de tek oda pipul den moni fo insef we  
no get eni pen na in konsheens**

**I go bi se i jentri, bot i go mos bi se i no go gladi fo  
in layf**

**Na bikos di tin den we den de tink bot fo veks en no  
satisfay go rawnd am en mek i no get kolat**

**We posin de tray fo mek insef gladi pan ol we oda  
pipul den de pwel am**

**Olman go tray fo mek i no gladi  
Bot if i tray fo mek oda pipul den gladi  
Ivin if i no get bete komfort fo insef  
Olman go memba am wit gladi at en wish am fo get  
sakrifays**

**We wi de tink bot wetin wi nid  
Wi fo tink bak bot wetin oda pipul den nid  
We wi bisin bot den biznes, wi kin want fo ep den  
en mek den gladi**

**Di pɔsin we lɛk fɔ du wetin i want, de liv wit  
wanwɔd ɛn satisfay wit insɛf**

**Wit in famili ɛn wit di wɔl we de rawnd am  
Wail di pɔsin we de tink bɔt insɛf nɔmɔ kin gɛt  
prɔblɛm ɔltɛm**

**I nɔ kin gɛt pis na in maynd igen  
Di stori bɔt di naf bɔbɔ we bin chenj pan Gɔd  
biznɛs**

**We a bin de supavayz mi skul na Ranchi, India,  
dɛn bin briŋ wan bɔbɔ we ol pas di avrej ej fɔ di  
studɛnt dɛn to mi a tɛl in mama ɛn papa we briŋ am se  
a kin tek bɔy pikin dɛn we nɔ rich twɛlv ia yet, bɔt a  
go aksept am if i gud**

**A tɔk to di bɔbɔ wit ɔl mi at, ɛn tɛl am se:  
"Yu de smok, bɔt yu mama ɛn papa nɔ want yu fɔ  
smok Yu dɔn sakrifays fɔ brok yu mama ɛn papa dɛn  
wil, bɔt yu nɔ ebul fɔ pul yu nɔ gladi, ɛn yu nɔ gladi go  
bɔku if yu kɔntinyu wit dis bad abit".**

**Mi wɔd dɛn hit dɛn mak, ɛn i bigin fɔ sob, se, "Dem  
de bit mi ɔltɛm".**

**So a tɛl am se: "Tink bɔt wetin yu dɔn du to yusɛf!  
Bɔt pan ɔl dat, a go aksept yu as disaypul pan wan  
kɔndishɔn: dat a go bi yu padi, nɔto pɔsin we de tɛl yu  
agens yu As long as yu ɔnɛs fɔ kɔrɛkt yu mistek dɛn, a  
go ɛp yu, bɔt if yu lay to mi, a nɔ go du natin fɔ yu  
bikɔs lay de pwɛl padi biznɛs Yu kin ayd di trut, bɔt  
tek tɛm fɔ lay"**

**A aksept am as studɛnt ɛn tɛl am se, "ɛvri tɛm we  
yu fil lɛk fɔ smok, a go briŋ sigrɛt fɔ yu".**

**I kam to mi wan tɛm ɛn se: A fil tranga wan fɔ  
smok (craving to the point of death) .**

**A gi am di mɔni, ɛn i nɔ biliv in yay I se, "Kip di  
mɔni," ɛn fɔ tru i chenj in maynd**

**A bin ɛnkɔrej am saful wan fɔ go bay tabak, bɔt i  
nɔ bin du am Insted, i se:**

**"Yu mait no biliv mi, bot a don los di desire fo smok kompli".**

**Dis bin mek, en wit mo edyukeshon en refinment, i bin bi gud posin en in spiritualiti bin rili klia**

**Fo don, a bin ebul fo wek in spiritual konsheens**

**Di sayn dem fo spiritual awareness kin si en fil tru di self-effort fo go agens di korent fo ol, misguided abit dem to tru en las gladi gladi**

**Yu kin rid o yeri bot posin we de du sontin en kontinyu fo tray te di end, bot na smol pipul den nomo de tray tranga wan fo long tem**

**Bot posin kin tray tranga wan te in tin chenj fo bete, ilksesf in mistek den dip lek di si**

**Na mi wangren bin travul na di si shore**

**En a si di wef den we de krach de ala lawd wan**

**Fo sho yu layf we big big briz de liv insay di tayd we de blo**

**Di ekspenshon we de mek posin fred en we get fet-fet**

**I bin mek a shek shek en muf komot nia di bad bad wamat we di tin den we God mek kin veks**

**As a de luk rawnd, a si wan tik we get shado de wev mi an den we get padi biznes wit am**

**Komfort wit wan kayn, sublaym luk**

**I lif den bin de swela to di ritm we di briz bin de blo**

**Den bin tel mi wan mesej we saful saful, we a bin no se na from yu**

**A ton mi yay to di skay we no get boda**

**En insay in at we don dak, a bin tray lek pikin fo tif wan glans pan yu**

**A bin de luk fo yu bodi we ayd bien boku boku klawd den fo natin**

**En di sprej fo fom en gren lif, bikos i tu saful fo mek mi yay si**

**Yu vɔys tu klin fɔ mek mi yes yeri  
Bɔt, a bin no se una de nia dɛnsɛf bad bad wan  
Bɔt yu, dia sol, bin de slip go - lɛk gem fɔ ayd ɛn si**

**- .**

**Evri tɛm we a kin kam nia yu, a kin tray fɔ kech yu  
A bin de luk fɔ yu ɛn fɛn we fɔ go to yu  
Na bay we dɛn de ayd di we aw pipul dɛn nɔ no  
natin we dɔn ol lɛk tɛm sɛf**

**Fɔ dɔn, a bin stɔp fɔ luk fɔ yu bikɔs a nɔ bin gɛt op  
ɛn a nɔ bin gɛt op**

**Oh yu we sabi fɔ avɔyd di wan dɛn we de rɔnata  
yu!**

**A dɔn lɔs misɛf na di labirint dɛn na di spes  
Usay no op nɔ de fɔ kech yu ɔ fɔ luk yu fes  
ɛn a tɔn bak pan yu kwik kwik wan, ɛn di si we bin  
de blo nɔ bin gɛt ɛni ansa!**

**Jɔs wispa frɔm di gud tik  
ɛn kwayɛt frɔm ples we nɔ gɛt ɛnd  
Frɔm dip vali dɛn ɛn mawnten dɛn we de ɔp  
ɔl dis bin de mek a fil bad te a rili fil bad  
Lɛk pikin we in filin dɔn pwɛl, a bin lɔs ɛn stɔp fɔ  
luk fɔ yu**

**Bɔt wantɛm wantɛm ɛn we dɛn nɔ bin de ɛkspekt  
Wan an we dɛn nɔ si, es in an ɛn pul di tik tik vel  
We dɔn ayd yu frɔm mi fɔ lɔng lɔng tɛm  
Wit di big big gladi at  
A tɔn ɛn si wan si we de laf, nɔto wan ala ala we  
vɛks**

**ɛn wan wɔl we gɛt gladi-at  
ɛn ethereal domɔt dɛn opin, we di fɔg fɔ drim de  
pas tru**

**ɛn nia mi, wan pɔsin we a rili lɛk, we a nɔ de si bin  
tinap**

**I wispa to mi wan wispa we swit ɛn klin pasmak:**

**"Wɛlkɔm, wɛlkɔm! Yu bin want mek a kam, so na ya a de!"**

**Whispers From Eternity**

**Na bikɔs fɔ tɛl Gɔd tɛnki min fɔ lɛk am**

**Wi kin tray fɔ kam nia am ɛn fɔ no am**

**Bikɔs na in na di wan we gɛt fri-an pas ɔl di gift ɛn prɛzɛnt dɛn we Gɔd gi**

**I min fɔ liv wanwɔd ɛn wanwɔd as famili we gɛt lɔv ɔlsay na di wɔl**

**Wi kin mek wi gɛt maynd fɔ sav wisɛf ɛn fɔ bisin bɔt ɔda pipul dɛn wit padi biznɛs**

**ɛn fɔ no se na Gɔd de rul pas ɔlman na dis wɔl**

**ɛn se wi de wok fɔ mek pipul dɛn no bɔt am frɔm dense to subtle**

**ɛn frɔm kɔnfyus tinkin to smɔl, selfish intres**

**Fɔ mek di sɛklɔ fɔ mɔtalman sɔri-at go bɔku**

**ɛn fɔ wok fɔ bil wan wɔl we pipul dɛn lɛk fɔ du gud ɛn we dɛn de tink bɔt ɔda pipul dɛn**

**Dis we ya wi go tɛl Gɔd tɛnki**

**Fɔ dis layf we I dɔn gi wi**

**ɛn pan di chans we i gi wi**

**Fɔ tɛst tru tru fayn fayn tin dɛn**

**ɛn rial pis**

**lɔv we gɛt fɔ du wit Gɔd biznɛs**

**ɛn klin gladi at**

**If wi lɛk Gɔd wit wi at, maynd, ɛn sol**

**So wi de kip fɔ wisɛf wan spiritual jɛntri we nɔ de dɔn**

**Wi de mek shɔ se wi gɛt ɔl wetin wi nid na dis layf**

**Bɔku pipul dɛn dɔn tɔk bɔt Gɔd**

**Bɔku pipul dɛn bin sɔprayz fɔ si di fayn fayn tin dɛn we i bin de du**

**Bɔku pipul dɛn dɔn rid bɔt am**

**Bɔt di wan dɛn we bin ɛkspiriɛns in prezɛns**



**En di wan den we bin test di swit we i swit, no  
boku**

**Na den pipul ya sabi am  
We wi no God, layf kin swit  
Laif ful-op wit gladi-at en brayt op  
Mek di at ful-op wit tenki fo God  
Pan ol we I bin rili lek am  
En In blesin den we nobodi no ebul fo kont  
Ol mortalman kin bi midulman  
Tru am, spiritual magnetizm de flo  
Bot tin den we posin kin want fo du fo insef nomo  
En di lov fo revang  
en et pipul den  
Kompawnd den we no get bete tin fo du  
Ol den tin ya de stop di flo we da magnet o pawa  
de flo**

**Na mistek fo ambog o mek i no ebul fo flo  
Saykolojik balans de ep fo sho magnetizm  
We posin ombul en gud  
I de sho se i get magnet  
Meditashon na di laborator i we  
Wi kin diskoba di blesin pawa den we de insay wi  
We di at ful-op wit di lov we God get  
En di yay den ful-op wit in layt  
Magnetism kin bi spiritual in nature  
Big difrens de bitwin spiritual magnetism  
Na sublaym inflouens  
Animal magnetizm  
Na pason en instinkt den de dreb am  
I impotant fo no difrens bitwin den tu kayn  
magnetizm ya**

**Spiritual magnetism de bays pan altruism en  
benefit oda pipul den**

**Animal magnetism na bikos den de tink bot densef  
nomo en den de yuz oda pipul den fo du bad**

**Pɔsin nɔ fɔ fred  
Eksept fɔ fred insɛf  
Na bikɔs na in na di big ɛnimi fɔ sakrifays ɛn  
wɛlbɔdi**

**I de pɔyzin di maynd  
ɛn i de briŋ di tin dɛn we pɔsin de fred  
I de mek di pen mɔ ɛn mɔ  
ɛn i de pwɛl di at  
I kin mek di nervɔs sistɛm ɛn di bren pwɛl  
So, dɛn fɔ pul am kɔmɔt  
Na bay we wi biliv se Gɔd de  
Fɔ tink gud wan ɛn fɔ mek tin dɛn  
Optimism ɛn op  
Trust in divain protɛkshɔn  
ɛn dat ɛnibɔdi we lɛk Gɔd  
ɛn i de waka insay In layt  
Di daknɛs we de mek i fred nɔ go ebul fɔ pas am  
Na bikɔs Gɔd de wit am  
ɛnibɔdi we gɛt Gɔd wit am, na gud an  
layf we balans  
I kɔmɔt frɔm we pɔsin gɛt sɛns  
ɛn divɛlɔp intanɛnt fɔs dɛn  
Na bay we yu de divɛlɔp di sɛns fɔ kɔnsɛntret  
ɛn fɔ gɛt fridɔm fɔ tink  
ɛn di ebul fɔ pul di bad tin dɛn we kin apin to  
pɔsin**

**ɛn nɔ alaw am fɔ go insay di layers fɔ kɔnshɛns  
So dat di skay fɔ di sol ɛn di layt fɔ sɛns nɔ go dak  
Fɔ liv akɔdin to di prinsipul dɛn bɔt gud abit ɛn  
gud abit dɛn  
Wan kɔrɛkt ɔndastandin fɔ di lɔ bɔt kɔz ɛn ɛfɛkt  
ɛn bɔn di sid dɛn fɔ bad tin dɛn  
Wit di faya we de mek pɔsin tink gud wan ɛn we  
de beg am**

**En fɔ le di fawndeshɔn fɔ gladi gladi spiritual  
tumara bambay**

**Wit gud intenshɔn**

**Gud tin dɛn fɔ du**

**Saund ɛn klin lɔjik tinkin**

**Pre fɔ di disaypul dɛn**

**Sɛvinti ia bifo dis tɛm, di ticha we nem**

**Paramahansa bin rayt dis prea**

**Insay de, i de aks fɔ Gɔd in spɛshal gudnɛs, ɛp, ɛn  
gayd fɔ ɔl di wan dɛn we de luk fɔ am**

**Na di rod dɛn we pɔsin kin wek pan Gɔd biznɛs**

**Masta, ɛp mi fɔ mɛmba Yu pas aw a mɛmba misɛf**

**En mek yu bi di big big kin, we sidɔm pan mi at**

**Bles ɔl di wan dɛn we de kam to mi**

**Di wangren tin we a want fɔ dɛn na fɔ mek dɛn fil  
yu blesin ɛn ɛksperiɛns yu lɔv**

**Yu na mi layf**

**En yu na mi lov**

**Yu na mi jɛntri ɛn mi say fɔ ayd**

**En to una a prɔmis mi lɔyalti we nɔ de shek**

**Mek di layt fɔ yu lɔv shayn pan di ɔlta we a want**

**En fɔ wek lɔv fɔ una na ɔl di at dɛn we de gri fɔ tek**

**una**

**Yu dɔn gi mi wil, di maynd, ɛn trɛnk**

**So dat a go briɲ di sol dɛn we want una**

**Di sol dɛn fɔ mi brɔda ɛn sista dɛn, pan ɔl we dɛn  
kɔmɔt na difrɛn say dɛn**

**Mek mi bi transparent midia**

**Mek di layt fɔ yu no flɔ insay dɛn at**

**En i de pul di shado dɛn we de sho se i de sɔri, i  
de fred, ɛn i de wɔri**

**A de tɛl una tɛnki ɛn tɛl una tɛnki frɔm ɔl mi at**

**Bikɔs yu dɔn bles mi layf wit yu kɔmplit prezɛns**

**ɛp mi fɔ spre yu mɛsej**

**Wan mɛsej bɔt lɔv, pis, ɛn gudnɛs**

**A nɔ want fɔ ɔnɔ misɛf, bɔt a want fɔ gi yu glori  
Mek inspekshɔn de biɛn mi wɔd ɛn raytin dɛn  
So dat di vaybreshɔn dɛm fɔ mi vɔys ɛn wɔd dɛm  
go sho yu inspekshɔn**

**ɛn so dat yu trɛnk go kɔmɔt frɔm mi wil ɛn di  
maynd we a dɔn mekɔp mi maynd**

**Di tin we a want pas ɔl na fɔ gɛt blɛsin wit yu fayv  
ɛn fɔ mek dɛn du wetin yu want**

**ɔl di risach pipul dɛn we de kam to mi  
A de prezant dɛn to una as bɔkul we gɛt gud sol  
dɛn**

**Shawa dɛn wit yu gudnɛs  
ɛn ful-ɔp dɛn wit yu pis  
ɛn insay dis las chaptə na mi layf  
A de aks yu fɔ bi di wangren gayd fɔ mi stɛp dɛn  
ɛn di inspekshɔn we oli pas ɔl fɔ mi tinkin  
Mek mi ay ambishɔn bi  
Dayrɛkt pipul dɛn maynd ɛn at to yu  
A de beg yu fɔ protɛkt di disaypul dɛn frɔm ɛni  
bad tin**

**ɛn gi dɛn wata frɔm di spring dɛn we de na yu  
wata we gɛt layf**

**ɛn i de kia fɔ dɛn ɛn protɛkt dɛn  
Insay wek, slip, ɛn drim  
ɛn mek di kia we yu de kia fɔ dɛn go wit dɛn  
ɛnisay we dɛn de  
naw**

**Insay ɛvri tɛm ɛn ples  
Frɔm wetin di sɛj Paramhansa Yogananda tɔk  
Pipul dɛn kin kɔmplɛn bɔt di aidia fɔ lɛf sɔm tin  
dɛn na layf**

**Pan ɔl we dɛn de rili lɛf bɔku valyu tin dɛn  
Nɔto di las tin we de mɔna dɛn na fɔ gɛt pis na dɛn  
maynd; sɔntɛnde dɛn kin ivin sakrifays dɛnsɛf  
Fɔ mɔni we de pwɛl ɛn we nɔ de te**

**Dən kin tek jəntri frəm pəsın ɔ tek am frəm am bay  
we i kəmɔt na di wɔl**

**I nɔ go ebul fɔ kər am go wit am**

**Di wangren tru tru valyu fɔ mɔni na fɔ spən am  
pan tin dən we go bənifit wi**

**En fɔ mek pəsın en ɔda pipul dən gladi di we we go  
mek Gɔd en in kənshəns gladi**

**Di wan dən we de tink bɔt dən yon sef en kɔmfɔt  
nɔmɔ**

**Fɔ fɔgət ɔ nɔ pe atənsɔn to wetin ɔda pipul dən  
nid**

**Infakt, dən de ple ple wit po**

**We go bi dən yon wan de**

**Di wan dən we de tay pan dən jəntri bifo dən yuz  
am fɔ du gud wok**

**Dən nɔ de brinj prɔsperiti to dɛnsɛf na dən nɛks  
layf**

**Bifo dat, dən bɔn dən po, wit di tin dən we di  
jəntri man dən want en di tin dən we dən want**

**As fɔ di wan dən we de sheb dən jəntri en  
prɔsperiti wit ɔda pipul dən**

**Dən kin mek pipul dən gət gud chans en bɔku tin  
dɛn ɛnisay we dən go**

**We yu gi to di wan dən we fit fɔ gət am wit ɔl yu at**

**Yu go si se Gɔd de wit yu ɔltɛm**

**I nɔ go ɛva lɛf yu**

**Wit In ɛp en kia, yu nɔ go nid natin**

**Put yu trɔst pan Gɔd, en in ɛp go kam to yu en In  
kia go kɔba yu**

**Wi nɔ fɔ fɔgət se wi layf kɔmɔt frəm Gɔd**

**We wi no se wi maynd, wi wil, en di tin dən we wi  
de du**

**Dən ɔl de abop pan Gɔd en gət dən trɛnk frəm am**

**Dɔn wi go gət dairekt gayd frəm am**

**Wi go no se wi layf na wan wit In layf we no get  
end**

**Di wol ful-ɔp wit natura en mortalman mek big big  
briz, en God na di shild we nobodi no go ebul fo win en  
we sef from di big big briz, ebi ebi ren, en di bad tin  
den we de apin na dis wol**

**Enisay we God de, nobodi no de fred ɔ sɔri Di tru  
biliva tinap tranga wan en mekop in maynd pan di fet-  
fet den we de apin na layf en di problem den we de  
apin, i sho se God de wit am, i de protekt am from bad  
tin en i no de eva lef am fo smol tem So, fred no de  
komot na in at, en di sho we no de shek fo protekt am  
de tek rut**

**Fo no fred min fo get fet pan God en in protekshon,  
en biliv se in jostis, in sens, in sɔri-at, in lov, en i de  
ɔlsay**

**Fo fred kin mek pɔsin no get in maynd trenk, i kin  
mek in maynd klawd, en i kin mek di at no de wok fayn  
Pantap dat, fred kin mek i get problem wit in bɔdi en i  
kin mek i get saykilɔjik sik**

**Insted fo le pɔsin sɔfa pan wɔri en saykolojik  
konfyushon, i fo mek sho se i sef ɔnda di protekshon fo  
God, di wan we de si ɔltin, di wan we de yeri ɔltin, sef  
insay In fot we nobodi no go ebul fo win, en in sɔri-at  
en kia we i de kɔba am**

**Ilɛksɛf pɔsin de na di jongron na Afrika, na say  
usay den de fet, i de sɔfa wit sik ɔ po, i fo biliv dɛnsɛf  
se God in an strong pas di denja en i ebul fo protekt di  
wan den we de go fen say fo ron go to am**

**No we no de we go wok fayn pas dis fo protekt  
insɛf Na tru se pɔsin fo yuz ɔjik fo dil wit di tin den we  
de apin en di sem tem fo put kompliɛt trɔst pan di ep  
we God de gi am Fet no eva min fo bi pɔsin we no de  
tek tem ɔ du tin we no get sens pan ɔl we tin de apin  
Bifo dat, ilɛk wetin apin, pɔsin fo mek sho se na God**

**nɔmɔ ebul fɔ ɛp pan tɛm we tin tranga ɛn we de tray if  
pɔsin tɔn to Am wit ɔl in at, soul, ɛn di sɛns dɛn we  
pɔsin kin gɛt**

**Laif kin kɔba daknɛs, ɛn sɔntɛnde fut kin shek ɛn  
shem fɔ go bifo Wi fɔ mek Gɔd in layt bi wi gayd lamp  
as wi de waka di dak dak rod dɛn na layf In na di ful  
mun insay di nɛt dɛn we wi nɔ no natin ɛn daknɛs, di  
san we de shayn insay di awa dɛn we wi de wek, di  
layt we de gayd pipul dɛn, ɛn di Nɔt Sta fɔ di wan dɛn  
we de travul na di si dɛn na di wɔl, we de rɔnawe  
daknɛs**

**Prɔblɛm dɛn go kɔntinyu fɔ de na di wɔl, so usay  
pɔsin go tɔn fɔ gayd ɛn dayrɛkshɔn? Di tin dɛn we  
pɔsin kin tink, we in abit dɛn, di we aw i de tink bɔt  
ɔda pipul dɛn, di tin dɛn we i bin dɔn tink bɔt bifo tɛm,  
ɛn di we aw i kin bisin bɔt ɔda pipul dɛn, nɔ kin gɛt ɛni  
yus, ɛn di tin dɛn we de ambɔg di say we i de, in  
famili, in kɔntri, ɔ di wɔl nɔ kin ebul fɔ gi di rayt gayd**

**So, pɔsin fɔ tɔn to Gɔd ɛn lisin to di kwayɛt, pisful  
vɔys we de kɔmɔt na di dip dip tin dɛn na in sol, we gri  
wit di trut**

**Di difrɛns bitwin mental kɔntemplɛshɔn ɛn  
spiritual introspection**

**If pɔsin program insɛf wit tiori no  
I go bi pɔtabl rikodin divays  
I kin ripit prɔvab dɛn ɛn tɔk ay ay wɔd dɛn  
ɔda pipul dɛn kin si am as masta sabi bukman we  
lan buk**

**Bɔt da kayn no de  
Nɔto we pɔsin de si di trut dairekt wan, dat de  
mek i strong mɔ ɛn mɔ**

**ɛn no spiritual tin nɔ de we wi go kɔmpia to am  
Dis kayn edyukeshɔn ɔ intɛlektualayzeshɔn  
di "ego" de stil link to di sɛns maynd  
We insɛf de limited bay di fyzikal sɛns dɛm**

**Tiori no nɔ kin ebul fɔ gɛt divayn no  
I fayn fɔ lɛ pɔsin nɔ west in valyu tɛm  
Bays pan tiori dɛm we dɛn nɔ go ebul fɔ yuz insay  
rial tin**

**If nɔto dat, i go si insɛf na wan big big jɔngrɔn we  
gɛt sɛns**

**Nɔ ebul fɔ pas di say we di tiori dɛn de  
Dis prɔses nɔ go mek wi no di trut  
Na bikɔs di trut de pas di opinion ɛn tiori  
Bɔku pipul dɛn we de fala dis we fɔ du tin  
Dɛn kin bi bound bay dɛn yon subjektiv**

**kɔnklushɔn**

**If pɔsin yuz in maynd pawa  
Fɔ gɛt mɔni ɛn prɔpati, nɔto ɔda tin  
In kɔnshɛns go drɔ to di wɔl we wi de si  
I kin tan lɛk tin dɛn we nɔ gɛt ɛnd  
So, di wan dɛn we gɛt sɛns kin se  
Pɔsin nɔ fɔ gi ɔl wetin i ebul fɔ tink bɔt  
We Gɔd gi am fɔ luk fɔ tin dɛn we nɔ de te  
If nɔto dat, i go lɔs insɛf na di labirint fɔ matirial  
I de mek fɔ insɛf tin dɛn we i nɔ ebul fɔ du ɛn tin  
dɛn we i nɔ ebul fɔ du we i nɔ nid  
So, bifo dat, i fɔ yuz di we aw i de tink  
Fɔ gɛt di tin dɛn we pɔsin nid fɔ liv  
ɛn fɔ tray tranga wan fɔ gɛt in kwaliti dɛn fɔ biev  
Fɔ mek dɛn ebul fɔ no difrɛns bitwin wetin rayt ɛn  
wetin rɔŋ, i bad ɛn i go bɛnifit**

**ɛn we i de divɛlɔp in sɛns pan Gɔd biznɛs  
I go ebul fɔ fil se Gɔd de insay am  
ɛn fɔ shɔ bɔt di tru tin dɛn we gɛt fɔ du wit Gɔd  
biznɛs**

**Ayd biɛn di vel dɛn we gɛt bɔku bɔku tin dɛn  
Dɛn kɔl dis stet spiritual introspection  
Wan pan di impɔtant tin dɛn we kin mek pɔsin go  
bifo pan Gɔd biznɛs**



Na di abit fɔ wispa tin dɛn to Gɔd  
Yusɛf go si wan fayn fayn chenj  
Yu go rili lɛk am  
Ilɛk wetin de mɔna wi  
Gɔd fɔ tek di fɔs ples na wi layf  
We pɔsin want fɔ wach wan sho  
ɔ bay nyu klos ɔ nyu motoka  
Yu nɔ tink se na tru se in maynd de wɔri ɔltɛm?  
We i kam pan dɛn tin dɛn de ɛn aw fɔ ajɔst ɔ gɛt  
dɛn?

I nɔ go rɛst te di tin dɛn we i want bi  
Bifo dat, i de kɔntinyu fɔ wok tranga wan fɔ du  
dɛn tin dɛn de we i want  
So, mɔtalman maynd fɔ de tink bɔt Gɔd  
ɛn afta dat, ɔl di smɔl smɔl tin dɛn we pɔsin want  
go chenj  
Fɔ wan strong want fɔ fil Gɔd ɛn tɔk to am  
We di maynd wispa to Gɔd wan wispa we kɔmɔt na  
in at ɛn we gɛt zil  
I de kɔmɔt na di dip dip tin dɛn we pɔsin kin want  
fɔ du

Di kɔl fɔ di sol go tɔch di kɔsmik at  
ɛn di ansa go kam, ɛn wit am big big gladi-at  
We pɔsin de wispa wit sɛns, dat kin mek i gɛt  
pawa fɔ du sɔntin

Te yu gɛt inof trɛnk fɔ rich di gol we yu want  
We pɔsin in maynd ɛn wetin i want gri wit Gɔd  
Dɛn chaj dɛn wit pawa we nɔ gɛt limit  
So dat fɔ jɔs tink bɔt sɔntin kin bi inof fɔ mek yu  
ebul fɔ du am

Na bikɔs Gɔd in lɔ de wok fɔ di wan dɛn we gri wit  
wetin pas ɔlman want

ɔl di wɔndaful tin dɛn we a dɔn du na mi layf  
Dɛn kin ebul fɔ du am tru di pawa we di maynd gɛt  
we i gri wit Gɔd

**We di divayn jenɛra de rɔn  
ɔl wetin a wish fɔ kam tru, witout ɛksɛpʃən  
I fɔs apia as wan ethereal, invisible dizayn  
Dɔn i kin apin wit pawa we pɔsin nɔ ebul fɔ stɔp  
na grɔn**

**Di sikrit fɔ mek pɔsin gro  
Wi de gro tru ɛvri ɛksperiɛns we wi de go tru, as  
lɔng as wi no se wi kin lan valyu lɛsin frɔm dɛn Fɔ ɔl di  
pen ɛn sɔfa we wi de sɔfa gɛt minin ɛn rizin**

**Pan ɔl we di tray dɛn bin tranga, dɛn tan lɛk faya  
we de mɛlt ayɛn ɔyl, we de chenj am to fayn fayn stɛl  
we de te, ɛn we de yuz bɔku tin dɛn**

**ɛn di stɛl we gɛt sɛns we wi kin pul bay di faya  
dɛn we de bɔn we de mek wi gɛt prɔblɛm na wɔndaful  
tin Bikɔs layf de klin wi bay we i de chenj wi bays  
mɛtal dɛn to valyu tin dɛn so dat wi go liv na dis layf  
as sol dɛn we klin lɛk jɔɔs, we at lɛk stɛl, ɛn di sem  
tɛm we wi kin ebul fɔ chenj ɛn we wi kin bɛn we wi nɔ  
go ebul fɔ brok ɔnda di prɛʃən we tin tranga ɛn  
prɔblɛm dɛn we nɔ izi fɔ gɛt**

**We wi si fes dɛn we vɛks dɔn chenj, we dɛn de si  
we dɛn de du bad bad tin dɛn, we dɛn de si de mek wi  
want fɔ drɛb di bad tin dɛn we de na wi yon sol—sol  
we nɔ tɔch ɛnitin pas bad tin ɛn dip grɔj we de mek di  
blɛsin divayn imej we de insay wi nɔ klia, jɔs lɛk aw  
sɔt de pwɛl miro Di penful akʃən dɛn we ɔda pipul  
dɛn de du fɔ wek insay wi di want fɔ mek wi yon biev  
fayn ɛn kɔntrol wisɛf, so dat wi go bi masta fɔ wi tin  
dɛn we wi nɔ ebul fɔ kɔntrol, nɔto slev to dɛn**

**Kind wɔd na wɔndaful mɛɛsin fɔ bɔku sik dɛn, i  
gɛt pawaful, ɔlmost majik, magnetik pawa we de brin  
bɔku blɛsin ɛn prɔsperiti to dɛn spika Di wan dɛn we  
de yuz wɔd dɛn we de mek dɛn fil fayn, we saful saful,  
kin fil se wan kɔrɛnt we nɔ de si klia wan de flɔ tru dɛn  
we nɔ de ambɔg dɛn, dɛn kin ful-ɔp wit bɔku bɔku**

**kwayet Dis na bikos da korent de konekt to in ay sos,  
we de oltem en oltem rich di sol dem we get wanwod  
wit am Don den go ebul fo transmit dis flo fo gladi at  
to sol dem we de want pis**

**Evride, posin kin luk na di miro fo si in fes bikos i  
want fo apia na in best to oda pipul den, so, i important  
pas ol fo mek den tinap evride wit densaf en luk insay  
di miro we de analays insay fo no wetin de bien di tin  
den we de shayn na di wol? Bikos oltin we at fo si na  
do de get in apil from di insay en natin no go doti di  
miro na di sol Klin tin tan lek saykilojik distorshon lek  
veks, veks, jelos, en et Enibodi we tray fo fri insaf from  
den kompawnd ya we no de nia di kayn we aw di sol  
tan, go mek di layt we de insay di fayn fayn tin den  
we de insay de komot insay en i go test wetin di posin  
we get kwayet sol de fil**

**Tru analisis wi de diskova se motalman problem  
na tri tin: problem en dizayd de we de atak motalman  
bodi, oda wan den we de atak di maynd, en wan tod  
kategori we de blok di rod dem fo di sol**

**Sik, ol ej, en day na di problem en tin dem wae de  
ambog di bodi wae de mit Saikolojik sik, bot, kin kam  
insay di maynd tru sori-at, frayd, veks, wae posin nor  
want fo du, wae posin kin veks, et, wae posin kin fil  
bad, wae posin kin fil fayn, wae posin kin fil bad, en  
de saykilojik kansa wae kin mek posin nor de fil fayn,  
bot di sik wae de mek posin nor de fil fayn, bot na de  
sik na di sol, we de sho se i no no natin, we ol oda sik  
den kin komot en skata**

**Yunivasal motalman**

**Inpekt from di tichin den we Masta Paramhansa  
bin de tich**

**Akodin to di si den we de separet**

**Na wan rimot kona fo egzistens**

**Di kosmik motalman bin apia to mi**

Wit lavish raydens  
I de falamakata di we aw di san de kɔmɔt ɛn di we  
aw i de shayn

In os bin de na di at fɔ di fɔrest dɛn we nɔ gɛt wan  
bɔt

A si am de waka waka na di gold mɛdɔd dɛn we  
gɛt sɛns

Wit di vitality we yɔŋ pipul dɛn gɛt

ɛn di gladi at we pikin dɛn kin gɛt

I de drim bɔt di majik we di nyu mun de shayn

I de muf bitwin bɔku bɔku os dɛn

I de kɔmɔt wit layt ɛn agility

Frɔm di get dɛn we dɔn de fɔ lɔng lɔng tɛm

Fɔ smɔl tɛm di strenj shep bin apia

Dɔn i nɔ bin de igen

Dɔn i kɔmɔt na do bak

Defying fading ɛn disappearance

Jɛlɔd lɛk di ɛtɛ we de na di ɛvin we nɔ gɛt ɛnd

ɛn bɔku tɔch dɛn bin de shayn frɔm in fes

Dɛn kin tɔk stori dɛn bɔt aw pɔsin kin want fɔ bɔn

ɛn di filin dɛn we de bɔn

ɛn di fayn fayn tin dɛn we pɔsin kin du we i yɔŋ

ɛn klin yɔŋ lɔv

Spak dɛn we de sho se i gɛt fet we de shayn bin  
kɔmɔt na in yay

ɛn wan rosy glimmer fɔ kɔnfidɛns op

ɛn laytin we de mek di yay dɛn yay

Fɔ mek i strɔng ɛn fɔ mek i ebul fɔ du sɔntin

I de mek di kɔna dɛn na di wan ol wɔl shayn

I kin rich di sta dɛn we de fa pas ɔl

Dis glori we wi nɔ go ebul fɔ ɔndastand!

I de kɔmɔt frɔm yu at we de na di si, O kɔsmik  
mɔtalman

A dɔn de luk fɔ lɔng tɛm pan yu fɔm we gɛt glori  
ɛn we de shayn

**A bin si ekstenshon en sikrit den we no get end  
I bin tan lek se a si di mortalman spirit we de sho  
Insay ol di fayn fayn tin den we i get en di fayn  
fayn tin den we i get  
Ist-West Magazin**

**Gud pas bad tin de na di wol**

**We dawt de kam insay, wi fo memba di layf fo big  
pipul den Na tru se wi na mortalman, bot God don gi wi  
ekstra odinari pawa den we wi no kin yuz oltem, so  
wetin mek wi fo shek shek bikos wi de fred fo ol, sik,  
en sori?**

**Wi fo du wetin wi ebul fo kia fo di bodi, bot wi no fo  
gri fo fred o ber wisef onda boku boku pipul den we no  
no natin Di bodi noto di wan ol posin**

**Gud pas bad na dis wol bikos na God na di pawa  
we pas ol Bot we bad tin apin to wi, wi kin tink se wi  
no get pawa fo kontrol am o fo ronawe pan am**

**Di bad bad briz go mos blo, bot wi kin win di bad  
tin den we den kin du en rayz pas den**

**Den no gi wi layf fo mek i pwel wi, bot fo mek wi no  
se wi go de sote go, en wi fo memba dis trut**

**If posin no get freedom fo tink, i no go ebul fo tok  
insaf di we we klin, we kin apin bay insaf, en we natin  
no de fo du Memba se yu rili fri Di pawa we di wil get  
na fri oltem**

**If yu yuz yu wil pawa korrekt wan, i go mek nyu  
karma fo yu, bot boku pipul den no want fo chenj o  
mek di tray, so den kin kros pan problem den en den no  
kin ebul fo bia wit problem den**

**Pɔsin we de du enitin we i want nɔto fridɔm bikɔs na wetin i want, en dat mek den nɔ go ebul fɔ kɔl wetin i de du fridɔm atɔl**

**Tru fridɔm min fɔ du ɔltin wit wil we sɛns de gayd Pɔsin kin kɔntrol di bad tin den we go apin to am we i dɔn du trade, we go mɔs fala am, if i aktiv in wil en yuz am fɔ du gud en bɛnifit**

**If yu kɔndɔkt yu biznɛs wit rizin en wit pawa, di pawa den we yu bin dɔn du fɔ di bad tin den we yu bin dɔn du trade go wik en yu gud abit den go strong**

**Di abit den we dɔn tayt dip wan kin mek wi bi slev wan we, en dat mek wi nɔ de liv wit tru tru fridɔm**

**Wi kin want wetin wi nɔ gɛt ɔltɛm en wi kin gɛt tayt padi biznɛs wit tin den we nɔ impɔtant Wans sɔntin dɔn gɛt wi, wi kin lɔs wi fridɔm fɔ disayd fɔ sɔm tɛm Jɔs lɛk aw pipul den na 1st kin bi slev to di kɔstɔm den we den bin dɔn du trade trade, na so bak di pipul den na di Wɛst kin bi slev to di wan den we de naw Wi kin mek wi yon destiny en bi in slev den**

**Wetin mek den bɔn wan pikin na wikɛd famili en den bɔn ɔda wan na gud famili? Eni wan pan den bin yuz den fridɔm fɔ liv wan patikyula we we den bin de liv trade (insay wan layf we den bin dɔn liv bifo) en dis bin mek den tin den de apin to dɛnsɛf na dis layf**

**Tru tru fridɔm nɔ de if Gɔd nɔ de Wi fɔ tink bɔt am ɔltɛm 1lɛk wetin wi de wɔri en tink bɔt, Gɔd fɔ tek di fɔs ples na wi at**

**En we wi rili alaynɛd wit Am, den go gi wi di abiliti fɔ du wetin wi fɔ akɔmplit, eni tɛm, wit In divayn ɛp**

**Advays fɔ di disaypul**

**Wan pan di student den aks di ticha we nem  
Paramhansa**

**Fo gi am som advays fo develp insef, i bin tok**

**If yu want mek pipul den lek yu**

**Start bay we yu lek oda pipul den we nid yu lov**

**En if yu de ekspekt from oda pipul den**

**Fo bi fetful en fetful to yu**

**Bi trut en bi posin we de bien den**

**En if yu want mek oda pipul den no du bad en koni  
koni we**

**No alaw lay lay tin fo kam insay yu maynd**

**No du tin di we we go ambog oda pipul den**

**If yu want oda pipul den fo sori fo yu**

**Start bay we yu sho den sori-at**

**Espeshali to di wan den we de arawnd yu**

**If yu want mek oda pipul den respekt yu**

**Yu fo sho respekt to di yong wan den en di ol wan  
den we de pan den**

**If yu want pis from oda pipul den**

**Yu fo liv layf we get wanwod**

**If yu want pipul fo bi rilijon**

**Bi spirited en mek oda pipul den fil**

**Yu na gud rol model en den kin abop pan yu en  
trast yu**

**Fɔ tɔk smɔl, ɔl wetin yu want ɔda pipul den fɔ sho  
Wan pan di bɛnɪfɪt den we gud gɛt  
Sho am na yu layf fɔs  
Yu go si se pipul den kin biev to yu di sem we  
If yu ebul fɔ no di say den we yu nid  
Fɔ divɛlɔp ɛn mek yu layf bɛtɛ  
Nɔto fɔ fil se yu at pwɛl ɔr fɔ gɛt wan kayn  
inferiority complex  
ɛn if yu de wok ɔltɛm fɔ mek yu abit bɛtɛ  
Dɔn di tɛm we yu go spɛn go bɛnɪfɪt yu mɔ ɛn i go  
bɛnɪfɪt yu  
Wetin if yu spɛn am fɔ wish  
Dat pipul den fɔ impɔtant dɛnsɛf  
Yu gud ɛgzampul ɛn di fayn we aw yu de tɔk  
Big abiliti fɔ chɛnj ɔda pipul den  
Frɔm wetin yu jɔs want, yu vɛks, ɛn yu wɔd den  
Kashmus na tin we nɔbɔdi nɔ go ebul fɔ kɔnt  
Yu na di say we ɔl di gud tin den de kɔmɔt  
ɛn na di say we ɔl di pawa kɔmɔt  
Blɛs wi, O Masta  
So dat wi go sho Yu blɛsin pan wi  
Insay wi wɛlbɔdi biznɛs  
ɛn di tin den we wi want fɔ du wit sɛns**



**Insay di we aw wi de tɔk bɔt Gɔd biznɛs  
Yu na di layt we de shayn na di sta dɛn  
Enaji we de insay atɔm dɛn  
ɛn fɔ du gud na di at  
Biuti de pan ɔnɛs  
Gretnɛs de pan ɔnɛs  
ɛp wi fɔ richaj wisɛf  
Na yu pawa we pas ɔl  
Wit yu sɛns we nɔ gɛt ɛnd  
ɛn wit yu ɔthɛntiti we nɔ gɛt bɔda  
Mek wi no se yu na wata we de mek yu gɛt  
wɛlbɔdi  
ɛn di envayrɔmɛnt we de na layf  
ɛn na di say we ɔlman ɔndastand ɛn no bɔt sɔntin  
Fri wi frɔm di we aw wi nɔ no natin ɛn di tin dɛn  
we i kin du  
Fɔ fred ɛn wɔri  
Mek di wata we de flɔd yu sɛns swip go  
ɔl di wreckage ɛn ruin fɔ wi layf  
Tear off di veil dem we de ayd yu fes fɔ wi  
Mek wi si yu wit wan layt we rili brayt  
Bɔku bɔku san dɛn de na di ɔrayzin na wi layf  
Mek wi fil yu as pawa we de ridyus ɔltɛm**

**Wi aidia dɛn kin mek pɔsin gɛt maynd**

**Ɛn fɔ gi wi sol tin fɔ it**

**Wi bɔdi de it**

**Ɛn wi drim dɛn kin kam tru**

**Amen**

**Bɔku pipul dɛn nɔ no wetin mek**

**Frɔm we dɛn de na dis wɔl**

**Dɛn biliv se na di rizin fɔ layf**

**Na fɔ mek di tin dɛn we pɔsin want**

**Fɔ gɛt di tin dɛn we wi nid fɔ liv**

**Fɔ fɛn gladi at ɛn mɔtalman lɔv**

**Ɛn sɔrɛnda to di las pɔsin we kɔl na di ɛnd**

**Pipul dɛn kin bigin dɛn layf**

**Programma dɛn we gɛt patikyula tin dɛn we dɛn  
kin want fɔ du**

**Ɛn tin dɛn we dɛn nɔ bin de du trade**

**Ɛn dɛn de tray - wit wetin smɔl fri wil we dɛn dɔn  
lɛf - .**

**Fɔ falamakata wetin ɔda pɔsin want ɛn du**

**If dɛn miks wit biznesman dɛn**

**Dɛn want fɔ tan lɛk dɛn**

**Ɛn if dɛn de kip kɔmpin wit atis dɛn**

**At kin bi ɔltin to dɛn**

**God want wi fɔ du tin dɛn we wi de du na dis wɔl**  
**I dɔn gi wi wan angri we nid fɔ mek wi wok fɔ**  
**satisfay am**  
**Bɔt di luk fɔ it ɛn ples fɔ slip**  
**Mɔni ɛn prɔpati, nɔto ɔda tin**  
**I min se pɔsin kin fɔgɛt usay i de mek i gladi**  
**Na tru se wi fɔ wok**  
**Fɔ mek wi go ebul fɔ gɛt wetin wi nid**  
**ɛn dat wi de tray fɔ rich di rayt tin dɛn we wi want**  
**fɔ du**  
**Bɔt fɔs ɛn di men tin**  
**Fɔ opin wi at to God**  
**Wi de aks fɔ In gayd ɛn aprɔval pan ɔl wetin wi de**  
**du**  
**Dɔn wi fɔ gɛt sakrifays na di skul fɔ layf**  
**Na bikɔs wi go gɛt wi instrɔkshɔn dɛn**  
**Frɔm di Gret Maneja ɛn Dispɔza**  
**Di wan we no wetin wi nid**  
**Wetin bɛtɛ fɔ wi?**  
**So wi fɔ abop pan am**  
**Wi de put wisɛf ɔnda wetin I want**  
**Lɛta dɛn to di ticha Paramahensa frɔm in disaypul**  
**dɛn**  
**Di memori bɔt mi visit to yu stil de**

# **Insay Volyum XIV na di magazin we den kɔl Inner Culture**

**Lɛta den we di wan den we rayt den frɔm difrɛn kɔntri den sɛn**

**Wi kot den tin ya frɔm am:**

**A wan tɛl una dat tru di ridin we a tink gud wan bɔt di tin den we una de tich**

**A bin gɛt sɛns pan Gɔd biznɛs**

**Di wan we a bin de luk fɔ ɔltɛm**

**Yu tichin den dɔn opɪn di domɔt den fɔ mek a gɛt gladi-at**

**\* \* \***

**A de praktis yu spiritual affirmations evride**

**A kin si se di bad tin den we a kin tink bɔt kin stɔp smɔl smɔl**

**Di fred we den bin de fred dɔn dɔn**

**A kin ɛnjoy ɛvri mɔnt na mi layf**

**Wi tɛl una tɛnki fɔ we una ɛp wi**

**\* \* \***

**A kin gɛt bɔku blɛsin den**

**Frɔm di tin den we yu de tich bɔt Gɔd**

**A de wet wit ɔl mi at fɔ rid wetin yu de tink**

**A kin du mi bɛst fɔ yuz am na mi layf**

**Di tin den we yu de tich fayn ɛn i de bɛnifit wi**

\* \* \*

**A de fain insay yu wɔndaful filɔsofi**

**Wetin de inspekt admireshɔn ɛn inspekshɔn**

**Mi dip tenki fɔ ɔl wetin yu dɔn gi mi**

**Fɔm ɛp ɛn saykilɔjik kɔmfɔt**

\* \* \*

**A gɛt wan ɔvawɛl filin fɔ gɛt am ɛvri wik**

**Na wan nyu lɛsin fɔm di tin dɛn we yu de tich**

**A kin ɛnjoy ɛn gɛt sɛns pan ɛvri lɛsin**

\* \* \*

**Tank yu fɔm di bottom of mi at**

**Fɔ ɛp mi fɔ ɔndastand mi insay**

**ɛn fɔ mek a no di layt pawa dɛn we de insay mi**

**ɛn fɔ sho Gɔd in layt to mi sɛns**

**Na tru di tichin dɛn we a bin gɛt fɔm una**

\* \* \*

**A stil mɛmba mi visit to yu**

**I dɔn de liv insay mi maynd fɔ 4 ia**

**A stil mɛmba yu kɔmplit fet pan Gɔd**

**ɛn di lɔv we yu gɛt fɔ mɔtalman**

**I bin ɛp mi fɔ no misɛf**

**We a bin tink se na mi wangren de**

**A nɔ ɡɛt pɑdi dɛn ɛn a nɔ ɡɛt ɛnibɔdi we de sɔri fɔ  
mi**

**I bin mek a ɡɛt kɔnfidɛns pan misɛf ɛn i bin mek a  
ɡɛt mɔ maynd**

**I bin mek a ɡɛt maynd fɔ bia wit di tin dɛn we de  
apin na layf**

**\* \* \***

**Fɔ fɔti ia**

**A bin stɔdi difrɛn branch dɛn pan sayɛns ɛn no**

**Bɔt a nɔ bin ɡɛt natin frɔm ɔl da stɔdi de**

**Pan sɔntin we kɔmpia to wetin a dɔn lan frɔm yu  
tichin dɛn**

**\* \* \***

**A kin bɛnifit bad bad wan we a de rid di tin dɛn we  
yu de tich**

**If wan big nɔmba fɔ pipul dɛn**

**Dɛn kin stɔdi ɛn impruv yu aydia dɛn**

**Di wɔl we wi de liv insay go bi**

**I bɛtɛ pas aw i bi**

**\* \* \***

**A wan tɛl una tɛnki frɔm mi at**

**Fɔ di blɛsin dɛn we dɔn kam na mi layf**

**Frɔm we a bigin fɔ rid yu tichin dɛn wit fɔs ɛn  
atɛnshɔn**

**Tɛnki, ɛn mek Gɔd blɛs yu fayn fayn tray**

**En yu wok we yu de du fɔ sav mɔtalman**

**\* \* \***

**Sins a aks yu fo pre fo mi sakes**

**Di tin we de apin to mi dɔn rili bɛtɛ**

**Mi dip tɛnki ɛn mi op se una go kɔntinyu fɔ pre**

**\* \* \***

**We a bin gɛt yu las mɛsej**

**A bin stil de waka waka na di dak fɔrɛst usay a bin  
de dawt**

**En i nɔ bin ebul fɔ si di rod fɔ kɔmɔt na da fɔrɛst  
de**

**Bɔt tɛnki to Gɔd, ɛn yu spɛshal prea dɛn**

**Di rod bin klia ɛn mi fet pan Gɔd bin strong**

**Mi sityuɛshɔn bin bɛtɛ pan ɔltin**

**En duya una mɛmba mi ɔltɛm insay una prea dɛn  
we una de ansa**

**\* \* \***

**Di tin dɛn we yu de tich dɔn ɛp mi bad bad wan**

**En a bin gɛt bɔku bɛnifit frɔm am**

**En dɛn bin pruv am to mi wit pruf we rili klia**

**Di effektiv we yu spiritual affirmations ɛn gud  
tinkin**

**A kin rili gladi fɔ tɛl tɛnki**

**Na bikɔs a gɛt wɛlbɔdi, gladi at, ɛn pis we a de fil**

**A kin fil se a de go bifo evride we a de tink gud  
wan**

**\* \* \***

**If nɔto fɔ yu wɔndaful tichin dɛn we de mek yu gɛt  
maynd**

**Mi layf na dis wɔl lɛvul fɔ dɔn rili smɔl**

**A wan tɛl una tɛnki fɔ di spɛshal atɛnshɔn we una  
gi mi**

**We i dɔn gi mi fɔ di las tri ia**

**\* \* \***

**Wi tɛl una tɛnki fɔ di magazin we dɛn kɔl Spiritual  
Culture**

**Insay we a kin fɛn blɛsin ɛn it fɔ di sol evride**

**A tɛl Gɔd tɛnki we introduks mi to yu ɛn yu tichin  
dɛn**

**\* \* \***

**A wan tɛl una tɛnki fɔ di lɛta dɛn we una kin rayt  
ɛvri mɔnt**

**A bin fɛn di las mɛsej fɔ ful-ɔp wit inspɛkshɔn**

**So dat a go rid am to mi student dɛn na buk klas**

**Dɛn bin ansa fayn to wetin de insay**

**Na bin gladi gladi tɛm fɔ wi ɔl**

**Di aidia dɛn we yu put insay di lɛta bin rili tɔch mi  
at**

**Sote a bin want fɔ sheb am wit mi student dɛn**



**Dis mæsej bin mek pipul dæn tink dip wan  
En introspekshon insay di sikrit dæn fɔ di sol  
A fil se i go ep mi fɔ solv problem dæn  
En fɔ dil wit sens en fayn wit di tin dæn we kin apin  
na layf**

**\* \* \***

**Di tin dæn we yu de tich rili valyu  
A nɔ want fɔ mis wan pan yu læsin dæn  
From di lekchɔ dæn we di ticha Paramahansa bin gi  
We di sol in gladi at de go ɔp  
Ayd insay di dip dip tin dæn we pɔsin kin si  
Wan tik layt we gæt tin dæn we pɔsin kin fil we i de  
fil fɔ shot tɛm  
Di golden glow fɔ di sol de fade  
En di tin dæn we di transparent sol ebul fɔ du, ayd  
Bihayn di density fɔ di matirial  
We pɔsin in maynd atrak  
Fɔ jɛlɔs en jɛlɔs  
En klawd dæn we de fred en wɔri de kɔba am  
I kin bi misɛf en sɔri-at  
En i nɔ bin gæt pawa  
Bɔt we i de dayrɛkt di sem atɛnshon  
Towards lov, pis, en harmoni  
I kin fil se i rili gladi  
Di sol kin fil gladi  
We yu tɔn yu bak pan di tin dæn we yu bɔdi want  
Miks wit sɔfa en sɔfa  
Fɔ di bɛnifit dæn we pɔsin we gæt transparent sol  
gæt  
I ful-ɔp wit fayn fayn tin dæn we dæn kin ɛnjɔy  
If di sol dɔn insay di wata ɔlsay**

Wit di rough pleis dem fo dis wold  
I nɔ kin lɛk fɔ du risach  
Bɔt di tin dɛn we pɔsin kin ɛnjoy pas ɔl  
ɛn nɔ ebul fɔ test di gladi at we di sol gɛt  
Bɔku pipul dɛn kin agyu  
dat fɔ lɛf fɔ ɛnjoy yusɛf  
I dɔn lɛf smɔl fɔ lɛ i nɔ pɔsibul na dis wɔl  
ɔ we yu de liv wit pipul dɛn  
Dɛn aidia dɛn de arawnd tin dɛn nɔmɔ we gɛt fɔ du  
wit mɔtalman

Bɔt dɛn nɔ nid am fɔ di ɔdinari pɔsin  
Fɔ lɛf di wɔl ɛn go na di mawnten ɛn fɔrɛst dɛn  
Fɔ mek dɛn go gɛt pis ɛn kol at  
Bifo dat, i fɔ de na dis wɔl  
I nɔ alaw in pawaful kɔrɛnt fɔ swip am go  
So dat di trɔbul wef dɛn na di wɔl nɔ go pas am  
I nɔ fɔ de tink bad bɔt di tin dɛn we de arawnd am  
Na di sem tɛm  
I nɔ fɔ alaw di tin dɛn we i lɛk fɔ du fɔ mek i blayn  
So dat i nɔ go lɔs di we aw i de biev wit Gɔd biznɛs  
I nɔ kin ebul fɔ test di gladi at we pɔsin kin gɛt we  
i gladi

ɛn fɔ witnɛs di layt dɛn we kɔmɔt frɔm Gɔd  
Trɔs dɛn we di Sol Gɛt  
Frɔm di tichin dɛn we di sɛj Paramhansa Yogananda bin  
tich  
Dis wɔl na jɔs drim  
Jɔs lɛk aw no fundamental difrɛns nɔ de pan sinima  
prɛzɛntɛnshɔn  
Bitwin di si ɛn di skay, we na tu difrɛn digri dɛn we layt  
de shek  
Na so i bi na dis wɔl  
Sɔri-at, gladi-at, pen, gladi-at, ɔt, ɛn kol na di drim dɛn  
na dis wɔl

Wi de ya tide en tumara wi go kam dɔŋ lɛk klawd jɔs  
shado na di kɔsmik drim  
Bɔt biɛn dis imej we nɔ de te en we nɔ de te, na di spirit  
we go de sote go de

Wi sol na impɔtant pat pan am  
Gɔd na di wan trut Wi fɔ pre ɔltɛm fɔ mek tɛmtɛshɔn nɔ  
win

Laif na disabled we de mek wi nɔ ebul fɔ mɛmba am  
We a de pre dis kayn we, a kin gɛt mɔ rizulyt pas ɛni ɔda  
tɛm

Dɔn, ilɛksɛf sɔntin we sirɔs fɔ apin, i nɔ go ebul fɔ stɔp  
mi

We a de tink bɔt Am, i de mek a fil sef en sef na In oli  
prezɛns  
I tan lɛk se layf na ya nɔ gɛt natin en i nɔ gɛt wanwɔd te  
wi rich na di shore usay sef de

Na dat mek a kin tɔk ɔltɛm se a de ya fɔ witnɛs di  
impɔtant en di glori we di trut we pas ɔl gɛt  
Wi nɔ fɔ put wi op pan di tin dɛn we wi want fɔ du na di  
wɔl we nɔ de te en di tin dɛn we wi gɛt fɔ du wit tin dɛn we  
nɔ izi fɔ du

Dɛn kayn smɔl smɔl tin dɛn ya we wi nɔ kin no, kin mek  
wi fa frɔm di men tin we wi want fɔ du

Jɔs lɛk aw i de distans wi bak frɔm wi tru tru sɛf  
Di envayrɔment de mek pipul dɛn gɛt ilyushɔn en mek  
dɛn si dɛnsɛf as big pipul

Di pɔsin we rili want fɔ gɛt bɔku prɔpati fɔ rayz pas da  
we de fɔ shɔt tɛm en fɔ shɔt tɛm fɔ no bɔt di envayrɔment  
I no di trut we de insay insɛf, so dat dis trut go bi di say  
we i de

Nature en di wangren tin we de afɛkt am na in layf  
Wi de aks Gɔd fɔ inspekt wi wit gayd en fɔ gayd wi to am  
En fɔ fɛn am bifo i kɔmɔt na dis wɔl  
Ilɛk wetin na di kayn ɛksperiɛns dɛn we wi kin gɛt en di  
pen we wi kin bia

Wi nɔ fɔ lɔs di op se Gɔd in ɛp dɔn nia  
En I de ansa ɛvri prea we kɔmɔt na di at, we ful-ɔp wit  
long long tɛm  
I nɔ go lɛf di wan dɛn we i lɛk ɔ lɛf dɛn na di sɔri-at we  
tin go sɔri fɔ am  
I valyu pas gold

Wan de, we wan ɛmit bin de waka waka midul di  
mawnten dɛn, i stɔp fɔ drink frɔm wan smɔl strim, ɛn in yay  
fɔdɔm pan wan solid lump we gɛt klin natura gold we de  
shayn ɔnda di klia wata na di strim I ful-ɔp in bol wit wata,  
put di gold pat na in bag, dɔn i sidɔm nia di rod fɔ rɛst  
Na da tɛm de, wan yɔŋ man apia na di rod, i de pant  
bikɔs i taya I kam nia di ɛmit ɛn tɛl am se, "A nɔ it tide ɛn a  
gɛt long waka bifo mi Yu gɛt wan bred fɔ fid yu kɔmpin we yu  
"?de travul

Di ɛmit ansa se, "Wit gladi ɛn ɔnɔ, ɛn a gladi fɔ sheb wit  
yu di bred we a gɛt" Dɔn i pɔynt to di bag ɛn tɛl am se,  
."Duya tek wetin de

As di yɔŋ man de pul di bred na di bag, di gold ston  
fɔdɔm, so di ɛmit kech am ɛn put am na sayd

We dɛn bin de it, di yɔŋ man bin de kɔntinyu fɔ luk di  
gold, i bin de tɔk bɔt am wit admaya, ɛn i bin de kɔle di ɛmit  
fɔ di gud tin we i gɛt ɛn fɔ di sikyɔriti, sef, ɛn pis na in maynd  
we in yɔlɔ ston bin gi am

We di yɔŋ man grap fɔ go, di ɛmit smayl ɛn put di ston  
na in an

Di yɔŋ man bin rili sɔprayz wit dis jɛntri we bin dɔn  
fɔdɔm na in an wantɛm wantɛm, ɛn i bin kɔmɔt de wit gladi  
at we pasmak, ɛn i nɔ bin pe atɛnshɔn to ɛnitin

Bɔt pan ɔl dis, strenj tin dɛn bin de kɔntinyu fɔ tink bɔt  
am, dɛn bin de ambɔg am ɛn mɔna am, ɛn i nɔ bin ebul fɔ sɛt  
mɔt ɔ pul dɛn kɔmɔt pan am Wantɛm wantɛm, i chenj in rod  
ɛn go bak to di ɛmit, i put in jɛntri bifo in bɛnifitɔ ɛn, afta i  
:grit am wit bɔw we ful-ɔp wit tɛnki ɛn rɛspɛkt, i se

A no gud gud wan aw dis ston we yu gi mi valyu, bɔt a"  
fil se yu gɛt sɔntin we valyu pas dis gold, ɛn a de beg yu  
frɔm Gɔd fɔ fri mi wit da tin we yu de kɛr insay yu rich sol we  
"!mek yu ebul fɔ gi mi dis gold  
Insay di tɛm we tin de go bifo, pipul dɛn kin tɛl Gɔd tɛnki  
Fɔ In bɔku ɛn bɔku bɔku blɛsin dɛn  
Bɔt we di ples kin tɔn to dak  
Bad lak de kam  
Fɔ kɔmplɛn ɛn vɛks go afta dat  
ɛn bɔku pan wi de lɔs wi fet we de alayv  
Na Di Wan we in yay nɔ de ɛva slip  
Wi kin mek disasta ɛn tin dɛn we nɔ izi fɔ wi  
Wi fɔs ɛn sɛnt fɔ pe atɛnshɔn  
If wi de luk fɔ fayn we fɔ kɔmɔt de  
Wi bin fɔ dɔn si smɔl smɔl op  
Wi fɔ abop pan Gɔd fɔ ɛp wi  
ɛn se di Wan we mek wi nɔ go lɛf wi  
Pan ɔl we tin nɔ bin izi fɔ wi  
Di strɛch we layf de strɛch  
ɛn di say we dɛn de si tin nɔ klia  
If wi de luk fɔ Gɔd fɔ gayd wi wit ɔl wi kɔnfidɛns, wi go  
gɛt am  
ɛnibɔdi we gɛt di fet ɛn trɔst we pikin dɛn gɛt, go gɛt ɛp  
ɔl di tin dɛn we de na di wɔl go jɔyn  
Fɔ mek i go ebul fɔ du wetin i nid  
Wi fɔ fil dip dip wan se dɛn de si wi  
ɛn da ɛp we Gɔd de ɛp wi nɔ de fa  
Wi ɔndastand se fɔ gɛt op kin mek pɔsin gɛt gud chans  
lɛk magnet  
Fɔ tɔk mɔ bɔt di brayt say na layf  
I de mek wi biliv se gud de ɛn i de nia  
ɛn da win de na layt in yon, nɔto daknɛs ɛn randomness  
Gɔd na di pɔsin we de wit Gɔd  
Di wan we nɔ de mek di wan dɛn we de abop pan am, at

En as wi de tink bɔt aw i de nia wi, aw i de protɛkt wi, ɛn  
aw i de ɛp wi  
Laif go chenj fɔ bɛtɛ  
Di at go ful-ɔp wit tɛnki ɛn tɛnki  
To Di Wan we di jɛntri fɔ blɛsin de na in an  
ɛn di ki dɛn fɔ Paradays  
Wi de pɔnish wisɛf tru di tin dɛn we wi de du we nɔ mek  
sɛns  
Wi de blɛs wisɛf fɔ di rayt we aw wi de biev  
Yuz di maynd we Gɔd gi mɔtalman di rɔŋ we  
I kin mek pɔsin sin, we kin mek wi fil pen ɛn sɔfa  
As fɔ di kɔrɛkt we aw dɛn de yuz di maynd  
Dis kin mek wi gɛt gud kwaliti dɛn, ɛn dis kin mek wi gɛt  
gladi-at  
Gɔd dɔn gi mɔtalman maynd  
ɛn kɔnshɛns  
fridɔm fɔ disayd fɔ du sɔntin  
Kɔmandmɛnt dɛn we de na ɛvin  
If i pik di rayt rod, i go gɛt blɛsin; if nɔto dat, i go bia di  
bad tin dɛn we i du  
I fɔ tɔk bɔt aw i biev di tɛm we i de de fɔ sɔm tɛm  
Na dis land we Gɔd de  
Mɔtalman dɔn yuz dis indipɛndɛns we Gɔd gi am bad  
bad wan  
Dis bin mek i nɔ no natin ɛn i bin mek i fil pen na in bɔdi  
ɛn in maynd  
Day bifo tɛm ɛn ɔda sik dɛn  
I de avɛst wetin i plant, ɛn di lɔ bɔt wetin mek ɛn wetin  
apin, de apin to ɔlman  
Di tɛm we pɔsin de naw, dipen pan di de dɛn we i dɔn  
pas  
In fiuja dipen bak pan aw i de liv  
ɛn i de spɛn in tɛm naw wit am  
ɛn pan di kwaliti fɔ di sid dɛn we i plant na di grɔn we in  
kɔnshɛns de

So, mortalman, pan ol we Gɔd mek am lɛk aw i tan  
I gɛt insay in sol layt divayn pawa dɛn  
I nɔ gɛt rayt fɔ yuz dɛn pawa dɛn de bikɔs i de mek

mistek

En di tin dɛn we i de stɔp insɛf  
Fɔ pwɛl di lɔ dɛn we de sho se pɔsin de tink  
Di kɔnekshɔn we di sol gɛt to di bɔdi we de fɔ sɔm tɛm,

we kin rɔtin

En fɔ sɔfa fɔ di tin dɛn we de apin na di envayrɔment, di  
jɛnɛtik, ɔ di wɔl

Na wan pan di tin dɛn we kin mek mortalman nɔ gɛt op,  
dɛn at pwɛl, dɛn kin sɔfa, ɛn dɛn nɔ kin ebul fɔ du natin

So, i fɔ kɔrɛkt di we aw i de biev  
I de rikalibret di kɔmpas we de na in kɔnshɛns

If i want fɔ no insɛf

En i kin kɔnɛkt bak wit di say we i kɔmɔt  
I de ful-ɔp di bɔtul fɔ in layf wit gudnɛs, layt, ɛn no

Di si nɔ go ebul fɔ de insay wan bɔs  
Semweso, di limited mortalman kɔnshɛns nɔ kin ebul fɔ

gɛt kɔsmik kɔnshɛns

Bɔt dis pɔsibul fɔ di wan dɛn we want ɛn we de wok fɔ lɛf  
fɔ du tin dɛn we dɛn nɔ de alaw dɛn fɔ du

En fɔ rich di threshold fɔ unlimited total kɔnshɛns

En I de inkrisayz dɛn frɔm In bounty En Allah de provayd

fɔ ɛnibɔdi we I want witout mɛzhɔ

Aks ɛn dɛn go gi yu

Knock ɛn i go opin fɔ yu

.If yu gladi, a go mɔs inkrisayz yu [in favɔrit]

Fɔ yuz wɔd dɛn di rɔŋ we na wan pan di wɛpɔn dɛn we

kin kil ɛn pwɛl pas ɔl

Wan men tin we kin mek pɔsin fred na we i de tɔk bad

ɛn we de mek pɔsin fil bad

Wan pɔsin fɔ avɔyd fɔ tɔk bad bɔt ɔda pipul dɛn ɔ fɔ tɔk

to pipul dɛn we nɔ gɛt natin fɔ du natin

No get cham-mot en agyument, en pul di abit den we de  
 mek pɔsin vɛks  
 If di man ɔ di uman vɛks en wan pan den mek di ɔda  
 wan vɛks  
 Di bɛst we na fɔ mek di ɔda pɔsin waka  
 En fɔ avɔyd fɔ ansa te di big big briz go dɔŋ  
 En if wan pan den tɔk wɔd den we de mek pɔsin fil bad  
 I bɛtɛ fɔ lɛ di ɔda pɔsin nɔ ansa wit di sem wɔd den  
 Bifo dat, kɔntinyu fɔ de kwayɛt te di tin den we yu de  
 tink bɔt nɔ de igen en di we aw yu de fil kol  
 If di uman ala pan in man en i ansa wit lawd kray, di  
 :man go sɔfa tu tɛm  
 Di fɔs tɛm na frɔm in stinging wɔd den, en di sɛkɔn tɛm  
 na frɔm in disisiv wɔd den  
 So, di tin we kin ambɔg inɛf mɔ  
 Dis kin mek den dayvɔs ɔ ɔda tin den we nɔ fayn  
 Wi fɔ avɔyd bak fɔ mek trangayɛs ɔ fɔ trit ɔda pipul den  
 wit ɔmbul abit  
 Na di sem tɛm, pɔsin nɔ fɔ put an pan agyument en fɛt-  
 fɛt  
 Bifo dat, pɔsin fɔ wet te i get kol at en in maynd kol bak  
 No mek enibɔdi tif yu pis  
 .No ambɔg ɔda pipul den pis wit wɔd (ɔ rayt)  
 Fɔ yuz wɔd den di rɔŋ we na wan pan di wɛpɔn den we  
 kin kil en pwɛl pas ɔl  
 Pɔsin kin tɔk den kayn tin ya we i vɛks ɔ we i de fil bad  
 I kin yuz langwej we nɔ fayn, we i nɔ rili want fɔ tɔk, dɔn  
 i kin sɔri fɔ am  
 Wail di oda pesin go memba dem wɔd de fo twenti yie  
 (Sɔri nɔ kin izi fɔ fɔget)  
 Frɔm dis we aw wi de si tin, fɔ mɛmba tin na bad tin  
 Di pawa we pɔsin get fɔ mɛmba na blɛsin if den yuz am  
 di rayt we  
 Bɔt i bad if yu yuz am as say fɔ kip bad tin den  
 We den bin de du agens wi



Fɔ rɛdi fɔ go insay di paradays we gɛt sɛns  
Di ɔl di we aw mɔtalman de evolushɔn gɛt fɔ du wit fɔ  
mek di big big briz we de blo we pipul dɛn nɔ no natin nɔ no  
natin, kol

So dat di wef go go bak na di si ɛn jɔyn wit am bak  
Dat min se, so dat mɔtalman layf pawa go jɔyn an wit di  
big big spiritual eria

Sayɛnsman dɛn, biznɛs pipul dɛn, ɛn pipul dɛn we de  
mek chɛnj dɛn na di soshal layf de tray ɔltɛm, indaykt wan,  
fɔ mek di rod fɔ mek wanwɔd na di wɔl

ɔl di skul dɛn we de stɔdi bɔt sayɛns, filɔsofik, ɛn gud  
abit dɛn de tray tranga wan fɔ gɛda di bɔku bɔku trut frɔm di  
gadin dɛn we gɛt sɛns ɛn fɔ mek mɔtalman sol fayn wit ɔl di  
tin dɛn we dɛn dɔn rifin, we wɔndaful, ɛn we go ɛp dɛn fɔ rɛdi  
fɔ go insay di paradays we go de sote go we gɛt sɛns

Tru di tin dɛn we dɛn dɔn fɛn wit gold, sayɛns de ɛp  
mɔtalman dairekt wan bay we i de gi am di tin dɛn we i nid  
ɛn di tin dɛn we i nid, ɛn indaykt wan de ɛp am fɔ kɔrɛkt sɔm  
pan di tin dɛn we i de tink bɔt bɔku “mirekul” ɛn tin dɛn we  
nɔ izi fɔ ɔndastand

Sayns tɛl wi se we wata chɛnj in vaybreshɔn ɔda bikɔs ɔf  
kol, i kin tɔn to ays we de flɔt na di wata instead fɔ miks wit  
am ɔ setul na di bɔt lɛk ɔda solid tin dɛn

Dis tin we bin de apin de sho sayɛnsman dɛn se we Jizɔs  
Krays bin de waka na di wata, i go mɔs dɔn chɛnj di we aw in  
bɔdi bin de shek bay we i bin de yuz di we aw pipul dɛn we  
oli, prɔfɛt, ɛn sɛnsman dɛn no bɔt in maynd

Fɔ mek mɔtalman kam na di os we ɔlman gɛt wanwɔd ɛn  
gladi at, ɔl di tin dɛn we dɛn de du, we gɛt fɔ du wit gud abit,  
we gɛt fɔ du wit rilijɔn, we gɛt fɔ du wit industri, soshio-  
politikal, ɛn metafizik, fɔ jɔyn an ɛn mek dɛn wok togɛda fɔ  
dis

I pɔsibul fɔ gri pan fiks standad fɔ di glob lɔ dɛn we gɛt  
fɔ du wit wɛlbɔdi, pis, wɛlbɔdi, ɛdyukeshɔn ɛn gud gud abit  
ɛn standad fɔ spiritual, saykilɔjik ɛn prɛktikal lɔ dɛn we go gi

bɔku bɔku pipul dɛn na dis planɛt Wɔl intagreted ɛn balans  
growth we fit sivilizayt mɔtalman ɛn gi am gladi ɛn pis na in  
maynd

Di sitizin we de ɔlsay na di wɔl nɔ fɔ de na smɔl layf ɛn  
smɔl bɔdi nɔmɔ

Bifo dat, i de tek insɛf as mɛmba na di big mɔtalman  
famili, we di kɔsmik layf de gayd am, ɛn i de tink bɔt di tru  
."tin we se "yu na impɔtant pat pan di si we gɛt layf

Awareness nɔ gɛt limit ɛn i nɔ gɛt ɛnd  
I de go ivin te to di sta dɛn we de fa pas ɔl  
I de ɔlsay na ɔl di atɔm dɛn na di yunivas  
Ivin di smɔl smɔl ilɛktron dɛn  
Pɔsin fɔ fil se dɛn na wan wit di si we de na di kɔsmik  
kɔnshɛns

ɛn fɔ pas famili ɛn kɔntri  
I no se in na wan pan di big mɔtalman famili  
Gladi bitwin wanwɔd ɛn difrɛns  
Yu nɔ lɛk gladi gladi we tu fiba ɛn we nɔ gɛt difrɛn tin  
dɛn

Bifo dat, i want gladi at we gɛt pawa ɛn we gɛt layf  
I de mek pipul dɛn pe atɛnshɔn to am bikɔs i spɛshal  
I kin mek di maynd kapchɔ wit di fayn fayn tin dɛn we i  
gɛt

ɛn i de ful-ɔp di at wit in swit  
I de mek yu satisfay ɛn kɔle di we aw i swit pasmak  
Gladi at we kin kam wan wan tɛm  
I de mek di maynd gladi bɔt i nɔ de du wetin i want  
ɛn ɛnjɔymɛnt dɛn we dɛn kin dɔti wit wanwɔd kin mek  
pɔsin bost

ɛn gladi at we kin las fɔ shot tɛm nɔmɔ  
Dɔn i kin dɔn, ɛn lɛf fɔ rigrɛt we na gladi at we wi nɔ  
want

ɛn di gladi at we de flash ɛn nɔ de igen  
Fɔ lɛf yu na say we yu kɔnfyus ɛn nɔ bisin bɔt yu, na  
gladi at we nɔ de te ɛn we de mek yu fil pen

As fɔ di gladi we de chenj ritmik ɔltɛm  
Bɔt, di men tin we i de du nɔ chenj  
Lɛk akto we sabi akto we de enjoy in ɔdiens wit difrɛn rol  
ɛn muvmɛnt dɛn

Na wetin yu de luk fɔ ɛn yu want fɔ gɛt  
Wi kin gɛt da gladi at de bay we wi de tink bɔt di  
wɔndaful tin dɛn we Gɔd de du  
ɛn wit fɔ tink gud wan ɔltɛm ɛn dip wan  
Di insay sɔs we de mek pɔsin gladi we go de sote go ɛn  
we de mek i gɛt nyu wan

Na in nɔmɔ ebul fɔ mek yu tɔsti fɔ gladi at  
Spiritual bliss na di onli tru ecstasy  
We nɔ de mek yu bost wit am ɔ inklin to ɛni ɔda tin  
. - ɔl wetin pɔsin de du - gud ɔ bad  
Na fɔ tray ɔltɛm ɛn kɔntinyu fɔ tray fɔ fɛn gladi at  
Iv de prɔmis fɔ gɛt gladi at bɔt i de brɪŋ sɔfa ɛn pwɛl at  
As fɔ gud, i kin tan lɛk se i de mek pɔsin fil bad  
Bikɔs ɔf di rikwaymɛnt fɔ disiplin ɛn di aktiveshɔn fɔ  
wilpawa

Bɔt i rili de brɪŋ gladi at we go de sote go na di ɛnd  
Gɔd na di gladi at we de ɔltɛm ɛn we de nyu sote go  
ɛn we yu fɛn am, yu go fil se yu dɔn fɛn di tin we valyu  
pas ɔl

."Yu no go nid fɔ chase di mirage of "dat oda tin  
Dat we apia to yu we yu nɔ ebul fɔ rich am ɔ gɛt am

."Spiritual gladi na "dat oda tin  
ɛn ɛnitɛm we yu fɛn am insay yusɛf  
Yu nɔ go nid fɔ luk fɔ gladi at igen  
ɛn insay da nyu gladi at de, wetin yu want go apin  
I gɛt ɔl wetin i bin rili want

ɛn una no, mi padi dɛn, dat matirial tin dɛn  
We de gi gladi at we nɔ de tink bɔt  
ɛn dɛn tin dɛn de, wit di enjoyment dɛn we dɛn de gi  
I kin go insay di maynd tru di pikchɔ dɛn we pɔsin kin  
tink bɔt

Bɔt di gladi at we pɔsin kin gɛt na Gɔd in yay na we i no  
di sol

We in nature na di ultimate gladi gladi  
I de rili nia fɔ tink  
I kin ivin bɔn frɔm tink we dɛn de tink insay we dɛn de  
tink gud wan

We tin dɛn we de na do dɔn pwɛl  
Na pan dat tinkin de dipen fɔ gladi  
Di gladi at we dɛn tin dɛn de gi wi kin pwɛl bak  
Bɔt gladi at na Gɔd in yay kin gɛt nyu layf ɔltɛm  
I de insay di sol ɛn i nɔ ebul fɔ pwɛl  
ɛn fɔ sho da gladi at de nɔ go ebul fɔ dɔnawe wit am  
Pas nɔmɔ pɔsin disayd fɔ chenj dɛn maynd bay wilful  
I kin put insɛf pan pwɛl hat bay we i de fid di pwɛl at  
Dat ɔda tin

"Yu don eva trai fo grap dat "oda tin  
Lɛk miraj we de apia to yu ɛn dans na di bakgrɔn fɔ yu  
filin

ɛn wetin wi go se bɔt di ɛnd fɔ ɔl di tin dɛn we yu want  
?fɔ du

:Analayz di tin  
Yu kin want sɔntin as lɔng as yu nɔ ebul fɔ gɛt am  
Bɔt wans i dɔn kam fɔ yu, yu go – kwik ɔ leta – bost wit  
am

?ɛn yu want ɔda tin, nɔto so  
:Ivin if layf gi yu ɔl wetin yu bin eva want wan tɛm  
Jɛntri, pawa, ɛn padi dɛn afta sɔm tɛm, yu go fil se yu nɔ  
satisfay

ɛn yu want ɔda tin Bɔt wan tin nɔ de eva lɔs in freshnɛs  
I brilians nɔ go eva dɔn fɔ yu na gladi-at insɛf  
Insay ɔl di tin dɛn we yu de luk fɔ  
ɛn i de tray fɔ rich ɛn gɛt am  
Dairekt ɔ indayrɛkt wan  
Yu rili de luk fɔ gladi at  
Na bay we yu de du wetin yu want

Yu nɔ want dɛn tin dɛn de we de mek yu at pwɛl  
ɛn yu nɔ want dɛn tin dɛn de we kin mek yu gladi smɔl

fɔs

Bɔt we i dɔn, i kin mek yu fil bad ɛn rigrɛt  
Wetin na wetin yu de luk fɔ  
Yu de rili luk fɔ am wit lɔng, want, want, ɛn zil  
Op fɔ gɛt satisfayshɔn we i gɛt am  
Yu fɔ gladi we i rili bi yu yon  
So wetin mek yu nɔ go luk fɔ gladi at dairekt wan ɛn pul  
?am frɔm usay i kɔmɔt  
Wetin mek wi fɔ luk fɔ am tru tin dɛn we wi nɔ ebul fɔ

?du

Fɔ gi yu am klin, nɔ gɛt ɛnitin fɔ du wit am, ɛn we nɔ gɛt  
!?ɛnitin fɔ du wit am  
We pɔsin de beg fɔ sɔri fɔ di tin dɛn we i gɛt fɔ shot tɛm  
In gladi at de dipen pan di tin dɛn we i go ɛnjoy fɔ shot  
tɛm

Tin dɛn we pɔsin gɛt ɛn di satisfay we pɔsin kin gɛt we i  
du wetin i want  
Na fɔ shot tɛm nɔmɔ, ɛn dat mek di gladi at we pɔsin kin  
gɛt tru am nɔ kin te  
Na fɔ shot tɛm bak  
Fɔ it, smɛl sɛnt, ɛn lisin to myuzik  
Fɔ si fayn fayn tin dɛn ɛn tɔch tin dɛn we pɔsin kin ɛnjoy  
ɔl di gladi gladi dɛn we nɔ de te  
Di tɛm we i tek kin gɛt fɔ du wit di tɛm we di sɛns fɔ te  
ɛn smɛl kin tek

Fɔ yɛri, si ɛn tɔch  
ɔ te di maynd taya wit am  
I kin lɛk ɔda tin dɛn we kin mek i want fɔ du sɔntin  
I nɔ want gladi at we nɔ de te  
I kin lɛf biɛn wan filin fɔ sɔri we dɛn trowe am  
Bifo dat, i kin want fɔ gɛt gladi at we nɔ de flash fɔ smɔl  
tɛm ɛn afta dat i nɔ de igen

En a kin rili want fɔ ɡet gladi at we in brilians nɔ de eva  
dɔn

Pure, permanent redioaktiv redio  
Na Gɔd nɔmɔ de insay da gladi at de  
Di say we ɔlman kin gladi en gladi  
Di san kin kɔmɔt wan tɛm evride  
Bɔt in prezɛns kin de shayn ɔltɛm  
Di wan ol wɔl kin rɔtin, bɔt  
Na layf we go de sote go de  
Mek gladi gladi de nyu ɔltɛm na una layf  
Dis blɛsin land we Gɔd dɔn gi wi  
I want wi fɔ ɛnjoy di fayn fayn tin dɛn we de de  
En wi de kip am  
Wi kin si am as blɛsin we wi nɔ fɔ swɛ ɔ yuz am bad  
!I ɡet bɔku bɔku wɔndaful tin dɛn en wɔndaful tin dɛn  
Pik dɛn pan pik dɛn  
En layers pan layers  
ples dɛn we nɔ ɡet natin en stɛp  
Si en riva dɛn  
fɔrɛst en wudland dɛn  
En dɛzat dɛn we de go ɔlsay we nɔ ɡet ɛnd  
Na wan kɔsmik tiyata  
Usay di il dɛn de slip  
En di klif dɛn we sno kɔba de ledɔm  
Di lɔng lɔng tik dɛn de kren dɛn nɛk  
Di ayland dɛn we nɔ ɡet natin de ɡet ɡrɔn bak en ɡet  
bɔku bɔku tik dɛn  
Dɛn rayt di mak dɛn we de sho se tɛm dɔn de na di big  
big rɔk dɛn  
?Udat ɡet di pawa fɔ gi fayn fayn tin dɛn fɔ si  
En wetin bɔt di dazlin views fɔ dis land fɔ Gɔd, dɛn fit fɔ  
!?mek dɛn diskraib dɛn  
I de mek di at ful-ɔp wit gladi-at  
En i de layt di maynd wit wan tawzin imajin  
!Fɔ sho wetin de agɛns diskripshɔn

We pɔsin de tink bɔt di fayn fayn tin dɛn we de na di wɔl,  
dat kin mek di pɔsin we de tink gud wan gɛt mɔ fet  
I pas di lɔ dɛn na di nature to di threshold fɔ suprem  
kɔnshɛns

Usay kriaytiv nɔ de ɛva dɔn  
ɛn i nɔ de stɔp pan wan limit  
I nɔ de dɔn

:Wan tɛm, wan pikin bin se  
."A no sabi wetin i min fo pesin to fil laik natin"

Dis na wetin pɔsin kin no we i de tink bɔt di wɔndaful tin  
dɛn we Gɔd de du

We nɔ gɛt wan kɔmpitishɔn, na difrɛn say dɛn na dis wɔl  
Bɔt stil, mɔtalman tink se na in na ɔltin

Alif ɛn Ya

Di biginin ɛn di ɛnd

ɛn wan ayt we nɔ gɛt ɛni ay ay ay pik  
Ayt dɛn de we wɔndaful

ɛn dip tin dɛn we de mek di sol fred  
ɛn wan big big tin we di ɛntiti de solv

ɛn i bɔku lɛk de layt

ɛn layt dɛn we de ɛnkɔrej pɔsin fɔ luk ɔp  
If mɔtalman bin gɛt wan vishɔn we gɛt ɔltin

Yu de si na ɔl di say dɛn we yu de

Fɔ no di wɔndaful tin dɛn we de arawnd am fɔ mek tin

dɛn

Spread lɛk pal dɛn we skata

Insay Gɔd in big land, pipul dɛn de we de tink gud wan

Fɔ tru, ɔl wetin di Wan we mek ɔltin dɔn mek pipul dɛn

de wɔnda

I de mek pɔsin gɛt maynd

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Wi de aks Am, di Wan we de ɔp pas ɔlman

Fɔ pul di spak dɛn we de mek pɔsin no bɔt sɔntin

daknɛs fɔ ilyushɔn dɛn

ɛn fɔ ful-ɔp at ɛn maynd

Wit bɔku bɔku blɛsin ɛn sɛns  
ɛn fɔ mek In prezɛns we gɛt glori pas ɔl go sho insay sol  
dɛn  
ɛn I de gi am sɔntin we sho  
Na say we sef fɔ de  
ɛn i de pul di klawd dɛn we de mek pipul dɛn kɔnfyus  
kɔmɔt na di skay na di sol  
ɛn i de mek wi nɔ fil se wi nɔ gɛt op igen  
ɛn i de mek wi gɛt kɔnfidɛns se di tɛm we wi go gɛt gladi  
at go brok  
ɛn sol dɛn go gladi  
ɛn dat na di bɔd dɛn we de mek pis ɛn gladi at  
I go siŋ na di tik dɛn we gɛt layf  
Lɔv go win et  
ɛn brayt op go pul di daknɛs we de mek pɔsin nɔ gɛt op  
igen  
ɛn se di waka we gud go kɔntinyu  
Di ban fɔ di trut go flay ɔp ɔltɛm  
Abov di monument dɛn we de mek pipul dɛn ɔndastand  
dɛnsɛf fayn fayn wan  
ɛn nobul mɔtalman filin dɛn  
O Dɔkta fɔ at, frɔm Yu de mɛn  
Di sol dɛn bin de sɔfa wit sik dɛn  
Wan tɔch we yu tɔch de pul pɔyzin ɛn sik kɔmɔt  
Mek dɛn nɔ day ɛn bad bad tin apin  
Yu nem na charm against bad en bad  
ɛn na prea we di ɛvin de lisin to  
Fɔ pripia ɛn  
Di rayt we aw dɛn mɛn am: prɛktikal we ɛn prɔsis  
Di rayt we fɔ mɛn pikin dɛn na fɔ gɛt sɛns  
ɛn fɔ tray fɔ akses di say usay dɛn de kip tin dɛn we  
pɔsin kin no bɔt  
Di layt insay di sol ɛn di kɔnekshɔn we mɔtalman  
kɔnshɛns gɛt to am  
Wan layf nɔ go du fɔ am



Fɔ no ɔl di tin den we get fɔ du wit God en prɔpati  
Yuz tradishɔnal we fɔ no bɔt tin den  
Fɔ abop pan di sɛns nɔmɔ  
Praktis fɔ tink gud wan en fɔ tink gud wan  
Den kin ep fɔ divelɔp en ep fɔ mek pɔsin ebul fɔ  
ɔndastand sɔntin  
Tru dairekt, sɔm kayn we fɔ si tin  
Fɔ mek pɔsin get sɛns fɔ begin we i smɔl if i pɔsibul  
If dat nɔ pɔsibul, den kin begin am enitem  
Pantap dat  
Den fɔ ep pikin den en yɔŋ pipul den as den ebul  
Bay we yu tich den fayn we fɔ mɛn pikin, tru  
Dairekt den tinkin to ideals  
En fɔ mek den fil fayn wit fayn fayn tin den  
En fɔ tich den fɔ rɛspɛkt di wok we den fɔ du  
En fɔ dil wit ɔnɛs, wit rɛspɛkt en ɔnɛs wit dɛnsɛf en wit  
ɔda pipul den  
Sɔm pan di impɔtant tin den we wi fɔ du fɔ kɔrɛkt wisɛf  
:na

Wach en sidɔm wit di spayna stret  
tantɔde ambɔg di im ɔwe n ɔɔf ɔdi f ɔmek i izi f ɔf  
diɔaktiviti dɛm na di b  
Lan en yuz mental focus fɔ divelɔp yusɛf sɛns  
Praktis fɔ tink gud wan  
Fɔ du di wok den wit ɔl yu at  
Fɔ difrɛns bitwin di rɛshɔnal en di irɛshɔnal  
Tru en ilyushɔn  
En fɔ mek di say we lɔv de bɔku  
Frɔm we pɔsin lɛk insɛf to we i lɛk in famili  
Frɔm di lɔv fɔ famili to lɔv fɔ di kɔmyuniti  
Frɔm di lɔv fɔ di kɔmyuniti to lɔv fɔ di kɔntri we den bɔn  
Frɔm lɔv fɔ kɔntri to lɔv fɔ di wɔl  
Frɔm di we aw i lɛk di wɔl to we i lɛk God  
En wit di we aw den de gro pan God biznɛs  
Den go ebul fɔ skata gud en trut ɔlsay

En di layt fɔ gudnɛs we de shayn insay dɛn go dɔn  
Di daknɛs we bad de rawnd dɛn  
Wit In ɛp, mek dɛn es am ɔp  
Spiritual kɔnekshɔn wit di wan dɛn we wi lɛk we dɔn  
kɔmɔt na dis wɔl  
If yu want fɔ sɛn yu tinkin to di wan dɛn we yu lɛk we  
dɔn lɛf dis wɔl  
Sidɔm kwayɛt wan na yu rum ɛn tink bɔt Gɔd  
ɛn we yu fil pis na yu sol  
Fokus dip wan pan di sɛnt fɔ spiritual awareness na di  
frɔnt  
We na di sɛntrom pan di wil na di say bitwin di aybrɔw  
dɛn  
Send yu lov to dem dia wan dem we don go  
Imajin na da sɛnta de di pɔsin we yu want fɔ tɔk to  
ɛn sɛn to in sol vaybreshɔn dɛn we gɛt lɔv, gud wish, ɛn  
ɛnkɔrejment  
If yu de du dat ɔltɛm  
ɛn yu nɔ dɔn lɔs intres pan da pɔsin we yu lɛk  
I go mɔs gɛt vaybreshɔn frɔm yu tinkin  
Di wan dɛn we nɔ gɛt wanwɔd wit di wan dɛn we dɛn lɛk  
na dis wɔl nɔ de fɔgɛt dɛn  
Jɔs lɛk aw di wan dɛn we dɛn lɛk nɔ de ɛva fɔgɛt dɛn  
ɛn dɛn kɔnshɛns stil de, ɛn dɛn de kip di mɛmori fɔ di  
wan dɛn we dɛn lɛk  
Di wan dɛn we lɛf dɛn na dis wɔl  
ɛn we yu want fɔ gɛt ansa frɔm dɛn pipul dɛn we yu lɛk  
Fokus pan di at, ɛn we yu fɔs rich dip dip  
Dɛn kin apia to yu fɔs na drim, ɛn dis kin pɔsibul fɔ dɛn  
Sɔntɛnde, yu kin drim di sem drim bɔku tɛm  
Nɔto ɔl drim dɛn nɔ gɛt wan minin  
If yu tinkin kol ɛn gri  
Yu go no se sɔmbɔdi de tray fɔ tɔk to yu tru wan drim  
We yu de go bifo pan Gɔd biznɛs, di wan dɛn we yu lɛk  
kin apia to yu na vishɔn dɛn we yu de tink gud wan

We pɔsin rich ay levul fɔ go bifo pan Gɔd biznɛs  
I go ebul fɔ si dɛn sol dɛn de we dɔn day bifo am  
Bɔku egzampul dɛn de bɔt dɛn kayn kes dɛn de  
Bɔt rial prɔgrɛs pan Gɔd biznɛs fɔ apin fɔs  
Di wan we de tink gud wan bɔt Gɔd  
Gɔd go sho am ɔl dɛn tin ya  
Bifo yu fil bad, kray, ɛn fil lɛk se yu dɔn lɔs afta di wan  
dɛn we yu lɛk dɔn day  
Wi fɔ sɛn lɔv to dɛn we dɛn go fil  
Dɛn kin gi dɛnsɛf di sem filin  
Bɔt wi nɔ fɔ drɛg di spirit fɔ di wan dɛn we dɔn day kam  
to wi

Tru di we aw wi de fil we nɔ mek sɛns  
Fɔ lɛk yusɛf nɔmɔ ɛn fɔ gɛt dip sɔri-at  
."I inof fɔ se to di wan we de kɔmɔt, "A lɛk yu  
Send lov tinkin ɛn gud wish to di wan dem we seperet  
ɛnitɛm we a fil fɔ du dat  
Bɔt at le wan tɛm insay di ia - pan wan patikyula  
anivesari  
:Tɛl dɛn, wit sɛns  
Gɔd go mek wi kam togɛda bak  
Wi go kɔntinyu fɔ mɛn wi lɔv ɛn mek di tayt padi biznɛs  
we de bitwin wi strɔng  
If yu sɛn yu padi biznɛs to dɛn naw, kɔntinyu fɔ du dat  
Yu go mɔs mit dɛn wan de, if Gɔd gri  
Yu go no se nɔto dis layf nɔmɔ de na dis wɔl  
Na jɔs wan link na di chen fɔ yu rilayshɔnship we go de  
sote go

Wit di wan dɛn we yu lɛk we dɔn day  
Mek Gɔd sɔri fɔ dɛn ɛn shaw dɛn wit in layt ɛn gladi at  
Notis: Dis we ya nɔ gɛt natin fɔ du wit sɛances, we wi nɔ  
kin kɔmɛnt, na dat mek dis klarifyeshɔn  
Fɔ pul di taya we yu taya  
Notis: Dis infɔmeshɔn ɛn advays nɔto fɔ tek ples fɔ dɔkto  
advays, na dat mek dɛn mek dis klarifyeshɔn

Bɔta ɛn milk fɔ de insay di it  
 Dɛn fɔ it milk apat frɔm di it dɛn we dɛn de it  
 I bɛtɛ lɛ yu nɔ drink am wit it  
 Milk gɛt fayn fayn tin dɛn we de mek pɔsin nɔ gɛt bɔdi  
 Bɔt milk kin mek di bɔdi gɛt mɔyz  
 We nɔ fayn fɔ di wan dɛn we de sɔfa wit sayn prɔblɛm  
 ɔ frɔm we yu nos de rɔn ɛn kol  
 Dis kin apin bak to ɔrɛnj jus  
 Fɔ di wan dɛn we de sɔfa wit dɛn kayn tin ya  
 Bɔku pipul dɛn we bin de sɔfa wit am bin gɛt rilif – fɔ  
 . – ansa mi advays  
 Big impɔtant improvement bay we dɛn pul ɔrɛnj jus frɔm  
 dɛn it  
 (We dɛn bin de sɔfa wit da kɔndishɔn de)  
 Pan ɔl we lɛmon jus gɛt fayn fayn tin dɛn fɔ kil di sik  
 Bɔt i kin mek bak di saynsaytis wɔs  
 Natin nɔ de we de mek pɔsin satisfay (we de mek pɔsin  
 angri) pas bred we dɛn mek wit  
 Dɛn mek am wit ɔl wit flawa we dɛn jɔs mil  
 Bɔt pipul dɛn we gɛt blɔd fɔ avɔyd stach  
 Yu kin it ful wit bred afta dɛn dɔn tost am fayn fayn wan  
 Kɔnstipɛshɔn na ɔda tin we kin mek pɔsin taya, ɛn i gɛt  
 fɔ du wit di pɔyzin we de gɛda na di bɔdi  
 I de afɛkt di we aw dɛn de pul ɛnaji frɔm it  
 If yu de sɔfa wit kɔnstipɛshɔn, yuz natura l laxative if i  
 pɔsibul  
 If yu kip yu bɔdi fri frɔm pɔyzin (west), yu nɔ go fil taya  
 Na di pɔyzin we kin gɛda na in bɔdi kin mek pɔsin fil  
 taya  
 Drug ɛn nakotiks kin mek bak pɔsin fil se i wik  
 Fɔ ɛgzampul, opium de tif di wan dɛn we de yuz am fɔ  
 du wetin dɛn want fɔ du  
 Dɛn nɔ want fɔ du ɛni ɔda tin pas fɔ tɔk bad bɔt, fɔ slip,  
 ɛn fɔ drim

Wan pan di bɛst we fɔ pul di filin dɛn we yu kin fil we yu  
 taya  
 Na fɔ kontinyu fɔ gɛt trɛnk fɔ du mami ɛn dadi biznɛs di  
 we aw Gɔd nɔ want  
 Bikɔs fɔ praktis dat pasmak na fɔ west yu trɛnk fɔ mek  
 tin dɛn  
 Dis kin mek dɛn lɔs bɔku bɔku wan, pan ɔl tu di bɔdi ɛn  
 maynd  
 :Di disaypul aks in gaydman se  
 Wetin na yu intapriteshɔn fɔ di spiritual ɛntiti ɛn no bɔt  
 ?am, sa  
 :Di gaydman bin ansa se  
 Di spiritual entity na di kɔnshɛns no bɔt spiritual pɔsibul  
 ɛn pawa dɛn  
 Jɔs lɛk aw tin dɛn we de na di si kin fil we dɛn de ɔnda  
 wata  
 ɛn di bɔd dɛn we de na di skay de rawnd spes  
 Na fɔ pul impɔtant ɛnaji frɔm di ɛtɛ na di sol  
 ɛn filin fɔ wɛl ɛn trɛnk we de flɔ na di bɔdi  
 I de mek di sɛl dɛn gɛt layf bak wit di ɛliksi we de gi layf  
 ɛn mek dɛn nyu ɔltogɛda  
 :Dɔn di disaypul aks se  
 ?ɛn wetin na di we fɔ gɛt da tɛst de  
 :Di gaydman bin ansa se  
 Na bay we yu de tɔk yusɛf se yu na pɔsin we gɛt  
 spiritual pɔsin  
 ɛn dat di fizik ɛntiti, pan ɔl we i rili rial  
 Bɔt, na di ɔda shel we de na di sol in ɛsin  
 ɛn dat na di wata we de gi layf, we na di spring we de  
 mek pipul dɛn gladi  
 I kin flɔ tru yu nerv dɛm, we kin mek yu gɛt gladi at, yu  
 kin gɛt trɛnk, ɛn yu kin wach  
 :Di disaypul kontinyu fɔ tɔk se  
 ?Wetin na di tin dɛn we de ambɔg wi fɔ rich da stet de  
 :Di gayd ɛksplen se

Dɛn tin dɛn de we kin ambɔg pɔsin kin de pan tin dɛn we  
 nɔ gri wit wetin pɔsin de tink ɛn we pɔsin kin fil bad  
 ɛn di bad tin dɛn we kin apin lɛk parasayt gras dɛn we  
 kin ambɔg pɔsin  
 Bɔt di spirit plant  
 So, di fil fɔ kɔnshɛns fɔ klin ɛn klin frɔm ɔl di dɔti tin dɛn  
 ɛn fɔ pul di chukchuk dɛn we de mek pɔsin dawt kɔmɔt  
 na in grɔn, ɛn mek i gɛt fet we gɛt layf  
 Dip long, klin maynd, ɛn gud wil  
 Pɔyzin plant dɛn de we nɔto fizik we dɛn fɔ dɔnawe wit  
 Lɛk fɔ et, bad, jɛlɔs, jɛlɔs, fred, ɛn ɔda filin dɛn  
 Di pɔsin we de pwɛl, ɛn plant sid dɛn fɔ lɔv, trɔst,  
 ɔndastandin, nobiliti ɛn ɔnɛs insay in ples  
 :Dɔn di disaypul aks se  
 ?Wetin na di bɛst we fɔ solv prɔblɛm dɛn na layf  
 :Di gaydman ansa se  
 ɛni lɔk gɛt ki, ɛn ɛni prɔblɛm gɛt solv  
 ɛn ɛnibɔdi we gɛt sɛns, sɛns, maynd, ɛn peshɛnt  
 If wi abop pan Gɔd fɔ ɛp wi, dat go mek wi fɛn we fɔ solv  
 ɛni prɔblɛm  
 ɛn nɔ fɔgɛt se ɛni tranga prɔblɛm we yu gɛt na tɛst fɔ yu  
 trɛnk  
 ɛn fɔ mek yu spirit go ɔp ɛn wit ɛni prɔblɛm we yu dɔn  
 win, yu de tek wan step fɔ go bifo  
 Na di lada fɔ layf, big big tin dɛn de we yu dɔn du de wet  
 fɔ yu  
 I bin de dil wit tin dɛn we nɔ bin izi fɔ am pan dis  
 Yu go si se yu de ɔndastand, yu go gɛt trɛnk, ɛn gladi  
 Na bay we yu win di tin dɛn we de ambɔg yu ɛn dɔn nyu  
 stej dɛn na di rod  
 ɛn no, mek Gɔd mek yu no mɔ, se ɔl wetin yu nid de  
 insay yu  
 If yu aks Gɔd fɔ ɛp yu wit ɔmbul ɛn tru tru, yu go gɛt am  
 Di domɔt dɛn fɔ gud tin ɛn di jɛntri fɔ layt go opin fɔ yu  
 Istan Trɔs – Riflɛkshɔn ɛn Gayd

Is-West Inna Kolcho  
Sos fo pis en layt  
Di ticha bin se, we i bin de tok bot di filin fo divayn  
:prezens

If posin de liv in layf we i no no bot God  
Witout fo toch in prezens  
In layf go ful-op wit denja  
En den kin get problem en problem den we posin no go  
ebul fo solv

Tide pen de bon posin we want en disayd fo du sontin  
Fo no di sikrit fo sikrit en di say we kol en layt de komot  
Na bay we i kam fo no di sikrit we pas ol  
I no wetin fridom, gladi at, en fayn fayn tin min  
Posin fo chenj di tin we in layf de pe atenshon pan en di  
sentrom pan in konsheens

From tin to spirit  
En from di "sef" wit in limiteshon den  
To di boundless imoshonal dimenshon  
Don i go no se i bin de en i stil de  
Insay di wam, lov embras fo sote go  
I nid fo wok bak fo mek pipul den ondastand am kwik  
kwik wan

Na bay we yu de go dip dip wan insay di tin den we yu  
de tink bot

En dubl di tray we yu de tray  
En we di divayn prezens toch  
I go win ol di tin den we de ambog am en ol di tin den we  
de ambog am

We de ambog in rod en mek i no ebul fo go bifo

Nobodi no go de afta i day  
Klostu to God pas aw i de naw  
Di kayn we aw i bin no bot am afta i day  
I dipen pan aw i no bot am naw  
!No nid fo de bifo o put am bifo tem

We wi de tink bɔt Gɔd, na in de mek wi gɛt ɔl di gladi-at,  
Iɔv, ɛn gud  
I de mek wi gɛt dairekt kɔntakt wit dɛn blɛsin ɛliment  
dɛn de  
ɛn I de shayn wi wit di blɛsin dɛn we di Wan we gɛt sɔri-  
at pas ɔlman gɛt  
Wi fɔ put di spiritual tin insay wi wok  
ɛn fɔ du di wok we de gi ɔda pipul dɛn di bɛst savis  
Pɔsin we de mek am in gol fɔ sav pas fɔ mek mɔni  
I go si se in wan ol layf dɔn chenj fɔ bɛtɛ  
I nɔ go lɛf am in wan, bɔt ɛp go kam to am frɔm usay i  
nɔ bin de ɛkspekt am  
Bɔku pipul dɛn nɔ kin ebul fɔ gɛt di balans we dɛn nid  
Bitwin dɛn prɛktikal ɛn spiritual layf  
Di pɔsin we de stɔdi bɔt Gɔd biznɛs nid mɔni  
Pɔsin we de na di wɔl nɔ go ebul fɔ liv gladi at if Gɔd nɔ  
de  
Di pɔsin we lɛk Gɔd biznɛs de wok, ɛn di tin dɛn we i de  
:du de tɔk bɔku tin  
."Gɔd de gi mi trɛnk ɛn gi mi maynd"  
I de strong mɔ ɛn mɔ ɛn Gɔd de blɛs di tin dɛn we i de  
tray fɔ du  
:Di pɔsin we de na di wɔl de wok bak, bɔt i se  
Na mi de du ol dis on mai own, and nobodi get eni"  
."kredit to mi  
Dis kin brɪŋ bad tin dɛn we i nɔ bin de tink se go apin to  
am  
I de na Mahadhir  
ɔl di prɛktikal aktiviti dɛn  
Ilɛksɛf na fɔ prɔpati ɔ fɔ gɛt tayt padi biznɛs wit Gɔd  
I fɔ kɔmɔt frɔm fayn prinsipul dɛn  
I de ɔnda di kɔntrol we wi kɔnshɛns gɛt ɛn di balans we  
wi de tink bɔt  
Wi nid fɔ balans pan ɔltin we wi de du



Na bikos if i no de, dat min se wi go sofa, at at, en ed de

at

If sɔmbɔdi invayt wan grup we po pipul den  
Wi no get betɛ mɔni fɔ bay di tin den we den nid fɔ di

festival

Dis min se den no de tek wan pɔsin betɛ pas ɔda pɔsin

En di no ebul fɔ plan di rayt we

Wi fɔ ɔndastand di kayn we aw di jeneral sistem we de

gayd wi akshɔn den de

I no fayn fɔ yuz Gɔd biznes fɔ ɛp wisɛf

Pan ɔl we i fayn fɔ yuz sayens we den de yuz

Fɔ mek pipul den no bɔt gud tin den we get fɔ du wit Gɔd

biznes en mek den go bifo

Wan lɔ de we de ɔlsay na di wɔl fɔ mek wi get gladi at

Dis lɔ de ɔltɛm en i no de chenj

I de wok ɔltɛm en i de gi garanti fɔ rizulyt

en fɔ fala ɔ fala da lɔ de

I rili min fɔ get gladi-at

:We Masta Paramahansa bin de tɔk bɔt gladi at, i bin se

Tru gladi at kin kɔmɔt mɔ pan di kayn we aw pɔsin in

maynd de

We pɔsin satisfay, satisfay, pis, en kolat na sayn den we

de sho se wi gladi

Wan pɔsin fɔ tray fɔ get gud wɛlbɔdi

Di aktif maynd

en di tin den we pɔsin nid fɔ liv

Di wok we fit fɔ du am

En fɔ jɔj wit sɛns

En fɔ ɔndastand kɔrɛkt wan

I no fɔ alaw insɛf

Na bay we yu giv-ɔp to di rɔng ples ɔ kondishɔn

Bɔku tɛm, mɔtalman kin wev kɔk we kin tay den

En i lɛk yu wit rop den we de tay am

I fɔ ɔndastand di rizin den we mek den stɔp den

Sɔntɛm i go pul di sik we de muv sloslo

Fróm in maynd én fróm in bôdi  
Dis go bring kam saykilɔjik rinuél  
I de mek di rod fɔ gladi én fɔ mek i no bɔt Gɔd biznɛs na  
in layf

Én fɔ wek di impɔtant tin dɛn we de insay am  
Dɛn fɔ mek pipul dɛn no bɔt sɔntin fróm di dip dip ples  
dɛn we pipul dɛn nɔ no natin  
To di ayt dɛm fɔ ɔndastand én no  
Pan ɔl we pɔsin biliv pan in sayk pawa dɛn  
Bɔt di wikɛd envayrɔment gɛt transparent ifɛkt  
Ebul fɔ ɔndamin in yon difens dɛn  
Én fɔ mek i nɔ gɛt di gladi at we i de luk fɔ  
So, i fɔ tray tranga wan  
Fɔ mek yu gɛt wɛlbɔdi én fayn ples fɔ gɛt gladi at  
Én fɔ fɛn gladi at we go de sote go na Gɔd in yay  
Insted fɔ get fleeting sensual pleasures  
If i want fɔ pul wan bad abit we de mek i nɔ gɛt gladi at  
I fɔ avɔyd ɔl wetin i go ebul fɔ du  
Fɔ wɔn ɔ wek da abit de  
Dɔn i kin gɛt gud abit fɔ tek in ples  
I de du am wit sirɔks saykilɔjik ɛfɔt  
Te i bi wan impɔtant pat pan in layf  
Wans i dɔn establish én strɔng  
Di bad abit go wik  
Én i kin lɛf fɔ ol in an  
I go fil gladi at we i nɔ ɛva no bifo  
Ilɛminɛshɔn én tin dɛn we pɔsin kin shɔ bɔt

**Tichin dɛn we Masta Paramhansa Yogananda bin  
tich**

**Layf insay in men tin, di tin dɛn we de insay am,  
én di tin dɛn we i want fɔ du**

**Na pɔzl we at fɔ ɔndastand, bɔt nɔto tin we nɔ  
pɔsibul fɔ solv**

**Wit wi progresiv tinkin, wi de solv som of im  
mysteries evride**

**Divays dɛn we dɛn mek bay prɛsis sayɛns prinsipul  
dɛn insay dis tɛm**

**I rili de mek pipul dɛn kɔle am**

**Di tin dɛn we sayɛns de kam wit de mek wi si mɔ  
klia wan**

**Bɔt aw fɔ mek pipul dɛn liv bɛtɛ layf**

**Bɔt pan ɔl di ikwipmɛnt dɛn, invinshɔn dɛn, ɛn  
strateji dɛn we wi gɛt**

**I tan lɛk se wi stil tan lɛk pɔpet dɛn we de na di an  
fɔ fate**

**ɛn se di rod we de bifo wi stil long**

**Bifo wi fri frɔm di kɔntrol we di tin dɛn we Gɔd  
mek de kɔntrol**

**Fɔ tru, fɔ liv wit di sɔri-at fɔ di tin dɛn we Gɔd mek  
nɔto fridɔm**

**Wi maynd we gɛt zil kin ful-ɔp ɛn dɛn kin tay am  
bikɔs wi kin fil se wi nɔ ebul fɔ du natin**

**We wi kin fil lɛk se wata we rɔf, ebi ebi ren, ɔ  
atkwɛk dɔn ambɔg wi**

**ɔ we tin dɛn we de apin de snɛp wi - fɔ no lɔjik  
rizin**

**Di wan dɛn we wi lɛk we de nia wi at**

**Dɔn wi kin no se wi nɔ dɔn win bɔku win dɛn**

**Wi nɔ bin ebul fɔ win di bad tin dɛn we bin de apin  
to wi**

**Pan ɔl we wi de tray tranga wan fɔ mek layf bi di  
we aw wi want am**

**Sɔm kɔndishɔn dɛn go de ɔltɛm na dis wɔl stej**

**ɛn tin dɛn we kin apin we pawaful maynd de gayd  
we wi nɔ no bɛtɛ bɔt**

**I de wok atɔl indipɛndɛnt frɔm wi opinion ɛn wil**

**Di bɛst tin we wi go du na fɔ wok ɛn mek sɔm  
impɔtant tin dɛn**

**Wi kin plant wit ɛn mek flawa**

**Bɔt udat mek di fɔs sid?**

Wi kin it bred ɔ rays we dɛn mek wit flawa  
Bɔt udat mek wi bɔdi ebul fɔ digest?  
En aw fɔ chenj it to tin fɔ it?  
Na eni kɔna na layf  
I tan lɛk se wan Gɔd in an de we nɔ impɔtant  
Wi nɔ go ebul fɔ manej wi biznɛs if i nɔ gɛt am  
Wit ɔl di shɔt tin dɛn we wi gɛt  
Wi nɔ no ustɛm di at go stɔp fɔ wok  
Na dat mek i nid fɔ abop pan pɔsin wit maynd  
Na di pawa we pas ɔl we Gɔd gɛt  
En fɔ abop pan wi ay sɛf  
I de kɔmɔt frɔm da ɔl pawa de  
We dɛn de mɔdel wi fɔ fala  
Wi fɔ gɛt fet we nɔ gɛt prawd  
En fɔ waka wit kɔnfidɛns na di rod dɛn na layf  
I nɔ go fred ɔ shek shek  
Witout tayt en kɔnfyushɔn  
Fɔ dil wit alɛji

Fɔ win di we aw pɔsin de fil na tin we nɔ izi fɔ du,  
en fɔ kɔntrol di we aw pɔsin de du tin kwik kwik wan  
impɔtant fɔ mek i gɛt balans en fayn fayn pɔsin

Sensitiviti kɔmɔt frɔm misɔndastandin, inferiority  
kɔmpleks, inflated prayz, en egzajarayt ego

We pɔsin tink se dɛn dɔn fil bad, da tink de kin tek  
rut na in maynd, we kin mek dɛn nerv, we kin bi tɛns  
en tɔn agens Vɛks kin bɔn na in at bikɔs ɔf di filin we  
dɛn wund Bɔt sɔm pipul dɛn kin ebul fɔ kɔntrol dɛn  
filin, so dɛn sayn dɛn we de na do nɔ kin apia pan ɔl  
we dɛn kin vɛks bad bad wan insay dɛn ɔda pipul dɛn  
kin sho dɛn vɛks tru di riakshɔn dɛn we kin apin  
wantɛm wantɛm, we kin sho na dɛn yay di mɔsul dɛm  
en di fɔs ɛksprɛshɔn dɛm, en tru shap, kɔd vɛbul rɛsp  
ɔns dɛm

**If pɔsin fil bad pasmak, i kin gɛt sirioʊs prɔblɛm dɛn; i kin mek di tin kɔmplikt ɛn mek wan tin we nɔ fayn we kin afɛkt ɔda pipul dɛn bad bad wan**

**Dɛn fɔ tray fɔ kɔntrol dɛnsɛf ɛn fɔ mek dɛn nɔ gɛt wanwɔd, fɔ mek pipul dɛn ɔndastand dɛnsɛf ɛn gɛt wanwɔd we go mek pis de instead fɔ mek dɛn gɛt tɛnsiɔn ɛn fɔ pul di smok we de mek pipul dɛn strɛs Di wan dɛn we de du dat go bi masta fɔ dɛn yon destiny ɛn di wan dɛn we de arawnd dɛn go gɛt blɛsin fɔ tɛl tɛnki ɛn rɛspɛkt dɛn**

**Fɔ fil bad pasmak na wan kwaliti we bɔku pipul dɛn gɛt, ɛn we dis filin we nɔ gɛt sɛns kin bɔn, i kin mek pɔsin nɔ ebul fɔ ɔndastand ɛn mek di yay dɛn we gɛt sɛns klawd lvin di wɔs tin na dat, di pɔsin we fil bad pasmak biliv se dɛn de tink, fil, ɛn du tin pafɛkt wan, pan ɔl we infakt dɛn bihayvya kin rili rɔng!**

**Bɔku pipul dɛn biliv se dɛn fɔ sɔri fɔ dɛnsɛf we dɛn de kɔndɛm dɛn, ɛn dat fɔ sɔri fɔ dɛnsɛf kin mek dɛn gɛt sɔm fridɔm Bɔt lɛk pipul dɛn we de tek drɔgs, di mɔ we dɛn de tek drɔgs, na di mɔ dɛn adikshɔn de strong**

**Bɔku tɛm, pɔsin we gɛt sɛns kin sɔfa we nɔ nid am Bɔku tɛm, nɔbɔdi nɔ kin no wetin mek dɛn de sɔfa ɔ di kayn we aw dɛn de kray, we kin mek dɛn fil bad mɔ ɛn mɔ we dɛn kin put dɛnsɛf ayd Nɔtin nɔ go ebul fɔ du bay we dɛn de tɔk kwayɛt wan bɔt wetin dɛn tink se na fɔ provok ɔ fɔ kɔndɛm am**

**I bɛst fɔ pul di kɔz dɛm fɔ dis kayn haypa sɛnsitiviti tru ɔbjɛktiv analisis ɛn bay we yu aktibɔt sɛlf kɔntrol**

**Dis kayn alɛji we nɔ fayn kin gɛt sirioʊs prɔblɛm dɛn; i de it di at lɛk faya ɛn pwɛl di tisu dɛn we de mek pis So, dɛn fɔ dil wit am wit sɛns, we gɛt lɔjik, ɛn wit strong wil**

**Fridɔm frɔm wikɛd tin**

**Di bɛst we fɔ pul wikɛd tin dɛn**

**I nɔ min fɔ tink bɔt am**

**If nɔto dat, di aidia bɔt wikɛdnɛs go swip tru  
kɔnshɛns ɛn dominate di fakulti dɛm fɔ di sol**

**We wi de briŋ di layt insay wi**

**Di daknɛs go dɔn lɛk se i nɔ ɛva de**

**Dat aidia de briŋ fayn fayn inspekshɔn dɛn to mi**

**We dɛn de kam wit layt**

**To wan kev we daknɛs bin de fɔ bɔku bɔku tawzin  
ia**

**Di daknɛs go dɔn wantɛm wantɛm**

**Semweso, wikɛd tin dɛn kin dɔn, ɛn wit dɛn,  
mistek dɛn kin dɔn**

**We wi alaw Gɔd in layt fɔ kam insay wi kɔnshɛns**

**Di daknɛs we nɔ no natin nɔ go ebul fɔ de**

**Dat na di filɔsofi we wi fɔ liv bay**

**Fɔ de tek tɛm du tin nɔ gɛt wan yus**

**Di wil fɔ layf nɔ de ɛva stɔp**

**ɛn di de dɛn na layf kin pas kwik kwik wan**

**ɛvri minit wi kin spɛn fɔ tink klia wan ɛn du tin wit  
sɛns**

**Na wan saksɛsful ɛn prɔfit invɛstment na di fild fɔ  
wi gladi at**

**Bɔku pan dɛn kin spɛn dɛn wan ol layf**

**Fɔ tink bɔt mɔni, mami ɛn dadi biznɛs, ɛn fɔ gɛt  
nem**

**Dɛn nɔ kin pe atɛnshɔn mɔ pan di impɔtant tin dɛn  
We de mek dɛn gɛt kolat na dɛn maynd  
ɛn mek dɛn no mɔ to ay levul  
I nɔ mata aw pɔsin ɔmbul di wok we i de du  
Dɛn kin tek am as pɔsin we de du wɛl na Gɔd in  
yay**

**If i bin no aw fɔ spɛn in tɛm wit sɛns  
I de dayrɛkt in tinkin to di rayt say dɛn  
We Gɔd in layt de shayn pan mɔtalman  
I nɔ de fil se i nid ɛnitin  
Na bikɔs ɔf di gladi at we kin mek i gladi pasmak  
I de ajɔst ɔl di tin dɛn we i bin dɔn drim  
ɛn i de mek i fil dip dip wan  
Na in jɛntri pas ɔlman ɛn di wan we gladi pas  
ɔlman**

**Insay dis layf**

**Tɛnal fɔ Layt**

**Di wan we de wek spiritual kɔnshɛns**

**Wit aydia dɛn we gɛt sɛns**

**Di wok dɛn we dɛn kin du fɔ ɛp pipul dɛn**

**Gud filin**

**Dip tin fɔ tink gud wan**

**I kin no se i de kɔmɔt na di bɔdi**

**Taym fɔ di las tɛm fɔ kɔmɔt**

**Tru di spiritual yay**

**Di yoga de praktis di tɛm we i de na dis wɔl**

**Spiritual Ay Tɛnal Vishɔn**

**Na di layn we de sheb di tin dɛn**

**Bitwin matirial ɛn spirit**

**I kin kɔmɔt na di Wɔl di tɛm**

**Fɔ go insay dis tanɛl we gɛt layt**

**ɛn di chenj frɔm dis wɔl**

**To Gɔd in ples we nɔ gɛt ɛnd**

**Usay di layt de**

**ɛn gladi at**

**Pis**

**fridɔm we ɔlman gɛt**

**Di lamp fɔ di bɔdi na di (spiritual ) yay**

**If yu yay na singl**

**Dɔn yu wan ol bɔdi go ful-ɔp wit layt**

**{ ɛn di layt de shayn na daknɛs, ɛn di daknɛs nɔ  
bin no am }**

**fɔ lɛk ɔda pipul dɛn**

**Fɔ lɛk ɔda pipul dɛn na fɔ fil di sɔri we ɔda pipul  
dɛn de fil**

**ɛn fɔ kam nia dɛn ɛn tɔk to dɛn**



Wi kin tray tranga wan fɔ kɔrej dɛn we dɛn lɔs  
ɛn fɔ mek wi gladi we dɛn gladi  
Wi de wok di bɛst we aw wi ebul  
Fɔ drɛb di spekt fɔ fred, nid, ɛn wɔri frɔm dɛn  
Di wan dɛn we de wok fɔ mek ɔda pipul dɛn gladi  
Mek Gɔd gi am wan insay sɛns fɔ saikɔlɔjik kɔmfɔt  
ɛn if i lɔs sɔntin we i de rɔnata di wan dɛn we i de  
tray fɔ ɛp

I nɔ de tek am se na lɔs bikɔs i de gɛt sɔntin fɔ pe  
am bak

Gɔd in gladi-at ɛn kolat na in maynd  
I de liv fɔ lɛk, fɔ wok, ɛn fɔ gi  
I de plant di sid fɔ gud ɛn pis na di fil dɛm fɔ  
mɔtalman

Di tin dɛn we i de tink ɛn fil pas in yon wɔl  
In awareness de expand ɛn in sɔri-at de go ɔp  
I fil se di wɔl na in os ɛn mɔtalman na in famili  
I ɔndastand se na di rizin we mek i de na dis wɔl  
I fɔ rifɔm insɛf bifo i tray fɔ rifɔm ɔda pipul dɛn  
Na bikɔs di wan dɛn we de mek dɛnsɛf bɛtɛ kin ɛp  
ɔda pipul dɛn

Fɔ rifɔm dɛnsɛf tru di ɛgzampul fɔ in layf  
Akshɔn dɛn kin gɛt dip impak ɛn i kin gɛt mɔ dip  
ɛfɛkt

Insay ɔda pipul dɛn maynd, frɔm di wɔd dɛn  
Udat gɛt di spirit fɔ bisin bɔt ɔda pipul dɛn?  
I nɔ de wok akɔdin to di limited kɔlkyulɛshɔn ɛn  
ɛkspekteshɔn

Bifo dat, i de yuz di sɛns we i gɛt ɛn di we aw i de  
tink gud wan

I de kɔntinyu fɔ ɛp insɛf ɛn ɔda pipul dɛn  
Fɔ tɛl Gɔd tɛnki fɔ di sakrifays we i dɔn gɛt  
ɛn if i nɔ wok wan tɛm ɔ bɔku tɛm  
I nɔ kin fil se in at pwɛl, bifo dat, i kin mekɔp in  
maynd mɔ ɛn mɔ

I de tray bak tu tɛm ɛn tray bak  
Fɔ fɛn nyu aidia ɛn chanel dɛn  
Na di layt fɔ rizin de gayd am  
Wit Gɔd in ɛp  
Te i rich di tin we i want fɔ du  
I kin ebul fɔ du wetin i want fɔ du  
Istan-Westin Illuminɛshɔn dɛn  
Frɔm di tichin dɛn we di sɛj Paramhansa  
Yogananda bin tich  
Fɔ pripia ɛn  
Tink na pawa, lɛk ilɛktrishɔn  
saykolojik kɔndishɔn dɛn  
I de go bak to di we aw pipul dɛn bin de tink ɛn di  
we aw dɛn bin de tink  
Ilɛktrishɔn kin bɛnifit ɛn i kin ambɔg  
So udat sabi aw fɔ solv am?  
I de put am na in savis  
If nɔto dat, i go mek i gɛt ilɛktrik  
ɛn na so bak dɛn bin de tink  
If dɛn de dayrɛkt am na di rayt rod dɛn  
I de briŋ gladi at to di pɔsin we gɛt am  
If nɔto dat, i go briŋ prɔblɛm to am  
Tink tan lɛk wayl ɔs  
Bɔt, fɔ tam am nɔto tin we nɔ pɔsibul  
Fɔ tink gud wan na wan we fɔ kɔntrol di we aw yu  
de tink  
Fɔ tink gud wan na tayt padi  
ɛn sik maynd na ɛnimi ɔltɛm  
We yu tink gud wan, dat kin mek yu gɛt pis ɛn sef  
ɛn sik maynd kin sɛn aro dɛn we kin kil pɔsin  
I de ribaund pan in ɔna tu tɛm  
Na dat mek dɛn kin se, di blɛsin na di sem kayn  
tin we pɔsin du  
As lɔng as pɔsin de sɛn gud intenshɔn  
In aidia dɛn go tɔn to tɔch

I layt di chemba den na di sol  
En dreb di boku boku daknes  
Don i kin fil bad bad wan  
In yay den bin de shayn wit smayl we de sho se i  
satisfay!

Laif tan lek mil we de grind  
Test pils en fruitful eksperiens den  
Fo mek bred wit am  
I tan lek rod we de ron rawnd  
Na in sayd den get flawa den we get boku boku tik  
den

botaflay den we de brayt brayt brayt wan  
En tik den we get fayn fayn frut den na den branch  
den

Bot, wi no kin stop  
Le wi enjoy di we aw yu de si am en enjoy di swit  
we i get

Infakt, boku tem wi kin de pan pin en nidul  
Fo go na say den we big  
Wi tink se i get mo fayn fayn tin den fo si pas  
wetin wi don si

Bot as wi de muf go fa smol smol  
Bot rod den we get flawa en we de frut  
Wi kin fen tik den we daknes de insay  
I no jos pas fo jos fresh  
Don di flawa den no de igen  
En wit am, botafalay en bak frut den  
Don wi kin si wisef na di dezat we no get natin  
Motalman layf tan lek di wata we de na di si  
We kin klin en bi swit  
Na we yu go op na di op atmosfes nomo  
I tan lek se na monin drim  
I kin brayt mo en mo wit di ej  
Di rizin na dat, tin kin apin klia wan en difren

I tan læk we pɔsin de travul bikɔs di say we dɛn de  
si kin chenj as dɛn de kɔba distans dɛn

Dɔn di sem tin kin chenj as wi de kam nia am, ɛn  
so de go

Laif nɔ de disapɔynt di wan dɛn we gɛt sɛns  
Na bikɔs dɛn sabi aw fɔ du am ɛn dɛn kin ɛnjɔy am  
Witout alaw am fɔ tek kɔntrol pan dɛn ɛn pul dɛn  
fridɔm

Fɔ ɛgzampul, dɛn kin ɛnjɔy fɔ wata  
Dɛn de drink am ɛn was insay de, bɔt dɛn nɔ de  
alaw dɛnsɛf fɔ drawn insay de

Dɛn kin ɛnjɔy di klos dɛn we dɛn læk  
Witout excessive adherence to formalities ɛn  
fɔmaliti dɛm we dɛn kin tek as sɔfays

Dɛn kin ɛnjɔy fɔ it ɛn nɔ alaw fɔ it fɔ it dɛn  
Na bikɔs if pɔsin it pasmak, dat kin mek i nɔ gɛt  
bɛtɛ trɛnk igen

ɛn i de it di we aw pipul dɛn de si tin  
ɛn i go pwɛl am kpatakpata  
ɛn so, pɔsin fɔ ɛnjɔy layf  
Bɔt we yu nɔ taya di sɛns dɛn tru di wata we dɛn  
put insay di wata

fɔ gɛt gud padi biznɛs wit ɔda pipul dɛn  
Di agriment we dɛn mek nɔ min ɔltin  
ɔ fɔ sakrifays di tin dɛn we dɛn want fɔ du fɔ dɛn  
yon bɛnifit

Na bikɔs dis we fɔ kɔmprɔmis nɔ fayn  
I nɔ gri wit di trut  
Di wan dɛn we bin de rifɔm ɛn di bigman dɛn nɔ  
bin gri

Wit bɔku pipul dɛn we de rawnd dɛn  
Bɔt, dɛn bin kip di tin we dɛn bin want fɔ du  
Na bikɔs dɛn bin no se wetin dɛn bin de du  
Dat bin rili rayt  
Di prinsipul nɔ fɔ kɔmprɔmis

**En nɔ fɔ du tin dɛn we nɔ izi fɔ du fɔ rich wan  
patikyula gol**

**Na bikɔs dat nɔ fit fɔ pipul dɛn we gɛt prinsipul  
Udat go ebul fɔ liv di we we go mek Gɔd gladi?  
Nɔ du ɔda pipul dɛn bad, bikɔs dɛn nɔ gɛt natin fɔ  
fred**

**Fɔs ɛn di men tin, pɔsin fɔ gri wit Gɔd  
Dɔn wit kɔnshɛns, ɛn afta dat wit pipul dɛn  
Bɔt if dis we aw dɛn de du tin nɔ de mek ɔda pipul  
dɛn satisfay**

**I go du fɔ mek pɔsin gɛt pis insay insɛf  
I kin fil pis insay in at we kin mek i nɔ gɛt ɛnitin fɔ  
du wit pipul dɛn we nɔ gri wit am**

**spiritual magnetizm we gɛt fɔ du wit Gɔd biznɛs  
Di trɛnk we di sol gɛt ɛn di we aw i want fɔ tɔn to  
Gɔd, dɛn kɔl am spiritual magnetism, ɛn wit dis  
magnetism di sol de atrak to insɛf blɛsin, sublaym  
vaybreshɔn, ɛn ɔl di gud mɔtalman ɛkspiriɛns dɛn we  
de mɛmba am bɔt gudnɛs ɛn rayt**

**Spiritual magnetism na di pawa we pɔsin kin yuz  
fɔ mek i atrak ɛn briŋ gud padi dɛn, tin dɛn we nid ɛn  
impɔtant, ɛn fɔ no tin dɛn we pɔsin kin ɔndastand**

**Dis pawa kɔmɔt frɔm Gɔd in pawa we gɛt magnetik  
ɛn we de mek pɔsin want fɔ no mɔ**

**Kandul fɔ Pis**

**Tek wan pɔt we gɛt maynd**

**Ful am wit yu pis**

**Tek di bɔtul fɔ mi filin dɛn**

**Ful am wit Yu sɔri-at**

**Tek mi ɛmti sol basket**

**Ful am wit di frut dɛn we yu gɛt fɔ du wit yu sɛns**

**Put di wata we yu lɛk insay mi sol**

**A go tɔn am na di kɔp dɛn fɔ di sol we tɔsti**

**Tear down di wol dem fo ego**

**Immerse mi in yu total prezɛns**

**Di ray fɔ dawn fɔ lɔv  
Mek i luk aut frɔm di opin dɛn na mi at  
I de mɛmba mi di san layt we yu lɛk  
Spread kross di skay na mi layf  
Di layt we de shayn we yu lɛk dɔn shayn  
Pan misɛf, ɛn i bin gɛt layt  
Yu layt bin ful-ɔp mi spiritual ples  
Yu na di layf we de sɔpɔt mi bɔdi  
ɛn di maynd we de mek a tink  
ɛn di sɛns we de pul mi ignorance  
A de layt di slɛnd kandul fɔ mi lɔv  
Fɔ rid di gold buk  
Dɛn dɔn kip am insay mi frɔm trade trade  
Yu lɔv bin de ɛn stil de  
Di kandul we wi nɔ de si we de mek pis  
We de pul di daknɛs ɛn sho mi yu mɛsej dɛn  
Di blɔk de na di pej dɛn fɔ at  
Wan Nyu Wɔl: #Paramhansa Yogananda**

**Transleshɔn: Mahmuud Abas Masoud**

**We yu tɛst yu spiritual biliv, wan ɔl nyu wɔl opin  
Fɔ tray yusɛf impɔtant fɔ no Gɔd Yu kin fil dip rilijɔn,  
ɛn yu maynd kin satisfay wit dat Bɔt pas yu yon pɔsin  
biliv se dɛn de ansa yu prea dɛn dairekt wan, no ɔmɔs  
rilijɔn fɔmaliti nɔ go ebul fɔ sev yu Pan ɔl we fɔ gɛt  
Gɔd in ansa kin at, i pɔsibul Fɔ mek shɔ se yu rili rich  
na ɛvin, yu fɔ tɛst di pawa of your prayers so that you  
can activate them As a bin bɔbɔ, a bin disayd se mi  
prea dɛn go ansa ɛnitɛm we a tɔn to Gɔd fɔ beg Dat  
disayd we nɔ de shek na di we Dɔn ɛvri prɔblɛm go  
kam fɔ wikɛd yu disayd ɛn paralayz yu wil, bɔt Gɔd in  
pawa fɔ ansa nɔ gɛt limit Fɔ tray tranga wan ɛn fɔ  
kɔntinyu fɔ yuz di pawa we yu want go mek Gɔd ansa**

**I important fɔ lan di kɔrɛkt we fɔ pe atɛnshɔn pan di maynd I important bak fɔ gɛt inɔf tɛm fɔ de yu wan ɛn fɔ tink bɔt yusɛf wit ɔda pipul dɛn ɔltɛm, dat kin mek yu nɔ ebul fɔ gro pan Gɔd biznɛs Bɔku pipul dɛn tan lɛk spɔnj; dɛn kin tek ɔltin frɔm yu, ɛn yu nɔ kin gɛt ɛnitin fɔ pe bak Na tru se i fayn fɔ de wit ɔda pipul dɛn we gɛt tru ɛn strɔng pan Gɔd biznɛs If ɛnibɔdi nɔ di trɛnk, sinsi, ɛn di wil we di ɔda pɔsin gɛt, dɛn kin sheb fayn fayn kwaliti dɛn we gɛt fɔ du wit Gɔd biznɛs wit dɛn**

**Nɔ fɔ west tɛm pan tin dɛn we nɔ important Bɔku pipul dɛn kin ɔkup dɛnsɛf wit tin dɛn we nɔ de mek dɛn du sɔntin, ɛn if yu aks wan pan dɛn wetin dɛn bin de du, dɛn go ansa se, "A bin bizi ɔltɛm!" Bɔt dɛn kin jɔs mɛmba ɛnitin bɔt da "wok" de! Dɔn bak, fɔ ɛnjɔy yusɛf pasmak ɛn fɔ ɛnjɔy yusɛf kin mek yu maynd wik If yu wach fim ɛvrɪde, dɛn go lɔs dɛn apil ɛn yu go bost Fim dɛn na di sem, wit difrɛn rol dɛn: pipul dɛn we lɛk, advantɛj, hiro, wikɛd pipul, ɛn ɔda tin dɛn Wi kin ɛnjɔy fɔ wach fim plot, bɔt layf nɔ kin tan lɛk dat Na di ɔda say, if layf bin tu rial, udat go want fɔ si mɔ pan layf in ivin dɛn lɛk aw dɛn de we dɛn kin go fɔ rilaks?**

**Laif na fɔ ful pipul dɛn we nɔbɔdi nɔ go biliv, ɛn wi fɔ aproch am as so If wi nɔ win in ful ɛn ilyushɔn fɔs, wi nɔ go ebul fɔ ɛp ɛni ɔda pɔsin Insay di solitude of a focused mind lay di factory of all great achievements Mɛmba dis Insay dis wɔndaful faktri, kɔntinyu fɔ wev di patɛns fɔ yu wil fɔ ɔvakom ɛvri ɔpɔsin ɔbstakl Trenin ɛn rifin yu wil ɔltɛm Yu gɛt bɔku bɔku tin dɛn chans fɔ wok na dis faktri de ɛn nɛt, as long as yu nɔ west yu tɛm ɛn trɛnk**

**Na nɛt, a kin pul mi at pan di tin dɛn we di wɔl want fɔ de mi wan wit misɛf, fa frɔm di wɔl, na mi**

**spiritual solitude wit mi wil De, a de gayd mi tinkin den na di dairekshon we a want en mek disizhon den insay misef Don, a de enkorej mi wil fo du gud en benifit aktiviti den we de bring mi sakrifays Dis we ya, a don yuz mi wil fayn fayn wan boku tem Bot dis na jos bay we a de yuz di wil oltem**

**Na fayn fayn filin i go bi fo ebul fo se en afem se, "Mi wil, we ful-op wit di yunivasal wil, go ajost wetin a want!" If yu bi komplayn en trös oltin to di divayn wil we yu no yuz yu yon wil, we God gi yu, yu no go get di autkam we yu want Divayn pawa want fo ep yu fo insef No nid fo beg o beg; bifo dat, yu fo yuz yu wil fo aks en aks—as rayt fo get di propati—en fo du wetin yu want Yu fo dreb from yu maynd di tink se God, wit in pawa en pawa we pas ol, de fa en ayd na di fa fa say den na evin, en se yu wan de midul di wöri en problem den we de na dis wol Membra se di divayn wil de bien yu motalman wil, bot da pawaful pawa de, lek a si we no get boda, no go kam to yu pas yu maynd opin en yu at gri fo tek am**

**Nervös: di tin den we kin mek i get am en di tritment we i kin gi**

**Nevös na wan sik wae wi kin win wit wan patikyula meressin wae den kol tranquility Di imbalans na wi maynd wae kin mek wi get nervous disoda kin kam wae porsin de kontinyu fo arousal or de stimulate pasmak fo di sens dem Fo put yusef pan wöri, frayd, veks, fil bad, rigret, jelös, sori, et, veks, . wöri, en nor get tin dem wae porsin nid fo liv normal en gladi at—lek fo it fayn, fo eksesaiz fayn fayn wan, fo get fresh briz, fo get layt na di san, fo wok fayn fayn wan, en fo get di rayt rizin na layf—na ol dis kin mek porsin get problem wit in nervös**



**Enitin we de mek pɔsin fil bad ɔ we de mek pɔsin fil fayn ɔ we de mek pɔsin fil fayn, i kin mek pɔsin gɛt bɔku prɔblɛm ɛn i kin ambɔg di balans we aw layf pawa de flɔ tru di fayv sɛns ɛn dɛn fakulti If yu kɔnɛkt 50 wat layt bɔl to 2,000 volt pawa sɔs, di bɔl go bɔn ɔt Semweso, dɛn nɔ bin mek di nɛvɔs sistɛm fɔ bia di pawa we de pwɛl di pawa we yu de fil bad bad wan ɔ we yu kɔntinyu fɔ gɛt bad tin dɛn we pɔsin kin tink ɛn fil**

**Nɛvɔs nɔto simpul prɔblɛm I na ɛnimi we rili bad, wit sirɔs kɔmplikeshɔn ɛn di tin dɛn we kin apin we kin go fa Na yu bɔdi, i nɔ kin izi fɔ mɛn ɛni sik we pɔsin kin fred bad bad wan pan spiritually, di imbalans fɔ di impɔtant ɛnaji na di bɔdi kin mek i nɔ izi fɔ kɔnsɛntret ɔ dip meditashɔn fɔ mek yu gɛt pis ɛn sɛns**

**Laki, nervɔs kin trit Pɔsin we de sɔfa wit dis kɔndishɔn fɔ rɛdi fɔ analayz in sityueshɔn ɛn pul di pwɛl hat ɛn bad bad tin dɛm wae de it dɛm smɔl smɔl Fɔ analayz yusɛf pan in prɔblɛm dɛm ɛn fɔ kip kɔmpɔz ɔnda ɔl di sikɔstɛms kin mɛn bɔrku kes dɛm fɔ nervɔs**

**We wi no se di abiliti dɛn we wi nid—ilɛksɛf wi fɔ tink, tɔk, fil, ɔ du tin—ɔl kɔmɔt frɔm Gɔd, ɛn se I de wit wi ɔltɛm, we de inspekt ɛn gayd wi, wi kin gɛt fridɔm wantɛm wantɛm frɔm saykolojik strɛs Wit dis rializashɔn kin kam flash dɛn fɔ oli gladi, ɛn sɔntɛnde wan dip layt kin flɔd wi bi, we kin pul di tink dɛn we de mek wi fred wantɛm wantɛm**

**Gɔd in pawa tan lɛk di si, i de rɔn ɛn i de rɔn, i de swip tru di at insay wan klin we i de klin, i de pul ɔl di lay lay tin dɛn we de ambɔg am we na dawt, fred, ɛn fred**

**Bɔku tɛm mɔtalman biliv se na jɔs bɔdi we wi de si, bɔt dis na ilyushɔn we dɛn kin win bay we dɛn kɔnɛkt wit dɛn spiritual pɔsin tru meditashɔn Dɔn, dɛn**

**go no se di bɔdi nɔto natin pas bɔbul we de flɔt pan di big big si na di yunivas**

**Pɔrsin wae de sɔfa wit wɔri fɔ ɔndastand dɛn kɔndishɔn ɛn analayz de persistent cognitive errors wae de ripɔtabl fɔ dɛn nɔr gɛt wanwɔd ɛn kɔmpitishɔn wit de layf wae de arawnd am We pɔrsin wae de wɔri gri, ivin jɔs wan tɛm, se in sik nɔto mistek bɔt na lɔjik kɔnsɛkshɔn fɔ in pɔsnal abit dɛm, dɛn dɔn ɔlrɛdi ajɔst af di mɛrɛsin!**

**Gladi gladi kin ambɔg di nervɔs sistɛm in balans bay we i kin sɛn bɔku ɛnaji to wan pat na di bɔdi ɛn i kin mek di ɔda pat dɛn nɔ gɛt di shea we dɛn kin gɛt**

**Dis imbalans na di distribushɔn fɔ di ɛnaji to di nerv dɛm na di kɔz ɛn rizin fɔ nervɔs Pɔsin we gɛt kol at kin avɔyd fɔ gladi bikɔs i no se Gɔd de manej ɛn dayrɛkt layf ɛn in afɛkt dɛm, ɛn we i no se (frayd de kɔt di nerv dɛm), i de tray fɔ kɔntinyu fɔ rilaks pan in maynd, ɛn so i kin ebul fɔ fes layf in sikɔstɛms ɛn situeshɔn dɛm kwayɛt wan bikɔs in nervɔs fɔs na balans**

**Pan ɔl we i de kip in maynd we shap ɛn we nɔ de ambɔg am, i de fri insɛf frɔm di ilyushɔn dɛn we de na layf ɛn rayz pas di gladi gladi we tin dɛn we kin mek i gladi kin briŋ As fɔ di prɔblɛm dɛn we nɔ fayn, i kin tray nɔ fɔ alaw dɛn fɔ ambɔg in pis na in maynd ɔ pul in insay in kol at Dis na di gol we wi fɔ tray ɛn tray fɔ rich**

**di nɛv sistɛm de gi di imɔtant ɛnɛji to di bren, at, ɛn ɔl di ɔda ɔgan dɛm I de sheb ɛnɛji bak to di fayv sɛns dɛm: fɔ si, yɛri, tɔch, tɛst, ɛn smɛl Nɛv dɛm na di mɛdiɔm we wi de yuz fɔ kɔmɔnik wit di wɔl we de rawnd wi ɛn na di sɔsɔs fɔ ɔl wi sɛns rɛspɔns dɛm So, i rili implɛnt fɔ mɛnten wan stet fɔ pafɛkt bɛlɛ na wi nerv sistɛm dɛm, fɔ avɔyd fɔ wɛl wan pat pan di bɔdi wit bɔku bɔku ɛnaji we de mek ɔda eria dɛn nɔ gɛt dis**

important tin fɔ it Balens na layf ɛn fɔ rich di rayt gol  
dɛn nɔ de apin bay we pɔsin de wɔri ɔ we i de fil bad,  
bɔt na bay we i gɛt kol at ɛn dip fet pan Gɔd

Yogi pipul dɛn gɛt spɛshal we dɛn we dɛn kin yuz  
fɔ mek di tisu dɛn we dɔn bɔn gɛt layf bak bay we dɛn  
de sɛn important ɛnaji to di nɛv dɛn we dɔn pwɛl smɔl  
ɛvri sɛl ɛn tisu na di nervɔs sistem na wan tin we gɛt  
layf ɛn we gɛt sɛns Dis layf fɔs ɔ ɛnaji gɛt di pawa fɔ  
mek da strɔkchɔ de nyu ɔltɛm, jɔs lɛk we dɛn de chaj  
batri we dɔn pwɛl

Tu kayn nervɔs de: saykilɔjik ɛn mɛkanikal, ɔr  
supɛrfishal ɛn ɔrganik

Saikɔɔjik iritabiliti na di kayn we we kɔmɔn pas ɔl,  
we kin kɔmɔt frɔm mental excitement ɔ agitɛshɔn  
Sustained immersion in dis stet, inklud fɔ gɛt padi  
biznɛs wit pipul dɛm we nɔ de kɔntrol we nɔ de bɛnifit  
frɔm dɛn padi biznɛs ɔr nɔ de kɔntribyut ɛnitin we  
fayn, ɛn abit dɛm we nɔ fayn bɔt it ɛn layf stayl, ɔl de  
ripresent kes dɛm we nɔ go ebul fɔ solv we de mek  
pɔsin vɛks

Fɔ it fɔ simpul, balans, ɛn nɔ fɔ it pasmak ɛksesaiz  
fɔ de ɔltɛm Tumɔs slip de numb di nerves, we tu smɔl  
slip de ambɔg Bɔt di important tin we yu fɔ tink bɔt na  
fɔ pik padi wit sɛns ɛn wit sɛns Tɛl mi bɔt pɔsin in padi  
dɛn, ɛn a go tɛl yu bɔt da pɔsin de Flatterers and  
sycophants are of no help Wi shud seek out a  
community of self-improvement—people who tell us di  
trut ɛn ɛp wi fɔ gro Di bɛst kɔmpin na di wan dɛn we  
ɔmbul fɔ tɔk bɔt aw wi go yuz ɛn tin dɛn we wi fɔ du fɔ  
chenj wi layf fɔ bɛtɛ

Fɔ kɔrɛkt pɔsin bad bad wan, we dɛn kin tɔk wit  
bad at ɛn we nɔ gɛt sɔri-at, tan lɛk fɔ nak pɔsin oba in  
ed wit hama, pan ɔl we lɔv pawaful ɛn bɛnifit fa fawe  
Kain advays dɛn we dɛn kin gi wit lɔv ɛn ɔndastandin  
gɛt pawa fɔ du wɔndaful tin dɛn, bɔt fɔ kɔrɛkt pɔsin

**we de mek pɔsin fil bad nɔ kin ebul fɔ du ɛnitin we gɛt valyu**

**Pɔsin kin kwalifay fɔ jɔj ɔda pipul dɛn nɔmɔ we i dɔn klin in nature ɛn pul di daknɛs we i nɔ no natin wit di layt fɔ no Te i rich da stej de, i bɛtɛ fɔ mek i analayz dɛnsɛf ɛn kɔrɛkt wetin dɛn de si pas fɔ kɔrɛkt ɛn provok ɔda pipul dɛn**

**Fɔ kip kɔmpin wit pipul dɛn we gɛt sɛns ɛn we gɛt kol at na wan pan di we dɛn we kin mek wi nɔ fred kwik ɛn we go wok fayn ɛn fɔ no udat wi bi na Gɔd biznɛs**

**Pipul wae de frayd nɔr fɔ miks tumɔs wit ɔda pipul dɛm wae de nervɔs lɛk dɛnsɛf**

**Pis we de insay pɔsin fɔ gɛt fɔ mek i nɔ fred Pɔsin we nɔ gɛt wanwɔd kin mek i kɔntinyu fɔ gɛt kol at ɛn i kin kɔntinyu fɔ fil fri ɔnda ɔl di tin dɛn we kin apin Dɛn nɔ kin alaw di filin fɔ kɔntrol dɛn ɛn mek dɛn disayd fɔ du bad tin Dɛn nɔ kin ful dɛn wit di smol, ɔni wɔd dɛn we di wan dɛn we de tek chans kin yuz fɔ gɛt bɛnifit dɛn we dɛn nɔ fit fɔ gɛt Bikɔs ɔf dɛn natura I kol at, dɛn nɔ kin rili fɔdɔm to misinfɔmeshɔn ɛn lay lay tin Fɔ tru, dɛn at de sho di tru we aw di wan dɛn we dɛn de dil wit ɛn i de sho wetin dɛn want wit wɔndaful akkuracy Dɛn nɔ de pɔyzin dɛn bɔdi wit vɛks ɛn fred, we de afɛkt dɛn blɔd sakulayshɔn bad bad wan Na tru tin we dɛn dɔn no gud gud wan se di milk we mama we vɛks kin gɛt kin gɛt bad bad tin fɔ du to in pikin ɛn bɔku pruf de fɔ se di kayn we aw pɔsin de fil bad bad wan gɛt di pawa fɔ pwɛl ɛn pwɛl di bɔdi**

**Balans fayn ɛn i fɔ bi di fawndeshɔn fɔ wi filin, tink, ɛn akshɔn, ɛn di aks we wi layf de rɔn rawnd**

**Gret sol dɛn kin kip dɛn kɔmpin ɛn pis, we kin ɛp dɛn fɔ go tru di prɔblɛm dɛn ɛn trɔbul dɛn na layf we dɛn nɔ kin lɔs dɛn sɛns ɔ balans**

**God de ɔlsay, i de manej di wɔl dɛn ɛn gayd di  
galɛksi dɛn na ɔbit dɛn we nɔ gɛt ɛnd ɛn mɔtalman, we  
dɛn mek lɛk aw i tan, gɛt di pawa bak fɔ manej in layf  
ɛn kɔdinɛt in aktiviti dɛn we nɔ de wɔri ɔ distɔblɛshɔn**

**Wi fɔ sɛn ɔda pipul dɛn aidia ɔltɛm bɔt lɔv, gud-  
wil, ɛn pis**

**Insay di strɔkchɔ fɔ meditashɔn, usay di layt fɔ  
sɛns de shayn ɔltɛm na di ɔlta fɔ di sol, nɔ de wɔri, nɔ  
strɛs, nɔ tɛnsiɔn, nɔ nervɔs, bɔt na fɔ gɛt kol at, fɔ gɛt  
kol at, fɔ gɛt kɔnfidɛns pan yusɛf, ɛn fɔ gɛt tru tru  
gladi at**

**Pis de fɔ una**

**We silɛns bin wɔn**

We silɛns bin wɔn

We a mek prɔmis fɔ nɔ tɔk natin

So dat a go kɔntinyu fɔ gɛt wanwɔd wit di pɔsin we a lɛk

A de rɛst na in an dɛn, we de rawnd di big big wan ol wɔl

A go kɔntinyu fɔ lisin to in myuzik dɛn

ɛn siŋ dɛn fɔ pis ɛn gladi at

Si ayd spɛkt ɛn oli manifestɔ ɛn vishɔn fɔ di ɔltin we No

Bɔt a nɔ go fɔgɛt yu

A go wach yu kwayɛt wan ɛn pe atɛnshɔn to yu

Yu de waka oba mi insay di gras, insay di plant dɛn we  
de na di wɔl

ɔ yu kin si mi de gro fayn fayn wan na di branch, grɔn  
wit vayn lif dɛn

A go kia fɔ yu wit di sɔri at we gɛt lɔv ɛn mama we gɛt  
sɔri-at

Tru di krimsin fɔ di flawa, we imbued wit harmoni

Dis kin mek yu gɛt gladi-at, gladi at, ɛn yu kin fil se yu  
gɛt kolat

A go ɔg yu ɛn kɔt kɔt yu wit di saful briz

So dat a go sev yu frɔm fred ɛn frɔm di shado fɔ wɔri

ɛn a kin kɔba yu wit di san layt, we kin mek yu fil wam  
ɛn tayt

We yu wan de krip insay wit wan tret te to di kɔr

We yu de luk di si, yu go si mi insay di dip dip ples dɛn

Wan wit mi Masta na di ɔrayzin ɛn di Nayl na di tɛnt dɛn

I gɛt wan jin we de shayn ɛn wan valyu lapis lazuli

Fɔ tru, a nɔ go tɔk pas frɔm wan maynd we gɛt sɛns

ɛn frɔm di dip dip tin dɛn na mi at, if a want, a go provok  
ɔ blem

Bikɔs a lɛk yu, a go mek yu biliv, ɛn wit at we ful-ɔp wit  
pawa

Sɔntɛm yu kin want di wan we dɛn de wɔship wit tin we  
lɛk uman we gɛt bɛlɛ

A go tɛmpt una, bɔt a go tɛmpt una

Fɔ ɛnjoy di lɔv we di Masta gɛt, we na di say we pɔsin kin  
gɛt pawa

Fɔgɛt mi if yu want, bɔt nɔ fɔgɛt di Wan we gɛt sɔri-at

If a spɛn di nɛt de tink bɔt yu, yu go mɛmba mi

Ol di tem!

*Di men tin we mortalman want fo du*

*Masta Paramhansa Yogananda*

*Transleshon: Mahmuud Abas Masoud*

Flawa en ros den fayn en den get layf, bot bien den, na wan gadin we fayn en fayn pasmak pan ol we dis gadin rili klia en i at fo no fcs, if yu ebul fo go insay di spiritual dimenshon tru di get we di spiritual yay de, yu go ebul fo fen da ethereal realm de en enjoy in wondaful tin den

A de liv na da saful saful eria de usay fayn fayn kwaliti den en fayn fayn tin den we a de tink bot, swit en smel pas eni flawa o ros we de na dis wol De, di bi na mi maynd de kontinyu fo sip di nektu we de sho se God de

We wi de dayrekt wi fcs insay, en liv mo en mo na da ayd wol de insay wi, wi de si se wi spiritual kwaliti den de tek speshal fom den we de akt lek winda den we wi de yuz fo no di swit we God get we pas di diskripshon en imajineshon

Di fen fo God no jcs de fo tink bot Evri gud kwaliti en nobul kwaliti we wi de sho na wi tink en akshon kin bi wan ayd nektu we de sho se God de insay wi, if wi no dip inof

We wi pas na di get we di spiritual yay de, wi de si insay wisef di faktri fo impotant, sens wok, we ayd bien di wan ol yunivas Bikos wi no de dayrekt wi fcs insay, wi tinap wit fred en wonda bifo di trays en sil den we di divayn spirit de insay di nature Wi de si di tin den we God mek; Den rayt in oli nem pan flawa den, na evin, en oltin, bot stil I no tok natin

As mortalman, wi rili laki bikos, pan ol di tin den we God mek, na mortalman nomo get di bodi, maynd, en spiritual talent en fakulti den we nid fo luk fo am, fo fen am, fo no am, en fo ondastand In langwej... di langwej fo set mot

I kin benefit pɔsin fa fawe fɔ rid buk ɛn atikul dɛn we go ɛp am pas fɔ west in tɛm pan tin dɛn we nɔ de mek i du sɔntin lvin pas fɔ rid na fɔ tink bɔt Gɔd, tink bɔt in big big pɔsin, ɛn tray fɔ ɔndastand di sikrit dɛn we nɔ gɛt bɔt ɛn we nɔ gɛt ɛnd na layf

Di rizin fɔ layf na fɔ mek pɔsin no inɛf, fil di kɔsmik envayrɔment de puls na in at, flɔ insay in veins, ɛn ful in bi wit pis, lɔv, gladi, ɛn kwayɛt ɛn dat na di big big sakrifays!

As mɔtalman, wi de mek di big big prɔgres tru di pawa we wi de tink

Sɔm tɛm fɔ de asay ɛvride fɔ divɛlɔp mental fakulti Fɔ rid fayn fayn wan valyu pas fɔ de du tin dɛn we de ɔp ɛn we nɔ gɛt wan minin ɔltɛm Dɛn fɔ mek wan lɔjik schedule fɔ ɛvride bak fɔ mek shɔ se ɔda ɛn ɔganayz Bɔt fɔ yuz di tɛm pasmak na wan we fɔ rigid ɛn dɛn fɔ avɔyd am

Balans impɔtant pan ɛvri pat na layf I fayn fɔ kip yusful ridin matirial dɛn we yu kin gɛt ɛn fɔ rid dɛn we yu de ɛnjɔy yusɛf Di tin dɛn we impɔtant pas ɔl na spiritual buk dɛn, dɔn sayɛns wok dɛn, sɔm istri, filɔsofi, siriks buk dɛn, biyografi bɔt big big pipul dɛn, travul stori dɛn, ɛn ɛni ɔda tin we kin mek pɔsin in maynd bɔku ɛn gi dip inspekshɔn

Buk kin bi kɔmpin dɛn we de biɛn pɔsin, ɛn we yu pik ay kwaliti sɛlɛkshɔn dɛn go gi yu mɔ benefit Fɔs, i kin tan lɛk se i nɔ izi fɔ ɔndastand di men tin dɛn we di spiritual tichin dɛn ɛn di aydia dɛn we big big pipul dɛn we de tink bɔt gɛt, bɔt afta sɔm tɛm, yu go si se yu de tink bɔt wetin dɛn rayt ɛn ɛnjɔy wit wetin dɛn de tink Yu go fil se yu dɔn gɛt sɔntin we gɛt valyu, bikɔs ɔl dɛn sɛns pipul dɛn de pul dɛn sɛns ɛn no frɔm di Gɔd in sɛns we nɔ gɛt ɛnd—di tin dɛn we yu nɔ go ɛva tink bɔt insay yu layf



Bɔt bɔku pipul dɛn de we de rid ɔltɛm bɔt dɛn nɔ ebul fɔ gi yu ɛnitin we gɛt valyu Di bɛst we fɔ rid buk na fɔ tink bɔt wetin de insay ɛn si aw dɛn go aplay to yu yon layf Fɔ no, yu nɔ fɔ blaynd fɔ aksept ɔltin we yu de rid Wetin yu rid fɔ gi yu maynd tin fɔ it ɛn satisfay yu lɔjik Fɔ mek yu rili fit fɔ rid, buk dɛn fɔ mek yu tink, ɛn afta dat yu go fil se yu maynd de divelɔp ɛn go bifo

dairekt no bɔt sɔntin

Di wan dɛn we nɔ de rid ɔ tink gud wan, bɔt de liv superfishal layf we nɔ gɛt ɛni rizin ɛn minin, nɔ de kɔltiv ɛni dip ɔndastandin ɛn nɔ gɛt ɛni patikyula no Hamoni de briŋ wi insay di alaynɛshɔn wit di divayn pawa we de inspekt wi tink ɛn layt wi maynd wit di layt fɔ ay inspekshɔn Meditashɔn na di rod fɔ rich di ay sɛf Mɔtalman rɔng dɛnsɛf if dɛn nɔ rid, bɔt meditashɔn ivin bɛtɛ pas ridin

A lɛk fɔ rid, bɔt a nɔ kin ebul fɔ rid tu pej bifo dɛn kɔl mi fɔ atɛnd ɔda tin So, a dɔn tek di ples fɔ rid wit meditashɔn As a de go insay di dip dip tin dɛn na mi sol, layt dɛn we de shayn de apia, ɛn di gladi at we pas ɔl de kɔmɔt—wan gladi at we de wit mi ɔl di de Dis na wetin a dɔn ɛkspiriɛns na mi layf, ɛn wetin ɔl di wan dɛn we de tɔk to di Blɛsin Masta insay di wispa we di sol ɛn di ia de wispa di at ɛkspiriɛns

Taym tu valyu fɔ west Gɔd want wi fɔ balans ɛnibɔdi we alaw in layf fɔ nɔ balans, di lɔ we de ɔlsay na di wɔl go pɔnish am If yu liv simpul layf, ɛksesaiz ɛvrɪde, rid buk dɛn we go bɛnɪfɪt yu ɛn we gɛt valyu, ɛn gɛt di abit fɔ tink bɔt Gɔd ɛvrɪde, yu sɛns go blo wit gladi at, impɔtant kɔrɛnt go flɔ tru yu blɔd, ɛn yu bɔdi in sɛl dɛn go ful-ɔp wit layt ɛn ɛnaji we yu nɔ ɛva ɛkspiriɛns bifo ɛn yu go gɛt ɔl di no we yu want frɔm di spirit we de insay yu

Dis na mi layf ɔltɛm A nɔ rid twenti buk insay twenti ia a nɔ proud pan am, ɛn if nɔto fɔ di divayn spiritual awareness

we a bin get tru meditashon, a bin fo don rili ignorant We a luk wan buk, a si se di trut den we de insay don olredi sho mi bay God Ol di sublaym aydia en trut den komot from God, di Ol-Knowing If yu meditate pan den, yu go get In sens dairekt So, fo rid gud buk den betε pas fo west tεm pan tin den we no get wan benifit, en ivin betε pas fo rid na fo tink gud wan en fo mek yu no di Absolut Trut, we na God

### Yunivasal Lo en di Evolushon fo Konshens

Insay difren tεm en ples den, motalman don get tru rizin boku aidia bot layf en di sol Fo egzampul, we posin we de na wan savayj trayb get ed we de at, in famili biliv se in sol don ronawe komot na in bodi, so den kol di majik-dokta fo gi di sol bak to am Di dokto go na di forest fo go fen di sol, fen am, brig am kam bak wit am insay boks, en put am i go bak insay di posin in ed, en di ed we de at kin don akodin to di biliv we pipul den biliv

Insay oda kolcho, den kin du di "sniz" fo posin we sik bay we den de put huk (koba ayen den we get shap poynt) na in bodi so dat in sol no go ronawe we i de sniz, bot di huk den go kech am!

Jos lek aw som pipul den don rich mistek konklushon bot motalman maynd bikos of di rizin we no fayn, oda wan den—tru tru tru ondestandin—den don get difren, dip, en fayn ondestandin Wi no se di sol noto di briz bikos som pipul den don de na koma fo long tεm we den no de blo, we de sho se di sol no go ebul fo konfyus to di briz Di sol pas di briz en eni oda tin we de apin na di bodi

Illeksef posin biliv se in na spirit o no biliv am, di lo we de olsay na di wol stil de kompel am fo sho in spiritual we I no mata us wok o pozishon na layf, in konshens de develop en go bifo enitem we den yuz in sens fo mek tin en fo benifit Evri

konstruktiv akshon de ep fo mek mortalman develop en mek den ondestand mo

Bot boku tem pipul den kin tink bot oda tin we den de du scontin, en den no kin no di rayt we fo put den maynd pan wetin den de du Wi fo lan fo tink bot wan tin wan tem wit ol wi maynd trenk Wi komplit atenshon fo pe atenshon nomo pan da wan tin de Posin no fo taya, no get zil, o no fo ansa Fo du tin les en no tek tem, i kin mek i los in enaji en, bikos of dat, i kin mek i no ebul fo du scontin en no get gladi at

Wan no fo jos bi saykilojik mashin we de kontinyu fo de fo inself, lek animal we de du tin bay instinkt Na big mistek fo no wek yusef en mek yu maynd wok God don gi wi den pawa ya en i want wi fo yuz den wit sens en fo no en no oltin we wi de du

Wi fo tink gud wan bak bifo wi du enitin en yuz wi maynd di we we go ep wi fo gro en no se wi impotent fo get wanwod wit di Olmayti Krieta Oltin we wi de du fo bi bay we wi de tink gud wan en plan wit sens

Na mortalman in duty fo tray fo get fayn fayn gol den Atenshon to tin den we no impotent en we no get wan minin na fo pwel di maynd enaji we no get wan minin Di gras den we de na di gadin na di maynd fo komot na di rut en dres am wit di flawa den we di divayn lov de gi, so dat i go atrak di fayn fayn God we lek biuti If yu want dis intelektual gadin fo kontinyu fo blo en gro fayn fayn wan na di gron we sens, yu fo mek layf simpul en fri am from komplisiti We yu du oltin wit atenshon en maynd we de pe atenshon, we no de ambog yu, yu kin analayz wetin yu de du, pik wetin impotent en impotent en trowe wetin de op en we no nid Wans yu don don wan wok, yu kin pul di maynd komot pan am en yuz am fo du oda tin den we yu want fo mek

Mortalman fɔ lan fɔ kɔltiv in awareness fɔ di divayn, bikɔs na jɔs fɔ dis rizin dɛn mek dɛn Dɛn bin briŋ dɛn kam na egzistens akɔdin to di lɔ dɛn fɔ evolushɔn so dat dɛn go yuz dɛn oli pawa fɔ fɛn Gɔd Animal dɛn nɔ get dis kapasiti Di ticha Lahiri Mahasaya bin de wok pan wan sayɛns fɔ ɛp animal dɛn fɔ evolv mɔ kwik, bɔt i nɔ bin liv fɔ kɔmplit am I, too, possess knowledge of some methods for accelerate the evolution of low life forms Bɔt wetin bɔt di bɔku bɔku pipul dɛn we de liv ɛn biev lɛk animal? Dɛn de liv na dis wɔl ɛn afta dat dɛn kin kɔmɔt de we dɛn nɔ dɔn du wetin dɛn want Dɛn kin ebul fɔ du da tin de naw if dɛn pe atɛnshɔn pan dɛn maynd pawa ɛn yuz dɛn kɔrɛkt wan

Di wangren minin fɔ layf na fɔ fɛn di Gɔd we lɛk ɛn gud Wi fɔ fɛn Am Pipul dɛn de luk fɔ am ɔltɛm ɛn nɔ taya

"Di ɔda tin" we dɛn op se go briŋ dɛn kɔmplit ɛn las gladi at

As fɔ di wan dɛn we bin de luk fɔ Gɔd ɛn fɛn am, di luk dɔn dɔn bikɔs Gɔd na da big tin de!

Nature de mek di divain prezɛns nɔ klia

Wetin mek dɛn bin de tɛmt mɔtalman? Sɔntɛm so dat dɛn go want da supɛm pɔsin de, we go mek dɛn want ɛn we go mek dɛn lɛk dɛn pas ɛni tɛmteshɔn we de na dis wɔl Di trap ɛn trap dɛn we de na di wɔl we de rawnd mɔtalman ɔlsay nɔ min fɔ tek dɛn, bɔt na fɔ ɛnkɔrej ɛn mek dɛn want fɔ luk fɔ wetin de bien, ɛn fɔ mek dɛn aks se: "Udat mek ɔl dɛn tin ya? Udat mek mi? Udat na mi? Usay yu, yu de? mi Masta? Wetin mek yu ayd frɔm mi?

We yu tɔn dairekt to Gɔd wit dɛn kwɛstiyɔn ya, I de ansa Bɔku pipul dɛn nɔ de dip dip wan insay dɛn beg to Am, ɛn dat mek dɛn nɔ de fɛn Am ɔ diskɔba Am

Wi fɔ tɔk to Gɔd frɔm wi at, insay di tɛmpul fɔ di sol Di disaypul we want fɔ du am de kɔl am, ɛn se:

"Mi Gɔd, a nɔ ebul fɔ bia igen fɔ si di fayn fayn tin dɛn nɔmɔ we Yu dɔn mek ɛn put insay di nature, bɔt a want fɔ si Yu fes, we dilik pas ɔl di flawa dɛn we de na di nature ɛn we fayn pas ɔl di fes dɛn na di wɔl a want fɔ ɔndastand wetin de biɛn nature".

If sɔmbɔdi fɔ kɔba in fes wit mask, yu kin stil no se mɔtalman bin de de Semweso, nature tan lɛk big vel, we swel wit divayn prezɛns Gɔd de biɛn nature in vel ɛn mask, bɔt mɔtalman kin trowe wan fleeting, superficial glance ɛn nɔ kin no di prezɛns fɔ di being we ayd biɛn nature in kɔtin

Wen a sidon fɔ silent, stil, atentiv meditashon, a de fil tremor of glad insaid mai biin and a de yeri God de wispa, "A de ya".

Di sɛns we Gɔd gi wi na di get fɔ go na ɛvin: di get we de na do na in kingdom Bɔt pipul dɛn nɔ de yuz am lɛk aw dɛn fɔ yuz am Wi nɔ nid fɔ wet te wi kɔmɔt na dis wɔl fɔ yuz wi sɛns fɔ fɛn Gɔd Di tɛm dɔn rich naw, ɛn di ples de ya Di wan dɛn we nɔ de yuz dɛn sɛns fɔ fɛn di sikrit dɛn na layf ɛn di sikrit dɛn we de na dis wɔl nɔ go ɛva fɛn dɛn ɛnisay bak

### Fɔ Diskɔba di Divayn Sɛlf

Bɔku we dɛn de fɔ no di kɔsmik spirit ɔ di divayn sɛf Saylɛns na wan pan dɛn Fɔ silɛns min fɔ silɛns ɔl di tin dɛn we pɔsin want we de tray fɔ go insay di kɔnshɛns frɔm ɔdasay, we de ɛp di pɔsin we de luk fɔ go insay dɛn insay ɛn tɔch di men tin we de insay in sol

Wan ɔda we na tru divayn lɔv, ɔ tɔk to Gɔd frɔm di at wit lɔng ɛn tru tru tɔk fɔ tɔk smɔl ɛn afta dat fɔgɛt na fɔ natin ɛn nɔ de brig ɛni divayn ansa I at fɔ fɛn Gɔd bikɔs bɔku pipul dɛn nɔ siriks bɔt spirituality, ɛn ivin di we dɛn fɔ beg nɔ kin

wok mo bikos den no get inof dip en tru tru prea den fo ripit wit dip en zil te den rich wan ay ay konsheens Di prea we di sol de bon wit long fo God na di sakrifays en ifektiv prea Yu fo don pre dis we wan tem, sontem we yu bin rili want sontin, o yu bin rili nid moni en yu layt di rial ays wit yu want Dis na aw wi fo fil to God Wi fo tok to am, en afta dat wi go si am de lisin to wi en ansa, bikos na in na di Ol-Hearing, di Responsiv

Yoga na wan pan di we den we go wok fayn fo rich en konekt wit God I get som tin den we posin kin du fo tink gud wan we na sayens en we kin wok fayn Di big big sensman den na India bin ondestand se lojik se presis lo den de en patikyula we den de fo go nia God, jos lek aw presis lo den de we God de yuz fo gayd en manej di tin den we de apin na di wan ol wol

Di ticha dem na India bin diskoba di sayens lo dem fo yoga tru den peshent en di aplikeshon fo den fomidabul mental pawa dem Yoga go bi wan pan di impotant eksperiment sayens dem na di fild fo spiritual risach

Oli harmoni wit God fo bi olman fo praktis Dis na wetin di big wan den bin de du wit den disaypul den ol di tem we a no de ya jos fo tok bot di swit we di divayn prezens de; mi praymar gol na fo mek sho se oda pipul den de eksperiens am A no de west mi tem Ol wetin a de du na fo God nomo en fo onno am a so de insay In tinkin dat a no de no di we aw tem de pas en di taya we a de taya fo mi evride wok den lvin we a de wok, a kin fil se i de de

A no separet from God, ivin fo wan sekon

Na dat a bin want en a bin de wok tranga wan fo

Pis de fo una

## **Insay di Horizons of Self-Knowledge we pɔsin kin no bɔt insɛf**

Di tɛmpul we Gɔd lɛk pas ɔl na di tɛmpul we gɛt pis ɛn kol at fɔ di wan dɛn we de wɔship am, usay dɛn kin go insay fɔ tink gud wan ɛn tɔk to dɛnsɛf, lɛf di wɔl ɛn di tin dɛn we de ambɔg am we nɔ gɛt ɛnd We pɔsin mek tɛmpul we gɛt fayn fayn tin dɛn ɛn pis na spirit insay insɛf, i go ebul fɔ no se Gɔd de wit am ɛn fil se i de nia am ɔdasay, di ilyushɔn dɛn na di wɔl bɔku ɛn ɔltɛm, ɛn di wɔri we i de wɔri kin ful-ɔp di at

Sɔntɛnde pɔsin kin fil in at, i kin tink se i dɔn let fɔ luk fɔ Gɔd Bɔt di skripchɔ dɛn tɛl wi se if pɔsin no se dis wɔl de ful ɛn de mek pipul dɛn nɔ no di tru, ɛn na di sol nɔmɔ de sote go ɛn i de sote go, dat min se dɛn go go insay wan bɛtɛ wɔl afta dɛn dɔn kɔmɔt na dis wɔl las las, ivin if da rializashɔn de kam jɔs smɔl bifo i day

Dɛn go tek ɛni wan pan wi frɔm dis wɔl kwik ɔ leta, ɛn dat mek wi fɔ ɔndastand naw di rizin fɔ layf Di men tin we mek mɔtalman ɛksperiɛns na dis wɔl na fɔ ɛnkɔrej wi fɔ luk fɔ di minin fɔ layf Wi nɔ fɔ dazl wit dis prushɔn we de chenj ɔltɛm ɛn we de muv ɔltɛm we mɔtalman de du As di karavan fɔ tɛm de kɔntinyu fɔ waka, yu go dɔn no se yu na wan impɔtant pat pan di Wan, di ɔlmayti Mek fɔ no Gɔd yu gol, ɛn no se if yu luk fɔ di sikrit na layf siriks ɛn tru tru, i go mek yu nɔ gɛt bɔku prɔblɛm dɛn ɛn sev yu frɔm difrɛn fred dɛn Di fred fɔ day, fɔ fel , trɔbul, ɛn sɔri-at de wek big panik insay pɔsin We pɔsin nɔ ebul fɔ ɛp insɛf, ɛn in fambul ɛn padi dɛn nɔ ebul fɔ gi am ɛnitin, pwɛl at kin mek dɛn nɔ gɛt op, ɛn di wɔl kin dak na dɛn yay Bɔt nid nɔ de fɔ rich da stet de If dɛn kin tink bɔt Gɔd ɔlsay na dɛn layf ɛn kɔntinyu fɔ gɛt kɔntakt wit am, dɛn go si am nia am we tin tranga ɛn we tin tranga

Bifo ɛni ɔda mɔtalman bin de wit wi, udat bin de wit wi? Gɔd ɛn we wi kɔmɔt na dis wɔl, udat go de wit wi? Gɔd ɛn nɔ ɔda Bɔt i go at fɔ no am da tɛm de if wi nɔ tray fɔ no am naw

If yu luk fɔ Gɔd wit ɔl yu at ɛn dip wan, yu go fɛn am, ɛn yu sho se i de wit yu ɔltɛm go gɛt trɛnk Wɔri ɛn ilyushɔn go lɛf yu, ɛn yu nɔ go ɛva ful yu igen

ɔltin we de na tɛmteshɔn fɔ pul mɔtalman kɔmɔt nia Gɔd Bɔt Gɔd de mek pɔsin want fɔ no mɔ pas ɛni tɛmteshɔn we de na dis wɔl If yu bin fɔ si am smɔl smɔl, yu go ɔndastand dis trut ɛn ebul fɔ fɛn am tru prea, tink bɔt spiritual tin, ɛn disayd we nɔ de shek Di disayd fɔ fɛn di Divayn fɔ tinap tranga wan I nɔ izi fɔ pɔsin fɔ no Gɔd as long as in tinkin de flit frɔm wan tin to ɔda tin lɛk a feather in the wind Gɔd want fɔ kam to wi, bɔt wi nɔ de wok wit am ɔ alaw Am Mɔtalman nɔ de si am izi fɔ fɛn tin dɛn we de mek pɔsin fil fayn ɛn west tɛm pan enjoyment, pati, ɛn soshal gɛda Fɔ tru, "Di layf na dis wɔl na jɔs enjoyment ɛn divayshɔn, adorn ɛn bost, ɛn kɔmpitishɔn in inkris fɔ jɛntri ɛn pikin dɛn".

If Gɔd aks fɔ wan tin, na mɔtalman lɔv I de nak na wi at domɔt dɛn kwayɛt wan, kɔl wi bak to Am, bɔt bɔku pipul dɛn nɔ want fɔ go bak Bɔt stil, we di wɔl dak bifo dɛn yay, ɛn dɛn kech dɛn na di trap fɔ prɔblɛm ɔ fɔdɔm pan sik, dɛn kin rɔsh fɔ pre to am ɛn aks fɔ in ɛp ɛnibɔdi we mek di bon dɛn we gɛt wanwɔd ɛn gri bitwin dɛnsɛf ɛn Gɔd insay tɛm dɛn we dɛn go gladi ɛn gɛt bɔku prɔpati go fɛn Gɔd nia dɛn we dɛn nid am Bɔt ɛnibɔdi we de tek tɛm fɔ mek da rilayshɔn de strong, de kɔndɛm insɛf fɔ fes dɛn prɔblɛm dɛn ɛn strɛch wit dɛn prɔblɛm dɛn nɔmɔ te dɛn ebul—wit sɛns ɛn sɔrɛnda kɔmplit wan—fɔ tɔn to dɛn padi we go de sote go ɛn nak na In domɔt we gɛt gudnɛs

Fɔ di bɔku bɔku mɔtalman, na smɔl pipul dɛn nɔmɔ de rili ɛn wit ɔl dɛn at fɔ luk fɔ Gɔd Usay di wan dɛn we bin tink se dis wɔl na dɛn yon tu ɔndrɛd ia bifo dis tɛm de? Dɛn ɔl nɔ de igen, ɛn sɔntɛm na smɔl wan nɔmɔ, di wan dɛn we tɔn to Gɔd ɛn kam fɔ no dɛnsɛf, bin rili ɔndastand di rial tin bɔt layf



Bɔt stil, ɛni jɛnɛrɛʃən we de kam afta dɛnsɛf de tek dis layf as rial layf!

Bɔt di ilɛʃən bin ful dɛn jɔs lɛk dɛn

(ɛn jɛnɛrɛʃən afta jɛnɛrɛʃən dɔn de tɛl am!)

We wi de ya fɔ sɔm tɛm, mɔtalman de gi big impɔtant tin to dis spɛktakl Bɔt, wi nɔ fɔ put wisɛf tumɔs pan am ɛn di tin dɛn we de apin we nɔ gɛt ɛnd, bikɔs if wi du dat, wi go drɛf kɔmɔt nia Gɔd, we de tray ɔltɛm, tru bɔku bɔku we ɛn we dɛn, fɔ drɔ wi to insɛf frɔm di dip we aw i bisin bɔt wi ɛn di bɔku bɔku lɔv we i gɛt fɔ wi we i de prɛzɛnt wi wit ɔl di mirekul dɛn we wi want fɔ witnɛs: di wɔndaful tin dɛn we de gro ɛn di ɔda we we nɔ gɛt ɛnd we di tin dɛn we Gɔd mek de biɛn di flawa ɛn ros dɛn, ɛn ɛnibɔdi we rili want am go fɛn Am, wi nɔ gɛt wan dawt se Natura sayɛnsman dɛn nɔ bin rich di tin dɛn we dɛn fɛn tru blaynd prea, bɔt na bay we dɛn fala di lɔ dɛn we de na sayɛns we gɛt fɔ du wit empirikal sayɛns Semweso, ɛnibɔdi we rili ɛn wit ɔl in at fɔ yuz di spiritual lɔ dɛn na sayɛns go fɛn am ɔtomɛtik wan Gɔd nia dɛn Na tɛm fɔ mek mɔtalman opin in spiritual yay ɛn no se fɔ fɛn Gɔd nid fɔ gɛt zil we nɔ de shek ɛn fɔ fala In lɔ dɛn gud gud wan

Difrɛn nɛʃən dɛn dɔn spɛʃal pan difrɛn art ɛn sayɛns dɛn India dɔn sabi di sayɛns art fɔ no Gɔd, bɔt pan ɔl dis, bɔku charlatan dɛn de ivin na India, ɛn na dat mek i nid fɔ no difrɛns bitwin di kɔmpitishən ɛn di tru tru wan

Dɛn fɔ mek balans bitwin spiritual no ɛn di natura sayns If dis balans nɔ de, wan wan pipul ɛn nɛʃən dɛn go stɔp midul misɛf ɛn pwɛl pwɛl If di lida dɛn na di mɔdan wɔl bin gɛt spiritual layt ɛn wok togɛda, dɛn bin ebul fɔ pul wɔ ɛn po kɔmɔt na di wɔl insay sɔm ia Spiritual awareness min fɔ no di divayn prezɛns insay yusɛf ɛn insay ɔl ɔda pipul dɛn we gɛt layf Dis awareness nɔmɔ kin sev di wɔl, ɛn if i nɔ de, a nɔ si ɛni op fɔ pis Lɛ mɔtalman begin wit insɛf Taym tu valyu fɔ

west Duti de kɔmpɛl wi fɔ du wi pat fɔ bring Gɔd in kingdom  
kam na di wɔl

Bɔku pipul dɛn kin shem fɔ luk fɔ Gɔd, bikɔs dɛn kin fred  
se layf go bi dak ɛn pwɛl at, we nɔ go gɛt fayn fayn tin dɛn  
ɛn gladi at Bɔt di kɔmɔn tin na tru! Di klin gladi at we di wan  
dɛn we rili sabi Gɔd kin gɛt pafɛkt wanwɔd wit am pas wɔd A  
de insay wan stet we spiritual gladi de ɛn nɛt Da gladi at na  
Gɔd, ɛn fɔ no am min fɔ kɔba ɔl di sɔri-at ɛn bɛr dɛn witout  
rigrɛt

Gɔd nɔ de aks mɔtalman fɔ mek i dak, nɔ gɛt maynd, nɔ  
gɛt natin, ɔ fɔ mek in fes kray Dis nɔto di rayt we fɔ  
ɔndastand Gɔd, ɛn nɔto di rayt we fɔ gɛt in fayv Di mɔ we  
pɔsin de gɛt pis, na di mɔ i go ebul fɔ fil di we aw Gɔd de de  
Di mɔ we i gladi, na di mɔ i de gɛt wanwɔd wit Gɔd Di wan  
dɛn we no Gɔd gladi bikɔs na Gɔd de mek i gladi pas ɔl

Pipul dɛn kin tray fɔ gɛt gladi at pan rɔm, mami ɛn dadi  
biznɛs, ɛn mɔni, bɔt di pej dɛn na di istri ful-ɔp wit stori dɛn  
bɔt dɛn op dɛn we dɔn pwɛl ɛn drim dɛn we nɔ bin dɔn apin

Di tɛm we a spɛn fɔ tink gud wan dɔn mek mi layf gɛt  
frut we nɔbɔdi nɔ go biliv Wan tawzin bɔtul wayn nɔ bin ebul  
fɔ mek di gladi gladi we a bin gɛt tru meditashɔn Insay da  
gladi at de de we Gɔd de gayd am ɛn sɛns We pɔsin gri wit  
Gɔd, ilɛksɛf i mek mistek we i nɔ bin want, i go no aw fɔ  
kɔrɛkt in mistek, ɛn if i tɔk wetin nɔ fayn, Gɔd go gayd am ɛn  
kɔrɛkt am wit lɔv

Inaf fɔ wet! ɔlman we yɛri ɔ rid dɛn wɔd ya no se a de  
tɔk di tru If a bin fɔ sho ɔl di pawa dɛn we Gɔd dɔn gi mi,  
pipul dɛn go kam to mi nɔto bikɔs dɛn lɛk Gɔd, bɔt na bikɔs  
ɔf mirekul Bɔt a nɔ want da kayn disaypul we de ɔp pas ɔl  
Dɛn fɔ drɔ dɛn nɔto bay pawa, bɔt na di lɔv we Gɔd gɛt, ɛn  
na dat na mi men tin na layf

If a no bin fo don kam fo no God, a no bin fo don tok dis we Olman kin kam fo no am if den so want a no de tray fo win pipul den bay we a de apil to den imoshon, bot bifo dat a de tok to den maynd, adres den lojik en sens Blaynd fet no get yus Posing fo aktiv di fakulti den fo ondestand we God don gi den en no aksept tin den at fes valyu Insted, i fo ondestand di koz dem, effects, and logic behind their spiritual inclinations and practices If a bin get wan tawzin mot, a go yuz den ol fo tok bot God en di impotant tin fo ton to am en kam fo no am

Mortalman no no wetin i los we i los di no bot God, bikos i no eva rili no am! En wans i konekt wit Am, no pawa na dis wol no go ebul fo ton am bak Mi wangren tin we a want na fo gi pipul den we rili want fo luk fo God, bikos fo si In layt en fo get in gladi at, valyu pas ol di trus en glori den na di wol Fo no God pas eni gladi at we de na di wol En we mortalman fen di trus we get valyu, ol di tin den we in at want go bi Fo tru, God don mek ol di tin den we a want, di tin den we a de drim, en wetin a want, bi

A no de tray fo tin den naw bikos den de kam mi we oltem We God gi insef to yu, I go fulfil ol wetin yu want Yu no go nid fo aks fo enitin da tem de bikos ol wetin yu want go de insay yu an Bot fcs, wi fo pruv to God se wi want am pas ol di gift den we i de gi wi

God kol wi en want wi fo ton to Am Gret ticha den na payonia den we den fut step, if den fala den, go alaw wi fo benefit from den no en eksperiens, we go mek am izi fo wi fo difayn wi purpose en rich sef Jcs lek aw possin kin bi big masta sabi bukman bay we i lan from big masta sabi bukman, na so bak possin we de luk fo possin kin bi wan pan di big big spiritual pipul den bay we i get no en sens from ticha we get di divayn no bot sontin

Wan kol no de get en i no de sho di san layt, bot dayamon de get Semweso, maynd den we at bikos of dawl,

negatif, en spiritual apathy no kin ebul fo get divayn layt  
Maynd den we tan lek dayamon, bot, we ful-op wit sinisi, fet,  
peshent, en tru tru ditarminieshon, kin get di layt fo divayn  
konshens en sho oli sens

Fo boku pipul den, rilijon na jos famili tradishon, soshal  
benifit, o kostom we get fo du wit gud abit en gud abit Den no  
rili ondestand di men tin en impotant tin bot rilijon

Di wan den we no de luk fo God as di men tin we den nid  
fo liv, no ondestand wetin rilijon min Wetin mek olman de  
tray fo get moni? Bikos den kin si am se i impotant fo mek  
den fil fayn en fo mek den get welbodi Den no nid enibodi fo  
tich den dis tru tin we kin apin to densef bikos den no am gud  
gud wan Wetin mek, so, boku pipul den no kin ondestand se i  
impotant fo no God? Bikos den no get di korekt sens we a bin  
si na mi fos layf se di tiolojikal ansa to som kwestyon den no  
go ebul fo bring komplit satisfayshon to di sol pas den test den  
trut den tru dairekt no en eksperiens

Fo egzampul, we a los mi mama we a bin yong en mi oda  
pipul den we a lek pas wan afta di oda, wan silent ribelon  
agens layf bon insay mi, en nobodi no bin ebul fo korej mi o  
eksplen di rial tin den bot layf en day Fo don, a disayd se a go  
fen di ansa misef tru mi yon tray En a mek dis promis to  
misef: "A no go aksept enitin blaynd wan, bot a go fen di  
ansa from di Wan we mek en Masta fo." dis yunivas"

A bin aks God dairekt wan fo eksplen di sikrit den na layf  
we nobodi no go ebul fo eksplen to mi

A bin de wonda wetin mek den bon som pipul den po en  
oda wan den jentri, som blaynd en oda wan den get welbodi,  
we oda wan den no bin ebul fo solv dis sikrit we bin tan lek se  
i de agens God in jostis en sori-at Fo don, God gayd mi to som  
spiritual masta den we get layt we bin don rich wan stet we  
get wanwod we komot from God en we bin don fen di satisfay

ansa den to di sikrit den na layf tru den insay no, a bin get satisfay ansa to ol mi kwestyon den en eksplen we go mek a biliv fo ol di kwestyon den we a kin aks

Boku pipul den de we rili lek rilijon na dis wol Som den kin jos ondastand rilijon bay we den de fil, en we den de chenj di we aw den de fil, den kin get rilijon hysterical Bot imoshonal zil kin mek posin no get konekshon wit God en i kin mek i no no bot God

Pipul den we get filin kin nid santon oltem fo mek den fil en layt den spiritual pawa We yu tok lojik en reshonal, den kin los di want fo kontinyu fo tok en si se yu wad den na wanwad en boring Bot fo manipul oda pipul den imoshon na we fo ful pipul den, na fo provok pipul den sens, en fo ayd di tru tin den we get fo du wit God biznes from den

Na di sem tem, rilijon ekstremist den de bak we get intelektual linin we kin enjoy fo delv insay difren tioloji o filsofik stodi den, we kin ful densef fo biliv se den get ay digri pan oli no pas di wan we de drab den filin Bot intelektual stimuleshon na oda we fo "numbing," o oda kayn mental trik we no kin rili gi di posin we de luk fo wetin den want, bot na jos kin ebul fo mek den fil bad en mek den fil bad

Di wan den we get zil fo wship no ondastand rilijon dip wan; boku tem den kin parrot tin den we den no rili ondastand en we den no don eksperiens di impak we den get pan den layf If yu aks den spiritual kwestyon, den kin rosh fo kot provab o skripcho, den kin rosh fo kot provab o skripcho, de ekspekt se yu go stop de bikos den no get di kapasiti fo tok kol, we get rizin, en we get lojik It's no exaggeration to say they are merely empty spiritual mouthpieces, and engaging with them is futile bikos den biliv se den no oltin from di beginin te to di end, from A to Z

Di wan den we lek fo woship rilijon sho se if yu no biliv som we, di tin we go apin to yu na fo pwel

Ticha we sabi tich no de tich dis we I de prizent in opinion en sopt in argument wit prof Rilijon fo satisfay wi spiritual tin den we wi want en fulfil wi want noto wit wod bot wit prof we wi no go ebul fo stop A no bin eva want fo bi so rigid dat a no bin ebul fo yuz mi maynd en aktiv mi sens We a mit mi ticha, Sri Yukteswar, i tel mi:

"Boku ticha den de we go aks yu fo biliv afta den don blaynd yu maynd en oda yu fo fala den lojik en noto oda tin Bot a want mek yu kip yu maynd yay opin, en apat from dat, a go opin oda yay fo yu, di yay fo sens".

Sri Yuktsuwar don gi mi wan tichin we a kin no in trut fo misef Na dat mek a don begin dis rod, usay nobodi no go ebul fo mov mi o ker mi go na di rong rod

Wan oda tin we rili bad na di liberal libertarian we de fala oltin en no de fala natin!

Bikos i de tek insef as posin we get opin maynd en we get boku maynd, i se, "Ol di spiritual rod den gud, so a no go tay eni wan pan den" Bot wit ol di respekt we fo ol di spiritual rod en rilijon biliv, posin no fo bi spiritual botaflay we de mov en flay oltem na ol di say den

Den fo avoyd lay lay fridom en blaynd fanatisism, en den fo tek sens insted fo mek den go ebul fo du tin den we get fo du wit God biznes en fo fen di rizin fo layf

Evri tray we posin de tray fo God, i go notis am Bot if posin no fala wan rod fo go to God bay we i de tink gud wan, in spiritual progres go sloslo Pipul den we de luk fo God wit ol in at go get som no, bot di wan den we blaynd fo biliv en pre wit mashin kin spen boku bodi bifo den rich to God

Soch te yu fən di rod we fit yu filin ən sɛns, ən kɔntinyu fɔ waka na da rod de Eksamin ɔl wetin yu de rid ən lan gud gud wan, ən nɔ aksept ɛni ticha ɔ tichin we yu nɔ put dɛn pan tɛst

Wan man we de mek jɔls kin difrɛns bitwin tru ən kɔmpitishɔn jɔls Semweso, tru tru ticha we de tich bɔt Gɔd biznɛs kin nɔ difrɛns bitwin pipul dɛn we rili want fɔ nɔ mɔ ən pipul dɛn we jɔs want fɔ nɔ mɔ Sɔm kin gɛt spiritual tichin dɛn bɔt dɛn nɔ kin yuz dɛn na dɛn layf Bɔt di tru bɛnifit we ɛni spiritual instrɔkshɔn kin gɛt na fɔ tek in spirit ən yuz in prɛktikal aspek dɛn na ɛvrɪde layf Tɔk bɔt it ɔ jɔs si am nɔ de du am satisfay angri Pɔsin we angri fɔ it te i satisfay As dɛn kin se, "Di wan we it wit in tit de bɛnifit insɛf".

Di wan dɛn we de luk fɔ spiritual fɔs, dɛn fɔ tich dɛn fɔ nɔ Gɔd Fɔ pe atɛnshɔn pan mɔni ɔ wɛlbɔdi fɔs na sɔntin we de ambɔg di gol Na tru se ɔltin kɔmɔt frɔm Gɔd, bɔt di wan dɛn we de du ɔda tin dɛn fɔs ən fɔs go fil di say we dɛn tin dɛn de nɔ ebul fɔ du, ilɛksɛf na di wan dɛn we jɛntri pas ɔlman ən dɛn gɛt wɛlbɔdi pas ɔlman Di spiritual ticha we sabi du tin ən we sabi bɔt Gɔd, nɔ ɛn lɛk Gɔd, ən di we aw dɛn want fɔ Gɔd pas ɔl di ɔda tin dɛn we dɛn want

Wan pricha bin tray fɔ mek a gri fɔ tek in spiritual gayd, i prɔmis mi fɔ gɛt bɔku pipul dɛn we de fala mi as a rizulta Bɔt di tin we i gi mi nɔ bin apil to mi bikɔs di wangren tin we a want fɔ du na Gɔd, nɔto fɔ gɛda pipul dɛn we de fala mi Tru ticha dɛn go tray ɔltɛm fɔ mek yu want fɔ nɔ Gɔd; dɛn nɔ go ɛva kɛr yu go dɔŋ na say we nɔbɔdi nɔ de

Di men pila fɔ rilijɔn na fɔ gɛt wanwɔd wit Gɔd Ples dɛn fɔ wɔship nɔ fɔ bi ples fɔ ɛnjoyment, dans, fɔ sho fim, ɔ fɔ gɛda bɔku tɛm Dɛn ɛnjoyment tin ya de pul pipul dɛn maynd pan Gɔd ɛnjoyment fɔ de ausayd di ples dɛn we dɛn de wɔship, we pipul dɛn fɔ go fɔ wan rizin nɔmɔ: fɔ kɔnɛkt wit Gɔd Fɔ fil di divayn prezɛns na di ples dɛn we dɛn de wɔship

na di men gol fɔ go na dɛn oli sayt dɛn ya ɛn oli ples Dɛn dis na wetin a dɔn biliv wit ɔl mi at ɛn na wetin a dɔn liv bay

If a fɔ tɛl una bɔt wan wɔndaful frut we a dɔn fɛn ɛn diskrayb am to yu gud gud wan ɛvrɪde fɔ wan ol ia we a nɔ ɛva mek yu test am, yu nɔ go biliv gud gud wan bɔt in valyu Semweso, fɔ jɔs yɛri sɛmin ɛn lekchɔ bɔt di trut nɔ go ebul fɔ satisfay di sol in angri Di wan dɛn we satisfay wit yɛri we dɛn nɔ tray fɔ no Gɔd, kin gɛt wan lay lay satisfayshɔn nɔmɔ fɔ fil dip angri fɔ Gɔd, fɔ luk fɔ am wit ɔl in at ɛn wit ɔl in at Di rizin fɔ rilijɔn lekchɔ, sɛmin, ɛn lekchɔ na fɔ wek wan spiritual want fɔ Gɔd we de gro insay di sol

Wan wan tɛm, a kin mit pɔsin we a kin fil se a want Gɔd Bɔt fɔ no Gɔd pas dat fa fawe! Di pɔsin we de luk fɔ tin we rili no Gɔd kin si sɔntɛnde di wan ol wan ol wɔl ful-ɔp wit In layt —na wɔndaful ɛn wɔndaful ɛksperiɛns! Bɔt dis nɔ go ebul fɔ apin wan nɛt Fɔ no Gɔd nid fɔ praktis fɔ long ɛn kɔnsistɛns fɔ dɛn spiritual rod ɛn we dɛn de we de mek pɔsin no di Divayn

Di want fɔ gladi na di strong wan pas ɔl di tin dɛn we pɔsin want Tru ɛn las gladi at na Gɔd nɔmɔ we yu diskɔba In prezɛns, yu ful-ɔp wit bɔku bɔku gladi-at, gladi-at we yu nɔ go ebul fɔ fɛn ɛnisay ɔ na ɛni ɔda tin Mi ticha, Sri Yuktiswar, tɛl mi se:

We yu gladi at fɔ tink gud wan ɛn gɛt wanwɔd pan Gɔd biznɛs pas ɔl ɔda gladi at, yu dɔn fɛn Gɔd If dɛn bin gi yu di wan ol wɔl, yu nɔ bin fɔ no aw fɔ handle am; yu go fil lod ɛn wɔri ɔltɛm bɔt ɔltin If yu no di layf fɔ kin, prɛsident, prins, ɛn pipul dɛn we bɔku pipul dɛn sabi na di wɔl, yu go si se dɛn nɔ de rɛst ɛn dɛn nɔ de vɛks, dɛn de tos dɛn wit wef dɛn we de mek trɔbul ɛn dɛn de bit dɛn wit briz we de wɔri frɔm ɔlsay Dɛn spɛn dɛn de lɛk pɔpet dɛn na di an fɔ fate Bɔt di wan we gɛt wanwɔd wit di Layt fɔ di Wɔl na pɔsin we rili gladi Ivin if dɛn nɔ gɛt natin, dɛn gɛt ɔltin bikɔs dɛn gɛt gladi-at Di wan



we gæt wanwɔd wit Gɔd nɔ de fred natin bikɔs Gɔd de na dɛn at, ɛn at we Gɔd de insay nɔ de fred ɛn wɔri

ɔl di ples dɛn we dɛn de wɔship de sav wan rizin, ɛn na dat mek a lɛk dɛn ɔl We dɛn bi ples fɔ tru tru kɔmyunion wit Gɔd, dɛn de fulfil dɛn sublaym mishɔn Dɛn ples ya fɔ tan lɛk bi hayv dɛn we ful-ɔp wit di ɔni we Gɔd nɔ, ɛn na de dɛn impɔtant ɛn valyu de we Gɔd lɛk sinsi at dɛn we de gi am ɔl in at, ɛn I go visit dɛn at dɛn de ilɛksɛf dɛn ɔna dɛn de wɔship na do ɔnda di open sky We pipul dɛn gɛda fɔ wɔship, dɛn fɔ du am bikɔs dɛn lɛk Gɔd ɛn dɛn want fɔ fil se i de wit dɛn Pipul dɛn we de luk fɔ am wit ɔl dɛn at nɔ satisfay wit tin dɛn we pipul dɛn kin biliv, we dɛn kin tɔk tranga wan, ɛn we dɛn kin prawd pan Gɔd biznɛs Wetin impɔtant to dɛn na fayn we fɔ kɔnɛkt wit ɛn rich to Gɔd

We pɔsin lɛk Gɔd wit ɔl in layf, ɔl di tin dɛn we i de du go kɔmɔt frɔm di trut, ɛn di lɛk we i lɛk Gɔd nɔ go alaw am fɔ yuz ɔ ful pipul dɛn fɔ du wetin dɛn want

I nɔ mata aw di daknɛs dip, layt de pul am we i layt If wi layt di lamp fɔ divayn lɔv insay wisɛf, di daknɛs fɔ ignorance go dɔnawe wit di sayns fɔ spiritual yoga de ɛp di pɔsin we de luk fɔ fɔ pe atɛnshɔn pan Gɔd ɛn dayrɛkt dɛn at in lɔv to Am I de gi bak wan pruf, sayɛns we fɔ mek di pɔsin we de luk fɔ am ebul fɔ gæt di oli wanwɔd we nid fɔ lɛk Gɔd kɔmplit wan

Gɔd dɔn gi wi di kapasiti fɔ lɛk wi fambul ɛn padi dɛn, ɛn wi fɔ yuz da kapasiti de fɔ lɛk am lɛk aw wi lɛk wi pipul dɛn we wi lɛk pas ɔl na dis wɔl Wan fɔ ebul fɔ se, "A lɛk yu, Masta, lɛk aw papa lɛk in pikin, lɛk aw pɔsin we lɛk am lɛk in padi, lɛk aw padi lɛk in padi a lɛk yu bikɔs na yu na di sɔs fɔ ɔl lɔv ɛn ɔl gud tin dɛn we de, ɛn bikɔs yu na mi papa, mi mama, mi." padi, mi masta, mi fambul, ɛn evritin we de to mi".

We pɔsin rili lɛk Gɔd frɔm in at, i kin fil da lɔv de fɔ am de ɛn nɛt

Bɔku pipul dɛn kin kɔl yu "mi dia pas ɔl" ɔ "mi tayt padi" tide, na fɔ lɛf yu tumara fɔ wan rizin ɔ ɔda rizin Dis nɔto lɔv Di wan dɛn we dɛn at ful-ɔp wit Gɔd nɔ go ebul fɔ du ɛnibɔdi bad We yu lɛk Gɔd we nɔ gɛt kɔndishɔn, I de ful yu at wit in klin lɔv fɔ ɔlman Dat lɔv pas di pawa we ɛni mɔtalman langwej gɛt fɔ diskrayb

Pɔsin nɔ go ebul fɔ lɛk Gɔd wit ɔl in at pas i no insɛf Dis tin we pɔsin kin no bɔt insɛf kin apin sɔntɛnde we i nɔ no se i de slip dip we i no se in yon bi as spirit Bɔt i kin gɛt am bak bay we i de tink gud wan We pɔsin no insɛf as spirit, i dɔn diskɔba Gɔd in prezɛns insay Di mun in riflekshɔn nɔ de klia wan na wata we dak ɔ we de rɔtin, bɔt we di wata in fes kol ɛn klia, di mun in imej de apia pafɛkt Dis na tru bak fɔ di maynd: we di maynd gɛt pis, yu de si klia wan di fes we tan lɛk mun na yu sol, bikɔs sol dɛn na tin dɛn we Gɔd de sho We wi de pul—thru meditashɔn—di trɔbul tink dɛn frɔm di lek na di maynd, wi de si wisɛf as klin riflekɛshɔn fɔ di divayn spirit, ɛn wi no se di sol ɛn Gɔd na wan

Yoga de tich wi bak fɔ pul ɛnaji ɛn kɔnshɛns frɔm di bɔdi ɛn dayrɛkt dɛn to dɛn sɔs, we na Gɔd I de tich wi bak fɔ rigul ɛn transfɔm layf fɔs frɔm fizik kɔnshɛns to divayn kɔnshɛns

We pɔsin de pre to Gɔd, in maynd ɛn fɔs fɔ de pan am ɔltogɛda, we i nɔ fɔ tink bɔt ɛni ɔda tin insay dɛn tɛm dɛn de Gɔd no wetin wi de tink bɔt, ɛn wi fɔ kip wi maynd pan am we wi de tink gud wan ɛn pre If wi tink dɛn bigin fɔ waka waka—we na dɛn nature—wi fɔ briŋ dɛn bak fɔ pe atɛnshɔn ɛn tink gud wan bɔku bɔku tɛm We a de pre to Gɔd, mi maynd de fiks pan Am If yu kɔltiv dis kwayɛt pawa fɔ pe atɛnshɔn, yu go si se wan de, ilɛksɛf yu bizi, de ɛn nɛt go pas wit yu maynd we de insay Gɔd

Wi fɔ lɛk ɔda pipul dɛn bak wit ɔl wi at Di avrej pɔsin nɔ ebul fɔ du dis kayn lɔv bikɔs dɛn de kɔnfyus to dɛn yon smɔl ego ɛn dat mek dɛn nɔ no yet se Gɔd de insay dɛn ɛn insay ɔl ɔda pipul dɛn a lɛk pipul dɛn ɛn trit dɛn ikwal bikɔs dɛn ɔl na spiritual riflɛkshɔn fɔ Gɔd A nɔ go ebul fɔ tek ɛnibɔdi as strenja to mi bikɔs a no se wi ɔl na pat pan di wan divayn spirit We yu grap di tru minin fɔ rilijɔn, we na fɔ no Gɔd, yu go no se na in na yu ay sɛf ɛn i de ikwal ɛn nɔ gɛt bias pan ɔl di tin dɛn we i mek Dɔn yu go ebul fɔ lɛk ɔlman lɛk yu ay sɛf

A nɔ de tray fɔ mek pipul dɛn we de fala mi, bikɔs nɔto dat na mi men tin na layf I nɔ mek ɛni difrɛns to mi if ɔndrɛd ɔ tawzin pipul dɛn atɛnd mi lekchɔ ɔ di sidɔm ples dɛn de ɛmti Fɔ tru, a lɛk wan anful pipul dɛn we biliv tranga wan pas ɔndrɛd pipul dɛn we want fɔ no mɔ bɔt we nɔ gɛt wanwɔd Mi wangren aim na fɔ ɛp pipul dɛn fɔ no dɛnsɛf We pipul dɛn no se fɔ no Gɔd na oli wok ɛn na spiritual prɛvilej, wi go witnɛs nyu dawn na dis wɔl Buk, sɛmin, ɛn lekchɔ nɔ go du fɔ satisfay di pɔsin we de luk fɔ we rili want fɔ fil Gɔd in prezɛns Bɔt we dɛn ɔndastand di trut, dɛn go no layf fɔ wetin i rili bi

Wi fɔ yuz di tru tin dɛn we wi de yeri ɛn rid so dat dɛn nɔ go kɔntinyu fɔ bi jɔs aydia bɔt dɛn go bi strong kɔnvikshɔn Fɔ rid di Oli Skripchɔ dɛn fɔ wek insay di pɔsin we de luk fɔ spiritual want fɔ no Gɔd Bɔt no tin nɔ de we go tek di ples fɔ dip tink bɔt fɔ rich da fayn gol de

Wetin rili nid na spiritual ɛksperiɛns Na di divayn harmoni nɔmɔ go pul di dip boredom we de kɔmɔt frɔm we yu nɔ gɛt rizin na layf Spiritual ɛksperiɛns na wan patikyula rial tin ɛn yu kin gɛt am tru ɛvrɛde, tink gud wan fɔ tink bɔt I pɔsibul fɔ kam fɔ no Gɔd tru meditashɔn ɛn we yu ɛksperiɛns In prezɛns, dawt go dɔn, di klawd fɔ ignorans go dɔn, ɛn yu go fil wan pis we yu gɛt we dɛn nɔ ɛva no bifo, bikɔs di pis we Gɔd de gi nɔ gɛt wan kɔmpitishɔn

Na tɛm fɔ mek pipul dɛn diskɔba di trut fɔ dɛnsɛf Wetin a de tɛl yu, yusɛf kin diskɔba if yu want Dɛn tichin ya kin tan lɛk se na filɔsofik to sɔm pipul dɛn, bɔt di wan dɛn we de yuz dɛn no dɛn valyu ɛn dɛn kin gɛt dɛn blɛsin

Mi ticha bin de tɛl mi wit ɛvri nyu spiritual tichin we a de gɛt frɔm am se: "Yu fɔ no dis trut" ɛn a du am!

We a fɛn mi ticha ɛn fɛn dis rod, a bin shɔ frɔm mi yon ɛksperiɛns se na fayn rod we de mek a no Gɔd ɛn di trut, ɛn na dat mek a gi mi wan ol layf to am ɛn fɔ sav mɔtalman

Pis de fɔ yu ɛnisay we yu de na Gɔd in big big wɔl

## **Smɔl tin dɛn bɔt di tin dɛn we pɔsin no bɔt Gɔd biznɛs**

Di ticha tɛl wan disaypul we bin de luk fɔ in gayd we i de  
:go na di spiritual rod

No want fɔ mek pipul dɛn no yu ɛn di tin dɛn we yu dɔn  
du na Gɔd in yay, bɔt na Gɔd nɔmɔ yu fɔ luk fɔ

We yu no se pis de insay yu, yu go no se pis ɛn wanwɔd  
de insay ɔl di gud tin dɛn we Gɔd mek

Yu go si Am insay di fayn fayn tin dɛn we Gɔd mek, fil In  
prezɛns insay tru padi biznɛs, ɛn ɛksperiɛns In blɛsin dɛn  
insay nobul aspireshɔn ɛn ɔnaful intenshɔn, fri frɔm selfish  
aims Yu go si In prezɛns biɛn vel dɛn we gɛt kol at

ɛn insay ɔl di wɔndaful tin dɛn

Nak di domɔt wit ɔl yu at ɛn di vel go es ɛn yu go si di  
fes we gɛt glori pas ɔl insay ɔl in fayn fayn ɛn fayn fayn tin  
dɛn

If yu lek God, yu go fil in lov, en natin no go ebul fo ful yu  
Matirial eksperiens den go tempt yu

Bikos yu no test spiritual gladi at We yu du dat, yu go no  
di difrens

Bi fri fo pik No mek enitin stop yu, en no alaw enibodi fo  
kontrol yu o ambog yu gladi at

Yu sef na sepret pat pan di kosmik ol en yu fo fen da  
pafekt ol de fo mek yu ebul fo eksperiens blisful konsheens en  
test di gladi gladi we divayn lov get

Fo bring lov komot na di jel fo et en veks

Wi de aks yu, Masta, fo shayn yu layt pan wi sol den  
En shawa di wan den we yu lek en di wan den we de aks  
fo ep wit yu boku boku blesin den

En mek I kip di spekt den fo wo, fet-fet, en day fa from wi

En inspekt wi fo mek pis bi wi gol

En lov na wi provishon

Wi gol na fo fri from di tin den we de ambog wi

\* \* \*

If posin tray fo jos geda moni en du wetin in bodi want

Di benifit den we i de get no boku en den no impotant

Na bikos di de go kam we i go lek ol di tin den we di wol

get

Bot if i jentri tru God

I go jentri pas ol di kin den en di jentriman den na di wol

Den blesin jentri den de na di wan den we lek God

Di wan den we no satisfay wit eni oda tin pas di jentri we  
di sol get

As den de wok fo divelop den spiritual tin den  
En fo mek den want fo no di say we den layf komot  
En di layf we lov get from di dip dip dip tin den we pipul  
den et en bad

Den de elevet den konshens pas di smol smol tin den we  
den de tink bot na di wol

To di horizons fo fridom, pis, layt, en gladi at  
Den no se den big we no get say fo stop  
Den kin get nyu tin den we den kin no en no bot tin den  
En as den de plant di sid den fo gud tin den en du den  
Na di spes dem we den konshens de  
Den sens de opin  
En den kognitiv pawa den de aktiv  
Philamson, den tru tru tin

Den kin fen God in Kingdom insay densef  
Wi de beg God we na di Olmayti fo gayd wi so dat wi go  
ridyus wisef

En wi de pul wi spiritual posin komot na di jel den we dak  
To di spes dem fo fridom, kwayet, en di layt dem fo no  
Fresh frut en vejitebul den na impotant tin den fo it  
From wan lekcho bot nyutrishon

Den bin gi am na Encinitas, Kalifonia - Jun 1940

Noto di protin we de na di mit nɔmɔ de mek pɔsin gɛt  
trɛnk

Sɔm pan di minral sɔl dɛm we de insay vɛjitebul ɛn frut  
dɛm we dɛn nɔ kuk na impɔtant tin dɛm bak

pan ɔl we big pat pan di mit kin gi bɔku ɛnaji, if mit de  
kɔntrol di it fɔ lɔng tɛm, i go stɔp fɔ gi da ɛnaji de Dɔn bak, if  
pɔsin it bɔku prɔtin i kin mek i gɛt prɔtin pɔyzin, we kin mek  
pɔsin taya ɛn sik Fɔ tɔk smɔl, tumɔs prɔtin kin ambɔg jɔs lɛk  
aw i nɔ kin gɛt bɔku prɔtin

If yu want fɔ pul yu taya, wan mɛrɛsin de fɔ it di rayt it  
Mit kin gi yu trɛnk fɔ sɔm tɛm, bɔt i kin mek yu gɛt bɔku  
pɔyzin na yu bɔdi If yu it mɔ raw it dɛn we nɔ kuk, dat go  
mek yu nɔ fil taya ɛn mek yu fil trɛnk

t ful frut ɛn vɛgɛtebul dɛm deɔst, bɔjus de gi big ɛnɛji b  
mɔt sɔku wan bɔku bɔku bɔku bɔku bɔku bɔku bɔgi fa fawe b  
mɔit dɛm na dis fɔ dediket di tɛm fɔ want fɔ sɔ nɔpipul dɛm j

bstans dɛm ɛn shebɔl sɔdi dijestiv sistɛm de pul kɛmik  
diɔlsay na di bɔ p sɛl dɛmɔpriet tɔdɛm to di apr

Di bɔdi gɛt bɔku bɔku kemikal dɛn, ɛn it fɔ ful-ɔp di tin  
dɛn we nɔ de insay dɛn tin dɛn de ɛvrɪde

Di it we dɛn kin it ɛvrɪde fɔ gɛt bɔku prɔtin, vaytamɛn,  
minral, sɔm fat ɛn ɔyl, ɛn di rayt amɔnt fɔ nɛtrɔl kabɔhaydrɛt,  
pan ɔl we dɛn fɔ stɔp di stach dɛn we dɛn dɔn rifin ɛn shuga  
we dɛn dɔn rifin as mɔ as i pɔsibul

Wan big tin we kin mek pɔsin gɛt trɛnk na we dɛn miks  
ɔrɛnj jus ɛn grɔn amɔnd, bikɔs amɔnd kin bɛtɛ we dɛn miks  
am wit ɔrɛnj jus

I impɔtant bak fɔ drink bɔku wata If gud kwaliti wata nɔ  
de, fresh frut jus, kokonat wata, ɛn watamɛlɔn na fayn tin fɔ  
sɔpɔt ɛn sɔm pat pan dɛn kin tek ples fɔ klin wata

Insay di fyuchu, pipul den go it frut jus en vejitebul jus  
mo en mo bikos of di welbodi benifit den we den jus ya de gi  
Ol tu di inferioriti kompleks en di superioriti kompleks den  
bad

Wan inferiority complex na jos bad lek wan superiority  
complex bikos posin we fil se inferiority no go ebul fo sho di  
superiority we de insay den

Motalman, bikos i get spiritual nature, i get oli spak, en i  
no rayt en i no rayt fo tink se i ombul o fo tink se i pas olman  
en fo biev lek posin we no get eni respekt o usay i komot

We posin de sho prawd, di tik shado fo prawd de mek  
God in layt we de insay in sol no klia

So, wi fo avoyd ol tu di knot den togeda bikos den ol tu  
na tin den we de ambog wi fo go bifo pan God biznes

Le wi fil se God de wit wi, i de inspekt en gayd wi, en na  
in na di lov we pas olman na wi layf

Di wan den we sabi God kin fil se den na olman in savant  
en den no kin tink se den bete pas oda pipul den

Di inferioriti kompleks get fo du wit di wan den we get  
wik aydia en wik sabkoshens, we di superioriti kompleks de  
bon from prayz we pipul den et en lay lay prawd

Den tu knot ya kin pwel posin in spiritual growth en den  
kin bi bikos of lay lay tin en no tek di trut, pas fo ondastand  
gud gud wan en fo joj korekt wan

Fo get konfidens pan densef bay we den win di wiked tin  
den we motalman get from den mama en papa Di wan den  
we want am fo tray fo eksperiens in swit tru tin den we posin  
kin si na den layf, so dat den go fri densef from di kompleks



dən we de mek dən nɔ ɪmpɔtənt ən we dən de mek prəwd,  
wit Gɔd in ɛp

Di sikrit ən di say we pɔsɪn kɪn gɛt pawa

t enitin weɔlt it tɔ ɛnɛʒi bɔnɔvɔk ɔdi nid sɛvɛrə awa fɔdi b  
t de jɛnərɛt ɛnɛʒi kwik kwik wənɔde mek di wil wok ən aktib

di pawa we wi want kɪn pul di pawa frɔm di bɔdi in sɛl  
dɛm ən frɔm di bren in ɛnɛʒi we dən kɪn kip di ɛnɛʒi we dən  
kɪn pul frɔm it

s insay dɪɔsmɪk sɔm di kɔnyu aktiviti bak fr ɔdi wil de dr  
dɔdi tru di spɛnəl kɔb

So, di sikrit fɔ mek pɔsɪn gɛt trɛnk na fɔ kip di pawa we  
pɔsɪn gɛt ən fɔ brɪŋ nyu ɛnɛʒi insay in bɔdi tru di pawa we i  
want

?Aw dən kɪn du dat

Fɔs, pɔsɪn fɔ du sɔntɪn wit ɔl in at ən bay wilful If sɔntɪn  
de we fayn fɔ du, i fɔ du am wit ɔl in at ən bay we i disayd fɔ  
du am

We yu wok wit ɔl yu at, yu gɛt mɔ ɛnɛʒi bɪkɔs yu nɔ jɔs  
de pul ɛnɛʒi frɔm di nɛf dən na di bren, bɔt yu de atrak big  
big flɔ pan kɔsmɪk ɛnɛʒi insay di bɔdi

Uman we de mek fayn it fɔ di pɔsɪn we i lɛk, i kɪn gɛt  
gladi at ən i kɪn gɛt trɛnk

Bɔt if dən fɔs am fɔ kuk we i nɔ want, i kɪn fil taya frɔm  
di biginin

So, pawa we pɔsɪn want fɔ du kɪn brɪŋ trɛnk

:shot stori

Wan tɛm, a bɪn de tɔk tɔ wan padi bɔt sɛnt Mi padi na  
bɪn brɔka, ən i nɔ bɪn sheb mi ɛnjɔɪmɛnt Bɪfɔ dat, i se, "ɔl di

wan den we yu kol sent na rili charlatan den we no no God" A  
no bin agyu wit am, bot a chenj di topik, en wi begin fo tok bot  
di broka wok Afta i tel mi boku tin bot am, a se saful wan se,  
"Yu no dat de de." noto wan singl trust broka se den ol na  
layman?" I veks bad bad wan en ansa am wit wamat se, "En  
wetin yu no bot brokers?" A ansa se, "Na dat a bin min En  
wetin yu no bot oli pipul den?" I bin speechless a kontiniu  
kolhat en kain, "A no sabi enitin boht brokerage, en yu no  
."sabi enitin boht sent

Enjel den we get enaji

God mek wi as enjel den we get trenk

En wi bin put insay bodi den we posin kin si

Wi bin de pe atenshon ol to bodi den we no get bete trenk

En wi forget di spiritual sol we chaj wit di enaji we di  
kosmik layf get

Naw wi fo rili tray fo pe atenshon

Fo get sens bak fo no oltin

Di rut fo sakrifays na we wi de get mo sens pan God  
biznes

Tru dat wi kin no se wi no get enitin fo du wit wi

En se God in pikcho de insay wi

Di fos flawa na di gadin fo spirituality na di flawa fo fet  
en op

Bot di frut na rial no we posin kin get bay we i de test  
insef

Bi op en no se di gud tin den en blesin den na layf de wet  
fo yu

As long as yu de wok wit sin si en dedikeshon  
Fo mek den get bak di divayn eritij we bin don las  
Posin we rili lek God biznes na posin we balans  
Posin we de fil satisfay, enjoy gud welbodi, en we get  
sens we de gro  
I get di jentri we di sol get en di jentri we get sens  
I biliv tranga wan se God de ep am  
I no mata aw layf kin tan lek se i at en aw bad tin kin  
apin  
God in fes de sho wi insay di fayn fayn tin den we God  
mek  
En in voys de tok to wi tru dilik, fayn fayn myuzik den  
En from di swit, saful voys den we pipul den we lek  
densesf kin mek  
En tru di voys we de mek posin du in wok  
Di insentif we de dreb wi to gudnes en pis  
Gladi at en no na God in voys  
We de kol wi fo go bak na di blesin os  
Os we get kol at en pis na yu maynd  
En fo enjoy in swit prezens  
En in fayn fayn tin den we no get wan kompitishon, we  
pas ol  
Di wol de ful pipul den we nobodi no go biliv, en wi fo  
aproch am as dat If wi no win in ful en ilyushon fcs, wi no go  
ebul fo ep eni oda posin

Wi fɔ mɛmba se na di solitude fɔ wan maynd we de pe  
atɛnshɔn, na di faktri fɔ ɔl di big big tin dɛn we wi dɔn du ɛn  
insay dis wɔndaful faktri, wi fɔ kɔntinyu fɔ wev di patɛns dɛn  
we wi want fɔ mek wi ebul fɔ win ɔ dil fayn fayn wan wit ɔl di  
bad tin dɛn we kin apin

Di wil fɔ tren ɛn ɛksesaiz ɔltɛm

Mɔtalman gɛt bɔku chans fɔ wok na dis faktri we de na  
dis wɔl as lɔng as i nɔ west in tɛm ɛn spɛn in ɛnaji fɔ natin  
Na nɛt a kin pul mi at pan di tin dɛn we di wɔl want fɔ de  
wit misɛf

Fa, fa frɔm di wɔl

Na mi wan wit mi wil na mi spiritual solitude

Usay a de dayrɛkt mi tinkin to di dairekshɔn we a want

A bin disayd fɔ du dis dip dip wan

We a de mek a want fɔ du tin dɛn we gɛt wɛlbɔdi ɛn we  
go bɛnifit mi, i de mek a gɛt sakrifays Dis we ya, a dɔn yuz  
mi wil fayn fayn wan bɔku tɛm Bɔt, dis kin apin nɔmɔ bay we  
a de yuz di wil ɔltɛm

Na fayn fayn filin yu go gɛt we yu ebul fɔ se ɛn afɛm se,  
"Mi wil, we dɛn chaj wit divayn wil, go ajɔst fɔ mi wetin a  
"!want

If pɔsin bigin fɔ du wetin i want ɛn trɔs ɔltin to wetin Gɔd  
want ɛn i nɔ yuz in yon wil we Gɔd dɔn gi am, i nɔ go gɛt di  
rizɔlt we i de luk fɔ

Divayn pawa want fɔ ɛp yu fɔ insɛf

Wi fɔ drɛb di tink se Gɔd, wit in pawa ɛn pawa we pas  
mɔtalman, de fa frɔm wi ɛn ayd na di fa say dɛn na di ɛvin,  
ɛn wi nɔ fɔ fɔgɛt se di divayn wil de biɛn wi mɔtalman wil, bɔt

da pawaful pawa de, lɛk si we ful-ɔp wit in tayd ɛn  
ɛkstenshɔn dɛn, nɔ go kam pas di maynd opin ɛn di at tek  
am

Beg fɔ beg

O Yunivasal Mama

Fɔ bi di wangren faya we de na wi at

ɛn fɔ pul di daknɛs we de na wi sol dɛn

ɛn insay wi kray wata fɔ lɛk yu

Wash di lɔv we wi gɛt fɔ di tin dɛn we de na di wɔl

ɛn wi gladi fɔ gri wit yu

Pul wi sɔri-at ɛn sɔri-at wans ɛn fɔ ɔltɛm

Mek wi smɔl at dɛn bi big at

I de akɔmod yu wan ol prezɛns

ɛn insay di miro we de sho yu divayn nature

Lɛ wi si wisɛf as pɔsin we pafɛkt ɛn we klin

Mek di faya we de mek wi lɛk yu, go ɔp ay ay wan

Abov di faya we de mek pipul dɛn want fɔ liv na dis wɔl

Bɔku bɔku tɛmteshɔn dɛn kin mek lɛk se dɛn tan lɛk yu

ɛn i de ful wi ɔltɛm

\* \* \*

!Kam, O klin ɛn pafɛkt divayn gladi at

Enta di tɛmpul dɛn we wi want fɔ yu

Mek di planet gɛt pis

Na wi mawnten dɛn, na dak nɛt dɛn we wi nɔ no natin

Mek I gayd wi ɛn briŋ wi bak sef wan

!To yu sef ɛn sikrit ples fɔ ayd

Wispa frɔm Eterniti

Di fɔs kwata fɔ Khayyam

Na Edward Fitzgerald translet am ɛn na Masta

Paramahansa bin ɛksplen am

Di nem we Omar Khayyam gɛt na di Wɛst, kɔmɔt frɔm di  
transleshɔn we Fitzgerald bin translet in kwata-fɔt dɛn insay  
di mid-nayntin sɛntiwɔd, we dɛn tek as di bɛst transleshɔn  
we dɛn dɔn ɛva translet to Inglish

Di ticha Paramhansa bin tek Omar Khayyam as wan pan  
di big big mistik ɛn we gɛt ay digri fɔ no inɛf, ɛn i bin yuz  
simbolik fɔ sho in spiritual ɛn ɛksperiɛns ɛksperiɛns, ɛn se dɛn  
nɔ bin ɔndastand am kruk wan, ɛn di wan dɛn we de du  
risach nɔ bin de dip dip wan fɔ ɔndastand in spiritual filɔsofi  
we i bin put insay di kwata

Wek! fɔ Mɔnin insay di Bol fɔ Nayt

I dɔn flung di Ston we de put di Sta dɛn fɔ Flay

ɛn luk! di ɔnta na di Is dɔn kech

Di Sultan in Turret in wan Noose of Layt

:Arabik transleshɔn

Wek, bikɔs mɔnin dɔn trowe ston na di bɔtul we de na

nɛt

Fɔ skata di sta dɛn kpatakpata

ɛn na dis na di ɔntinman na di Is

I bin tek di Sultan in tawa

Wit wan noose of lair

:Eksplen en eksplen

:Eksplen di minin den

Mɔnin: Na di dawn fɔ wek frɔm di lay lay egzistens na dis

wɔl

Di vessel fɔ nɛt: di daknɛs fɔ ignorance we de prizin di  
sol we nɔ de day insay di smɔl, limited mɔtalman kɔnshɛns

Ston: Fɔ mek pɔsin fayn pan Gɔd biznɛs

Sta den: Na di fayn fayn tin den we pɔsin kin want fɔ du

Hunter of the East: Di pawaful Ist sɛns we de pwɛl di tin  
den we lɛf pan ilyushɔn

Wan nɔs fɔ layt: di raytin fɔ blɛsin sɛns, we de pwɛl di  
daknɛs we de mek pipul den sɔfa we de prizin en tay di sol

:Di we aw den de eksplen am

:Di stilnɛs we de insay de wispa se

Wek! Abandon di slip we yu nɔ no natin, bikɔs di dawn"  
fɔ sɛns dɔn brok Trowe di dak bɔtul fɔ di tin den we yu nɔ no  
wit di ston we gɛt spiritual rifinmɛnt fɔ brok am en skata di  
."dak, shayn sta den we gɛt dɔl matirial want

Luk di layt fɔ di Ist sɛns, di ɔnta en distroyer fɔ ilyushɔn,"  
bikɔs i dɔn ol di ay ay tawa fɔ di spirit wit wan nɔs fɔ layt, en  
".pul in restrictive matirial daknɛs, dɔn pul am kpatakpat

O pipul dɛm we de na di siti we gɛt ilyushɔn, lɛf slip!"  
."Bikɔs di san layt fɔ di spiritual mɛsej fɔ insay sɛns dɔn apia

Lan aw fɔ yuz di strong ston we de mek pɔsin gɛt bɛtɛ  
spirit fɔ brok di dak bɔtul we de mek pɔsin nɔ no natin ɛn pul  
di want fɔ gɛt tin dɛn we pɔsin kin ɛnjoy fɔ sɔm tɛm frɔm am  
Tek lɛsin frɔm di ɔnta fɔ sɛns, we de luk ɔltɛm fɔ sol dɛn"  
we de want layt ɛn we de luk fɔ trut, fɔ rawnd dɛn wit wan  
aura fɔ gloriful splendo di splendo fɔ fridɔm we go de sote  
."go

Di Pikin we bin dɔn lɔs in prɔpati, kam bak

Wan tɛm, bɔku ia bifo dis tɛm, a bin si wan pan mi  
student dɛn de waka na di ɔda say

We a no di bad tin dɛn we i nɔ go ebul fɔ avɔyd we i du,  
a bin tray fɔ mek i lɛf fɔ du wetin i bin de du, bɔt a bin kam fɔ  
no se a nɔ go ebul fɔ ɛp am

Na bikɔs i bin dɔn mekɔp in maynd fɔ go bifo pan di rod  
we bad tin de apin

:Fɔ dɔn, a tɛl misɛf se

."Since im wan dat, a go lef am onli"

Bɔt di lɛk we a lɛk am ɛn bisin bɔt am bin kam bak kwik  
kwik wan, so a sidɔm ɔnda wan fig tik ɛn begin fɔ imajin am

A bin de kɔntinyu fɔ sɛn dis mɛsej we gɛt sɛns to am  
:ɔltɛm

Gɔd dɔn aks mi fɔ aks yu fɔ chenj yu maynd bɔt wetin"  
."yu want fɔ du

Na ivintɛm, wan strong filin we a bin de fil na mi bɔdi ɛn  
maynd bin mek a biliv se fɔ tru i de kam bak

Wantɛm wantɛm, di "prodigal son" apia, we i dɔn go bak  
:na os I grit dɛn wit bo ɛn se



Ol de, eniwe a go and enitin we a du, a si yu fes Wetin"  
"?dat min

A ansa: "God bin de kol yu tru mi Dat na in kol, noto mi  
."yon

Noto fo jos bisin bot misef bin mek a want fo du scontin,  
bot a bin don mekop mi maynd no fo komot de

Dis ples go opin te yu kam bak

Dis kayn dizayn kin bring big chenj den It's truly an  
!amazing force

We yu set yu kos en disayd fo kontinyu fo waka na yu  
rod, yu fo aktiv yu wil en mek praktikal efot, en afta dat yu go  
si se ol di tin den we go mek yu get sakrifays go kam to yu  
from usay yu no en usay yu no no

Insay yu wil, we chaj wit divayn enaji, de di ansa to yu  
prea den

We yu yuz da wil de, yu de opin di winda usay yu go get  
ansa to yu prea den

Dat na mi yon eksperiens Trade a bin de tray fo du som  
tin den jos fo test mi wil, bot naw a no de du dat bikos a no di  
rizolt bifo tem: ol wetin a want, na God we get di Olmayti de  
ajost am

."From di buk we nem "Man in Ultimate Goal

Le wi mek God bi di shepad fo wi sol

En di layt we komot from God na di skaut

Na di dak rod den na layf

Na in na di layt we de gayd di net den we pipul den kin  
konfyus

En di san we pɔsin kin no insay di awa dɛn we pɔsin kin  
wek

En di sta we de gayd am na di si we dak fɔ de na di wɔl

Lɛ wi aks fɔ In ɛp ɛn fɛn In inspekshɔn

Na bikɔs di wɔl go kɔntinyu fɔ go ɔp ɛn dɔŋ

Di tin dɛn we kin apin insay de kin trɔbul lɛk wef dɛn we  
de blo

?Usay wi go gɛt gayd frɔm

I no de insay wi abit dɛn we de chenj chenj ɛn we de tek  
wan pɔsin bɛtɛ pas ɔda pɔsin

Nɔto frɔm wi envayrɔment we de ɔnda inflɔwɛns

Nɔto frɔm wi kɔntri dɛn ɔ wi wɔl

Bifo dat, na di vɔys fɔ di trut we de gayd wi

I de kɔmɔt na di dip dip tin dɛn we de na di sol

Evri tɛm a kin tink bɔt Gɔd nɔmɔ

A bin sɔrɛnda mi sol to am

A bin trɔs mi at to am

A bin dayrɛkt mi lɔv ɛn di lɔng we a bin de want to am

Wi nɔ fɔ abop pan natin pas Gɔd

En se wi fɔ abop pan di wan dɛn we go sho In layt

Dat lait na mi gayd

Na mi sɛns ɛn mi lɔv

Di pawa we pɔsin nɔ go ebul fɔ win

En di trut we pɔsin nɔ go ebul fɔ pas am

Naw en sote go

Pipul den de we de tink pasmak so dat den biliv se fo  
mek den go ebul fo du wel na layf, den fo wok lek mashin we  
den no go stop

Bot pipul den de we no de du tin pasmak pas den, bikos  
wans den don begin fo intres pan tin den we get fo du wit God  
biznes, den no kin want ol oda tin igen, en dat na rong  
pozishon

Den biliv, fo egzampul, se nid no de fo du enitin we nid fo  
pe atenshon tranga wan en tray tranga wan pan bodi, en den  
de advays fo asceticism en fo lef oltin we get valyu Bot dis  
abit de mask di intelektual stagnation

Onda wan klos we get lay lay spiritual tin den

A don si se big big ticha den kin rili intres pan di wol bot  
den no get eni atakshon to am We den gi mi ticha sontin we  
fayn, i kin tek kia of am en protekt am, bot if i apin fo brok o  
damej, i kin laf en se, "Mi intres pan am don don bikos i tek  
mi atenshon tumos" I bin detach bikos i no bin atak am

A kin fil di sem we aw a gladi fo wetin God gi mi, bot a no  
de mis am if a los am

Wan tem, sombodi gi mi wan fayn kot wit hat, en na bin  
dia dia set a bin gladi fo tek kia of am en protekt am fo mek i  
no te en doti te a taya wit am en se: "O God, a no nid dis  
"!trɔbul

Wan de, a go na wan hal na Los Anjelis fo gi lekcho, en  
jos afta a rich en begin fo pul mi kot, a yeri di divayn voys se,  
"Tek wit yu ol di tin den we de na di kot pokit" So a du am

Afta di lekcho, a go bak na di kot storj rum en a si se di  
kot - mek God protekt yu - don los

A bin rili veks pan dat, so sɔmbɔdi se, "Nɔ veks, wi go  
bay yu ɔda kot" a se, "A nɔ veks bikɔs a lɔs di kot, bɔt bikɔs  
di pɔsin we tek di kot nɔ tek di hat bak we go pafekt wit di  
."kot

Wi nɔ fɔ alaw di we aw wi de fil fɔ kɔntrol wi Aw pɔsin go  
?gladi if ɔl wetin i bisin bɔt na in klos ɛn ɔda prɔpati dɛn

Dis nɔ min se yu nɔ fɔ wɛr klin ɛn klin klos ɔ klin ɛn klin  
di os, bɔt yu nɔ fɔ pe atɛnshɔn tumɔs pan dɛn tin ya ɔ fɔ tink  
bɔt dɛn tin ya

Wans dɛn invayt mi fɔ wan dina pati ɛn ɔltin bin rili  
elegant ɛn arenj fayn a bin rili ɛnjoy di dina, bɔt di wan dɛn  
we bin ɔs wi bin rili fred, dɛn bin de fred se ɔltin nɔ go go lɛk  
aw dɛn bin dɔn plan, ɛn as a rizulta, dɛn bin pwɛl di atmafɛs  
wit dɛn wɔri

Bɔrku tɛm, de wan wae de fil pasmak kin no aw ɔda  
pipul dɛn kin wɔri ɛn nɔr kin fil fayn Wetin mek dɛn kin fred  
ɛn frayd? Wi fɔ du wi bɛst, dɔn rɛst ɛn mek ɔda pipul dɛn rɛst  
Wi fɔ alaw tin fɔ tek dɛn natura kɔs we wi nɔ fos dɛn, dɔn di  
wan dɛn we de rawnd wi go gɛt pis bak

Di tin dɛn we dɛn kin avɛst na Parmenidian

Bihayn mɔtalman wil, di divayn wil ɛn di rizin fɔ di flɔ we  
nɔ gɛt limit fɔ di kɔsmik ɛnaji

Na fɔ sho ɔltin we gud ɛn we go bɛnifit wi na layf

Fɔ dis rizin, ɛnibɔdi we kɔntinyu fɔ tinap tranga wan ɛn  
we nɔ gri wit di wan dɛn we ay pas ɔl, Gɔd go ɛp am fɔ gɛt  
sakrifays

Wilpawa na ɛnaji ɛn want we dɛn de dayrɛkt fɔ rich wan  
patikyula gol

Natin nɔ de we pɔsin nɔ go ebul fɔ du if pɔsin nɔ want fɔ  
du sɔntin; fɔ tru, ivin simpul muvmɛnt nɔ go ebul fɔ mek na  
ɛvrɪde layf we dɛn nɔ yuz wil pawa

Bɔku pipul dɛn kin du tin dɛn we nɔ impɔtant ɛn dɛn nɔ  
kin pe atɛnshɔn pan dɛn tray fɔ du tin we go ɛp dɛn

Wish difrɛn frɔm wil, pan ɔl we wish kin akt lɛk katalis fɔ  
wil

We pɔsin de divɛlɔp di pawa we i want, fɔs ɛn fɔs i fɔ gɛt  
maynd ɛn yuz di we aw i de ɔndastand, di sɛns, ɛn i fɔ gɛt  
sɛns

Afta dis, dɛn kin tren dɛn ɛn yuz di wil fɔ rich di gol we  
dɛn want

Di joyn ɛn tray fɔ kɔntinyu te dɛn rich di gol

We pɔsin disayd fɔ rich wan fayn gol, i nɔ kin fayn fɔ lɛ i  
lɛf fɔ tray

ɔ i kin giv-ɔp pan bad tin dɛn

We kɔnshɛns de in harmoni wit di ay wil ɛn tink ɛn wil de  
fɔs pan wan patikyula aydia we nɔ go ambɔg, di wil pawa go  
satrayt wit di kɔsmik aktiviti we nɔ gɛt bɔda ɛn we nɔ de dɔn

Mɔtalman in wil we i nɔ no natin ɛn di tin dɛn we i want  
de gayd, de briɟ pen ɛn trɔbul pan di pɔsin we gɛt am

Fɔ test tru tru gladi at, gud want fɔ win bad wan, ɛn di  
wil fɔ dayrɛkt di rayt dairekshɔn to di sɔs we di trut kɔmɔt ɛn  
di ɔrijin fɔ ɔl gud we de

Wetin mek pɔsin fɔ avɔyd fɔ tɔk lay lay witnɛs? Na bikɔs  
lay lay tɔk de mek pipul dɛn ipokrit ɛn ful pipul dɛn

Betrayal na wan pan di big big sin dɛn na Gɔd in yay Fɔ  
lay pan pɔsin fɔbɛnɪfɪt insɛf ɔ bikɔs i want fɔ revaŋg na wan

we fɔ lay If ɔlman fala dis prɔsis, chaos ɛn anarchy go de  
bitwin pipul dɛn

Fɔ lisin to lay lay tɛstimoni agɛns ɔda pɔsin na fɔ ɛndɔs  
di lay lay witnɛs ɛn tek pat pan in shɛmful bihayvya, ɛn da  
lisin ɛn ɛndɔsmɛnt de go mɔs tɔn to intanɛnt imɔshɔnal  
kɔnflikt we de tear di pis na di sol ɛn distɔb di kol at na layf

Ivin if i jɔstifay fɔ sɔm tɛm, di akshɔn go dɔn bakfaya  
strong wan ɛn mek pɔsin gɛt prɔblɛm ɛn pen na in maynd we  
de ambɔg di kɔnshɛns ɛn slap di kɔnshɛns

Envy kin gɛt bad ɛn bad bad tin dɛn bak, bikɔs i kin briŋ  
in yon sɔfa to di pɔsin we de jɛlɔs bikɔs di tink ɛn filin we  
pɔsin kin fri go kam bak to am

Di wan we gi lɔv ɛn altruism go gɛt in ritɔn lɔv ɛn  
altruistic tritment, we di wan we sɛn fɔ tink bɔt gridi,  
selfishness ɛn envy go briŋ dɛn tin ya pan insɛf insay ikwal  
mɛzhɔ

?Wetin mek pɔsin nɔ fɔ tif

Aw di wɔl go tan lɛk if ɔlman de liv bay we dɛn de tif, tif,  
ɛn tek mɔni? If na so i bi, dɛn go du di kraym dɛn we rili bad  
ɛn we rili bad Dɛn go fɛt bad bad wan fɔ protɛkt prɔpati ɛn fɔ  
gɛt bak di tin dɛn we dɛn dɔn tif

Tif na tin we de agɛns di soshal norm ɛn we de tek ɔda  
pipul dɛn rayt, ɛn dat mek i de agɛns di lɔ dɛn we de, ɛn  
sosayti dɛn nɔ gɛt di rayt fasiliti ɛn di fayn we fɔ dil wit di  
wan dɛn we du am

We dɛn put tifman dɛn na jel, dɛn ol abit dɛn kin begin fɔ  
gro mɔ ɛn mɔ, ɛn dɛn kin gɛt nyu bad abit dɛn bak we dɛn de  
kip kɔmpin wit ɔda kriminal dɛn If dis apin, dɛn go wɔs fa  
fawe we dɛn fri dɛn pas aw dɛn bin de bifo dɛn go na prizin

Wi de beg yu, Masta, fɔ blɛs wi so dat wi nɔ go yɛri bad,  
si bad, tɔk bad, ɔ blo bad

Wi nɔ de tɔch bad, wi nɔ de fil bad, wi nɔ de tink bad, ɛn  
wi nɔ de drim bad

:Di pawa dɛn we wi de yuz ɛvride

Di tin dɛn we wi kin si we wi de fil

ɛn di we aw wi de fil -

ɛn wi intɛlijɛns -

Na Gɔd dɔn lɛnt ɔl dis, ɛn wi nɔ go ebul fɔ liv wan sɛkɔn  
if i nɔ de

Bɔt pan ɔl we wi de yuz In gift dɛn, wi nɔ de tink bɔt Am  
lɛk aw wi fɔ tink, ɛn wi nɔ de pe atɛnshɔn to am di we aw i fɔ  
pe atɛnshɔn to am

Bifo dat, wi de du tin dɛn we wi kin du fɔ ɛnjɔy wisɛf ɛn  
tin dɛn we wi want fɔ du na di wɔl, we gri wit ɔl di tin dɛn we  
wi gɛt ɛn we gɛt kɔnekshɔn wit ɔl di tin dɛn we wi gɛt

Dis na di rut fɔ ɔl wi pen ɛn sɔfa

Gɔd mek wi lɛk aw i tan, ɛn na dat mek wi nɔ go ebul fɔ  
no di teist fɔ tru tru gladi at pas wi diskɔba in prezɛns insay  
wi ɛn test di nɛktɔ fɔ In blɛsin insay wi sol

Wi nɔ go ebul fɔ gɛt di blɛsin pawa bak we wi nid fɔ gɛt,  
bay wilful, wetin wi nid ɛvride

If wi no se na Gɔd de gi da trɛnk de, wi fɔ abop pan am  
ɛn tɔn to am

Wit at we gladi fɔ ɔl di blɛsin dɛn we l de shayn pan wi  
na wan wata we de kɔntinyu fɔ rɔn

.If yu gladi, a go mɔs inkrisayz yu [in favɔrit]

We wi at ful-ɔp wit tɛnki to di Wan we Gi Gi Pas ɔl, dɛn  
kin bi oli tɛmpul fɔ In glori prezɛns, ɛn dat na di big big tin we  
pɔsin kin ebul fɔ du, bikɔs di rizin fɔ layf na fɔ mek mɔtalman  
gɛt wanwɔd wit di Wan we mek am, kam nia Am, ɛn fɔ no  
Am

Una fɔ luk fɔ Gɔd in Kingdɔm fɔs ɛn in rayt we i de du, ɛn}  
{dɛn go ad ɔl dɛn tin ya to una

We wi de mɛmba Gɔd ɔltɛm ɛn tink gud wan bɔt am, wi  
go no se na in wi lɛk, wi na di wan dɛn we i dɔn pik, ɛn wi gɛt  
pat pan di bɔku tin dɛn we i de gi wi

Di kingdɔm we gɛt gladi-at, lɔv, layt, ɛn gudnɛs

We wi de tink bɔt Gɔd in bɔku bɔku blɛsin dɛn, we di big  
wan pan dɛn na di pɔsibiliti fɔ yuz fridɔm fɔ disayd fɔ fala di  
rayt rod we de mek wi gri wit di ay tin dɛn we wi want fɔ du  
ɛn gɛt gladi at na Gɔd in yay, ɛvrɪde kin ful-ɔp wit nyu gladi  
at we de insay wi, ɛn wi kin fil wan blɛsin kɔrɛnt we de flɔ  
insay wi layf, so tɛnki kin ful-ɔp wi at, ɛn layf gɛt teist ɛn  
minin

Di pɔsin we, tru tink gud wan, ebul fɔ si di divayn lɔ we  
de wok insay wan mistek we nɔ de ɛva stɔp fɔ prez, tɛl tɛnki,  
ɛn put insɛf dɔŋ bifo Am we ɔl lɔv, prez, ɛn tɛnki fɔ

Lɛ wi mɛmba Gɔd, we na di say we ɔl di gud tin dɛn we  
de de, ɛn lɛ wi miks di mɛmba we wi de mɛmba wit tru tru  
lɔv we de kɔmɔt na di dip dip tin dɛn na wi at

To Gɔd, we layf de kɔmɔt frɔm, lɔv de kɔmɔt, ɛn blɛsin  
dɛn de kɔmɔt we nɔ de stɔp

Lɛ wi mɛmba wit gladi at ɔl di wan dɛn we layt kandul fɔ  
mɔtalman, ɔ plant gud sid na di wɔl na grɔn, ɔ spre aydia dɛn  
we gɛt layt, ɔ ɛnkɔrej fɔ du gud tin ɛn fɔ biev fayn



Lε wi opin wi at fɔ lɛk, lε wi mek wi maynd gri fɔ tek  
inspekshɔn we de mek wi no mɔ, ɛn lε wi aks Gɔd fɔ ɛp ɛn  
gayd wi

Insay wetin wi de tink bɔt ɛn du

Fɔ fred de pɔyzin di at

Mɔtalman in maynd na big big say fɔ kip ɛnaji ɔ impɔtant  
tin dɛn fɔ du

sul dɛm, di wokɔmuvmənt m ɔltɛm fɔ ti de yusɔdis aktiv  
ng dɛm, ɛn di dayafragm de wok, di sɛlɔwe di at, di l  
ɔdi wok we di m ɔn, ɛn fɔl riakshɔdi kɛmikɔmetabolism, di b  
. gan dɛm (nɛv dɛm) de wokɔ talman sɛns

Apat frɔm dat, dɛn kin spɛn bɔku impɔtant trɛnk fɔ tink,  
filin, ɛn fɔ want

Fɔ fred kin mek di impɔtant tin dɛn we pɔsin de du wik  
ɛn na wan pan di bad bad ɛnimi dɛn we pɔsin kin gɛt we i  
want fɔ du sɔntin

Frayd de swɛt ɛn ambɔg di aktiviti na layf we kin flɔ  
ɔltɛm to di nɛv dɛm, so dat dɛn kin tan lɛk se dɛn dɔn  
paralayz, ɛn di bɔdi kin slo ɛn in layf kin go dɔŋ notis ɛn bɔku  
. (frayd na tin we de blok di nerv!)

Fɔ fred nɔ de ɛp fɔ pul di tin we de mek pɔsin fred l de  
mek di wil wik ɛn mek di bren sɛn wan tin we de ambɔg di  
bɔdi in ɔgan dɛn Frayd de pɔyzin di at, i de mek i nɔ ebul fɔ  
digest fayn, ɛn i de mek bɔku sik dɛn na di bɔdi

We di awareness stil de fos pan Gɔd, yu nɔ go fred natin  
ɛn yu go ebul fɔ win ɔl di tin dɛn we de ambɔg yu ɛn ɛnitin  
we de ambɔg yu

Wit kɔrej ɛn fet "wish" na want we nɔ gɛt ɛnaji, we  
"intention" na di rɛzolushɔn fɔ du sɔntin: fɔ fulɔp wetin yu

want ɔ want Bɔt yu kin sho "will" bay we yu se: "A de wok  
."tranga wan te a rich wetin a want

We yu tren yu wil pawa, yu kin fri ɛn dayrɛkt pawa dɛn  
we impɔtant fɔ du, pas fɔ want sɔntin we yu nɔ du wetin nid  
fɔ gɛt am

Wi nɔ fɔ lɔs op, bɔt wi fɔ no se Gɔd de gi wi chans afta  
chans fɔ mek wi tin dɛn bɛtɛ, fɔ mek wi aydia dɛn ɔp, ɛn mek  
nyu tin dɛn we go ɛp wi ɛn ɔda pipul dɛn na layf

If wi nɔ gladi wit di we aw wi de liv wi layf, wi fɔ fɛn nyu  
we ɛn we dɛn fɔ du tin we go mek wi satisfay ɛn kɔmfɔt pan  
wi maynd

Wi fɔ tink bɔt fɔ du sɔntin we go mek wi tin dɛn bɛtɛ ɛn  
mek wi layf gɛt minin ɛn fayn, dɔn wi fɔ du dat

Wetin nid fɔ apin kwik kwik wan na fɔ chenj di we aw  
pɔsin de tink ɔ fɔ chenj di we aw i de go

Wi fɔ disayd se wi nɔ go alaw prɔblɛm fɔ afɛkt wi ɛn mek  
wi nɔ balans, ɛn wi nɔ go mek tin dɛn we de wɔri pwɛl wi  
layf, tek wi filin, ɛn pwɛl wi atmosfere

ɛn se wi nɔ go bi viktim fɔ bad abit ɛn bad abit dɛn, ɛn  
se wi go fri ɛn nɔ go ebul fɔ kɔntrol wisɛf lɛk bɔd dɛn na di  
skay

No nid nɔ de fɔ mek pipul dɛn kɔntinyu fɔ de tinap ɛn nɔ  
chenj Dɛn fɔ pul di vel dɛn we de mek pipul dɛn nɔ biliv di tin  
dɛn we de na di sol so dat i go shayn wit in klin ɛn trenk, we  
go sho di fayn fayn ples we Gɔd dɔn gi mɔtalman

Gɔd de blɛs pɔsin we de tray fɔ du gud, we pɔsin want fɔ  
bi di rayt we, ɛn we i dɔn mekɔp in maynd fɔ gɛt sakrifays

Bihayn wi layf de di pawa fɔ di Suprim Spirit, ɛn biɛn wi  
wil de di kɔsmik ocean fɔ di Divayn Wil

Wi na impotant pat pan da si we no get bɔda We wi rich  
de en swim insay de, wi konsheɪns de bɔku en wi kin fil se wi  
big

We wi tink bɔt am, dat kin mek wi kam nia am, en we wi  
tink bɔt am, dat kin mek wi kam nia am

Di tray we wi de kontinyu fɔ tray fɔ gri wit am de mek wi  
no, mekɔp wi maynd, en trenk

Fɔ pripia fɔ konsheɪns evride kin bring divayn lɔv en blɛsin  
den we de na evin

I de flɔ to wi we wi no de ambɔg en i de gi wi bɔku pan di  
tin den we de na di si

Wan divayn konsheɪns de we layt insay evri mɔtalman  
wan konsheɪns we de wet fɔ di chans fɔ sho insɛf

En fɔ kɔmɔt na di smɔl en restrictiv sɛla fɔ di ego

Jɔs lɛk aw pɔsin wek frɔm wan bad bad drim we de  
ambɔg am fɔ no se wetin i si nɔto natin pas drim, na so bak  
di divayn konsheɪns de enkrej pɔsin fɔ wek frɔm di bad bad  
drim we i de slip en konfyus to nyu we fɔ no en ɔndastand  
gud gud wan bɔt di minin en di rizin fɔ layf

If wi want fɔ ɛksperiens di dawn fɔ wek na spirit en witnes  
di layt den we de sho se wi shɔ, wi fɔ lisin to di vɔys we de  
insay wi

Wi de ansa to in prompting Wi fɔ pul di ston dem fɔ  
ilyushɔn en di rɔk dem fɔ ignorance we de ambɔg di sol fɔ go  
bifo en we de mek i no muv frɔm di rod

En lɛ wi nak wit di an fɔ long tɛm na di domɔt fɔ wek  
frɔm di slip we wi no bisin bɔt, so dat wi go blo di briz we de  
mek wi gladi en bring evin ilɛktrishɔn to evri tin we wi de tink  
bɔt en evri filin we wi get

En eni wan pan wi wok den

Wi de aks God Olmayti fo opin winda den fo no na wi  
konshens, fo ful wi wit di layt fo sens, fo rawnd wi wit in lov,  
en fo koba wi wit in sori-at we go de sote go

Pan di wan den we bin kam to mi, pipul den bin de we a  
bin tel from di biginin, fo tok tru, se den no bin fayn, en a bin  
aks den fo chenj den rizin den de

Som pan den no bin lek wetin a tok, bot oda wan den bin  
ansa en chenj fo bete

Ipokrit no de mek posin get gud tin fo du, en ivin di wan  
den we get sens pas olman no kin ebul fo ayd wetin den yay  
de sho

Den kin rayt posin in wan ol istri na in yay

If yu want fo no di posin in tru tru we, aks God fo sho yu  
di tru tru abit we da posin de get

Bikos yu no want fo mek den ful yu, yu go fil dip insay yu  
at in tru tru nature en yu intuition no go rong

We wi de tok to wi komin, wi fo luk in yay dairekt wan  
en tok wit konfidens, wit konfidens, en tru

We wi de shek an wit posin, wi fo tel am di magnetizm fo  
wi lov en sinsi, en tray fo ep am as wi ebul

Di posin we de luk fo no fo bi positiv en wok fo develop in  
spiritual magnetizm; den God go gi am di pawa fo ep oda  
pipul den en transmit blesin vaybreshon to den

A kin travul pas di planet en sta den we de fa pas ol, bot  
a go bi yu yon oltem Yu pipul den we de fala yu kin kam en  
go, bot a go de wit yu en bi yu yon sote go A kin tos rawnd di  
wef den we boku boku pipul den we don bon en fil se a de mi  
wan en mi wan, bot stil a go bi yu yon oltem

Di wɔl, we bisin bɔt yu gem dɛn, kin fɔget yu, bɔt a go  
membə yu ɔltɛm Mi vɔys kin dɔn ɛn a kin fel

Bɔt insay mi sol in wɔd dɛn a go wispa: "A go bi yu yon  
."ɔltɛm

Tray, sik, ɛn day kin mek a skata ɛn bɔn mi bɔdi, bɔt as  
lɔng as smɔl op de na mi memori

Luk insay mi yay we de day bikɔs tru dɛn a go tɛl yu se:  
"!A go lɛk yu sote go ɛn a go fetful to yu ɔltɛm

A de tɛl una tru se a nɔ bin get di ansa to ɔl mi kwɛstiyɔn  
dɛn frɔm pipul dɛn, bɔt na frɔm Gɔd, we na di say we ɔlman  
get fri-an

ɛn na di say we ɔl di tin dɛn we wi no na di wan ol wɔl  
kɔmɔt

Na in nɔmɔ na mi inspekshɔn na layf, ɛn we a de tɔk, a  
de aks am fɔ chaj mi wɔd dɛn wit in pawa, in trut, in lɔv, ɛn  
in layt a de fil wev dɛn we gladi de kɔba mi bikɔs in big big  
lɔv de tɔn insay di sol lɛk saful briz pan hot de, ɛn in fɔdɔm  
de kɔntinyu pawaful wan de ɛn nɛt, wik afta wik, ia afta ia, so  
yu nɔ no usay di ɛnd de

Mɔtalman tink se dɛn nid lɔv ɛn jɛntri frɔm mɔtalman,  
bɔt biɛn ɛvri lɔv ɛn biɛn ɛvri jɛntri

Divayn lɔv we nɔ de chenj ɛn spiritual jɛntri we dɛn nɔ  
go ebul fɔ mɛzhɔ wit di jɛntri we de na dis wɔl ɛnibɔdi we no  
se na Gɔd de pul ɔl di lɔv, gladi-at, ɛn gudnɛs go fɛn am ɛn  
gladi pasmak wit am

Gɔd de gi to di wan dɛn we de op pan am, ɛn to di wan  
dɛn we

I de luk Am, nɔto di tin we Gɔd mek

I de mek i fri frɔm bad bad tin dɛn ɛn prɔblɛm dɛn

En i de kip bad tin kɔmɔt nia di rod

Insay in at wi de liv pisful layf

En sol dɛn we gɛt kol at kin fil am

En we wi nid am, i kin kam ɛp wi

Wit wan tɔch we de briŋ kɔmfɔt ɛn gladi at

En gudnɛs kin kam to wi lɛk we ren de kam

I nɔ de ɛva stɔp insay in layf

!Blɛsin na di wan we gɛt sɔri-at pas ɔlman, i rili big

I na wi yon ɔltɛm, jɔs lɛk aw wi na In yon

Suprim inspekshɔn dɛn

O Gɔd we mek ɔltin

O Masta fɔ di Yunivas

O Yu we de manej ɛn mek di planɛt dɛn, sta dɛn, ɛn

galɛksi dɛn bigin fɔ muv

Yu jɔs rul se yu fɔ gi yu sitizin dɛn fridɔm fɔ disayd fɔ du

sɔntin ɛn fridɔm fɔ disayd fɔ du sɔntin, ɛn dis go ɛp dɛn fɔ

divɛlɔp dɛnsɛf ɛn kam nia yu oli prinsipul ɛn tin dɛn we yu

want fɔ du

Yu dɔn gi wi fridɔm we go de sote go ɛn plant insay wi di

sid dɛm fɔ yunivasal kɔnshɛns Bɔt i sɔri fɔ no se, wi dɔn shak

wi yunivasal kɔnshɛns biɛn di bar dɛm fɔ selfishness, et,

narrow-mindedness, ɛn blaynd fanaticism

Masta, ɛp wi fɔ mɛlt – wit wi wam lɔv ɛn brɔda

ɔndastandin – ɔl di atifishal, ays barɛri ɛn tin dɛn we de

ambɔg wi ɛn ɔda pipul dɛn

Ɛp wi fɔ yuz kɔnshɛns we de wach ɛn tink gud wan fɔ  
kɔntrol wisɛf ɛn fɔ waka stret na di rod dɛn we de na layf

Ɛn blɛs wi fɔ multiply wi spiritual richness ɛn wi  
empathetic compassion bay we wi de expand di sɛklɔ fɔ wi  
nashɔnal lɔv fɔ inklud ɔl di pipul dɛn we de na di wɔl, ilɛksɛf  
dɛn kɔlɔ, klas, man ɔ uman, ɛn biliv

O Masta fɔ di Yunivas, lɛ wi rɛspɛkt ɛn cherish di  
indipɛndɛns fɔ ɔl mɔtalman we dɛn bɔn fri

Ɛn blɛs wi so dat wi go bil wan wɔl we gɛt wanwɔd ɛn pik  
yu fɔ bi wi spiritual lida fɔ layf

Frɔm di dip dip ples dɛn na di sol

Oh Lord, mek di embers of mi longings glow

Yu oli prezɛns de ɔltɛm

A dɔn bil tɛmpul fɔ di tin dɛn we a want

Insay ɛvri wan pan mi aydia dɛn

?Yu go duya visit mi

!En yu sidon pan di throne of mai lov fɔ yu

Mek mi tinkin fala yu waes gayd

Mek yu bi di big big gladi at na mi layf

Frɔm di get fɔ tink bɔt Gɔd ɛn tink bɔt am

A go go insay di Tɛmpl fɔ Sastaynɛbul Pis

Tide a go layt wan bɔndɛl stik fɔ ripresent wɔri ɛn fred

Fɔ mek Gɔd in tɛmpul layt insay mi sol

A go luk fɔ Gɔd na di say we mi sol de mi wan

Ɛn a go pre wit ɔl mi at te mi at bit wit lɔv fɔ am

En a de fil In ansa to mi prea den  
Oh, if na di spak na mi layf nɔmɔ bin ebul fɔ miks wit  
God in san

En i de flash na ɔl di yay den we lɛk gud  
A go sprinkul di wɔl we wɔ dɔn skata  
Wit tink bɔt pis en lɔv  
A go go insay di divayn oli ples  
En a de tɔch di kɔsmik kɔnshɛns  
Tru di gladi at we pɔsin kin gɛt we i de tink gud wan en  
we God lɛk am

Divayn protɛkshɔn de rawnd mi ɔltɛm en sote go  
En God in layt de go wit mi en pul di daknɛs we de  
rawnd mi  
As lɔng as a de waka insay In layt we de gayd mi, a nɔ  
go stɔp

A nɔ go kɔmɔt na di rayt rod  
Imɔshɔn den we de liv  
O Spirit fɔ Egzistens en Masta fɔ di Yunivasiti den  
Yu de biɛn mi yay, we a de si yu fayn fayn tin den we yu  
de si

En biɛn mi yes, we a de yuz fɔ lisin to di miks we di  
sawnd den we de na di wɔl de miks  
Yu de biɛn mi tɔch, wit we a de fil tin den na yu wɔl wɔl  
En pas di vel we nature de ayd yu fayn fayn fes  
A de si yu na di kɔmfɔt we di flawa den de luk



En a de test yu insay di flawa fɔ it we de gi yu tin fɔ it  
A de sɛns yu divayn ɛsin ɛn yu swit we go de sote go  
Insay ɔl di gud tin dɛn ɛn wɔndaful tin dɛn we de  
A de pre to yu, Masta, ɛn yu de biɛn mi vɔys we de shek  
shek

En biɛn mi maynd, we a de pre wit  
Yu pas di dip filin we a de fil  
Bifo mi oli tink ɛn aspireshɔn ɛn mi lɔng fɔ yu  
!Yu pas mi riflekshɔn ɛn pas mi tɛnda lɔv  
Oh, if na yu bin fɔ kɔmɔt biɛn di vel dɛn we mɔtalman de  
fil

En di fayn fayn tin dɛn we de apin na di wɔl  
!Opin mi spiritual yay so dat a go si yu jɔs lɛk aw yu de  
Layf we Gɔd nɔ de, nɔ kɔmplit  
We wi kɔnɛkt wit Gɔd, intuitiv ɔndastandin go inspekt wi  
ɛn gayd wi pan ɔltin we wi de du

Wi fɔ kɔnshɛns fɔ gɛt da blɛsin pawa de Da pawa de  
insay wi; wi jɔs nid fɔ pul am kɔmɔt na do

Yu go si se dis pawa de wok pan ɔltin fɔ mek yu  
sikɔstɛms bɛtɛ ɛn mek tin izi fɔ yu We yu kɔnɛkt wit dis  
pawa, yu wɛlbɔdi go puls wit kɔsmik ɛnaji, ɛn yu tinkin go bi  
mɔ rifin, fɔs, shap, ɛn pentratin Yu go no se yu sol na vessel  
fɔ Gɔd in trut we de alayv ɛn In sɛns we nɔ de dɔn

Gɔd na di sɔs we de gi wɛlbɔdi, prɔsperiti, sɛns, ɛn gladi  
at we go de sote go We wi kɔnɛkt wit am, wi layf kin kɔmplit  
ɛn fulfil

Laif we Gɔd nɔ ɡet nɔ kɔmplit Wi fɔ tink bɔt da pawa we  
pas ɔl we de gi wi layf, trɛnk, ɛn sɛns

Wi fɔ pre mek dis trut flɔ insay wi maynd, dis trɛnk go flɔ  
insay wi bɔdi, ɛn dis gladi at we nɔ de dɔn insay wi sol

Biɛn di daknɛs we di yay dɛn we dɛn lɔk, de di wɔndaful  
pawa dɛn we de na di wan ol wɔl, ɛn ɔl di gud sol dɛn ɛn di  
nobul spirit dɛn

ɛn di bɔku bɔku say dɛn we di sol ɡet we nɔ ɡet ɛnd

If yu tink gud wan, yu go no di trut we rili tru ɛn yu go si  
di wɔndaful wok we i de du na yu layf ɛn ɔl di tin dɛn we  
wɔndaful ɛn we ɡet glori pan di tin dɛn we Gɔd mek

Na di rod dɛn we pɔsin kin want fɔ du sɔntin

Gɔd de kɔl mi

Tru di sol dɛn we opin

ɛn fayn at dɛn we de bit wit lɔv

ɛn i ful-ɔp wit fet

ɛni gud tin we di disaypul du

In awareness na wan step klos

Frɔm di trɛshɔld fɔ kɔsmik kɔnshɛns

Mek a go insay, Masta

Fɔ si yu divayn fayn fayn tin dɛn

ɛn a ɡet blɛsin fɔ si una layt dɛn we de shayn

If na Yu divayn sɛns de gayd mi layf

So, di tray we a de tray go mɔs bi krawn wit sakrifays

A nɔ go go rɔng

O Masta, bləs mi so dat mi vishɔn go klia

Mi sol dɔn klin

Dɔn i si di san fɔ tru

En a kin gladi fɔ no di trut

Tide a go fɔget di prɒbləm dɛn we a bin gɛt trade

A go fes di tin dɛn we de apin naw en di tin dɛn we gɛt fɔ  
apin tumara bambay

Wit bold en kɔnfidəns, wit di ep fɔ di Olmayti

A go chaj mi bɔdi wit kɔsmik enaji

En a de was mi bi wit di hiling layt fɔ divayn kɔnshəns

Lɛk wan kɔsmik nebula

Pis de ful mi kɔnshəns

En i bin fil se Gɔd de wit am we nɔ gɛt end

O Masta, mek mi sɛns

Fil mi mental vessel

Wit ɔndastandin en no

Mek di layt fɔ yu lɔv shayn

Na di rod dɛn na mi layf

Na di Blu Ayland dɛn we de na di ayland dɛn

Frɒm mi bolɔn, a luk di wɛst, en flay pan di wing dɛn we  
a de imajin go na di shore dɛn na di fa fa ɔrayzin Na mi rayt  
en lɛft, a si tu mawnten dɛn we nɔ tu te, tɔn to wan mistiriɔs  
pepul kɔlɔ

We a luk bak, wan an we a nɔ si bin dɔn kɔba dɛn wit  
wan vel we gɛt dip blu Biɛn mi, di siti na Gwadalajara bin de,  
we bin dɔn was insay di twilayt Di ista skay bin dɔn tint naw  
wit sɔft pink We a luk bifo, mi yay si wan majik siti we gɛt blu  
ayland dɛn we de flɔt insay wan lek we gɛt gold

Insay dis akipelago we gɛt majik blu ayland dɛn, wan big  
big il we gɛt blu laymston bin rayz, we grey-wayt volkeno  
klawd dɛn bin de rawnd am we bin de spit giza dɛn we gɛt  
faya rɛd-gold lava, we bin de rɔn slan lek renbo to di kwayɛl  
lek Intens gold flawa bin kɔba di blu ayland dɛn insay layt we  
de bɔn

Di blu pik ɛn in krawn we gɛt faya bin de sho lek twin  
dɛn na di say we da gold lek de we nɔ gɛt natin ɛn na di rayt  
say, wan smɔl lek we kwayɛt bin de shayn, we bin de nia  
wan pan di blu ayland dɛn brɔst lek ful mun we de swim  
midul wev dɛn we gɛt klawd

A bin de waka fɔ lɔng tɛm na di siti usay di san de go  
dɔŋ ɛn klawd dɛn we tan lek mirej, we de flɔt na di lek wit in  
fayn fayn gold layt ɛn aw dɛn gold wata dɛn de we gɛt rɛd  
ays grup dɛn we skata ɔlsay te to di edj fɔ sote go

A bin tink se pipul dɛn we gɛt layt na gud sol dɛn na dis  
wɔl, ɛn afta dɛn dɔn pas ɔl di tɛst dɛn na layf fayn fayn wan,  
dɛn bin alaw dɛn fɔ ɛnjoy dɛnsɛf ɛn mek dɛn drim dɛn lek aw  
dɛn want

ɛvrɪde we di san de go dɔŋ, dɛn pipul dɛn de go mek dɛn  
drim dɛn na ɛvin mɔ ɛn mɔ na siti dɛn we gɛt si ɛn lek dɛn  
we gɛt gold rawnd am

Na de ɛn biɛn di grip fɔ sɔri-at ɛn biyɔn di trap dɛn fɔ dis  
wɔl we de na dis wɔl wit ɔl in bad bad tin dɛn ɛn pen dɛn

Na de, pas di ancynted den, den pipul den de bin de blo  
red layt, drink crenj rayt, muf go fa, kam nia, waka waka, en  
swim midul layt den we get boku boku kolo den

Na ya, den pipul den de go rili no den drim wantem  
wantem en embodi den fantasi as den want, don den go solv  
en los we den want

Na ya i bin de enjoy di jentri den we de mek i satisfay en  
satisfay, en i bin gi ol di wan den we bin de kam fen am na in  
wondaful, majik wol, den drim den wit fri-an

Na ya, i no bin get fo wet en want lek motalman fo mek  
in drim den kam tru en wetin i want fo apin, bot i bin de drim  
lek aw i want en i bin ebul fo du ol den drim en wish den de  
bay in yon wil

Da siti de we di san de go don na di Ayland den fo Drim  
na bin wan pan mi drim den we bin de te na di fold den na di  
!sabkoshos, en tide i don kam tru pan oltin

Fo tru, a don si di trös en jentri den we ayd na mi sol, en  
!den layt don pas mi en den braytnes don mek a de shayn

Paramehansiat: Spektrum den fo Divayn Ekstasi

O Masta, fo put yusef don na di we we sho pas ol

Fo get di ren fo Yu divayn scri-at

A go put mi trust pan yu divayn jostis en pan di prinsipul  
den fo tru

Fo no se yu de ansa di kol fo lov en di tin den we yu at  
want

Insay klos kopreshon wit yu ol wil

En wit mi absoliut fet in yu

A go get yu ep en fil se a de nia yu

Tide a go du mi duty towards yu  
Jɔs lɛk aw a de du wetin a fɔ du to di wɔl  
O Di Wan we Dɛn Lɛk pas ɔlman  
Yu na di ethereal echo we de reverberate in di  
sanctuaries of hearts  
En yu na di vɔys fɔ filin dɛn we yes nɔ kin ebul fɔ pik  
We yu gɛt blɛsin wit yu lɔv, dat pas dat pas dat we yu nɔ  
go ebul fɔ mɛzhɔ  
Frɔm ɔl di tin dɛn we pipul dɛn de tink bɔt na di wɔl  
En ɔl di glori dɛn we de na dis wɔl  
Wit mi absoliut fet in yu  
A de si di shado dɛm fɔ di sik de fade en go we nɔ de  
kam bak  
A go si yu, Masta, frɔm di winda dɛn na di nature en di  
domɔt dɛn fɔ pis  
Shawa wi wit yu blɛsin dɛn  
En put wi insay di wef dɛn fɔ Yu kɔsmik enaji  
Kip di we aw yu de tink bɔt yusɛf nɔmɔ, nɔ de nia wi  
We de mek sol dɛn nɔ de kam nia dɛnsɛf  
En dɛn mitin bin de bikɔs dɛn lɛk gud en layt  
Mek a wata di flawa dɛn we a de beg mi  
Wit di wata we de tink bɔt Yu en tink gud wan bɔt Yu, O  
mi Gɔd  
So dat nyu flawa dɛn we gɛt layf go gro

From inspekshon, pis, en gladi at

Di wangren we fɔ avɔyd fɔ du bad na fɔ gɛt gud sɛns fɔ  
no se pɔsin dɔn du bad en disayd nɔ fɔ du am

Wan rɔng fɛt ɔda nɔ de prodyuz rayt Ignorance na  
mɔtalman in tru ɛnimi en dɛn fɔ drɛb am kɔmɔt na dis wɔl Wi  
gɛt ɔl wetin wi nid na dis wɔl fɔ usher in wan ej we prɔsperiti,  
gladi at, en pafɛkt jɔstis

Di wangren tin we de ambɔg na mɔtalman selfishness,  
we de mek dis nɔ pɔsibul Terrible en unjustified sɔfa na bikɔs  
mɔtalman selfishness en de pursuit of self-interest we nɔ de  
tink bɔt ɔda pipul dɛn

Mɔni we dɛn kin yuz fɔ fid en klos di wan dɛn we nid ɛp,  
insted dɛn kin yuz am fɔ pwɛl en pwɛl Dis selfishness, we dɛn  
bɔn frɔm ignorance, na di rut kɔz fɔ di global prɔblɛm dɛn

ɔlman tink se dɛn de du di rayt tin, bɔt we dɛn de du  
dɛn yon gol dɛn nɔmɔ, dɛn de mek di karma lɔ fɔ kɔz en  
ɛfɛkt, we go mɔs pwɛl dɛn yon gladi at en ɔda pipul dɛn gladi  
at

Di mɔ we a de si di bad bad tin dɛn we de apin na di wɔl  
we mɔtalman nɔ no natin, na di mɔ a de no se gladi at nɔ go  
las ilɛksɛf dɛn mek di strit dɛn wit gold

Gladi at de fɔ mek ɔda pipul dɛn gladi, en if ɔlman du  
dat, ɔlman go gladi

En ɔlman go gɛt in pat pan di bɔku bɔku tin dɛn we de  
na di wɔl

Bikɔs wi kɔmɔt na dis wɔl usay wi nɔ no, na nɔmal tin fɔ  
lɛ wi de wɔnda bɔt wetin mek layf bigin en wetin mek wi de  
liv wi layf

Wi de yeri en rid bot wan posin we mek dis wol, bot wi no  
no aw fo rich to am Ol wetin wi no na dat di wan ol yunivas  
de pred se in divayn maynd de

Jos lek aw di smol en prexis pat en divays den we de na  
smol wach kin mek wi kole di posin we mek wach, en jos lek  
aw di big en kompleks mashin den na faktri kin mek wi  
soprayz en kole di posin we mek den, na so we wi si di  
wondaful tin den we God mek, wi kin soprayz wit di sens we  
ayd bien den, en wi kin aks se: "Udat gi di flawa wan shep we  
?get layf we i de fes di san? komot from

Na net, di sta den en di mun, we de skata den silva layt  
rawnd wi, de mek wi tink bot di konshens we de gayd den  
selestial bodi ya na di big big spes Di mun in saful layt no go  
du fo di tin den we wi de du evride, en so wan maynd we get  
sens en saful saful de sho se wi fo rest na net Don di san de  
komot, in brayt layt de alaw wi fo si di wol we de rawnd wi  
wit klia wan en serenity, en wi tek am pan wisef fo fulfil wi  
nid den

Tu we de fo fulop wi nid: di we aw wi de liv wi layf en di  
we aw wi de fil we wi de na di spirit We wi welbodi de pwel, fo  
egzampul, wi kin go to dokto fo tritment Bot tem kin kam we  
dokto o eni oda posin no go ebul fo ep, en wi kin ton to di  
sekon we; to di spiritual pawa we mek wi bodi, maynd, en  
spirit

Matirial pawa no boku, en we wi no ebul, wi kin ton to  
God in pawa we no get limit Dis kin apin bak to wi moni nid  
den We wi du wi best en stil no get inof, wi kin ton to da pawa  
de

Olman tink se den problem na di wos Som pipul den kin  
fil mo preshon pas oda pipul den bikos den resiliens wik Bikos  
of difrens pan pipul den maynd trenk, den kin spen difren  
enaji If posin get problem we pasmak en in maynd wik, den



no go ebul fo win am Di wan den we get pawaful maynd kin  
win den problem bay we den brok di tin den we de ambog  
den en shek den fawndeshon Yet, ivin di wan den we strong  
pas ol pipul den kin get folt som tem We wi mit wit boku boku  
problem en problem den we kin apin na wi bodi, wi maynd, en  
na God in yay, wi kin no aw layf pawa no boku na dis wol we  
wi get

Wi no fo jos de tray fo get gud welbodi en fo get tin den  
we wi nid, bot fo fen di minin fo layf

Wetin na di rizin fo wi layf? We problem den kin ambog  
wi, wi kin fcs ton to di tin den we de arawnd wi, tray fo ajost  
evri possibul matirial we wi biliv se go gi wi rilif Bot we wi rich  
na wan say we no de en se, "Ol di tin den we a don tray fo du  
no wok, wetin mo a go du?" wi begin fo tink sirios wan fo fen  
wan fayn solv fo wi problem En we wi tink dip inof, wi kin fen  
di ansa insay wisef Dis na wan we fo ansa prea

Insay di stil we mi sol stil de

!Mek a mit yu, Masta

Possess mi, en mek a fil yu prezens we go de sote go

Insay mi en rawnd mi

Insay di solitude we a de tink, a kin want fo yeri yu voys

Kip di lawd noys den na di wol fa from mi

Ayd insay mi memori

A go lek fo lisin to yu voys we kol en we de mek yu fil  
fayn

En di sinman de oltem na di kwayet na mi sol

Mi God, usay Yu de olsay

Yu fo de de

Dip insay mi bɔdi ɛn mi kɔnshɛns  
ɛp mi fɔ sho ivin smɔl pat  
!Frɔm di valyu tin dɛn we ayd na mi spiritual mayn  
O layt we de shayn  
Mi at de wek  
Mi maynd wɛlbɔdi  
Ful mi spiritual tɛmpul wit yu glori  
!O Nɔt Sta we go de sote go  
ɛnisay we a bin de waka ɛn aw a bin de tɔn  
Di magnetik kɔmpas nidul na mi maynd de kɔntinyu fɔ  
pɔynt to yu  
Ilɛksɛf di briz we de mek bad bad tin dɛn de blo yu  
ɔ we di ren we kin kam we tin tranga ɛn bad bad tin kin  
wet  
Bɔt dɛn bin de gayd mi maynd  
Fɔ tɔn to yu ɔltɛm  
Mi bɔd we a lɛk, we de bit in wing  
Midul di klawd dɛn we gɛt kɔnfyushɔn  
ɛn di big big briz dɛn we kin mek pipul dɛn kɔnfyus  
I go mɔs fɛn in we fɔ go to yu  
Trade trade  
Na di at fɔ di ɛtɛ  
We wi kam na di wɔl as spirit

Wi ɔl bin de slip  
ɔnda di blankit we Gɔd læk  
En we Gɔd wek wi  
Wi drayv go fa frɔm am  
Jɔs læk aw i bin de na di stori bɔt di bɔy pikin we bin lɔs  
in prɔpati  
Wi dɔn fɔgɛt di divayn bond of kinship bitwin wi  
Wi bin bi strenja to wisɛf  
En bikɔs wi dɔn lɛf wi os na evin  
Wi dɔn bi na dis wɔl  
Travulman dɛn we de travul na di kɔna dɛn na di wɔl  
Wi de waka di rod dɛn we destiny de  
Wi dɔn go tu fa  
Wi dɔn muf go fa frɔm di say we wi bin de fɔs  
Aweva wan wan tɛm  
Sɔm ples, ɛksperiɛns, ɛn fes kin wek wi  
Mɛmori dɛn we dɛn bɛr ɛn dip insay filin dɛn  
I de wispa to wi  
Wi kin fil læk se wi de ɛksperiɛns ɔltin nyu wan  
Tin dɛn we wi bin dɔn no  
Wi kin mit ɛn kɔnɛkt wit di wan dɛn we wi læk  
Wi bin de nia dɛn  
Insay di tɛm we bin de fa fawe

O Wan we mek di wan ol wɔl  
Yu layt de shayn insay di big wan dɛn  
Mek di divayn no we dɛn gɛt mek wi ɔndastand  
Lɛ wi no se na yu na di men gol  
Wetin wi de tray fɔ du  
Di big big tin we pɔsin want fɔ du  
We wi de aspir fɔ ajɔst  
Refresh wi wit di fragrant briz we yu de blo  
Ful wi wit longing fɔ yu glori prezɛns  
Mek wi bi nourished by Yu divain waes  
Mek wi fil yu oli layt  
I de ɔlsay na wi layf  
ɛn i de mek wi mekɔp wi maynd mɔ ɛn mɔ  
ɛn i de pul wi daknɛs  
ɛn mek pis de kɔba wi  
ɛn fɔ gɛt op  
ɛn di want fɔ du gud tin dɛn  
Bitwin di Prins ɛn di ɛnlajt ɛmit

Wan tɛm, wan prins we bin de rul wit pawa bin go ɔntin  
wit in savant dɛn ɛn in atɛndant dɛn, we bin gɛt ɔl wetin dɛn  
nid ɛn we gɛt wɛpɔn Dɛn bin go dip dip wan na di fɔrɛst, dɛn  
bin de blo ɔn ɛn bit drɔm

Afta we di prins en di wan den we bin de wit am don  
ontin som bod den, diya den, en tayga den we get wamat,  
den kam fo no se den don los den rod

Den bin get buku it bot den no bin get wata Pan ol we  
den no bin taya fo luk fo wata na di forest, den no bin fen eni  
wan Den no bin get say fo atak den from di atak den we di  
wayl wayl animal den we bin de na net bin de atak den, as  
daknes bin de kam nia kwik kwik wan

Di san no de igen, en di prins we bin de bifo di karavan,  
kam na wan ol os we don pwel Afta i don komot na di os, i  
push opin di domot we no lok en go insay di hut Oltin insay  
bin dak pas wan layt we de shayn na wan pan in kona den,  
."en i tink wit pwel at se, "Ivin di hut no get posin

"?Bot bikos op bin de dreb am, i kol se, "Pis Enibodi de ya

I bin soprayz bad bad wan we i yeri wan voys we kol de  
"?ansa am wit kol at, se: "Yes, a de ya Yu de luk fo wata

Di prins bin de luk fo smol tem na di daknes te i si di gost  
fo motalman, en i bin soprayz se di man no wetin i de tink  
ivin bifo i mit am o no am

Di prins aks in os se, "Udat na yu?" Di os ansa se, "A po  
."ascetic devoted to God

Di emit layt wan lamp en di prins kol in entourage, en  
den fil big gladi fo fen wata en frut na da rimot forest de

"?Di prins aks di emit se, "Yu no de fred tayga en snek

Di hermit sheikh ansa se: "Fo tru, tayga na mi pet pusi,  
en snek na pis to mi Wi na padi den we de oltem bask insay  
."di san fo God in lov we de shayn pan oltin na dis egzistens

As di prins de luk di emit mo, i bin fred we i si wan pe  
kobra we de dangle from di emit in nek We i kam nia fo

kɔnfɔm wetin i dɔn si, di snek dɛn his ɛn swɛt, dɛn de flɔf dɛn  
ed, bikɔs dɛn bin no di shek we de shek shek we dɛn de fred  
ɛn di pɔsin we want fɔ pe bak we de lurk insay di prins in at

Pantap dat, da tɛm de wan pan di fɔrɛst tayga dɛn go  
insay di hut ɛn ledɔm kwayɛt wan nia di ɛmit in fut Afta di  
man we Gɔd kɔrej am ɛn pat in ed, di tayga kɔmɔt kwayɛt  
wan, ɛn go na di at na di fɔrɛst

Di prins we prawd bin tink to insɛf se, "Dis ol man fɔ bi  
pɔsin we de du wetin rayt ɛn we gɛt gud at, bikɔs i bin  
protɛkt wi frɔm wayl animal dɛn ɛn tɔsti we de kil wi As  
blɛsin fɔ wetin i du, a go mek i jɛntri" Dɔn i tɔk to di ɛmit, ɛn  
:se

O Sheikh, yu fes de shayn wit gudnɛs ɛn sinsi, ɛn a"  
gladi fɔ ɔl wetin yu dɔn du fɔ mi ɛn mi ɛntourage So, a want  
fɔ trɔs yu sikrit we yu go yuz fɔ jɛntri ɛn jɛntri Dis sikrit we a  
."de sho fɔ di fɔs tɛm, ɛn na to yu nɔmɔ

As i tɔk dɛn wɔd ya, di prins tek wan ston ɔnda in klos ɛn  
:kontinyu fɔ tɔk ɛn se

A wan trɔs yu wit dis famili trɔs Na di Filɔsofa in Ston,"  
ɛn sɔntɛm yu go jɛntri bay we yu yuz am Dis ston de mek  
gold, ɛn na wan pan di big big alkɛmist dɛn gi mi papa I gɛt  
di abiliti fɔ tɔn ɔltin we i tɔch to klin gold Yu kin yuz dis ston  
fɔ wan ol ia ɛn tɔn ston to gold, dɔn sɛl dɛn fɔ bay yusɛf wan  
pales we gɛt gold A go kam." bak to yu afta wan ia fɔ kam  
."fɛn yu ɛn tek mi ston, we a tek am se i valyu pas mi layf

Di ɛmit nɔ bin want fɔ tek da risponsibiliti de, bɔt fɔ ansa  
di prins in kontinyu fɔ ɛnkɔrej am, i gri fɔ kip di filɔsofa in  
ston Di prins si di ɛmit nɔ tek tɛm put di ston ɔnda in bɛlt (we  
pipul dɛn bin de put dɛn mɔni bikɔs dɛn de fred fɔ mek pipul  
dɛn we de tif am!), dɔn di prins go na in rod

Wan ia afta dat, di prins kam bak wit in entourage, i bin de op fo si wan fayn fayn pales instead of di hut we bin don pwel Bot i bin disapoynt we i si se di hut stil tinap en in kondishon wos pas aw i bin de bifo So i komot na in os en push di domot opin, en kol na di tap pan in vovs: "Yu stil de  
"?alayv, emit

Di emit ansa wit strong en dip vovs se: "Yes, prez fo God,  
."O Prins Welkom to mi ombul os

Wantem wantem en witout preamble, di prins ala se:  
"Wetin bad wit yu, man? Wetin yu du wit di filsofa in ston  
"?we a lef wit yu? Wetin mek yu no yuz am fo jentri

Di emit tink fo smol tem en afta dat i ansa se: "Wetin na dis filsofa in ston we yu de tok bot, en wetin yu min we yu  
."se a fo jentri? Fo tru, a no want fo jentri pas mi

Panik bin seiz di prins, i tink se di ol emit don los in ston bikos i no bisin bot am, en i tok wit vovs we tint wit beg se: "A min di presho filsofa in ston we yu put onda yu belt wan ia  
"?bifo? [Edi, wit yu belt], tel mi wetin yu du wit am

Di emit ansa se: "Na so i bi rayt naw a memba yu presho ston Wan de a bin de dip tink bot God we a go was na di riva, en a tink se di ston slip na mi klos en di wata swela am Mek  
."yu sef

Di prins kray wit di top pan in vovs se, "O, mi los we no go eva chenj! A don los oltin!" en i bin lef smol fo le i fodom from sheer astonishment Di emit splash kol wata na in fes en gi am layf bak, we di prins in enchman den bin de kam nia di sheikh, den yay bin de bon wit bad at, de tray fo du am bad Bot di emit laf en se, "O, Yu Aynes, we get da kayn ay ay pozishon de, a no bin no se yu go rayz da kayn fus de oba wan ston Kam wit mi na di riva, en a go du am luk fo yu ston  
."en trai fo fain am

Di prins ansa se, "Yu dɔn lɔs yu maynd? Yu want fɔ luk  
naw fɔ wan ston we fɔdɔm frɔm yu ɛn di kɔrɛnt dɔn swip am  
"?wan ia bifo

Bɔt di ɛmit nɔ pe atɛnshɔn to in wɔd dɛn, ɛn ala pan am  
se: "Smɔl Prins, nid nɔ de fɔ ɔl dis fus Wet te wi luk fɔ di ston  
"na di riva Kam wit mi, una ɔl

I tan lɛk se ɔnda spɛl, di prins ɛn in ɛntourage ansa di  
ermit in transparent magnetism ɛn dɛn fala am kwayɛt wan  
go na di riva De, di ɛmit aks di prins fɔ pul in hankef na in  
poket, ol am bay in 4 kɔna dɛn, ɛn dip am insay di riva, ɛn  
:pre so

O Prins fɔ Prins, Kin fɔ Kin, ɛn Meka ɔl Filɔsofa dɛn Ston,"  
."gi mi bak mi ston

I nɔ tu te we di prins dɔn du dat ɛn es in hankef frɔm di  
wata, i sɔprayz fɔ si wit in yay we nɔ biliv pas twenti filɔsofa  
in ston dɛn, we fiba di prɔpati dɛn we di ɔrijinal wan we i bin  
lɔs We i tɛst ɛni wan pan dɛn, i kam fɔ no se ɛni wan pan dɛn  
kin chenj ɔdinari bich ston dɛn to gold Dɔn Di prins tay di  
ston dɛn na di hankef ɛn trowe am di bɔndɛl insay di riva

Di ɛmit ɛn in ɛntourage ala pan am se, "Wetin mek yu  
du dat?" Bɔt di prins luk Gɔd in man, butu bifo am wit rɛspɛkt  
:ɛn se

A want, sa, fɔ gɛt wetin yu gɛt di wan we de tek ston"  
."we de mek gold as ston we nɔ gɛt wan valyu

ɛn so di prins lɛf in kinɔm na dis wɔl fɔ lan frɔm di ol  
man we gɛt sɛns aw fɔ gɛt di kinɔm fɔ di spirit, we nɔ de  
insay di spes ɛn we nɔ de ɔnda di annihilation

Di moral fɔ di stori na dat, ilɛksɛf i tan lɛk se di jɛntri we  
de na dis wɔl gɛt valyu, na fɔ shot tɛm nɔmɔ ɛn dɛn fɔ lɛf am



biɛn na dis wɔl we nɔ ɡɛt wan valyu we di bɔdi go bi kol, bɔdi  
we nɔ ɡɛt layf

Bifo wi yuz di filɔsofa in stɔn, we na ya de sho di ebul fɔ  
ɡɛda jɛntri we nɔ de te, wi fɔ tan lɛk di ascetic we dɔn yuz in  
tɛm ɛn di ebul fɔ ɡɛt di divayn jɛntri we nɔ de dɔn ɛn we nɔ  
de pwɛl

Enibɔdi we kam fɔ no Ɔɔd go ɡɛt jɛntri we pas drim, ɛn if  
nid de, i go lɛf fɔ ɡɛt prɔpati lɛk se na stɔn, wit di op fɔ ɡɛt  
jɛntri na Ɔɔd in yay ɛn ɛnjoy tru tru jɛntri

We wi de trit ɔda pipul dɛn

I rili impɔtant fɔ no ɛn gladi fɔ am

Difrɛn kwaliti dɛn ɛn fayn kwaliti dɛn

We dɛn distil frɔm dɛn ɛkspiriɛns dɛn

ɛn dɛn shep am frɔm dɛn yon we

If wi stɔdi pipul dɛn wit opin maynd

Wi go ebul fɔ ɔndastand dɛn ɛn dil wit dɛn fayn fayn wan

Wi go ebul bak wantɛm wantɛm

Fɔ no di kayn pɔsin we wi de dil wit

No tɔk to pɔsin we sabi bɔt ɔs rɛs

No agyu wit sayɛnsman bɔt ɔganayzeshɔn na os

A no wetin intres di pɔsin ɛn wetin kin kech dɛn  
atɛnshɔn

ɛn i tɛl am bɔt da tɔpik de

Nɔto bɔt tin dɛn we yu lɛk

If wi want fɔ ɔndastand ɔda pipul dɛn

Wi fɔ avɔyd fɔ kɔndɛm dɛn ɛn kɔndɛm dɛn  
Bifo dat, wi fɔ luk insay di miro we de sho se wi ebul fɔ  
ɔndastand sɔntin

?Fɔ no wetin nid fɔ fiks ɛn impɔtant  
Dat saykolojik miro rili difrɛn  
Bɔt di miro we wi sabi we wi kin luk insay ɛvri mɔnin  
ɛvride a kin luk insay da self-miro de  
If a fɛn sɔntin we a nɔ lɛk  
A de blem misɛf ɛn a de wok tranga wan fɔ kɔrɛkt am  
Dis we ya, pɔsin kin si in imej  
I de sho in tru tru fɔm na di miro fɔ in sol  
ɛn i de go bifo ɛvride  
Na di rod fɔ gɛt gladi at ɛn pis na yu maynd  
Mek Gɔd blɛs yu ɛn pis de pan yu

### **Netwok fɔ Longings**

Na ya a de, a de trowe di nɛt we a want fɔ du  
Insay di big big si we a de tink bɔt  
!Bɔku tɛm yu dɔn rɔnawe pan mi, O prɛshɔ divayn prey  
Bɔt, a de kɔntinyu fɔ go insay di dip dip ples dɛn we pis  
de  
ɛn a nɔ de stɔp, a de trowe di nɛt dɛn fɔ mi lɔv to una  
wan afta di ɔda wan

A fɔ kech yu wan de na di nɛt we a de wet fɔ yu we nɔ  
gɛt ɛnd

A de trowe dis net fɔ mi lɔv ɔlsay  
Abov di trɔbul wef dɛn na layf  
ɛn bɔt di sta dɛn we de shayn  
ɛn insay di dip dip ples dɛn we gud sol dɛn de  
ɔl wetin a no na dat a na ɔntinman  
ɛn a go kɔntinyu fɔ tray fɔ kech yu  
!O diarest wish ɛn biggest treasure in egzistens

A de aks Am fɔ pwɛl di vel dɛm fɔ ignorance ɛn pul di  
daknɛs fɔ ilyushɔn, ɛn fɔ bi di big big ambishɔn na yu layf ɛn  
di strongest longing na di tron fɔ yu want, ɛn fɔ ɛp yu fɔ  
transfɔm lethargi ɛn procrastination to spiritual aktiviti we de  
puls wit gladi, nyu, ɛn enjoyment A de aks Am fɔ gi yu fɔ  
drink frɔm di wayn fɔ divayn lɔv te yu bi we yu dɔn chak, ɛn  
fɔ kam fɛn yu wit oli visit usay kɔrej de, ɛn fɔ was yu at wit di  
wata dɛn we gɛt lɔv ɛn tɛnki, ɛn fɔ layt insay yu bi di lamp  
dɛn we de mek yu shɔ, ɛn fɔ mɛlt yu drim dɛn insay di rial tin  
we In blɛsin si, ɛn fɔ mek yu si insay Am satisfay ɛn satisfay,  
so dat kol at go de na yu sol ɛn di blɛsin dɛn na ɛvin go kam  
dɔŋ pan yu

Stillness min fɔ mek yu tink bɔt tin dɛn we de mek yu at  
kol

Fɔ mek di bɔdi kol ɛn kɔntrol wetin i nid  
ɛnibɔdi we ebul fɔ du dat go gɛt kol at we go mek i fil  
fayn

I go fil sublaym wev ɛn impreshɔn frɔm rifin wɔl dɛn

ɛn ɛnibɔdi we de go dip dip wan insay stil, so

I go diskɔba Gɔd in kiŋdɔm insay insɛf  
As long as pɔsin de waka na rod  
Eni mɔnt we i de spɛn in tɛm rili valyu  
Wi de ya na dis land (di pasej os) fɔ shɔt tɛm  
ɔltin de fɔ shɔt tɛm, bɔt di filin we Gɔd de fil de sote go  
Natin nɔ go ebul fɔ pul am kɔmɔt na di at ɛn sol  
Wi nɔ fɔ alaw di tɛmtment dɛn we de na dis wɔl fɔ mek  
wi swɛ  
Na bay we i de tɔn wi bak pan di men tin we wi want fɔ  
du ɛn di tin we wi want fɔ du we pas ɔl: Gɔd  
I pɔsibul fɔ mek wi no Gɔd  
Wi fɔ fɛn di masta fɔ di wan ol wɔl  
Frɔm in layt di sta dɛn de shayn  
En wit In pawa at dɛn de bit  
Wi fɔ luk fɔ am na di Tɛmpl fɔ Saylɛns  
We wi de kɔl Gɔd wit long ɛn want  
En we wi tink bɔt am wit bɔn long long  
Wi go fɛn am  
A nɔ de tɔk bɔt gɔd we wi nɔ no  
Bifo dat, i de tɔk bɔt wan Masta we a dɔn kam fɔ no  
En na tru fɔ mi  
I rial pas ɔl di tin dɛn we wi de si  
Na di divayn si we de sɔpɔt ɛn sɔpɔt di wef dɛn na wi  
mɔtalman layf

Wi kin du witout ɔltin

Eksept fɔ Gɔd

{Na so Gɔd, di Wan we de rul, di Trut, de ɔp}

Dɛn gɛt blɛsin fɔ di wan dɛn we gɛt klin at, bikɔs dɛn go)

(si Gɔd

Na nɔmal tin fɔ mek pɔsin fil se i nid fɔ lɛk ɛn lɛk am Bɔt

dis lɔng we in at want na in kin dɔn fɔ di sɔs we da lɔv de

kɔmɔt, we na Gɔd

Mɔtalman lɔv de bays pan bɔku ɛkspekteshɔn,

kɔlkyulɛshɔn, ɛn sɔbjektiv kɔnsidareshɔn, so no garanti nɔ de

fɔ se i go de sote go bikɔs i tay bay kɔndishɔn

Bɔt di lɔv we Gɔd de gi nɔ gɛt ɛni kɔndishɔn, i de ɔltɛm,

ɛn i de sote go If i tɔch yu at, yu go fɛn am wit yu ɔltɛm

Pan ɔl we tin apin, yu go fil am as sɔntin we de protɛkt

yu ɛn mek yu gɛt kɔrej, ivin we tin tranga ɛn sɔfa

Midul di sɔfa ɛn tranga prɔblɛm dɛn

ɔlman kin lɛf yu, bɔt da oli lɔv de nɔ go lɛf yu, i nɔ go

mek yu at pwɛl, ɛn i nɔ go lɛf yu fɔ wɔri ɛn ilyushɔn, bikɔs na

pawa we de protɛkt yu ɛn layt we de gayd yu frɔm ɛvin midul

di twist ɛn tɔn na layf

We mɔtalman lɔv chaj wit divayn lɔv, i kin klin ɛn klia Bɔt

if yu separet di strim, we na mɔtalman lɔv, frɔm di spring, we

na divayn lɔv, i kin stɔp fɔ flɔ ɛn lɔs insɛf na di san san na di

wɔl

As lɔng as mɔtalman lɔv gɛt sɔntin fɔ du wit Gɔd in lɔv, i

de mek di at sof, i de mek di kɔnshɛns fil fayn, ɛn i de wata

di gadin dɛn na di sol wit di wata we de gi layf

Lɔv: Na sɔntin we de mek pɔsin want fɔ du sɔntin

Ol wetin a de du, a de du wit ol di lɔv we de na mi at

If yu tray am, yu go si se yu nɔ de fil taya atɔl

Bikɔs lɔv na di big tin we de mek pɔsin want fɔ du  
sɔntin, ɛn pɔsin we want fɔ du sɔntin we lɔv de du, i gɛt  
spɛshal pawa fɔ du tin dɛn we sɔm pipul dɛn kin tan lɛk se i  
nɔ pɔsibul

**Tin dɛn we pɔsin kin nɔ bɔt spiritual tin dɛn**

**Fɔm di tichin dɛn we Masta Paramhansa**

**Yogananda bin tich**

**Selfishness we de luk fɔ gladi at fɔ insɛf we nɔ de  
tink bɔt di gladi at we ɔda pipul dɛn gɛt, ɔ we de  
tramp ɛn pwɛl di rayt intɛres fɔ ɔda pipul dɛn fɔ mek i  
ebul fɔ rich in yon gol dɛn we i want fɔ insɛf, de mek  
pipul dɛn nɔ gɛt gladi at bɔku bɔku wan ɛn mek pipul  
dɛn sɔfa ɛn mek dɛn sɔfa**

**O Masta, Yu na di sɔs fɔ fri-an we nɔ gɛt bɔda ɛn  
di wata we de ful-ɔp wit blɛsin ɛn gudnɛs Lɛ wi nɔ bak  
di gladi at we pɔsin kin gɛt fɔ gi, ɛn lɛ wi gi fri wan fɔ  
mit ɔda pipul dɛn nid lɛk se na wi yon**

**We pɔsin nɔ kɔndɛm ɔda pipul dɛn bɔt i tray fɔ ɛp  
dɛn wit ɔndastandin ɛn lɔv, dat min se Gɔd in lɔ dɛn—  
as pawa we i de tink bɔt—go trit da pɔsin de we gɛt  
sɔri-at di sem we**

**ɛnibɔdi we de ɛp ɔda pipul dɛn wit in maynd ɛn tin  
dɛn we gɛt at we ful-ɔp wit gudnɛs ɛn fri-an, go si se  
wetin i de gi de kam bak to am, ɛn dis na di lɔ fɔ du  
sɔntin we de apin to at**

**Wetin pɔsin de fil to ɔda pipul dɛn de mek di ɛtɛr  
de shek shek ɔltɛm, ɛn i de mek i gɛt sɔri-at ɛn du gud  
to am di rayt we Di wan we fɔgiv di wan dɛn we dɔn  
du am bad go mek dɛn fɔgiv am ɛn fɔ gri fɔ insɛf**

**\*\*\* .**

**Fɔ kip kɔmpin wit gud ɛn sɛns pipul dɛn we gɛt  
strong maynd, fɔ rid gud buk, fɔ fɛn ɔltin we yu de**

**insay yusef, fɔ du tin dɛn we gɛt fɔ du wit art, sayɛns,  
buk ɛn magazin dɛn, ɛn fɔ du tin dɛn we de mek yu gɛt  
frut ɛn bɛnifit, ɔl dis kin ɛp fɔ mek di maynd divɛlɔp ɛn  
strong, ɛn dis kin mek i ebul fɔ tek di ay no mɔ pan ɔl  
dat, fɔ tink gud wan ɛvrɪde kin mek di sol chaj wit  
divayn sɛns**

**\*\*\* .**

**Wi nɔ go kɔmpia di jɛntrɪman dɛn na di wɔl ɛn di  
wan dɛn we jɛntri na di spirit, bikɔs di wan dɛn we  
jɛntri na di spirit na di wan dɛn we jɛntri pas ɔl di wan  
dɛn we jɛntri na Gɔd in yay**

**\*\*\* .**

**Refresh wi wit di fragrant briz we yu de blo  
Ful wi wit longing fɔ yu glori prezɛns  
Mek wi bi nourished by Yu divain waes  
Mek wi fil yu oli layt  
I de ɔlsay na wi layf  
ɛn i de mek wi mekɔp wi maynd mɔ ɛn mɔ  
ɛn i de pul wi daknɛs  
ɛn mek pis de kɔba wi  
ɛn fɔ gɛt op  
I de gi wi di maynd fɔ du gud tin dɛn**

**\*\*\* .**

**Di men tin we de mek prɔblɛm dɛn na di wɔl na fɔ  
jɔs bisin bɔt dɛnsɛf nɔmɔ, ɛn na bikɔs dɛn nɔ no natin  
ɔlman tink se dɛn de du di rayt tin, bɔt we dɛn de  
du dɛn yon gol dɛn nɔmɔ, dɛn de mek di karma lɔ fɔ  
kɔz ɛn ɛfɛkt, we go mɔs pwɛl dɛn yon gladi at ɛn ɔda  
pipul dɛn gladi at**

**Di mɔ we a de si di bad bad tin dɛn we de apin na  
di wɔl we mɔtalman nɔ no natin, na di mɔ a de no se  
gladi at nɔ go las ilɛksɛf dɛn mek di strit dɛn wit gold**

**Gladi at de fɔ mek ɔda pipul dɛn gladi If ɔlman du  
dat, ɔlman go gladi ɛn ɔlman go gɛt in pat pan di bɔku  
bɔku tin dɛn we de na di wɔl**

**\*\*\* .**

**Pɔsin fɔ ebul fɔ kɔntrol in layf bay we i de pul di  
sid ɛn rut dɛn we de mek i nɔ ebul fɔ du sɔntin bay we  
i de tren wetin i want fɔ du na di rayt rod so dat i go  
chenj ɛn shek mɔtalman ilyushɔn**

**Dis wil nɔ go brok bikɔs i de sho wetin Gɔd want,  
ɛn i dɔn ɔlrɛdi de insay mɔtalman, ɛn ɔl wetin i fɔ du  
na fɔ sho am insay in dip dip tin dɛn**

**\*\*\* .**

**We di wan dɛn we de fala yu de pre  
A kin gɛda di raytin fɔ oli ɛkstazi frɔm dɛn yay  
ɛn a kin miks am wit mi spiritual zil  
Fɔ gi am as drink we de mek a fil fayn fɔ mi tink  
dɛn we a tɔsti**

**I de drink te i satisfay, ɛn in pen ɛn fred nɔ de  
igen**

**Fɔ di wan dɛn we de aks fɔ kɔndɔlɛns ɛn sɔri-at  
A de prezant dis majik kɔktɛl  
Insay transparent goblet dɛn we gɛt sinsi at ɛn  
gud intenshɔn**

**Mek ɔlman we de drink dis blɛsin ɛliks  
I kin gɛt gladi at we kin de sote go ɛn fɔgɛt di  
prɔblɛm dɛn ɛn pen dɛn we i kin gɛt!**

**\*\*\* .**

**Gi wi di wata we de mek wi ɔndastand  
Bɔku bɔku pipul dɛn bin taya ɛn taya bikɔs dɛn  
tɔsti pan Gɔd biznɛs**

**So dɛn begin fɔ jost tru di krawd we nɔ bin no  
natin**

**Bɔku pan dɛn kin shek bikɔs dɛn kin shek bad bad  
wan**

**Dɛn kin fɔdɔm na di rod  
Ignorance de krɔs dɛn wit in fut  
Masta, wi want di wata we de mek pis  
ɛn drink we gɛt sɛns**



**En di eliks fɔ ɔndastand  
Fɔ mek wi nɔ tɔsti we de bɔn  
Bikɔs we di wata we de mek pɔsin ɔndastand nɔ  
kil am**

**Wi kin agyu, wi kin agyu, en wi kin fɛt  
Wi de kil wisɛf  
Insted fɔ trai fɔ fain  
Insay di vali we gɛt ay ay ayland dɛn  
Na di Lek fɔ ɔndastand  
We in wata de mek di sol nɔ tɔsti  
I de tɔk bɔt di fil dɛn we pɔsin kin fil**

**\*\*\* .**

**Enitem we a de sɛn wef fɔ sɔri-at en gud-wil to ɔda  
pipul dɛn, a kin opin wan pat fɔ Gɔd in lɔv  
So dat yu go kam to mi  
Divayn lɔv na di magnet we de atrak di big big  
gud**

**Enta, O Masta, di oli ples fɔ mi sol tru di winda we  
de mek a want fɔ du sɔntin na mi at, en tru mi at prea  
dɛn**

**A go bɔn ɔl mi wikɛd tin dɛn we a gɛt pan sɛns en  
gud abit dɛn na di faya we de mek a gɛt maynd, bikɔs  
if a nɔ pul dɛn wikɛd tin dɛn de, a nɔ go ebul fɔ si di  
faya we kɔmɔt frɔm Gɔd en we gɛt blɛsin**

**\*\*\* .**

**Oh, Masta**

**Tide a go komit fɔ akɔmplit patikyula tin dɛn en  
afta dat a go du wetin a bin plan**

**A go mek shɔ fɔs se wetin a want fɔ du kɔrɛkt, dɔn  
a go fil yu trɛnk en, wit yu ɛp en blɛsin, a go du wetin  
a want fɔ du**

**\*\*\* .**

**Sik na tri kayn: bɔdi, maynd, en spiritual  
Bɔdi sik kin kam bikɔs ɔf bɔku kayn pɔyzin, sik dɛn  
we kin kam pan pɔsin, en aksidɛnt**

**Na wae pɔrsin de frayd, wɔri, vɛks, ɛn ɔda kayn  
pwɛl hat sik kin kam wit pɔrsin in maynd**

**Bɔt di sik we pɔsin kin gɛt na in spirit kin kɔmɔt  
frɔm we i nɔ no bɔt in padi biznɛs wit Gɔd**

**Ignorance na di big big sik We pɔrsin pul pan  
ignorance, i kin pul ɔl di tin dɛm wae de kɔz ɔl di sik  
dɛm na in bɔdi, in maynd, ɛn spiritual sik dɛm bak**

**Bɔku tɛm, mi ticha, Sri Yuktsuwar, bin de tɔk se:  
Waiz na di mɛrɛsin fɔ ɛni sik**

**\*\*\* .**

**As di san in layt de skata, a go put rayt fɔ op na di  
po ɛn misɛf pipul dɛn at, ɛn layt lamp dɛn we de sho  
se dɛn dɔn mekɔp dɛn maynd ɛn kɔnfidɛns pan dɛnsɛf  
na di at fɔ di wan dɛn we tink se dɛn nɔ ebul fɔ du  
natin**

**We wi no se layf na skul fɔ lan ɛn du wok, ɛn di  
sem tɛm na drim we nɔ de te, wi go no da tɛm de se  
Gɔd de wit wi**

**Layf fɔ kɔmɔt frɔm savis, bikɔs if dɛn nɔ gɛt da  
fayn gol de, di maynd we Gɔd gi mɔtalman nɔ go ebul  
fɔ du di rizin we mek dɛn mek am**

**\*\*\* .**

**Wan nɛt a go was na di si wit di mun layt Di wata  
bin rili kol, bɔt a mɛmba misɛf se ɔltin na ilɛktrishɔn,  
se di sem ilɛktrishɔn we de mek kol de mek ɔt bak, ɛn  
wata insɛf nɔto natin pas ilɛktrik ɛnaji dɛn we de sho**

**Insay dis tinkin, Gɔd in layt bin kɔba mi, ɛn di filin  
fɔ kol bin lɛf mi bikɔs a nɔ gri fɔ tek am Bifo dat, a bin  
afɛm di trut se ɔltin na divayn ilɛktrishɔn mek am**

**Ia bifo, di weta bin hot pasmak, ɛn ɔlman bin de  
pant Tru mental asosieshɔn, dɛn diskɔmfɔt bin transfa  
to mi, mek a nɔ ebul fɔ kɔnsɛntret ɛn rayt atikul Dɔn a  
bin de kɔs misɛf, se, "Wetin mek ɔl dis?" ɛn pre to Gɔd**

**"O Masta, di sem ilɛktrishɔn de mek ɔt na di ɔvin  
ɛn ays na frij Di wɛda mild!" Wantɛm wantɛm di wɛda**

**bin fayn fɔ mi lɛk se wan layt sno dɔn rawnd mi bɔdi,  
ɛn a bigin fɔ fil se a gɛt bɔku inspekshɔn ɛn rayt witout  
ɛni prɔblɛm**

**Wan tɛm, a bin de travul krɔs di stet dɛn insay  
wan opin tour motoka wit wan grup we na yɔŋ student  
dɛn we de fɛn dɛnsɛf [rɛfrɛns dɛn se wan pan dɛn nem  
Rashid] Wan pan dɛn na mi sɛktri Mi ɛn in bin de slip  
na di motoka ɛn sheb wan smɔl blankit**

**Di nɛt bin rili kol We a slip dip, i pul di blankit  
kɔmɔt pan mi, ɛn we a wek af-af, a nɔ no se a pul di  
blankit kɔmɔt pan am! Dis bin go fɔ sɔm tɛm Dɔn mi  
maynd se, "Wetin mek yu de akt lɛk dis? ɔltin fayn Yu  
wam!"**

**Dɔn a trowe di blankit, sidɔm, ɛn bigin fɔ tink gud  
wan te mi bɔdi fil lɛk ɔt bred We di disaypul dɛn wek  
tu awa afta dat, dɛn de shek shek wit kol, dɛn si mi se  
a nɔ de muv A bin de absɔb insay oli gladi gladi, ɛn  
dɛn tink se a dɔn day Dɛn wek mi frɔm mi spiritual  
rapchɔ wit dɛn ala ala, bɔt a smayl ɛn se, "Wetin mek  
ɔl di nɔys, yong man dem? Mek wi kontiniu fo wi  
joyn".**

**Dɛn bin protɛst, se, "A bin sidɔm na di friz kol we  
a nɔ gɛt kot ɔ blankit! Bɔt stil a nɔ bin kech kol na mi  
nɔmɔ bin de wam!"**

**Notis: Wi nɔ kin advays fɔ put di bɔdi pan bad bad  
klaymat Di sɛj Paramahansa bin tɔk bɔt dɛn ɛksperiɛns  
ya fɔ sho di tin dɛn we mɔtalman ebul fɔ du ɛn di tin  
dɛn we pɔsin kin ebul fɔ du, bɔt stil i bin stil advays fɔ  
tek tɛm ɛn fɔ tek tɛm du tin fɔ dil wit dɛn kayn tin dɛn  
ya**

**\*\*\* .**

**A no se mi tinkin go briŋ mi ɔl tu fɔ fel ɔ sakrifays,  
dipɛn pan us aidia strong pas ɔl na mi layf So, a go  
tray fɔ mɛmba se Yu, Masta, es Yu ɛp an ɛn mek di rod  
fɔ mi sakrifays**

**A go adopt sincerity en ɔnes we a de dil en  
intarakshɔn wit ɔlman, en a go spre lɔv tink en gud  
wish, en afta dat Gɔd go sɔpɔt mi wit in trɛnk en sɛns  
\*\*\* .**

**We di maynd de gri wit Gɔd, we na di say we ɔl di  
gud tin dɛn kɔmɔt en usay ɔl di pawa dɛn we gɛt blɛsin  
kɔmɔt, i kin no se Gɔd de en i kin gɛt ɔl di tin dɛn we  
kin mek pɔsin gɛt sakrifays**

**Dɛn tin ya gɛt sɔntin fɔ du wit di pawaful pawa we  
Gɔd gɛt, we ebul fɔ mek nyu rizin en chans fɔ mek  
pɔsin gɛt sakrifays pan ɛni wok**

**\*\*\* .**

**Wi fɔ luk fɔ kɔmyuniti we gɛt pipul dɛn we de go  
bifo we de tɛl wi di tru en ɛp wi fɔ mek wi bɛtɛ**

**Di bɛst padi na di wan we ɔmbul fɔ tɔk bɔt aw wi  
go yuz en tin dɛn we wi fɔ du fɔ chɛnj wi layf fɔ bɛtɛ**

**Fɔ kɔndɛm am bad bad wan, we dɛn kin tɔk wit  
bad at en filin we kin mek i at, tan lɛk fɔ nak pɔsin na  
in ed wit hama, bɔt lɔv gɛt mɔ pawa en i kin bɛnifit mɔ**

**Di fayn advays dɛn we dɛn kin gi wit lɔv en  
ɔndastandin gɛt di pawa fɔ mek wɔndaful tin dɛn, pan  
ɔl we fɔ kɔndɛm ɔda pipul dɛn bad bad wan nɔ kin ebul  
fɔ du natin we gɛt valyu**

**\*\*\* .**

**Ivin di dip sɔri-at kin wɛl bay tɛm, so i nɔ gɛt ɛni  
bɛnifit fɔ brɪŋ sɔri-at ɛvrɪde na wi layf**

**Fɔ fil bad fɔ lɔng tɛm fɔ pɔsin we wi lɛk we dɔn  
day, nɔ de ɛp am en wi, en i nɔ de chɛnj ɛnitin fɔ tru**

**Fɔ divɛlɔp pɔsin we nɔ impɔtant ɔ fɔ pɔnish insɛf fɔ  
mistek ɔ fɔ di tin dɛn we i nɔ bin ebul fɔ du trade nɔ  
go bɛnifit; bifo dat, i de mek layf nɔ fayn en i de mek  
pɔsin nɔ ebul fɔ tink gud wan**

**Wi nɔ fɔ alaw wisɛf fɔ fɔdɔm insay di pit fɔ boring  
rutin, bikɔs dat na saykilɔjik stet we de fa frɔm**

**kɔmfyut, as i de ambɔg di maynd ɛn bɔn di layt abiliti  
dɛn na di ɔfna fɔ apathy**

**\*\*\* .**

**Mɔtalman wil na pawaful jeneratɔ fɔ ɛnaji We  
pɔsin de yuz wil pawa ɛn di want fɔ gɛt tru tru ɛnaji  
sɔs, pɔsin kin kɔnɛkt kwik kwik wan wit di infinite  
distributor of inner forces**

**\*\*\* .**

**Ɛvri wɔd, gud ɔ bad, de lɛf in vaybreshɔn (dat na,  
in ifɛkt) na di bɔdi ɔ bren, ɛn na di layf ɛnaji ɛn tink  
insay di fɔm fɔ inklin ɛn want So, di vaybreshɔn fɔ ɔl di  
tɔk de lɛf gud ɔ bad tin dɛn na di maynd**

**Di wan we de pul di rizin dɛn we mek i de chenj di  
trut, de mek wan big trɛnk insay insɛf so dat i nɔ go gi  
lay lay witnɛs ɛn ɔl wetin i tɔk na tru**

**\*\*\* .**

**O Masta, gi mi di trɛnk fɔ yuz mi vɔys fɔ sav di  
trut bay we a de tɔk swit, bɛnifit, ɛn rifresh wɔd dɛn  
Ple Yu myuzik dɛn we nɔ de day na di flut na mi layf  
so dat a go blɛs wit di vaybreshɔn dɛn we Yu oli tiun  
dɛn de mek**

**\*\*\* .**

**Wi na wan impɔtant pat pan di kɔsmik si we nɔ gɛt  
bɔda We wi rich de ɛn swim insay de, wi kɔnshɛns de  
bɔku ɛn wi de fil wi big big wan**

**We wi tink bɔt am, dat kin mek wi kam nia am, we  
wi tink bɔt am, dat kin mek wi kam nia am, ɛn we wi  
kɔntinyu fɔ tray fɔ gri wit am, dat kin mek wi no,  
mekɔp wi maynd, ɛn trɛnk**

**\*\*\* .**

**Wetin tan lɛk se na prɔblɛm na infakt inviteshɔn fɔ  
fri di pawa dɛn we dɛn dɔn kip insay wi, ɛn wit ɛvri  
rilis fɔ di layt ɛnaji dɛn we gud insay wi, wi de gro  
strong ɛn gɛt sɛns**

**Gɔd de es in an fɔ ɛp am insay we dɛn we ayd Di  
pis na in maynd we de kam dɔŋ pan di pɔsin we de luk  
fɔ am we i de tink gud wan, na pruf fɔ se i de de, ɛn di  
spiritual gladi we di pɔsin we de tink gud wan kin fil  
na di we aw i de ansa to wetin i want ɛn in lɔv**

**Pɔsin nid fɔ gɛt inof tɛm fɔ ɛnjoy di fayn fayn tin  
dɛn we de na di wɔl, fɔ analays in layf, ɛn fɔ chɛk di  
tin dɛn we i tink se impɔtant ɔ we i tink se impɔtant ɛn  
we i nɔ go ebul fɔ du witout, so dat i go ɛnjoy wetin i  
gɛt ɛn spɛn di tɛm we i nid wit in famili mɛmba dɛn ɛn  
padi dɛn fɔ mek i go no dɛn mɔ, ɛn di tin we impɔtant  
pas ɔl na fɔ no insɛf**

**\*\*\* .**

**Di wan dɛn we sabi Gɔd ɔndastand se di sol we de  
insay gɛt gladi at we go de sote go insay am ɛn  
ɛnibɔdi we test da gladi at de ɛn satisfay wit am gɛt  
sɛns we go de sote go**

**\*\*\* .**

**Wetin mek i tan lɛk se sik de mek pɔsin fred? Na  
bikɔs i de briŋ pen ɛn day**

**Dɛn fɔ pul di sik kɔmɔt na di bɔdi ɛn na di maynd  
ɛn sol we dɛn kɔba wit ignorance**

**Nɔto jɔs di bɔdi we pɔsin kin gɛt nɔmɔ i kin fil pen;  
de sɔfa bak na di maynd, saykilɔjik, ɛn spiritual Wi de  
sɔfa wit melankoli, frɔm ɔda bad bad abit ɛn saykilɔjik  
kɔndishɔn, ɛn frɔm fred we bɔku pan dɛn na imajinari  
Spiritually, wi de sɔfa wit ignorance of the immortal  
nature of wi sol**

**Divayn pawa de wok wit ekstrim prɛsishɔn, so  
pɔsin fɔ de insay wanwɔd ɛn kɔnfɔm to am**

**Wi fɔ alaw di kɔsmik vaybreshɔn fɔ Gɔd fɔ flɔ to wi  
ɛn tru wi**

**ɛn fɔ briŋ In layf prezɛns insay wi layf ɛn chaj wi  
bɔdi wit In blɛsin ɛn hilin ɛnaji**

**\*\*\* .**

**We dɛn chɛnj di bad tin dɛn we pɔsin kin gɛt wit di gud tin dɛn, di kɔnfyushɔn kin dɔn ɛn i kin gɛt pis bak na in maynd**

**We disaypul disayd tranga wan fɔ go bifo pan di rod, natin nɔ go stɔp am ɛn natin nɔ go ambɔg am**

**\*\*\* .**

**Di bɔdi gɛt trilyɔn sɛl dɛn, ɛn ɛni sɛl tan lɛk pɔsin we gɛt sɛns Di sɛns we de ayd insay ɛni sɛl fɔ wek ɛn tren fɔ no ɔltin we pɔsin kin no, bɔt mɔtalman nɔ tren dɛn sɛl dɛn de, ɛn na dat mek i de liv insay wan stet we in at pwɛl, we i de si tin dɛn na in maynd fɔ shɔt tɛm, ɛn i de sɔfa bikɔs i nɔ no**

**Notis: Dɛn bin tɔk di tin we wi dɔn tɔk bɔt we Masta Paramahansa bin gi wan lɛkshɔn insay 1927 Afta bɔku bɔku ia, di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf bin ebul fɔ no di DNA we de insay di nyukliɔs na ɛni sɛl ɛksperiɛns dɔn pruv se di DNA we de insay ɛni sɛl gɛt prɛsis infɔmeshɔn ɛn sɛns we nɔbɔdi nɔ go biliv**

**\*\*\* .**

**Fɔ bi tru ɛn fɔ ɔnɛs na sɔm pan di big kwaliti dɛn we a rili valyu pan pɔsin**

**Padi biznɛs kin gro wit ɔnɛs ɛn i kin go bifo ɛn i kin go bifo na di grɔn we pɔsin kin du tin wit ɔl in at**

**I nɔ mata aw wi de nia pɔsin, wi fɔ swit da rilayshɔn de wit rɛspɛkt ɛn biev fayn, da tɛm de di padi biznɛs go fayn ɛn go las**

**Bɔt, we pɔsin sabi ɔda pipul dɛn we kin mek i nɔ tek tɛm ɛn nɔ tek di we aw ɔda pipul dɛn de fil, dat kin pwɛl padi biznɛs**

**\*\*\* .**

**Pɔsin nid tru tru padi dɛn we dɔn klaym di lada na layf fɔ ɛp am fɔ kɔntinyu fɔ impɔtant I fɔ ɛp ɔda pipul dɛn bak fɔ grap ɛn sheb wit dɛn di blɛsin dɛn we Gɔd de gi am we i de ɛnjoy**

**Tru padi biznes na di yunivasal spiritual atrakshon  
we de mek sol den kam nia densef en tay den wit di  
bond fo divayn lov**

**Dis lov o padi biznes kin apin bitwin tu o mo pipul  
den**

**We spiritual padi biznes de na di at, di sol de flot  
insay di si we de oisay na di kosmik spirit, en lef di tin  
den we de stop am en di boda den we bin mek i no de  
nia di tin den we God mek**

**\*\*\* .**

**A fil se a get konekshon wit ol motalman, jos lek  
aw posin kin fil se i de nia in famili Dis filin no go ebul  
fo tok bot, en we i kam, i kin bring dip ondestandin bot  
di minin en fayn fayn layf**

**\*\*\* .**

**I fayn fo tray fo du wetin God want pan ol wetin wi  
de du, bikos dis na di rod fo get pis en gladi at insay  
wi at Dis big en no get boda, wit in difren difren natura  
pawa den, na God in wil we de gayd am de gayd am  
Oltin de wok akodin to di divayn plan, en wi na wan  
important pat pan da kosmik plan de**

**Wi fo du wi wok, en wi fo du di wok we God gi wi,  
noto di wok we go mek wi gladi**

**\*\*\* .**

**From di arkiv den: Wi don mit bifo?**

**Insay di tem we don pas, insay di at fo di ete, we  
wi kam fo bi spirit, wi ol bin de slip**

**Ona di blankit fo divayn lov En we God wek wi, wi  
go fa from Am, lek di stori bot di pikin we don los, en  
wi foget di divayn bond bitwin wi en bi strenja to wisef**

**Bikos wi don lef wi os we de na evin, wi don bi  
pipul den we de travul na dis wol, we de travul na di  
kona den na di wol en waka na di rod den we tin go  
apin**



**Wi dɔn travul fa fawe, fa frɔm wi fɔs os Bɔt stil,  
wan wan tɛm, sɔm ples dɛn, ɛkspiriɛns dɛn, ɛn fes dɛn  
kin wek mɛmori dɛn we dɛn bɛr ɛn dip, insay filin dɛn  
we kin wispa to wi**

**Wi kin fil se wi de ɛkspiriɛns bak tin dɛn we wi bin  
dɔn no bifo, ɛn wi kin mit ɛn tɔk to pipul dɛn we wi lɛk  
we wi bin de nia wi trade trade**

**\*\*\* .**

**Masta, blɛs wi wit di gudnɛs fɔ di divayn lɔv  
Mek wi at mɛlt wit lɔng fɔ yu  
ɛn di faya dɛn we de mek i want fɔ du sɔntin de  
bɔn insay am**

**Sɔntɛm dɛn kin put wi sol na jel na kech dɛn we  
pɔsin kin si**

**I kin kɔmɔt biɛn di tin dɛn we i kin du fɔ mek i nɔ  
ebul fɔ du wetin i want**

**ɛn i begin fɔ go, bikɔs Gɔd want am fɔ du am  
To di shores of yu eternity  
O wi pɔsin we wi lɛk sote go**

**\*\*\* .**

**Wi de aks yu, O Masta  
Mek yu lov shayn pan wi sol  
ɛn mek yu glori shayn pan wi  
ɛn mek Yu sɛns gayd wi pan ɔl di stej dɛn na wi  
layf**

**ɛn mek I aksept di lɔv we wi at gɛt ɛn di tin dɛn  
we wi want**

**ɛn blɛs wi wit di tɔch we yu de tɔch wi  
ɛn fɔ ɛnjoy fɔ de nia yu**

**\*\*\* .**

**We wi begin fɔ ɔndastand mɔtalman in ɔl, wi no se  
i nɔto jɔs wan tin we pɔsin kin si Insay am, bɔku bɔku  
pawa dɛn de, di pɔtnɛshɛl we i de yuz to difrɛn digri  
dɛn fɔ mek i ebul fɔ adap to di kɔndishɔn dɛn na dis**

**wɔl ɛn di pawa we dɛn pawa ya gɛt pas aw di avɛrɛj  
pɔsin kin imajin**

**\*\*\* .**

**Di atrakshɔn fɔ di divayn lɔv de wok tru klin  
ɛntaysmɛnt ɛn saful persuasion We di at de si di kɔl fɔ  
divayn lɔv, i gɛt wan want fɔ mek di sɛklɔ fɔ in kapchɔ  
lɔv fɔ inklud ɛgzistens ɛn ɔl wetin de insay So, di  
kapchɔ lɔv de fri ɛn nɔ de kɔntrol am ausayd di bar  
dɛm fɔ selfish ɛn rigidity**

**ɛn so lɔv kin si insɛf nyu wan na Gɔd in at, ɛn ɔltin  
kin miks insay da blɛsin wan de**

**\*\*\* .**

**Wi de gro tru ɛvri ɛkspiriɛns we wi de go tru, as  
lɔng as wi no se wi kin lan valyu lɛsin frɔm dɛn Fɔ ɛvri  
pɛn ɛn sɔfa we wi de ɛkspiriɛns gɛt minin ɛn rizin**

**Pan ɔl we di tin dɛn we dɛn kin du fɔ tray tranga  
wan, dɛn tan lɛk faya we kin mɛlt ayɛn ɔyl fɔ mek i tɔn  
to fayn fayn stɛl we kin tɛ, ɛn we kin yuz bɔku tin dɛn**

**\*\*\* .**

**Fɔ ɔmbul na di opin domɔt we di bɔku bɔku sɔri-at,  
lɔv, ɛn kol at de go insay di gud sol dɛn we lɛk gud ɛn  
we de tek di layt ɛn blɛsin dɛn na ɛvin**

**\*\*\* .**

**Ilɛksɛf pɔsin na biznɛsman we gɛt sakrifays,  
pɔlitiksman we gɛt sɛns, diktɛta we de rul wit pawa, ɔ  
bigman we de mek chenj dɛn, in pawa nɔto natin we  
yu kɔmpia am to di pawa we Gɔd gɛt we nɔ gɛt ɛnd**

**\*\*\* .**

**Prawd kin mek pɔsin blaynd pan Gɔd biznɛs bikɔs i  
de drɛb di vishɔn bɔt di big big ples we de insay big  
sol dɛn frɔm di sol**

**Gret pipul dɛn no se na di ɔlmayti Gɔd lɛnt dɛn  
trɛnk we lɛk di wan dɛn we ɔmbul ɛn we de mek dɛn  
no mɔ, gayd dɛn, ɛn trɛnk**

**\*\*\* .**

**Tru padi biznɛs na di layt we de mek wi ɛp wisɛf  
so dat wi go si di get fɔ ɛvin ɛn pas insay di say we  
Gɔd lɛk wi**

**\*\*\* .**

**Bad wamat tan lɛk kansa, de gnawing at inner  
peace Dis de ɛksplen wetin mek pɔrsin wae get harsh  
temperament nɔr kin ebul fɔ win in prɔblɛm ɛn  
prɔblɛm dɛm**

**We pɔsin nɔ de du bad tin dɛn, i nɔ kin ebul fɔ  
kɔntinyu fɔ tray tranga wan wit layf, ɛn jɔs afta we i  
alaw di bad we aw i de fil fɔ kɔntrol in maynd, in wil  
kin paralayz**

**Dɛn kwaliti dɛn de kin kɔba di bren insay fɔg we  
kin mek pɔsin kɔnfyus ɛn kɔnfyus, ɛn dɛn kin pwɛl di  
we aw pɔsin kin tink gud wan**

**Pɔsin kin win tru in maynd ɛn wetin i want, ilɛksɛf  
di tin dɛn we de apin na layf bita ɛn at**

**\*\*\* .**

**Mɔtalman sol de tay to di bɔdi bay wan chen we  
get tin dɛn we i want, tɛmteshɔn, trɔbul, wɔri, ɛn fred,  
ɛn i de tray fɔ fri insɛf**

**If yu kɔntinyu fɔ pul da chen de we de tay yu to  
bɔdi kɔnshɛns so tranga wan, wan de di divayn an go  
invayt ɛn kɔt di chen, ɛn yu go fri**

**\*\*\* .**

**Wetin na layf we wi nɔ get gud padi dɛn we nɔ de  
kɔmɔt biɛn wi? Di at get magnet we de atrak tru tru  
padi dɛn Na magnet fɔ lɔv, fɔ nɔ bisin bɔt dɛnsɛf nɔmɔ,  
ɛn fɔ bisin bɔt padi biznɛs**

**We wi de shek an wit pɔsin, wi fɔ tɛl am di  
magnetizm fɔ wi lɔv ɛn sinsi ɛn tray fɔ ɛp am as wi  
ebul**

**\*\*\* .**

**No nid nɔ de fɔ mek pipul dɛn kɔntinyu fɔ de tinap  
ɛn nɔ chenj Dɛn fɔ pul di vel dɛn we de mek pipul dɛn**

**nɔ biliv di tin dɛn we de na di sol so dat i go shayn wit  
in klin ɛn trɛnk, we go sho di fayn fayn ples we Gɔd  
dɔn gi mɔtalman**

**Gɔd de blɛs pɔsin we de tray fɔ du gud, we pɔsin  
want fɔ bi di rayt we, ɛn we i mekɔp in maynd fɔ gɛt  
sakrifays**

**\*\*\* .**

**Oh, Masta**

**I nɔ mata us prɔblɛm ɛn trɔbul dɛn a de gɛt  
A no se i ripresent di nɛks stej fɔ mi spiritual  
divɛlɔpment**

**A no gud gud wan se a gɛt di no ɛn di pawa  
Dɛn tu tin dɛn de we yu gi mi  
Sɔm ɔndastandin ɛn sɔm win**

**\*\*\* .**

**ɛvin na ples we gladi pasmak usay trɔbul ɔ sɔri-at  
nɔ de**

**We dɛn kɔntinyu fɔ tray fɔ du gud ɛn du gud tin  
dɛn, di sol dɛn kin dɔn rich wan say we dɛn kin gɛt  
gladi at we go de sote go ɛn we dɛn kin gɛt nyu layf**

**Gud du min fɔ tink gud wan ɛn du tin dɛn we go ɛp  
yu ɛn we go bɛnifit yu**

**\*\*\* .**

**We yu ebul fɔ tɔn ignorance to sɛns**

**Frɔm wikɛd ɛn wik to wɛlbɔdi ɛn trɛnk**

**Waka wit kɔnfidɛns ɛn maynd - ivin if yu wan - na  
di rod dɛn na layf**

**ɛn di gladi at we pɔsin kin gɛt we i gɛt kɔnshɛns  
we de alayv ɛn we de wach**

**ɛn fet we nɔ de shek pan Gɔd in jɔstis ɛn di win  
we di trut win lay lay tɔk ɛn di rial tin we de apin pan  
ilyushɔn**

**ɛn we yu de tray ɛvrɛde fɔ rilis yu tinkin to ay ɛn  
mɔ rifin lɛvɛl**

**I gɛt at we lɛk ɛn tɛl tɛnki**

**En gud intershon to ɔda pipul den  
Yu intelektual nourishment na magnetik  
En afta dat, i go atrak ɔltin we fayn en we go  
benefit yu**

**From tin den, pipul den, en tin den we de apin we  
den nid**

**Kontinyu fo travul go na di shores fo sef en sef**

**\*\*\* .**

**Fo fala positif silens en kwayet, ivin fo jos af awa  
bifo yu go slip na net en grap na monin, go mek yu fil  
fayn fo get komfort na yu maynd, we de ep fo fes ol di  
tranga tin den we de apin na di evride fet na layf Wit  
da insay filin de, i go bi possibul fo ajost di tin den we  
yu nid en nid evride**

**\*\*\* .**

**We posin rich wan say we posin kin get ay  
konshens, i kin mek posin go bifo kwik kwik wan na di  
spirit en i kin ep fo dayv mo wit sens insay di si we di  
spirit de**

**\*\*\* .**

**Posin kin get gladi at akodin to di kwaliti we di sid  
den we i don plant en kontinyu fo plant na di gron na  
in layf get**

**\*\*\* .**

**Motalman in maynd na big big say fo kip enaji o  
important tin den fo du**

**dis aktiviti de yus ɔltim fo movement mosul dem, di  
wok we di at, di long dem, en di dayafragm de wok, di  
sel metabolism, di bodi kemikol riakshon, en fo di wok  
we di motalman sens ɔgan dem (nev dem) de wok .**

**Apat from dat, den kin spen boku important trenk fo  
tink, filin, en fo want**

**Fo fred kin mek di important tin den we posin de du  
wik en na wan pan di bad bad enimi den we posin kin  
get we i want fo du sɔntin**

**\*\*\* .**

**Ipokrit nɔ de mek pɔsin gɛt gud rizɔlt Di pɔsin we gɛt sɛns pas ɔlman nɔ kin ebul fɔ ayd wetin in yay de sho, bikɔs dɛn kin rayt ɔl di pɔsin in istri na in yay**

**If yu want fɔ no di kayn pɔsin we pɔsin bi, aks Gɔd fɔ mek i sho yu di tru bɔt da pɔsin de, bikɔs yu nɔ want fɔ mek dɛn ful yu, ɛn yu go fil insay di dip dip pat na yu at in tru tru nature, ɛn yu intuition nɔ go rɔng**

**\*\*\* .**

**Wish, intenshɔn, ɛn wil:**

**"Wish" na want we nɔ gɛt di ɛnaji ɛn "intenshɔn" na di disayd fɔ du sɔntin: fɔ fulɔp wan patikyula wish ɔ want As fɔ "will," dɛn kin sho am bay we yu se: "A go wok tranga wan te a rich wetin a want".**

**We yu tren yu wil, yu kin fri ɛn dayrɛkt pawa dɛn we impɔtant fɔ du, pas fɔ want sɔntin we yu nɔ du wetin nid fɔ gɛt am**

**\*\*\* .**

**Wi nɔ fɔ lɔs op, bɔt wi fɔ no se Gɔd de gi wi chans afta chans fɔ mek wi tin dɛn bɛtɛ, fɔ mek wi aydia dɛn ɔp, ɛn mek nyu tin dɛn we go ɛp wi ɛn ɔda pipul dɛn na layf**

**If wi nɔ gladi wit di we aw wi de liv wi layf naw, wi fɔ fɛn nyu we ɛn we dɛn we go mek wi satisfay ɛn gɛt pis na wi maynd Wi fɔ tink bɔt tin dɛn we go mek wi sikɔstɛms bɛtɛ ɛn mek wi layf gɛt mɔ minin ɛn gɛt rizin, dɔn wi fɔ put dɛn aidia dɛn de insay prɔsis**

**\*\*\* .**

**Masta, lɛ wi nɔ tek ɛni duty we impɔtant pas di oli duty fɔ no Yu Bikɔs ɛvri akshɔn, ilɛk wetin i bi, na tru di pawa we yu dɔn gi wi fɔ ajɔst Lɛ wi so lɛk Yu pas ɔl ɔda tin, bikɔs if yu nɔ gɛt di gudnɛs we Yu layf gɛt ɛn yu lɔv, wi nɔ go ebul fɔ liv ɔ lɛk atɔl Wi dɔn kɔmɔt frɔm**

**Gɔd, ɛn In yon ɛsin de insay wi wit ɔl In klin, glori, ɛn pas di gladi at we pɔsin kin gɛt**

**\*\*\* .**

**Fɔ no bɔt gladi-at:**

**No disagreement nɔ de bɔt di absolyut ɛgzistens fɔ blisful kɔnshɛns, bikɔs we wi gɛt da kɔnshɛns de wi kin fil se wi individyualiti ɔ wi smɔl pɔsin dɔn chenj ɛn chenj, ɛn se wi dɔn rayz ɔp di duality fɔ lɔv ɛn et, gladi ɛn pen, ɛn wi dɔn rich wan lɛvul we di stet dɛn fɔ ɔdinari limited kɔnshɛns de sho klia ɛn klia**

**Wi kin fil bak wan insay ɛkspɛnshɔn ɛn brayt, ɛn wan jɛnɛral ɛmpati fɔ ɔltin**

**Insay dis stet, di nɔys na di wɔl de dɔn, di gladi gladi nɔ de igen, ɛn insay wi de kɔmɔt wan sɛns fɔ di wanwɔd we de ɛn wan klia vishɔn fɔ di kɔsmik layt de apia**

**ɔl di dɔti ɛn divishɔn dɛn kin sɔlv to natin, ɛn wi kin fil lɛk se wi dɔn muf go na ɔda wɔl: to di say we wi kin gɛt gladi-at we go de sote go ɛn we nɔ gɛt ɛnd fɔ de sote go**

**\*\*\* .**

**Frayd de swɛt ɛn ambɔg di aktiviti na layf we kin flɔ ɔltɛm to di nɛv dɛm, so dat dɛn kin tan lɛk se dɛn dɔn paralayz, ɛn di bɔdi kin slo ɛn in layf kin go dɔŋ notis ɛn bɔku (frayd na tin we de blok di nerv!) .**

**Fɔ fred nɔ de ɛp fɔ pul di tin we de mek pɔsin fred I de mek di wil wik ɛn mek di bren sɛn signal we de mek pɔsin nɔ ebul fɔ du natin to di ɔgan dɛn na di bɔdi Dɔn bak, fred de pɔyzin di at, i de mek i nɔ ebul fɔ digest, ɛn i de mek bɔku sik dɛn na di bɔdi**

**We di ɔwe de kɔntinyu fɔ pe atɛnshɔn pan Gɔd, yu nɔ go fred natin ɛn yu go ebul fɔ win ɛvri prɔblɛm ɛn tin we de ambɔg yu wit maynd ɛn fet**

**\*\*\* .**

**Di pawa fɔ ɡet sakrifays de na di maynd Yu go no dis trut if yu ol di tin dɛn we yu biliv pan ɔl we di wɔl de dawt ɛn di wan dɛn we de tray fɔ bɾiŋ yu dɔŋ No limit nɔ de fɔ di pawa we di maynd ɡet Fokus pan dis aidia ɛn ful yu maynd wit di drayv fɔ aɔst ɛn di disayd fɔ wok fayn fayn wan fɔ yu gol dɛn**

**Kɔntinyu fɔ push yu maynd to ay achivment Achiv spiritual rich, ɛn ɔl ɔda kayn jɛntri ɛn prɔsperiti go de na yu kɔmand**

**\*\*\* .**

**Kɔnshɛns nɔ ɡet limit ɛn i nɔ ɡet bɔda; i de go te to di sta dɛn we de fa pas ɔl ɛn i de pas ɔlsay na ɛvri atɔm na di yunivas, dɔŋ to di smɔl smɔl ilɛktron dɛn Mɔtalman fɔ fil wan wit dis si we ɡet kɔsmik kɔnshɛns, we pas famili ɛn nashɔnal bɔda fɔ no dɛnsɛf as mɛmba dɛn na di big mɔtalman famili**

**\*\*\* .**

**Nɔbɔdi nɔ go ebul fɔ inflɔws pɔsin pas tru di yus ɔ misyuz di wil Wan fɔ yuz di fri wil we Gɔd dɔn gi dɛn fɔ luk fɔ am, ɛn afta dat dɛn go mɔs fɛn am**

**Di disaypul fɔ mɛmba se i rili impɔtant fɔ de wit gud pipul dɛn we ɡet gud tin fɔ du ɛn we de ɛp fɔ mek i ɡet maynd, fɔ mek i want fɔ du mɔ, ɛn fɔ mek i ebul fɔ no mɔ**

**\*\*\* .**

**Di ticha Paramahansa bin tɛl wan grup we na in disaypul dɛn se:**

**A dɔn gi yu mi lɔv we nɔ ɡet ɛni kɔndishɔn ɛn we nɔ ɡet ɛniti fɔ du wit am, ɛn a shɔ se a dɔn ɡet yu lɔv bak**

**\*\*\* .**

**Sɔm pan di pipul dɛn we a dɔn sabi na mi layf bin ɡet ɔl di tin dɛn we a bin tink se a go want, bɔt stil dɛn nɔ bin ɡet gladi at fɔ du wetin dɛn want**



**A bin luk fɔ Gɔd fɔs ɛn a si se In gladi at we de nyu ɔltɛm de mek ɔltin we pɔsin want ɛn ful-ɔp di sol wit gladi at ɛn satisfay, ɛn i at fɔ si pas ɛni gladi at ɔ tɛmteshɔn we de**

**\*\*\* .**

**Pɔsin nɔ fɔ tamper wit ɔda pɔsin in at ɔr mes wit in filin, bikɔs na di at na di sɛnt fɔ filin, ɛn bikɔs imɔshɔnal kɔmplikeshɔn kin mek di at fil wɔri ɛn distɔb**

**\*\*\* .**

**Pɔsin fɔ luk insay inɛf fɔ no di difrɛn kwaliti dɛn we in pɔsin gɛt**

**Sɔm pipul dɛn lɛk fɔ rayt, ɔda wan dɛn kin lɛk fɔ kɔmpoz myuzik ɔ dans ɛn siŋ, ɛn sɔm kin lɛk fɔ wok pan faynans ɛn ikɔnomi, ɛn ɔda tin dɛn**

**Bɔt i sɔri fɔ no se, sɔm pipul dɛn de we lɛk fɔ mek pipul dɛn de tɔk to pipul dɛn ɛn fɔ tɔk bad bɔt ɔda pipul dɛn, ɔ fɔ fɛt ɛn fɛt**

**Pɔsin nɔ fɔ tray fɔ chenj in gud kwaliti dɛn, bɔt i fɔ pul dɛn tin dɛn we i de du we i nɔ want we de mek i nɔ gladi ɛn rigrɛt bikɔs ɔf dat**

**\*\*\* .**

**Abnɔmal saykolojik atakshɔn:**

**Di wan dɛn we dis sik dɔn sɔfa kin bi wan say we dɛn de tray fɔ gɛt gladi at Bikɔs dɛn biliv se gladi at de pan fɔ gɛda jɛntri, fɔ gɛt nem, ɔ fɔ gɛt wɛlbɔdi ɔ pawa, dɛn kin sakrifays ɔltin—hɛlth, gud nem, pis na dɛn maynd, ɔnɔ, ɛn rɛspɛkt—na di ɔlta we dɛn want fɔ gɛt we de bɔn Tu let, dɛn kin no se na balans layf nɔmɔ, we de rɛspɛkt di lɔ dɛn fɔ di tin dɛn we Gɔd mek ɛn di tin dɛn we Gɔd de tɛl pɔsin fɔ du, ɛn i de mek di wok we pɔsin de du wit kol at, gri, i kin mek pɔsin gɛt tru tru gladi at ɛn i kin mek pɔsin du wetin i want fɔ liv fayn layf**

**Di wan den we de sofa wit di sik we den kol  
unhealthy attachment disorder kin it wit tin den we  
den kin tink bot we den no ebul fo kontrol densesf, en  
dis kin mek den no de si layf di we aw den de si am en  
we no fayn Fo egzampul, wan biznesman bin get boku  
sakrifays en geda boku boku moni, bot bifo i ebul fo  
enjoy in jentri, i bin get wan nervos brok bikos i bin de  
wori en fred bad bad wan, en i day wit at pwel [Mek  
God komfot yu].**

**oda pipul den biliv se oltin kin alaw fo mek den  
ebul fo rich di gol Bikos of dis konfyushon, den kin mis  
den tru tru objektiv en den no kin ebul fo get ivin di  
smol satisfayshon, ileksef den get den tin den we den  
bin don rili want, bikos motalman in nature big en get  
boku boku tin den en i nid fo get balans divelopment  
pan ol di levul den**

**kol we de na yu maynd**

**Dis sik get oda nem: pwel hat Porsin nor kin eva no  
ustem i go kam en sofa in sik wae de mek porsin fil  
bad, lek wae i nor get op, nor kin ebul fo bia wit am, i  
kin wori, en i nor kin get peshent pas ol na dat, borku  
tem i kin te, en borku tem di wan dem wae i kin get kin  
kam bak kwik kwik wan, ivin if den biliv se den don wel**

**Saykolojik kataro**

**Dis sik kin kam bikos den de tink bot tin den we de  
mona den na di wol we no de don Di wan den we de  
sofa kin no de yuz den wil pawa en dis kin mek den no  
de du wetin den de fred oltem instead fo kofrent den  
wit maynd en pul den komot na den rut**

**\*\*\***

**Di big tin we man en uman kin want fo densesf na  
fo ondastand densesf pan God biznes we de mek den fil  
fri en we de mek den get fayn fayn kwaliti den lek fo  
ondastand, fo tink bot aw den de fil, en fo lek densesf**

**Bɔt wi fɔ tink se dɛn nɔ go ebul fɔ mek ɔda pipul  
dɛn gro pan Gɔd biznɛs**

**We pɔsin fil lɛk se i lɛk ɔda pipul dɛn, di kayn we  
aw i de du gud go mek di wan dɛn we i lɛk we de  
arawnd am gɛt maynd ɛn i go afɛkt am fayn fayn wan**

**\*\*\* .**

**Gɔd kin go fɛn di at dɛn we dɛn dɔn klin wit kray  
wata we dɛn dɔn kray fɔ we dɛn want ɛn we dɛn dɔn  
layt wit kandul dɛn we gɛt lɔv**

**\*\*\* .**

**Ticha Paramhansa bin tɛl wan grup we na student  
dɛn se:**

**Nɔ ɛkspekt spiritual flawa ɛvrɪde frɔm di gadin na  
yu layf**

**Trust se Gɔd, we yu dɔn trɔs yu biznɛs to, go blɛs  
yu ɛn fulfil yu op dɛn insay di rayt tɛm Naw we yu dɔn  
plant di sid fɔ divayn lɔv na yu sol in grɔn, mɛn am wit  
beg ɛn gud tin dɛn, ɛn pul di bad bad gras dɛn we de  
ambɔg ɛn parasayt we de rawnd am: di gras dɛn we  
de mek yu gɛt dawt, we yu de bost, ɛn we yu de lɛf fɔ  
du tin**

**We oli tin dɛn we pɔsin kin si kin gro, mɛn dɛn ɛn  
wata dɛn wit di wata we de mek pɔsin want fɔ du  
sɔntin ɛn we gɛt fet, ɛn wan mɔnin yu go gladi fɔ si di  
blɛsin flawa we de mek pɔsin no yusɛf**

**\*\*\* .**

**Wi nɔ fɔ ɛva fɔgɛt di big big pɔsin we wi lɛk we  
ayd biɛn ɔl di wan dɛn we wi lɛk ɛn padi dɛn, ɛn wi nɔ  
fɔ mek di lɔv fɔ di tin dɛn we de apin na di wɔl we nɔ  
de te, tek ova wi at, we fɔ bit wit di divayn lɔv we go  
de sote go, we nɔ gɛt ɛni ikwal ɛn we nɔ gɛt lɔv we de  
pas am Bikɔs we divayn lɔv gɛt di at, kwayɛt kin setul  
insay am ɛn di gladi at we di sol gɛt kin ful-ɔp am**

**Di skripchɔ dɛn advays mɔtalman fɔ tink bɔt Gɔd,  
fɔ put dɛn maynd insay am, fɔ gi ɔltin to am, ɛn fɔ**

wɔʃɪp am wit ɔl dɛn at, we nɔ de mek lɛk se dɛn de mek lɛk se dɛn de du am ɔ mek ipokrit Fɔ no se Gɔd fɔ bi di men gol fɔ layf Di wok dɛn we wi fɔ du na di wɔl nɔ go ebul fɔ du am if di pawa dɛn we Gɔd dɔn gi mɔtalman nɔ ɛp am

Nɔtin nɔ de na pɔsin in layf we dɛn fɔ tek as impɔtant pas Gɔd If pɔsin rili bisin bɔt Gɔd ɛn du in spiritual duty to am, in sikɔstems go impɔtant pan ɔltin, ɛn i go fil sef ɛn sef pan ɔl we ɔltin de arawnd am

\*\*\* .

Pɔsin nɔ fɔ pwɛl ɔda pipul dɛn rayt, ɔ tek in land, pis, lɔv, rɛspɛkt, ɔ ɛnitin we i gɛt wit in prɔpati ɛn gud abit dɛn

If yu nɔ fil di want fɔ tek wetin nɔto yu yon, wetin yu nid ɔ want go kam to yu Tif fɔs de tek rut na yu maynd we pɔsin begin fɔ jɛlɔs ɔda pipul dɛn Di sid dɛm fɔ malicious desire fɔ kɔmɔt na di maynd

Spiritual altruism na di rod den pɔsin go naturally atrak bɔku tin, ɛn blɛsin go flɔ to dɛn frɔm sɔs dɛm we dɛn sabi ɛn sɔs dɛm we dɛn nɔ no Na infallible divine law As fɔ tifman ɛn pipul dɛm we de tink bɔt dɛnsɛf nɔmɔ, dɛn de spɛn dɛn layf de rɔnata matirial prɔpati dɛm, dɛn yay ɔltɛm pan wetin ɔda pipul dɛn gɛt, ivin if dɛn yon kɔfr de ful-ɔp wit gold

If dɛn nɔ lɛf fɔ bisin bɔt prɔpati, di wɔl nɔ go ebul fɔ no gladi at

\*\*\* .

Afta sɔm ia we dɛn dɔn mared, bɔku bɔku man ɛn uman dɛn kin aks dɛnsɛf se:

"Wea wi lov go?"

Di ansa fɔ dɛn pipul ya na: Di faya we bin de mek pipul dɛn fil bad pasmak bin bɔn am ɛn i bin jɔs bisin bɔt insɛf nɔmɔ ɛn i nɔ bin de rɛspɛkt am

**We dɛn dak kwaliti dɛn ya kam insay di at, lɔv kin tɔn to ashis**

**We man ɛn uman de trit dɛnsɛf bad, dɛn kin pwɛl dɛn gladi at togɛda sote go**

**Man fɔ ɛp uman fɔ sho in gud kwaliti dɛn ɛn mek i fil se i nɔ de wit am jɔs fɔ mek i du wetin i want, bɔt i fɔ de wit am na di rod, we i gɛt rɛspɛkt ɛn tɛnki fɔ, ɛn we i tek as pɔsin we de sho di ay ay tin dɛn na layf**

**Uman dɛn fɔ luk man dɛn di sem we**

**\*\*\* .**

**If yu put di rɔng kayn fɛtilayza pan di rut dɛn na tik, di frut go smɔl ɛn i go stɔp Semweso, we pɔsin de it di tik fɔ padi biznɛs wit filin fɔ insɛf, di tin dɛn we dɛn nɔ fit fɔ du kin chenj ɛn pwɛl di frut dɛn fɔ da padi biznɛs de**

**Fɔ intres pan pɔsin jɔs bikɔs i jɛntri ɔ i gɛt pawa ɛn i ebul fɔ du sɔntin fɔ wi, wi nɔ go ebul fɔ kɔl am padi biznɛs Semweso, fɔ atrak pɔsin bikɔs ɔf in fayn fayn fes nɔto padi biznɛs sɛf We da fes de lɔs in yɔŋ, kapchɔ charm, di "padiship" go dɔn ɛn bi tin we dɔn pas**

**\*\*\* .**

**Di gud tin dɛn we nobul pipul dɛn kin du fɔ ɛp ɔda pipul dɛn nɔ fɔ bi fɔ mek pipul dɛn gɛt nem ɛn fɔ mek dɛn gɛt nem ɔ fɔ satisfay di ego, bɔt ɔl di tin dɛn we dɛn de du fɔ du bikɔs dɛn lɛk Gɔd ɛn fɔ mek dɛn gladi fɔ am**

**\*\*\* .**

**Di wan dɛn we lɛk fɔ tɔk bad bɔt ɔda pipul dɛn, fɔ tɔk bad bɔt ɔda pipul dɛn, ɛn fɔ tɔk bad bɔt ɔda pipul dɛn nɔ go ɛva no di gladi at we dɛn kin gɛt we dɛn de ɛp ɔda pipul dɛn wit wɔd dɛn we de ɛnkɔrej dɛn ɛn advays dɛn we gɛt sɛns Fɔ kɔndɛm bad bad wan, dat kin mek di pɔsin we du bad nɔ gladi ɛn i kin mek dɛn vɛks**

**Bɔku pipul dɛn kin no na dɛn at bɔt dɛn wikɛd tin dɛn ɛn dɛn wund dɛn we dɛn bɔn wit we kin mek dɛn fil pen, ɛn dɛn nɔ kin ebul fɔ mɛn dɛn tin ya bay we dɛn de mɔna dɛn wit kɔstik ɛn we dɛn de kɔs dɛn bad bad wan, bɔt na di balm we de mek dɛn fil fayn ɛn we de kɔrej dɛn we dɛn lɛk**

**\*\*\* .**

**Masta, mek a du wetin Yu want mi fɔ du, ɛn mek a nɔ alaw mi ambishɔn ɔ di tin dɛn we a want fɔ kɔntrol mi ɛp mi fɔ akɔmplit di wok dɛn we go mek dis wɔl bi bɛtɛ ples pan ɔltin, so dat mi tink ɛn akshɔn go prich Yu glori ɛn mɛmba ɔda pipul dɛn bɔt Yu**

**\*\*\* .**

**Slip na blɛsin, bikɔs ilɛk wetin yu gɛt prɔblɛm, yu kin fri frɔm dɛn we yu de drɛf Bɔt yu fɔ lan aw fɔ fri yusɛf wit kɔnshɛns frɔm prɔblɛm dɛn we yu de wek If yu nɔ ɛva test shuga, yu nɔ go no in swit Semweso, pas yu yuz di maynd in pɔtnɛshɛl gud gud wan, yu nɔ go ebul fɔ gladi fɔ di wɔndaful pawa we i gɛt**

**\*\*\* .**

**We In ɔna di ɔɔj bin de gi in las disishun bɔt wan dilik tin we min layf ɔ day fɔ ɔda pɔsin, na di sem tɛm i bin de tink bɔt domestik prɔblɛm dɛn we bin dɔn apin to am da de de ɛn i bin vɛks bikɔs dɛn nɔ bin de du wetin i bin de rul na os!**

**If da kayn ɔɔj de gi ruling we nɔ rayt we go mek pɔsin day bikɔs i nɔ de pe atɛnshɔn to am, dat min se i go tinap fɔ akɔdin ɛn kɔndɛm am bifo di Suprim ɔɔj, we na di ɔɔj fɔ ɔl sin: di lɔ we de ɔlsay na di wɔl we nɔ no ɛnibɔdi we nɔ de tek wan pɔsin bɛtɛ pas ɔda pɔsin ɛn we nɔ gɛt ples fɔ nepotism**

**\*\*\* .**

**A stil mɛmba we a bin gɛt sɔntin we a nɔ bin de ɛkspekt; frɔm biɛn di klawd dɛn we a bin de tink bɔt,**

**di dawn fɔ spiritual gladi at bin kɔmɔt wantɛm wantɛm  
ɛn i bin ambɔg mi**

**Da blɛsin ɛkspiriɛns de pas ɔl wetin a bin de op fɔ,  
as a fil wan gladi at we a nɔ go ebul fɔ ɛksplen, ɛn di  
layt fɔ gladi gladi bin de shayn ɔl di dak kɔna dɛn na  
di kɔnshɛns, we bin de drɛb di shado dɛn fɔ  
kɔnfyushɔn ɛn kwɛstyɔn dɛn**

**Da layt de—lɛk ɛkstrem rayt—bin pas insay rɔf tin  
dɛn ɛn sho mi tin dɛn we de pas di nɔmal ɔrayzin fɔ si,  
na di ist ɛn wɛst, nɔt ɛn sawt, bifo mi ɛn biɛn mi, ɔp mi  
ɛn dɔŋ mi, insay mi ɛn rawnd mi, ɛn ɔlsay**

**\*\*\* .**

**Distrɔktiv dawl tan lɛk paralayz pan in ɛfɛkt I de  
ambɔg kɔnstrɔktiv tink ɛn i de ambɔg wil pawa**

**I de wok lɛk barɛri fɔ di gud wok dɛn we di  
pawaful pawa dɛn we ay pas ɔl de du ɛn di lɔ dɛn na di  
wan ol wɔl, i de mek Gɔd in blɛsin dɛn nɔ rich di sol I  
de brin bak di we aw pɔsin de wɔri ɛn nɔ ebul fɔ ɛp am**

**I nɔ de gri fɔ mek i gɛt sakrifays ɛn i nɔ de gri wit  
di ayd dɛn bikɔs i nɔ no natin, i de tink bad bɔt ɔda  
pipul dɛn, i nɔ de tek wan pɔsin bɛtɛ pas ɔda pɔsin, ɔ i  
nɔ de kɔntrol di we aw i de fil ɛn di tin dɛn we i lɛk fɔ  
du**

**\*\*\* .**

**Fɔ bɔn bak pan Gɔd biznɛs min fɔ fri yusɛf frɔm di  
kech we pɔsin nɔ no natin ɛn fɔ rɔnawe pan di tin dɛn  
we de ambɔg am we i nɔ gɛt bɛtɛ kɔnshɛns**

**Sɔntɛnde, mɔtalman layf kin rili fayn, bɔt we yu  
lɛk am, i tan lɛk se yu put bɔd na paradays na smɔl  
kech If yu opin di kech domɔt, di bɔd kin shem fɔ flay  
kɔmɔt bikɔs i dɔn yus to am**

**Dis fayn bɔd de fred ɛn i nɔ want fɔ kɔmɔt na di  
kech ɛn go bak to di fridɔm we nɔ gɛt limit usay i  
kɔmɔt, i kin lɛk fɔ de na smɔl ɛn smɔl eria we nɔ gri  
wit in nature**

**So, mortalman sol kin yus to di bɔdi ɛn bi in  
prizina, i nɔ no se i de pat pan di wan ol wɔl we nɔ gɛt  
ɛnd ɛn in layf na dis wɔl na fɔ shɔt tɛm nɔmɔ ɛn i fɔ go  
bak na in os na ɛvin**

**ɛn fɔ fri di sɛns we wi bɔn wit frɔm di tin dɛn we  
de ambɔg ɛn di tin dɛn we di bɔdi nɔ ebul fɔ du na  
wetin a kɔl fɔ bɔn bak pan Gɔd biznɛs**

**\*\*\* .**

**No limit nɔ de fɔ di pawa we di maynd gɛt Fokus  
pan dis aidia ɛn ful yu maynd wit di drayv fɔ ajɔst ɛn  
di disayd fɔ wok fayn fayn wan fɔ yu gol dɛn Kɔntinyu  
fɔ push yu tinkin to ay achivment If yu gɛt spiritual  
jɛntri, ɔl ɔda kayn jɛntri ɛn prɔsperiti go de na yu  
kɔmand**

**\*\*\* .**

**We pɔsin nɔ ebul fɔ du wetin i want tru in yon  
tray, i kin tɔn to Gɔd fɔ pre So, ɛvri beg we i tɔk de  
sho wan ayd we i want insay Bɔt we i fɛn Gɔd, ɔl di tin  
dɛn we i want kin dɔn ɛn ɔl di tin dɛn we i want kin  
apin**

**\*\*\* .**

**Pɔsin fɔ du in bɛst ɛn i fɔ bi pɔsin we nɔ de tink  
bɔt ɔda pipul dɛn, we nɔ fɔ tek wan pɔsin bɛtɛ pas ɔda  
pɔsin, ɛn we nɔ gɛt ɛnitin fɔ du wit am**

**I fɔ pe spɛshal atɛnshɔn bak to di stɔdi dɛn (di tin  
dɛn we kin apin ɛn di tin dɛn we kin apin) we layf kin  
put bifo am bikɔs dɛn gɛt di lɛsin dɛn we i gɛt fɔ lan**

**\*\*\* .**

**Dɛn fɔ put nobul glob ɔl gol dɛn na dis wɔl, ɛn dɛn  
fɔ adopt ideal dɛn we go ɛlevɛt mortalman to ay levul,  
rifin in tinkin, kɔba wetin i want, ɛn ɔn in nobul talɛnt**

**Dɛn kin aktiv dɛn tin ya tru spiritual ɛgzampul ɛn  
gud kɔrikulu, nɔto tru brut fɔs ɛn wɔ we de pwɛl pipul  
dɛn Pɔlitikal pawa denja if yu nɔ gɛt spiritual prinsipul  
fɔ kɔntrol ɛn gayd am**



**We a de tɔk bɔt spiritual prinsipul dɛn, a nɔ min patikyula tichin, sɛkt, ɔ biliv afilieshɔn, bɔt a min di lɔ dɛn we de ɔlsay na di wɔl: di lɔ dɛn bɔt wetin rayt ɛn gud kwaliti dɛn we de apin to ɔlman ɛn we de bring gudnɛs, wɛlbɔdi, ɛn pis to dɛn**

**\*\*\* .**

**ɔlman de liv ɔnda di tik we i want, we de fulɔp ɔ wetin i want Da tik na wil pawa Mɔtalman wil pawa, we de sho di divayn wil, gɛt insay in es di pawa fɔ riliys pɔsin in op ɛn wish**

**Bɔt ɛnibɔdi we nɔ no aw fɔ kɔntrol wetin i want, wetin i want, ɛn wetin i de tink bɔt fɔ tɛl in Masta tɛnki wan tawzin tɛm bikɔs di tin dɛn we i de tink bɔt we nɔ gɛt disiplin nɔ de kam tru wantɛm wantɛm, if nɔto dat, di wayl tin dɛn we i want go mek i gɛt ɔtomɛtik wan we gɛt tayga dɛn we de it animal dɛn, we de it animal dɛn we de kɔt di kol at we de na di sol, we de krɔs di bon we de mek i gladi, ɛn tɔn di oasis we de mek i gɛt pis na Gɔd in yay wan ples we nɔ gɛt natin we nɔ gɛt natin**

**Wan fɔ tek tɛm fɔ de tink bɔt ɛn tink ɔltɛm bɔt fred, fɔl, sik, ɛn fɔ nɔ no natin, so dat dɛn bad bad tin ya nɔ go kɔmɔt lɛk monsta frɔm di daknɛs usay dɛn nɔ no ɛn mek siriks prɔblɛm dɛn we at fɔ dil wit ɔ kɔntrol Negatif tinkin nɔ de bring natin pas bad to di pɔsin; so, dɛn fɔ riplɛs dɛn wit gud tin dɛn if pɔsin want gud fɔ insɛf ɛn ɔda pipul dɛn**

**\*\*\* .**

**We wi no se di abiliti dɛn we wi nid fɔ tink, tɔk, fil, ɔ du ɔltin kɔmɔt frɔm Gɔd ɛn i de wit wi ɔltɛm, inspekt ɛn gayd wi, wi kin fri wantɛm wantɛm frɔm trɔbul**

**Wit dis rializashɔn kin kam flash dɛn fɔ klin gladi, ɛn sɔntɛnde pɔsin in biin kin de insay wan dip layt we kin pul di tink dɛn we i kin tink bɔt fɔ fred wantɛm wantɛm**

**\*\*\* .**

**Evri wɔd, gud ɔ bad, de lɛf in vaybreshɔn—in trays  
—na di bɔdi, bren, ɛn layf ɛnaji fɔ tink insay di fɔm fɔ  
inklin ɛn want So, di vaybreshɔn fɔ ɔl di tɔk de lɛf fayn  
ɔ bad tin dɛn na di maynd Wan we dɔn fri insɛf frɔm di  
impuls fɔ distɔrj di trut de establish insay insɛf wan  
big big trɛnk, so dat dɛn nɔ go bi lay lay witnɛs ɛn ɔl  
dɛn wɔd dɛn go bi tru**

**\*\*\* .**

**O Masta, gi mi di trɛnk fɔ yuz mi vɔys fɔ sav di  
trut bay we a de tɔk swit, yusful, ɛn wɔd dɛn we de  
mek a fil fayn**

**Ple yu immortal melodies pan di flute of mai laif  
so dat a go blessed by di vibrations of yu sacred  
tunes**

**\*\*\* .**

**O kɔsmik pɔsin we a lɛk  
A si yu fes de shayn insay di jɔls dɛn we de shayn  
ɛn a bin si yu blush insay di ros peta dɛn  
ɛn a de yɛri yu vɔys we di bɔd dɛn de kray, ɛn a  
gladi  
ɛn a de drim se a go mit yu na ɔl mi at  
A gladi pasmak  
I pas di diskripshɔn**

**Fridɔm frɔm fred**

**Masta Paramhansa Yogananda**

**ɔltin na di yunivas na ɛnaji ɔ vaybreshɔn Di  
vaybreshɔn fɔ tɔk na wan we we de sho ɔ ɛksprɛshɔn  
we gɛt mɔ pawa pas di vaybreshɔn we de mek pɔsin  
tink Di tin dɛn we ɔl mɔtalman de tink bɔt de ripɛl tru  
di ɛtɛ Bikɔs di tin dɛn we pɔsin de tink gɛt ay**

vaybreshon rank, den no don sho am yet Laki, wi no no di tin den we ol pipul den de tink bot!

We yu pres o ton di radio botin den (en bay oda we den ya), yu kin yeri difren tiun en sawnd den If noto fo di inherent owe we de insay di layers den na di ete we radio wev den de travul tru to yu risiva, yu go yeri ol di brodkas sawnd den wan tem

God mek di ete en inspekt mortalman maynd fo mek we fo transmit en get vaybreshon tru dis midiom Radio wev den de abop pan di eta fo mek den propag en pan ilektrishon fo transmishon en riseption Den vaybreshon radio wev ya na aydia den we den kin transmit tru spes to eni resonant risiva

We yu de nia posin we yu lek, yu kin no wetin den de tink, bot yu no go ebul fo no wetin posin de tink bot we de fa pas yu get sens we don rili develop Di wan den we de praktis otem fo konsentret en tink gud wan kin get dip tranquility en den tinkin kin bi mo rifin as a rizulta fo dis prasis, we kin mek den ebul fo no wetin oda pipul den de tink en want ivin from fa!

Wi ol na mortalman transmita en risiva: yu de get di tin den we oda pipul den de tink tru yu at, di sent fo filin, en yu de transmit yu yon tinkin tru yu spiritual yay, di senta fo fos en wil Yu entena de na di bren, di sent fo ay, intuitiv awareness Imajin se yu de fa from os en yu want fo no wetin de apin de If yu sens den rili kol en yu maynd kwayet, yu go ebul fo no di filin en tinkin bot yu famili na os We yu get buku pawa fo pe atenshon, yu tink kin go insay enisay, en yu sens kin get important enaji

Distans na rilitiv bikos enaji de kompres di spes Distans de stop wit di development fo komyunikeshon tenkoloji Imajin se yu bin de slip en drim fo flay go oda kontri, don yu tek tren go na wan siti, en afta dat yu de sel go na wan ayland, stop na som pot den along di

**rod ɔl dis kin apin insay sɔm minit dɛn na di drim bikɔs no distans nɔ de na di say we yu de tink**

**Di ɔl wɔl ɛn di spes de as aydia, ɛn na de di pawa we di maynd gɛt de we a kin lɔk mi yay ɛn tink bɔt tin dɛn we de fa tawzin mayl Spays ɛn tɛm na jɔs mental kɔnstrɔkshɔn Wetin na di difrɛns bitwin ɔt kɔfi ɛn kol ayskrim na drim? We yu wek, yu no se di ayskrim we de na di drim wɔl na bin jɔs wan aidia, ɛn di ɔt kɔfi na bin aidia bak—ɔl tu na bin jɔs difrɛn aidia dɛn Di maynd gɛt ɔlman pawa ɛn pawa fɔ no ɔltin Di maynd we a de tɔk bɔt na Gɔd in maynd ɛn jɔs lɛk aw I de ɔlsay tru tink, na so wisɛf de**

**We yu tray fɔ lisin to redio, sɔntɛnde yu kin yɛri statik de akɔmpan di brodkas Semweso, we yu tray fɔ akɔmplit sɔntin we gɛt minin na yu layf, yu kin gɛt ɔda kayn intafɛreshɔn we kin tray fɔ ambɔg ɛn ambɔg yu prɔgrɛs Dat intafɛreshɔn na bad abit**

**Fɔ fred na ɔda kayn distɔblɛshɔn we de afɛkt yu maynd Lɛk gud ɔ bad abit, fred kin bi ɔl tu kɔnstrɔktiv ɛn pwɛl Fɔ ɛgzampul, we uman se, "Mi man go vɛks if a go na do tinayt, so a nɔ go vɛks," she is motivated by a constructive, friendly fear Difrɛns de bitwin fred fred fɔ padi ɛn fred fɔ fred A de tɔk ya bɔt di fred fred we gɛt padi biznɛs wit we mek pɔsin tek tɛm nɔ fɔ du bad to ɔda pipul dɛn we nɔ nid Fɔ fred fɔ fred de paralayz di wil Famili mɛmba dɛn fɔ jɔs fil fred fɔ padi biznɛs ɛn dɛn nɔ fɔ fred fɔ tɛl dɛnsɛf di tru Fɔ du tin bikɔs dɛn fil se dɛn fɔ du wetin dɛn want, ɔ fɔ sakrifays wetin dɛn want fɔ du fɔ sav ɛn lɛk ɔda pɔsin, bɛtɛ fa fawe pas fɔ du dat bikɔs i de fred Ivin we pɔsin nɔ de fala di lɔ dɛn we Gɔd gi am, i fɔ bi bikɔs i lɛk am Gɔd, nɔto fɔ fred fɔ pɔnish**

**Frayd kin kɔmɔt na di at If yu fil se yu de panik fɔ sik ɔ aksidɛnt, yu fɔ blo dip, sloslo, ɛn ɔltɛm bɔku tɛm,**

**rilaks wit ɛni tɛm we yu de blo Dis go ɛp yu blɔd fɔ go bak to nɔmal If yu at rili kol, yu nɔ go fil fred atɔl**

**Wae pɔrsin wɔri kin wek na in at as a rizulta wae de fil pen So, wi kin si se frayd kin kɔmɔt frɔm tin dɛm wae bin dɔn apin to am trade Sɔntɛm pɔrsin dɔn fɔdɔm ɛn brok in leg trade, ɛn so dɛn kin fred fɔ ripit di sem ɛkspiriɛns We dɛn de tink ɔltɛm bɔt dɛn kayn tin ya we kin mek i fil pen, dat kin mek in wil ɛn in nerv dɛn nɔ ebul fɔ waka, ɛn dis kin mek in leg fɔdɔm ɔdasay ɛn brok in leg! Pantap dat, we di at paralayz bikɔs ɔf fred, di bɔdi in trɛnk kin go dɔŋ to in lɔs level, we kin mek di jem dɛn we gɛt sik kam insay di bɔdi ɛn ambɔg di bɔdi**

**I nɔ kin izi fɔ mek pɔsin nɔ fred sik Dɛn bin gi mɔtalman fred as tin fɔ tek tɛm wit fɔ avɔyd pen, nɔ fɔ mek dɛn big ɔ fɔ de tink bɔt am ɔltɛm We wi de tink bɔt fred ɔltɛm, dat kin mek wi nɔ ebul fɔ tray fɔ avɔyd prɔblɛm dɛn ɛn sɔlv di prɔblɛm dɛn we wi de gɛt, Fɔ tek tɛm fred de bays pan sɛns, lɛk fɔ tink bɔt, fɔ ɛgzampul, se wan patikyula it nɔ fayn pan ɔl we wi want fɔ du am it am Fɔ fred fɔ sik de ɛmbodi sik Pipul dɛn kin briŋ sik pan dɛnsɛf jɔs bay we dɛn de tink bɔt am If yu de fred ɔltɛm fɔ gɛt kol, yu go gɛt am mɔ ɛn mɔ ilɛk wetin yu du fɔ avɔyd am Nɔ paralayz yu wil ɛn nerv dɛn wit fred We wɔri de klin to yu agɛns yu wil, yu de ɛp fɔ mek di sem ɛkspiriɛns we yu de fred I nɔ fayn bak fɔ associate—excessively—wit di wan dɛm wae de tɔk ɔltɛm bɔt dɛn sik ɛn wikɛd tin dɛm Fɔ pe atɛnshɔn pan dɛn tin ya kin ɛp fɔ plant di sid dɛm fɔ frayd na yu maynd Di wan dɛm wae de fred TB, kansa, ɔr at sik fɔ drɛb dis frayd frɔm dɛn maynd so dat dɛn nɔ go briŋ dɛn kayn tin ya we nɔr fayn pan dɛnsɛf As fɔ di sik ɛn ol pipul dɛm, dɛn nid fɔ gɛt fayn ɛn sɔpɔt envayrɔmɛnt, rawnd pipul dɛm wae gɛt strong, pɔsitiv dispɔzishɔn, fɔ ɛnkɔrej ɛn ɛp dɛn wit gud tink ɛn filin**

**Tin tink get big pawa Di wan den we de wok na di ospitul no kin sik bikos den get konfidens pan denself; fo tru, di strong tin den we den kin tink bot kin mek den yon en mek den get trenk oltem**

**Fo dis rizin, i bete fo mek yu no tel oda pipul den yu ej as yu de ol As yu du am so, den si yu ej de sho pan yu apia en get fo du wit am wit diminishing health and vitality Di aidia fo ol de mek posin wori en pul in layf en enaji So, kip yu ej sikrit to yusef Wi fo memba wisef se wi na pipul den we no de day, se wi get blasin wit gud welbodi, en se di wol na ful-op wit gudnes**

**So, fo tek tem pas fo fred Den fo tek di tin den we go mek posin no get sik, en den fo tray tranga wan fo pul di tin den we de mek posin sik en fri inself from fred Jem den buku olsay so dat if pipul den fred fo den, den no go ebul fo enjoy layf lvin wit ol di tin den we den nid fo tek tem wit in welbodi, if posin ebul fo chek in os onda maykroskop, i go los in apetit en want fo it**

**Enitin we yu de fred, ton yu tinkin away from am Lef am to God en mek yu abop pan am strong Borku sofa kin bi bikos yu de wori Wetin mek yu de sofa we sik no ivin atak am yet? Bikos buku pipul den sik komot from fred, fo lef fo fred go fri den wantem wantem, en fo men go bi wantem wantem Evri net, bifo yu slip, afem to yusef: "God de wit mi, en enibodi we get God wit den no get natin fo fred" Mentally surround yourself with the Spirit of God and His cosmic energies, believing that any jerm that attacks you will be struck down Repeating "O God, di Olmayti" o "O Masta, di Epman" wit kompli konfidens go protekt yu, trenk yu, en mek yu fil fayn en get welbodi If yu gri wit God, in trut go flo insay yu, en yu go no se na yu kor, yu na spirit we no toch wit problem en we no de pwel**

**Enitem we yu fil se yu de fred, put yu an pan yu at, rob am from left to rayt we yu de se: "O Masta, pul**

dis fred pan mi en fri mi maynd en tink from enitin we de ambog mi" Jos lek aw we den de fo pul redio intafreshon, na so bak, if yu de rob yu at oltem from left to rayt, en if yu de pe atenshon oltem pan di aidia fo ban fred na yu at, di fred go don wit God in ep, en yu go fil divayn gladi we de ful yu ol yu bodi

Fo fred de wit mortalman oltem, en fo pul am komot na di wol i possibul bay we yu de tink bot God en fil se i de wit yu

Trust in God and bi authentic in evritin we yu de du Boku pipul den de we de falamakata yu; no ad yu nem to den long list Masta wetin yu de du en du am na wan speshal we we nobodi no don du bifo Di fil opin fo kriaytiv as long as di want na tru en di wil de de ol di nature de ansa yu we yu de in harmoni wit God

Boku tem pipul den kin put densef fcs, bot wi fo tink bot oda pipul den en ep den di best we aw wi ebul, wi fo wish den gud lek aw wi want wisef We wi de du dis wit ol wi at en wit ol wi at, wi kin fil se wi seklo fo sori-at kin boku en di bon den we wi en oda pipul den get fo lek densef kin dip en strong

Insay say we get 1,000 pipul den, if olman biev fayn, enibodi go get 999 padi den Bot if olman na da say de biev lek enimi to oda pipul den, enibodi go get 999 enimi den

Fo win pipul den at wit di pawa we lv get na di big big win we enibodi go ebul fo win na layf Tray oltem fo tink bot oda pipul den gud, en yu go si di wan ol wol na yu fut Dis na bin di best tin we di big pipul den we bin de liv en day fo oda pipul den bin du Di wan den we get boku boku matirial pawa we de liv fo densef nomo, den kin koba den kwik kwik wan wit forget Bot den kin memba di wan den we de liv fo oda pipul den sote go get gold tron den we den de na dis wol,

**bɔt dɛn sidɔm na di tron we gɛt lɔv na bɔku bɔku pipul  
dɛn at Dat na di bɛst tron we ɛni mɔtalman kin tek**

**Pɔsin kin kam na dis wɔl de kray we ɔlman gladi  
we dɛn kam Dɛn fɔ wok ɛn sav di tɛm we dɛn dɔn gi  
dɛn layf so dat we di tɛm rich fɔ lɛf dis wɔl, dɛn go  
kɔmɔt de smayl we di wɔl de kray fɔ dɛn**

**Gɔd mek dis wɔl so dat mɔtalman go yuz in sɛns fɔ  
gɛt spiritual no ɛn ɔndastand di divayn Tink na  
pawaful pawa, ɛn dis pawa fɔ dayrɛkt di rayt we fɔ  
bɛnifit insɛf ɛn ɔda pipul dɛn**

**If Gɔd nɔ bin dɔn gi wi lɔv bay we i plant in lɔv na  
wi at, wi nɔ bin fɔ ɛva no mɔtalman lɔv atɔl Bikɔs Gɔd  
so fri ɛn lɛk wi, I fɔ bi wi men tin ɛn di gol fɔ wi fɛn I nɔ  
want fɔ fos insɛf pan wi, bɔt wi nɔ go ebul fɔ gɛt gladi  
at if wi nɔ tink bɔt am ɛn kɔnɛkt wit am**

**Di mistek we di bɔdi ɛn maynd de wok, we Gɔd  
dɔn mek wi difrɛn frɔm ɔl di ɔda tin dɛn we Gɔd mek**

**ɛni ɔda wɔndaful tin ɛn mirekul na layf fɔ bi inof  
motiveshɔn fɔ mek wi gɛt di maynd fɔ fɛn am ɛn fɛn  
am**

**ɛnibɔdi we tray fɔ du dis wit ɔl in at ɛn ɔnɛs wan  
go ebul fɔ du wetin i want ɛn i go ebul fɔ du wetin i  
want fɔ du**

**We a begin fɔ waka na dis rod, mi layf bin chaotic  
ɛn nɔ ɔganayz fɔs, bɔt tru di tray we a bin de tray  
bɔku tɛm ɛn di tray we a bin de tray tranga wan, di  
klawd dɛn begin fɔ skata, ɛn tin dɛn bin klia insay wan  
we we bin de mek a sɔprayz ɔl wetin apin to mi na bin  
pruf we nɔbɔdi nɔ go ebul fɔ stɔp fɔ sho se Gɔd de ɛn  
di pɔsibiliti fɔ kɔnɛkt wit ɛn no Am na dis layf Oh, di  
tranquility, the peace of maynd, ɛn di insay kol at we  
di pɔsin we de luk fɔ am kin gɛt we i fɛn Gɔd! Dɔn di  
wɔl kin brayt ɛn smayl, ɔltin go rayt, ɛn natin nɔ go  
ebul fɔ mek pɔsin fred na in at**



**Dis na aw wi ɸ get prɔblem den en fet di fet na layf  
wit di maynd en maynd we fit di pikin den na layf en  
layt**

ɸ fen di valyu tin den

Ticha na: Paramhansa Yogananda

Transleshɔn: Mahmuud Abas Masoud

Yu tink se pawa de na di wan ol wɔl we ebul ɸ sho di  
mayn den we get jɛntri en jɛntri, en ɸ pul di jɛntri den we den  
nɔ bin tek tɛm tink bɔt en we wi nɔ bin eva drim bɔt bifo?

Eni pawa de na di wan ol wɔl we wi go tɔn to en abop  
pan ɸ tray ɸ get wɛlbɔdi, gladi at, en ɸ get sɛns pan Gɔd  
biznɛs?

Ticha den we get sɛns de afɛm se dis pawa de en den  
dɔn sho aw di lɔ en prinsipul den ɸ trut we go wok ɸ  
mɔtalman if i tray den wit opin maynd, de wok fayn

Saksɛs na di wɔl nɔ de dipen ɔl pan trenin en ɸ ebul ɸ  
kia ɸ insɛf, bɔt i de dipen bak pan di maynd ɸ yuz di chans  
den we de fayn fayn wan

Di chans den we pɔsin kin get na layf nɔ kin kam bay  
chans; den mek den en den mek den Mɔtalman dɔn mek ɔl di  
chans den we bin dɔn de en we de ɸ den (ilɛksɛf na dis layf ɔ  
insay di fa fa tɛm we den bin dɔn liv, ivin di layf we den bin  
dɔn liv bifo ɔ di bɔdi we den bin dɔn bɔn) Bikɔs na den dɔn  
mek den chans ya, den ɸ yuz en bɛnifit frɔm den di bɛst we  
en di bɛst we

If wi yuz ɔl di ɔda tin den we de na do en di tin den we wi  
get, apat frɔm di tin den we wi kin ebul ɸ du, ɸ win ɛnيتين we  
go ambɔg wi, wi go get di pawa den we Gɔd dɔn gi wi: den  
pawa den we nɔ get bɔda we de kɔmɔt na di dip dip tin den  
we wi get Wi get tu big pawa den: di pawa we wi get ɸ tink

en di pawa we wi want, en wi fɔ yuz den tu oli gift den ya to den ful mak

Di sakrifays ɔ fɔ mek pɔsin nɔ ebul fɔ du sɔntin dipen pan di kayn en di we aw i de tink bɔt aw i de tink Uswan pawaful pas ɔl na pɔsin in layf: tink bɔt sakrifays ɔ tink bɔt fɔ fel? If fɔ tink na bad tin bɔku tɛm, di fayn tin den we pɔsin kin tink bɔt wan wan tɛm nɔ go du fɔ mek i gɛt sakrifays Bɔt if pɔsin tink ɔnɛs wan, i go fɛn wetin i de luk fɔ en rich wetin i want fɔ du, ilɛksɛf i fil se daknɛs de rawnd am

ɔlman gɛt fɔ ansa fɔ insɛf Nɔbɔdi nɔ go gi ansa ɔ pe akɔn fɔ den di Las De

Wi wok na di wɔl, usay di tin den we wi bin dɔn du trade dɔn put wi, na sɔntin we nɔbɔdi nɔ bin ebul fɔ du En den kin tek wi wok as sakrifays nɔmɔ we i de sav wi kɔmpin mɔtalman pan sɔm we den

Nɔ prɔblɛm nɔ fɔ de pan ɔ rivisit ɔltɛm Lɛ tin rɛst fɔ sɔm tɛm, en den kin sɔlv dɛnsɛf Bɔt, pɔsin nɔ fɔ de slip fɔ so long dat i nɔ go ebul fɔ no di tɛm we i de rɛst fɔ yuz fɔ dip dip tin den we i de tink bɔt en fɔ rich kwayɛt ɔrayzɔn insay di sol

We yu gri wit yusɛf, yu go ebul fɔ tink klia wan bɔt ɔl wetin yu de du lvin if yu tinkin skata, yu go ebul fɔ gɛda am en rifokus am Di abiliti fɔ ajɔst dis oli wanwɔd kin bi bay we yu tray en praktis

Apat frɔm di fayn we aw pɔsin de tink, di pawa we pɔsin want, fɔ wok tranga wan, en fɔ kɔntinyu fɔ wok tranga wan impɔtant fɔ mek i gɛt sakrifays ɔl di tin den we de apin na do en di tin den we de apin na di rizin we mek pɔsin want fɔ du sɔntin, bɔt bɔku tɛm den nɔ kin yuz dis pawa wit sɛns en wit sɛns

ɔtomatik wil de jɔs lɛk aw kɔnshɛns wil de, en di tin we de drɛb ɔl di akshɔn den na ditarminieshɔn ɔ wil pawa we nɔ

de shek, we pɔsin nɔ go ebul fɔ waka, tɔk, wok, tink, ɔ fil So, di pawa we pɔsin want na di pawa we de mek i du ɔl di tin den we i de du, en if i nɔ yuz dis wok, i min se i nɔ de du enitin en i nɔ de taya, na in bɔdi en maynd, Mɔtalman de yuz wil pawa ivin fɔ muv in an, en na so i bi i nɔ pɔsibul fɔ liv if yu nɔ yuz dis pawa

Otomatik wilpawa na di yus we yu nɔ no se yu de yuz wil pawa Kɔnshens wilpawa na impɔtant enaji we de akɔmpan wit ditarminieshɔn en tray; na jeneratɔ fɔ pawa we den fɔ dayrɛkt wit sɛns en tink gud wan We pɔsin tren insɛf fɔ yuz wil pawa we gɛt sɛns, we de tink, pas fɔ yuz in wil pawa we i nɔ no, ɔtomɛtik wil pawa, i fɔ mek shɔ bak se den yuz in wil pawa di we we go bɛnifit en bil, nɔtɔ fɔ du bad tin ɔ fɔ gɛt tin den we nɔ impɔtant en we nɔ gɛt yus

Fɔ mek pɔsin gɛt strong en ifɛktiv wil, i fɔ mekɔp in maynd en disayd fɔ du tin den we den bin de tink se i nɔ go pɔsibul Start wit di wok den we izi, en as yu kɔnfidɛns, trenk, en wil pawa de gro, smɔl smɔl yu fɔ tray fɔ du tin den we nɔ izi fɔ du

Fɔs, pɔsin fɔ mek shɔ se den sɛt gud en nobul gol, en tray fɔ rich am wit ɔl di enaji en tin den we i ebul fɔ du, wit ɔl di tin den we i nɔ gri fɔ giv ɔp ɔ gri se i nɔ ebul fɔ du sɔntin, ilɛk uskayn tin den we de ambɔg am

Wan fɔ yuz den ful wil fɔ masta wan wok wan tɛm en nɔ fɔ west enaji ɔ lɛf tin den we den nɔ dɔn bifo i begin fɔ du nyu advantej

Pis de fɔ una

**Aw fɔ rid ɔda pipul den gud abit**

**We pɔsin stɔdi ɔda pipul den gud abit den, dat kin mek i no mɔ bɔt tin den we kin ɛp am fɔ mek in yon**

**abit bɛtɛ Bɔt fɔ stɔdi bɔt gud abit dɛn we nɔ fayn, i kin  
agens di tru ɛn kɔnshɛns, ɛn i kin pwɛl pɔsin**

**Olman de avɔyd di "sikrit moraliti polis" we di  
wangren tin we dɛn want fɔ du na fɔ mek ɔda pipul  
dɛn no bɔt ɛn pwɛl in nem Bɔku pan di wan dɛn we lɛk  
fɔ kɔndɛm ɔda pipul dɛn nɔ kin ebul fɔ bia fɔ kɔndɛm  
dɛnsɛf, pan ɔl we dɛn kin gɛt di sem fɔlt ɛn shɔtkɔm  
dɛn we dɛn kin kray fɔ si pan ɔda pipul dɛn, akɔdin to  
dɛn "klin" kɔnshɛns**

**Di stɔdi bɔt abit impɔtant mɔ fɔ wan men rizin: wi  
nid fɔ wach di gud kwaliti dɛn we ɔda pipul dɛn gɛt  
ɔltɛm ɛn fɔ gɛt dɛn gud kwaliti dɛn de insay wisɛf A de  
stɔdi abit we a gɛt fɔ dil wit sɔm pipul dɛn Bɔt di tin  
we a pik kɔmɔt frɔm wan kɔmplit difrɛn we Sɔntɛnde a  
kin alaw pɔsin we a no fɔ nɔ du gud fɔ de wit mi, a kin  
op se dɛn go bɛnifit If dɛn ansa mi spiritual gayd fɔ  
dɛn yon gud, dɛn go chɛnj fɔ di bɛtɛ; if nɔto so, a go  
dɔn du mi bɛst**

**A tan lɛk dɔktɔ we de put insɛf pan sik fɔ ɛp di  
pɔsin we sik ɔl di dɔktɔ dɛn tek dis risk bikɔs dɛn want  
fɔ sav ɛn ɛp Na di sem tin de apin to di spiritual dɔktɔ  
I tek am pan insɛf fɔ chɛk ɔda pipul dɛn ɛn sho dɛn  
wikɛd ɛn pen fɔ ɛp dɛn fɔ mek dɛn sol bɛtɛ**

**Jizɔs bin se, "Nɔ jɔj, ɔ yusɛf go jɔj" (ɛn insay di  
Kɔran wi rid se, "Fɔ tru, sɔm saspek na sin") Dis na  
klia kɔndɛm fɔ kɔndɛm fɔ kɔmɛnt we pɔsin gɛt bikɔs i  
nɔ want fɔ du bad ɛn we i want fɔ du bad to ɔda pipul  
dɛn Dis kayn we fɔ biev na harsh ɛn i de kɔrɔpt di  
atmosfɛs fɔ padi biznɛs ɛn lɔv bitwin pipul dɛn Kritiks  
nɔ gɛt yus atɔl pas dɛn gi am wit tru tru lɔv ɛn we di  
ɔda pɔsin want am Dɛn fɔ jɔs gi am wit di intenshɔn fɔ  
ɛp da pɔsin de Di wan dɛn we dɔn lan fɔ kɔntrol dɛnsɛf  
gɛt rayt fɔ ɛp ɔda pipul dɛn Frɔm dis we aw wi de si  
am, di stɔdi bɔt ɛtikɔs kin wok fayn ɛn i fayn**

wan branch pan di stɔdi fɔ di kɔntribyushɔn de  
bays pan fysiognomi dɛn se ɔl di prominent trayt dɛm  
na pɔsin de sho klia wan na in bɔdi Dis stetmənt nɔ kin  
jɛnəral biɔs nɔtɔ ɔl di fysiolojikəl kɔntribyushɔn ɔ  
manifestɔ dɛm kɔrɛkt wan prɛdikt saykolojik layf

Aristotle bin stɔdi fisiognomi as gayd fɔ  
ɔndastand di abit Indian masta dɛn de go ivin fa ɛn  
dip Dɛn se di men aidia dɛn bɔt mɔtalman layf de sho  
na di yay ɛn pan ɔl we di yay de sho di sikrit dɛn we  
de insay di sol—nɔtɔ jɔs fɔ dis layf bɔt bak fɔ di  
inkarnɛshɔn dɛn we dɔn pas—na di maynd nɔmɔ we  
masta we gɛt sɛns gɛt kin rid ɛn analayz dɛn sɛns ya

Sɔntɛnde yu de waka na rod ɛn wantɛm wantɛm  
yu notis sɔntin na pɔsin we de pas in yay, ɛn yu kin se  
to yusɛf, "A nɔ fil fayn wit da pɔsin de" ɔ "A lɛk da  
pɔsin de," i dipen pan di tin we apin

Di yay dɛn de tɛl di wan ol stori Frayd, vɛks, jɛlɔs,  
gridi, fri-an, lɔv, maynd, spiritualiti, ɛn ɔl gud ɛn bad  
kwality dɛn de sho na di yay Sikrit ɛjɛn dɛn kin kɔntrol  
dɛn fes mɔsul dɛn so dat dɛn ɛksprɛshɔn nɔ go betray  
wetin dɛn want Bɔt dɛn nɔ go ebul fɔ ayd ɔ pul sɔspɛkt  
na dɛn yay (na dat mek sɔm kin wɛr dak glas!) Di yogi  
dɛn yay, bɔt stil de bikɔs i de tink bɔt di spirit we  
kɔmɔt frɔm Gɔd we gɛt kol at ɛn we nɔ gɛt wanwɔd

Dɛn dɔn stɔdi ɔl di tin dɛn we de na di fes ɛn di  
bɔdi Ivin di big big bɔmp dɛn na di ed Dɛn dɔn analayz  
Bɔt di we aw pɔsin de luk nɔ kin tɛl di wan ol stori  
ɔltɛm, ɛn difrɛn kɔlchɔ dɛn kin pul difrɛn tin dɛn frɔm  
wetin dɛn dɔn si ɛn stɔdi Sɔm pipul dɛn se pipul dɛn  
we gɛt bɔku bɔku bɔdi kin want fɔ ɛnjoy dɛnsɛf ɛn dɛn  
nɔ lɛk fɔ wok, pan ɔl we pipul dɛn we tan lɛk tin kin lɛk  
fɔ du mɔ na Gɔd in yay

Siza bin de tek tɛm wit Kasibɔs, we i bin si se i de  
trɛtin in pawa Sɔm pipul dɛn we de rayt buk bin tɔk se  
pipul dɛn we tan lɛk tin kin tink tumɔs, na dat mek

**dən nɔ ɡɛt bɔdi Bɔt istri sho se pipul dən we tan lɛk  
bɔdi ɛn pipul dən we fat dɔn bi gud rula**

**If yu kɔnsistentli ɔvaweit naw, yu dɔn ɔvawej bɔku  
tɛm bifo (insay fɔs inkarnɛshɔn) ɔ if yu kɔntinyu fɔ  
tan, yu dɔn de so insay sɔm past inkarnɛshɔn Yu dɔn  
ɡɛt di prɛdispɔzishɔn (fɔ ova wet ɔ thin) frɔm di past  
ɛn ilɛk wetin yu it, da maynd de stil de dominant ɛn  
mɔ ebul fɔ sho insɛf**

**Fysiognomy, as sayɛns we dən aim fɔ ɛksplen  
mɔtalman nature, na tru tru sayɛns if wi tink se ɔl di  
tin dən we dɔn pas na pɔsin in maynd ɔlsay na in bɔku  
bɔku inkarnɛshɔn dən kin tan lɛk se dən de sho am na  
in bɔdi Bɔt dis nid fɔ ɡɛt di keen intuition fɔ wan  
spiritual ticha we ɡɛt sɛns fɔ no ful ɛn kɔrɛkt wan di  
kwaliti dən we physiognomy ɡɛt insay da pɔsin de**

**Fɔ ɛgzampul, Sɔkratis bin rili ɔɡ Wan tɛm i mit  
wan big man we de stɔdi bɔt di sta dən we tɛl am se:  
“Sɔkraytis, yu na di man we wɔs ɛn we wikɛd pas  
ɔlman we a dɔn ɛva si” Sɔkratis in disaypul dən bin  
vɛks bad bad wan pan di man we de luk di sta dən, bɔt  
dɛn ticha bin ansa se: “Yu rayt se a bin de du ɔl dat  
trade, bɔt pan ɔl we a dɔn win dən wikɛd kwaliti dən  
de naw wit sɛns, di tin dən we a bin dɔn du stil de  
imprinted pan dis bodi, we de mek i luk hideous”.**

**(Dis de mɛmba wi bɔt di we aw wan pan di Arab  
rayta dən we bin impɔtant pas ɔl di ɔda wan dən we  
bin de trade trade bin de apia: Abu Bahr al-Jahiz, we  
dɛn bin de tɔk bɔt:)**

**If dən fɔ chenj di pig sɛkɔn tɛm, i nɔ go stil ɔɡ pas  
Al-Jahiz in yon**

**Man we insɛf de du tin we de tek ples fɔ ɛlfaya; na  
in na di smɔl smɔl dɔst we de na ɛni kɔna (observe) .**

**No tu fes nɔ de we fiba ɛni fes difrɛn bikɔs ɔf di  
kwaliti ɛn kwaliti dən we dɔn sho insɛf na dis layf ɛn  
insay layf we dɔn pas l nɔ jɔs de fɔ jɔj pipul dən as gud**

ɔ bad bay aw dɛn de luk naw, ilɛksɛf dɛn fayn ɔ nɔ fayn Sɛnt Fransis we kɔmɔt na Asisi nɔ bin fayn pan bɔdi, we in disaypul, Brɔda Masidonias, na bin fayn man Bɔt Masidonias nɔ bin gɛt di big spiritual biuti we Sɛnt Fransis bin gɛt

Wan ɔda branch fɔ invɛstigeshɔn we gɛt fɔ du wit fysiognomi na pathognomy: di intapriteshɔn fɔ pɔsin in filin ɔ di we aw i de sho in filin tru di ges, fes ɛksprɛshɔn, ɛn bɔdi muvmɛnt, ɛn bay we dɛn de stɔdi aw dɛn de biev to sɔm tin dɛn we de apin

Di filin ɛn abit dɛn de sho di kayn we aw pɔsin de fil, bɔt bɔku pipul dɛn dɔn gɛt di ebul fɔ ayd aw dɛn rili de fil bikɔs dɛn nɔ want fɔ sho dɛnsɛf to ɔda pipul dɛn

Tu man dɛn yɛri di nyus se dɛn wɛf dɛn dɔn drawn togɛda Wan sho dip sɔri-at, we di ɔda wan nɔ tɔk natin Bɔt di wan we de sho sɔri-at na do bin rili lɛk in wɛf smɔl pas di man we nɔ sho se i nɔ gɛt prɔblɛm atɔl tru in fes ɛksprɛshɔn So, pathogenesis—the understanding of genuine emotions and reactions—is a very profound field of study

Pipul dɛn kin analayz mɔ kɔrɛkt wan ɛn rili bays pan dɛn imɔshɔn ɛn bɔdi apia A kin jɔyn ɔl tu di we dɛn fɔ di analisis we kɔrɛkt ɛn rili abop pan ɔl di wan dɛn we kin kam to mi fɔ tren, dɛn kin put dɛn na patikyula sityueshɔn fɔ si aw dɛn maynd ɛn filin kin riak If dɛn ansa bad, a kin tray fɔ kɔrɛkt dɛn Bɔt a kin jɔs du dis if di pɔsin aks fɔ mi advays ɛn gi mi di ɔtoriti ɛn permishɔn fɔ gayd dɛn

Sɔm pipul dɛn kin gɛt filin fɔ di smɔl rizin we mek di Wɛstinian myusishan dɛn kin jɔs rili fil bad, ɛn bɔku pan di Wɛstinian myuzik kin gɛt filin bikɔs i kin de arawnd stori dɛn bɔt mɔtalman lɔv Insay India, myuzik kin sɛntɛd arawnd di kɔnsɛpt fɔ Gɔd, ɛn dis na di sikrit fɔ mek i ebul fɔ mek di big big briz we de mek i fil fayn ɛn briŋ dip spiritual pis Dis nɔ min se ɔl di

**Wæstinian myusishan dæn gæt filin ɔ ɔl di Indian myusishan dæn gæt spiritual, although they are likely to be Di Sanskrit wɔd fɔ myusishan min "prɛzman fɔ Gɔd".**

**We yu de dil wit pipul dæn we gæt filin, yu nɔ kin rili abop pan dæn ɔ trɔst dæn kɔnsistɛns Tide dæn de wit yu, ɛn tumara dæn de lɛf yu ɔ tɔn agens yu A dɔn si pipul dæn kam na di ɛrimita ɛn insay sɔm dez dæn de tray fɔ mek yu biliv se dæn de du dæn ɛgzampul, bɔt afta sɔm tɛm dæn nɔ de igen ɛn yu nɔ go ɛva si dæn igen**

**Natin nɔ de we de mek a fil bad pas fɔ brok padi biznɛs ɛn fɔ pwɛl in oli we we a gi mi padi to pɔsin, a nɔ de ɛva tek am bak**

**I izi fɔ difrɛns bitwin di mɛkanikal ɛn di kayn pipul dæn we de tink Di fɔs wan dæn want fɔ akt, we di sɛkɔn wan want fɔ tink ɛn tink Dæn tu nid fɔ de Di mɛkanikal tayp dæn want fɔ akt wantɛm wantɛm ɛn dat mek dæn nid pɔsin fɔ gayd dæn fɔ chanel dæn ɛnaji to spiritually enriching activities Fɔ ɛp ɔl tu di kayn dæn fɔ rich wan harmonious balance, a advays di mɛkanikal tayp fɔ meditate ɛn tink mɔ, ɛn a advays di tinkin tayp tayp fɔ tink ɛn akt mɔ**

**Di wan dæn we gæt adikshɔn to bad abit lɛk fɔ it pasmak, fɔ smok, ɛn fɔ drink rɔm, dæn fɔ tek tɛm trit dæn, bikɔs fɔ mek dæn nɔ du wetin dæn want, i jɔs de mek dæn vɛks If yu tek it kɔmɔt pan pɔsin we de it, i go vɛks I nɔ gæt wan yus fɔ tray fɔ ɛp dæn slev ya fɔ mek dæn gæt sɛns pas dæn sho se yu rili want fɔ du mɔ**

**Di wan dæn we gæt balans na dæn maynd go no Gɔd Di Masta fɔ di Yunivas sidɔm na di tron fɔ balans maynd ɛn tru dis balans, mɔtalman de ɛnjoy pafɛkt pis**

**Frɔm di Indian sɛns, ɔl mɔtalman gæt wan pan tri men kwaliti dæn:**



**Satwa: Na abit fɔ pipul dɛn we gɛt sɛns fɔ it di rayt it, gɛt gud abit, ɛn lɛk Gɔd**

**Rajas: Dis na di kwaliti fɔ di wan dɛn we de du tin ɔltɛm, we de kɔntinyu fɔ wok te dɛn day**

**Tamas: Na di kwaliti fɔ di wan dɛn we de ful dɛn layf wit agyument, vɛks, jɛlɔs, induljɛns fɔ ɛnjɔy dɛnsɛf, lɛta, ɛn mek pipul dɛn kɔnfyus ɛn chaos**

**Eni abit we de mek pɔsin nɔ ebul fɔ go bifo pan Gɔd biznɛs, dɛn fɔ dɔnawe wit am, ɛn di pɔsin we de luk fɔ am fɔ sabi wetin dɛn de tink ɛn du Na smɔl pipul dɛn nɔmɔ rili no usay dɛn gud lay de**

**If yu yuz dis we, yu kin jɔj ɛnibɔdi Nayntin nayn pasɛnt pan ɔl pipul dɛn we nɔ de du dis tɛst: aks ɛnibɔdi fɔ du sɔntin—fɔ in yon gud—ɛn dɛn go du di kɔmɔn tin Wetin mek? Bikɔs dɛn nɔ gɛt di trɛnk fɔ tinap agɛns wetin dɛn want Dɛn abit dɛn na di wɔl dɔn dip ɛn gɛt pawa Bɔku tɛm, pipul dɛn nɔ kin du wetin yu se—ivin we dɛn no se na fɔ dɛn yon gud—fɔ pruv se yu nɔ go ebul fɔ inflɔws dɛn Di wan dɛn we want fɔ mek dɛnsɛf bɛtɛ fɔ gɛt padi biznɛs wit di wan dɛn we de kɔntrol dɛnsɛf ɛn we gɛt kol at Tray fɔ kɔnɛkt wit di wan dɛn we gɛt ay pozishɔn na Gɔd in yay, ɛn yu go bɛnifit bɔku Di wan dɛn we wik fɔ gɛt tayt padi biznɛs wit di wan dɛn we strɔng, ivin di wan we strɔng pas ɔl! Wan pɔsin we de fɛt kin jɔs strɔng bay we i de fɛt wit pɔsin we strɔng pas am**

**Sɔm pipul dɛn se uman kin kɔni lɛk pusi Bɔt man kin kɔni lɛk fɔks bak Di pusi kin it di kanari we i kin mɛn ɛn afta dat i kin sidɔm stil lɛk yogi we de tink gud wan ɔ ɛlda we dɛn kin rɛspɛkt, ɛn i kin mek lɛk se i nɔ du ɛnitin insay da bad bad tin de**

**Sɔm pipul dɛn kin ɛnjɔy fɔ pwɛl di pis ɛn gladi at we ɔda pipul dɛn gɛt Dɛn gol na fɔ mɔna ɛn vɛks, ɛn dɛn kin biev lɛk wulf dɛn we de it animal dɛn, we de waka waka na di sosayti fɔ fɛn agyument ɛn fɛt-fɛt, nɔ**

**kin gət pis te dən dən ambəg di kol at ən mek pipul  
dən gət tənsi**

**Dən bin kəmpia səm kayn pipul dən to jay, we de  
tək ɔltəm Dən bin se na in mek man fəs, ən afta dat di  
gəɖ we nem Tuashtari tek di saful saful we di mun de,  
di saf we i de dən frəm gəs in bədi, di fresh we aw  
flawa dən de, ən di chata we jay de tək, ən i miks dən  
tin ya togeda fə mek uman Di man in gladi at nɔ bin  
ebul fə tək bət Bət afta səm təm, i go na Tuashtari ən  
se, "Na fayn fayn krichə! A rili gladi fə am, bət i de tək  
ɔltəm ən i dən mek mi layf misef Duya, mi masta, tek  
am bak" Tu mɔnt afta dat, di man go bak na Tuashtari  
ən se, "A rili sɔri Duya gi di uman bak to mi" Dən, afta  
səm təm, i kam bak ən se, "Duya tek am frəm mi" Bət  
dis təm, Tuashtari ansa, "A nɔ go du am! Yu fə kip  
am!"**

**Po man! I nɔ bin ebul fə liv wit am, bət i nɔ bin  
ebul fə liv wit am bak!**

**Uman dənsef kin kəmplen bət man If man ən uman  
nɔ ɔndastand dənsef, dən go mek dənsef sɔfa we dən  
nɔ nɔ ən fulish wan Dən ikwal na Gəɖ in yay Nəbədi nɔ  
bən ən man we nɔ gət uman, ɔ uman we nɔ gət man  
Na di wok we dən ɔl tu gət fə mek balans bitwin dən  
kwaliti dən we de na do ən we de insay Man dən de  
gayd dən mɔ bay rizin pas aw dən de fil, we uman dən  
de drəb mɔ bay we dən de fil pas aw dən de fil  
saykolojik bələ bitwin rizin ən imyushən fə mek dən bi  
wel-raun ən komplit pipul dəm**

**Səm pipul dən—mek Gəɖ fəgiv mi fə we a tək dis—  
de biev lək dənki Pan ɔl we dən de sɔfa bad bad wan  
ən fə lɔng təm frəm di bad tin dən we kin apin we dən  
bi slev pan mami ən dadi biznəs, dən kin trangayes ən  
kontinyu fə it dən bad abit dən I tan lək se dən nɔ gət  
fayn memori Dən kin fəgət di pen we kin kəmɔt frəm  
dən lɔstful indulgence kwik kwik wan ən dən nɔ kin lan**

**natin frɔm dɛn ɛksprɪɛns dɛn ɪnsay dɪs ɛspɛkt, dɛn tən lɛk kaw, ɔ ɪvɪn wɔs pas dat!**

**ɪnsay dɪ nature, ɔlkayn animal dɛn de rɪprɛsɛnt ɛvri ɪmɔʃhən ɛn trayt Bɔt mɔtəlman gɛt dɛn ɔl ɪnsay ɪnsɛf Pɔsɪn kɪn bɪɛv lɛk snɛk, wulf, fɔks, ɔ layɔn ɪnsay wɪ, na dɪ say we ɛl kɔmɔt ɔ dɪ wata we de kɔmɔt na ɛvɪn de kɔmɔt Wɪ fɔ lən fɔ sho mɔ ɛn mɔ ɛnjɛl kwalɪtɪ dɛn ɛn fayn fayn kwalɪtɪ dɛn we wɪ de tɪnk, wɔd, ɛn du**

**Pən ɔl we ɪ pɔsɪbul fɔ stɔdɪ dɪ abɪt bay we yu de analayz dɪ yay, dɪ ɪmɔʃhən, ɛn dɪ bɔdɪ we yu de sɪ, lɛk aw wɪ dɔn ɛksplɛn, dɪ we we bɪg pas ɔl, we de mɛk yu fɪl fayn, ɛn we kɔrɛkt pas ɔl na fɔ stɔdɪ yu abɪt wɪt dɪ ɛp we yu de sɪ ɪnsay yu at ɔ we yu de fɪl ɪf yu fɪlɪn ɛn maynd kɔntɪnyu fɔ de kɔl, yu go ɛbul fɔ no dɪ kayn pɔsɪn we yu mɪt ɔ ɪntarakt wɪt wən we ɔ ɔda we, ɛn yu fɪlɪn go bɪ ɪntuɪtɪv ɛn tru, ɛn nɔbɔdɪ nɔ go ɛbul fɔ no go ɛbul fɔ ful yu ɔ ful yu**

**Mɪ wok na fɔ wɛlkɔm ɔlkayn pɪpul fɔ trɛn ɛn ɛp ɪ nɔ fayn fɔ kɔnfɪyus pɔsɪn ɪn pɔtnɛʃhɛl na wən ɛrɪa ɛn analayz am frɔm wən pɔɪnt nɔmɔ Bɔt ɪlɛksɛf da pɔsɪn de ɔɛnɔj ɔ stɪl de dɪ sɛm, ɪnsayt go tɛl yu mɔ pas fɔ jɔs wach dɛn yay, ɪmɔʃhən, ɔ fɛs ɛksprɛʃhən, ɪlɛksɛf dɛn tən ɪnsayt na dɪ bɪg bɪg analɪtɪkəl pawə jɔs lɛk aw mɪrɔ de sho wɛtɪn dɛn put bɪfɔ am, so bak, we yu maynd gɛt dɪ prɔpətɪ we mɪrɔ gɛt, yu go sɪ dɪ tru kwalɪtɪ dɛn we ɔda pɪpul dɛn gɛt de sho na dɪ mɪrɔ we yu sol gɛt**

**ɪf yu wok fɔ ɛp ɔda pɪpul dɛn, tɪnk gud wən, ɛn kɔntɪnyu fɔ gɛt kɔl at, dɪ tru tru abɪt fɔ ɔlman we kam to yu ɔ tɔk to yu go klɪa ɛn nɔ gɛt varnɪʃ Pɪs de pən yu**

**Pal dɛn frɔm dɪ sɪ we gɛt sɛns ɔlsay na dɪ wɔl  
Yu fɔ gɛt kɔl at ɪnsay yu at fɔ pul dɪ frɛd we yu de frɛd**

Pɔrsin wae gɛt natura l kɔmpɔzishɔn kin kip in balans ɛn  
de kɔntinyu fɔ gɛt pis ɔnda ɔl kayn tin Dɛn nɔr kin alaw bak  
fɔ fil fɔ kɔntrol dɛn ɛn mek dɛn disayd fɔ du rɔŋ tin  
l nɔ de ful am wit di flawa ɛn swit tɔk we pipul dɛn we  
want fɔ gɛt chans kin yuz fɔ gɛt bɛnifit dɛn we i nɔ fit fɔ gɛt  
Bikɔs in natura l kol at, i nɔ kin ful ɔ ful am Fɔ tru, in at  
de sho di tru tru we aw di wan dɛn we i de dil wit ɛn i de sho  
wetin dɛn want fɔ du wit wɔndaful kɔrɛkt we  
l nɔ de pɔyzin in bɔdi tisu dɛn wit vɛks ɛn fred, we kin  
ambɔg in blɔd sakulayshɔn bad  
Na tru tin we dɛn dɔn pruv se mama in milk we mama  
we vɛks kin mek kin ambɔg in pikin Bɔku pruf de fɔ se di  
kayn we aw pɔsin de fil bad bad wan gɛt pawa fɔ pwɛl di bɔdi  
ɛn pwɛl am  
Balans fayn ɛn i fɔ bi di fawndeshɔn fɔ wi filin, tink, ɛn  
akshɔn, ɛn di aks we wi layf de rɔn rawnd

\* \* \*

Bikɔs di maynd na di bren, di sɛns, ɛn di we aw ɔl di sɛl  
dɛn we gɛt layf de si, i kin mek mɔtalman bɔdi wok ɛn wach  
ɔ i kin taya ɛn pwɛl at  
Rizin na kin, ɛn ɔl di pipul dɛn we de na di sɛl kin biev jɔs  
lɛk aw di masta we de rul de fil  
Jɔs lɛk aw wi bisin bɔt di nyutrishɔn valyu we wi it ɛvrɪde  
gɛt, wi fɔ pe atɛnshɔn bak to di saykolojik nyutrient dɛn we  
wi de gi wi maynd ɛvrɪde

\* \* \*

Pandemik, disasta, ɛn vaylɛnt chenj dɛn we kin apin na  
di wɔl ɛn we kin briŋ pwɛl pwɛl, pwɛl, ɛn bɔku bɔku bad bad  
. "tin dɛn nɔto "divayn dekri  
Dɛn disasta ya kin kɔmɔt frɔm mɔtalman tink ɛn akshɔn  
ɛnisay we di wɔl in vaybret balans fɔ gud ɛn bad kin ambɔg  
bikɔs ɔf di wef ɛn vaybreshɔn we kin gɛda bikɔs ɔf mɔtalman  
bad tin ɛn di rɔng akshɔn, chaos kin de ɛn bɔku bɔku tin dɛn  
kin pwɛl

Di wɔl go kontinyu fɔ sɔfa wit wɔ, disasta, ɛn bad bad tin  
dɛn te mɔtalman kɔrɛkt di we aw dɛn de tink ɛn du tin dɛn  
we nɔ fayn Wɔ nɔ kin apin as Gɔd in lɔ, bɔt na bikɔs bɔku  
pipul dɛn de tink bɔt tin dɛn nɔmɔ If pipul dɛn fɔ pul dɛnsɛf  
pan dɛnsɛf, di industri, pɔlitiks, spiritual, ɛn nashɔnal  
selfishnɛs, wɔ nɔ go de igen  
We di matirial spirit tek mɔtalman kɔnshɛns ɛn dominate  
di tink, i de pul transparent negatif redyushɔn Di kumulativ  
fɔs fɔ dɛn negatif vaybreshɔn ya de pwɛl di ilɛktrik balans na  
di nature bad bad wan, we de mek atkwɛk, wata we de rɔn,  
ɛn ɔda disasta dɛn  
Nɔto Gɔd gɛt fɔ du wit am, dɛn fɔ kɔntrol mɔtalman ayd  
dɛn bifo i pɔsibul fɔ kɔntrol di tin dɛn we Gɔd mek  
\* \* \*

Tin dɛn ɛn wɔd dɛn we gɛt fɔ du wit spirit biznɛs na  
valyu tin dɛn we de sho sɛns we nɔ gɛt ɛnd ɛn di lɔv we Gɔd  
de gi  
ɛni rifin ɛksprɛshɔn fɔ di sol tan lɛk filɔsofa in stɔn we de  
chenj di smɔl smɔl mɛtal we ɔdinari kɔnshɛns gɛt to di gold  
we de nia Gɔd ɛn di filin fɔ se i de de  
Na tɛm fɔ mek mɔtalman wek in kɔnshɛns frɔm di slip  
we i de slip fɔ fɔgɛt to wek di spirit  
Wi de aks yu, Masta, fɔ mek wi no frɔm di dip dip tin dɛn  
we nɔ no natin ɛn di smɔl, smɔl tin dɛn we wi de tink bɔt to di  
ɔrayzin dɛn we gɛt pis, layt, lɔv, ɛn mɔtalman sɔri-at we de  
ɔlsay na di wɔl  
\* \* \*

:Fɔ mek yu go ebul fɔ gɛt sakrifays  
Fɔs, difayn yu gol ɛn aks Gɔd fɔ insprɛkt yu fɔ tek di rayt  
rod we go mek yu rich da gol de, ɛn tink gud wan  
Dɔn akt akɔdin to di intanɛnt gayd we yu de gɛt ɛn yu go  
rich yu gol  
We di maynd kol, tin go klia ɛn smol, ɛn sakrifays go  
apin kwik kwik wan bikɔs dɛn kin pruv di wok we di kɔsmik  
fɔs de du tru di aplikeshɔn fɔ di kɔrɛkt lɔ

\* \* \*

Pɔsin fɔ yuz kɔtisti ɛn tek tɛm we i de dil wit pipul dɛn  
Dis nɔto ipokrit, bɔt i fɔ rɛspɛkt ɔda pipul dɛn filin  
Man nɔto ston, bɔt na pɔsin we de tink ɛn no, ɛn dɛn nɔ  
fɔ trit pipul dɛn lɛk se dɛn na ston we nɔ gɛt layf  
Pɔsin we de tink ɔltɛm bɔt ɔda pipul dɛn biznɛs kin bi sɔs  
we gɛt problɛm

If wetin yu de kam fɔ tɔk go gɛt fayn tin fɔ du, ɛn if di  
ɔda pɔsin gri wit am, dɛn tɔk am klia wan Bɔt, sɔntɛnde di  
pɔsin we yu de kam tɔk nɔ kin want fɔ yɛri am ɛn i go du di  
ɔpɔzit to wetin yu want dɛn fɔ du

We pɔsin ebul fɔ de wit ɔda pipul dɛn, i kin tan lɛk ros  
we gɛt sɛnt

We yu pas nia wan gadin we gɛt ros, sɔntɛnde yu kin  
smɛl di sɛnt we gɛt ros, jasmin, ɔ gadin, ɛn yu kin se, "Wow!  
"!Dɛn sɛnt ya rili fayn

ɛn na so i bi wit gud sol dɛn jɔs lɛk aw yu go insay dɛn  
eria, di sɛnt na dɛn layf de kɔba yu Na sɛnt we de elevɛt di  
sol ɛn rayz in lɛvɛl fɔ ɔwe  
If yu pas nia wan bad bad smel, yu nɔ go want fɔ de na  
da ples de

We yu mit pɔsin we nɔ de vɛks, we de agyu, we de fɛt,  
ɛn we de agyu, yu nɔ want fɔ de wit am bikɔs ɔf di smel we  
nɔ fayn we i de mek

\* \* \*

Bɔku pipul dɛn nɔ kin tray fɔ ɔndastand layf atɔl  
Dɛn de liv mashin layf we nɔ gɛt ɛni rizin ɛn dɛn kin  
kɔmɔt na dis wɔl we dɛn nɔ no we dɛn layf na dis wɔl dɔn  
Wi nɔ fɔ liv lɛk dis, lɛk mashin dɛn we de wok fɔ dɛnsɛf,  
bɔt wi fɔ fɛn di rizin ɛn rich di gol fɔ layf  
Yɔŋ ɛn ol pipul dɛn fɔ tray tranga wan fɔ liv Bɔku pipul  
dɛn kin ɛkskyuz dɛnsɛf fɔ nɔ de luk fɔ tru tin dɛn we go de  
sote go, dɛn kin se, "I nɔ pɔsibul fɔ mek wi gri fɔ mek wi du  
wetin wi de du wit dɛn fayn fayn tin dɛn de" Bɔt stil dɛn nɔ  
kin gɛt problɛm fɔ it ɛn tink bɔt wetin dɛn de du ɛvride

We wi analays, wi si se di kayn we aw ol motalman tan  
na tri tin: bōdi, maynd, en spirit Pipul den kin spen den layf fō  
sikyuret di tin den we den nid fō liv en nōto oda tin, bōt  
motalman welbōdi de bak fō fulfil den intelektual en spiritual  
nid den

So, wi fō mek wi layf simpul en liv gladi, pis, en kol, en  
analayz en ridyus wi nid en no di rayt en rayt we fō fulfil den  
nid den de we wi nō go mek mō tin den we wi nō nid, bikos  
bōku tin den we wi want kin mek bōku problem den

\* \* \*

Di chen den we de mek pōsin ebul fō kōntrol insēf en di  
ki den fō fridōm ol de na di katakōm den na di maynd

\* \* \*

O Masta, a go go insay di paradays we Yu de wit at we  
ful-ōp wit lōv en we ful-ōp wit lōng lōng tēm  
Na ya mi bōn lōng lōng den de opin di domōt den na mi  
sol en ful mi wit di big gladi gladi we a de si yu divayn layt  
we de shayn

\* \* \*

As a jenerol rule, a no laik to giv oda, bikos as yu ask  
pesin no to du somtin, dat pesin de insist to du am  
So, a de se pōsin fō jōs kōmand ō ban insēf Frut we den  
nō fō du kin te swit fōs, bōt in flawa kin bita na di end So,  
pōsin fō tek tēm en nō alaw enibōdi fō tif in fridōm en gladi at

\* \* \*

Gōd mēmba wi ivin if wi nō mēmba Am If i fōget di tin  
den we Gōd mek ivin fō wan mōnt, oltin go dōn kōmōt na di  
wōl

Udat pas Gōd we go ebul fō mek dis Wōl de flōt na di  
spes? En udat oda pōsin go mek tik den gro en mek flawa  
?den blo

Yes, na Gōd de mek wi at bit Na in de dayjēst wi it en  
mek wi bōdi sēl den nyu evride Bōt stil, na smōl pipul den  
!nōmō de mēmba am en tēl am tēnki lēk aw i fō get

\* \* \*

Bihayn di ɔpa atmosfəs  
Biən di san in rayt ən di puls we di səl dən de pul  
Bihayn di at bit ən di wispa tinkin dən  
Bihain di tinkin dem we a de pre wit  
Bihain di wef dəm fɔ mi longing  
Ən biən di we aw dən nɔ de kip di tin dən we dən de tɔk

bɔt

Yu de, O Absolut Infinite  
Mi sol de long fɔ yu  
Yu nɔ jɔs de na di fa fa say dən we di sta dən de  
Bifo dat, na di we aw a de fil we a de blo  
I de shayn na mi tinkin  
I de shap mi wil wit ditarminieshɔn ən trɛnk  
A fil yu blɛsin tɔch  
Ən a gladi fɔ yu prezɛns dip insay mi sol

\* \* \*

Di mawnten sinima dən we dən peint pan di blu kɔtin  
Di we aw mɔtalman bɔdi de mek pɔsin in maynd ful-ɔp  
Ən di flawa dən we dən mek fayn fayn wan  
Ən di nobiliti fɔ gud sol dən  
Ən di sublimity fɔ ay aydia dən  
Ən di dip we pɔsin lɛk  
Dən ɔl de mɛmba wi bɔt di wɔndaful Wan we mek ɔltin  
Ən i rili fayn

\* \* \*

Lɔv na di gold bildin  
Na di Kinj we de sote go bil am  
Fɔ di wan ol kɔsmik famili  
Lɔv na faya we ayd  
Melt bay divain kɔmand  
Rɔfness frɔm di yunivas  
Ən i kin chenj to sɔntin we wi nɔ de si  
Frɔm lɔv we go de sote go  
Lɔv tan lɛk riva we de flɔ we nɔ stɔp ɔ ambɔg  
Insay di kɔntri dən we ɔmbul ən ɔnɛs sol dən de



Bɔt i de rap insɛf rawnd di rɔk dɛn we dɔn mek stɔn na  
sol dɛn

Wit prawd, selfishness, ɛn prawd  
Na bikɔs i nɔ ebul fɔ pas am  
ɛn fɔ krɔs tru am

\* \* \*

Di wan dɛn we sabi Gɔd nɔ gɛt ɛnitin fɔ du wit am  
Fɔ mek dɛn go put dɛnsɛf na ɔda pipul dɛn at  
ɔ i tan lɛk se dɛn big  
Na bikɔs di wangren tin we dɛn want na fɔ wek spiritual  
kɔnshɛns

Insay di sol dɛn fɔ di wan dɛn we want  
ɛn di inspekshɔn we dɛn gɛt na fɔ lɛk Gɔd ɛn tɔn to am  
\* \* \*

Wan tɛm, wan mumuman bin de it ɔni, ɛn sɔmbɔdi aks  
am bɔt aw di ɔni te  
Pan ɔl we di mumu man nɔ bin ebul fɔ tɔk, i bin de muv  
tin dɛn we mek di pɔsin we de aks am ɔndastand se di ɔni te  
swit

Semweso, we di maynd go insay wan stet we gɛt ay  
kɔnshɛns ɛn tɔch di infinite totality of presence, i no se i de  
in kɔntakt wit Gɔd ɛn di ɛksperiɛns swit, bɔt i nɔ pɔsibul fɔ  
ɛksprɛs insay wɔd di stet fɔ da kɔnekshɔn de we pas  
diskripshɔn

Pan ɔl we di pen na rial tin fɔ di pɔsin, i nɔ go ebul fɔ tɛl  
ɔda pipul dɛn bɔt di pen we i de fil so dat dɛn go fil am jɔs lɛk  
aw i de fil

Dis kin apin to ay spiritual perceptions Dɛn na sɔntin we  
nɔbɔdi nɔ go ebul fɔ tɔk wit wɔd  
Na tru di dairekt pɔsin ɛksperiɛns nɔmɔ pɔsin kin no bɔt  
Gɔd

\* \* \*

Frɔm di at fɔ do, a bin de kɔt flawa dɛn we gɛt layt fɔ  
mek sakrifays to una  
ɛn una layt di lamp dɛn fɔ wach na di oli ples na mɔnin

Di wan we ful-ɔp wit kolat na Gɔd in yay  
En a dɔn si yu blɛsin fes  
I de luk frɔm biɛn di shado dɛn  
Dat fes we a lɛk we bin de luk mi en stil de luk mi  
Wit gudnɛs en sɔri-at ɔlsay na di wɔl  
A nɔ go blem fate igen  
Di daknɛs we dɔn mek una nɔ de nia mi, na mi yon mek  
Naw na di miro fɔ yu klin gladi at  
A de si misɛf en a no se mi men tin na gladi at we nɔ gɛt

end

A de tɔn mi lɔv na di oli ples we yu go de sote go  
En a de rayz to yu di siŋ dɛn we mi sol de wet fɔ yu  
En a de tɛl una bɔt di dip filin dɛn we de na mi at  
Bikɔs ɔf big lɔv en we dɛn want am ɔltɛm

\* \* \*

Blɛsin fɔ di wan dɛn we ɔda pipul dɛn de kɔndɛm fɔ du  
gud tin dɛn, bikɔs paradays we gɛt gladi-at we go de sote go  
de wet fɔ di wan dɛn we de liv en day wit ay pozishɔn en  
rɛspɛkt

Bad fɔ di wan dɛn we, we dɛn de tray fɔ du bad to di  
wan dɛn we de du gud  
Fɔ provok, fɔ provok, fɔ tɔk bad bɔt ɔda pipul dɛn, fɔ  
revang, fɔ tink bad bɔt ɔda pipul dɛn, en fɔ lay na spia dɛn  
we gɛt pɔyzin fɔ du bad we kin kam bak pan dɛn ɔna en mek  
i sɔfa pas ɔl

\* \* \*

Di sɛns dɛm, we de gɛt dɛn egzistens frɔm di kɔnshɛns  
en ɛnaji we de kɔmɔt frɔm Gɔd, de sho wi di wɔl en sho di sol  
as sɔntin we difrɛn frɔm di say we i kɔmɔt en frɔm di ɔda tin  
dɛn we Gɔd mek

Di bɔdi we wi de si dɔn put di sol na jel, we na di tin we  
de sho di yunivasal spirit We pɔsin fɔgɛt, di sol nɔ de mɛmba  
in divayn ɛsin igen bɔt i de tek in bɔdi we i gɛt as in tru tru  
sɛf So, i de adopt ɔl in fɔlt en atribyut in limit en shɔtkɔm to

insef Di sol we de na dis kayn stet, den kol am di "ego" ɔ  
."sef

Bɔt we dis "ego" ɔ dis smɔl, ristrikt sef no se in  
kɔnekshɔn to di bɔdi na fɔ shɔt tɛm ɛn i gɛt wan ɛsin we nɔ  
de day, we nɔ de day, na da tɛm de den kin kol am di sol  
Di mɔ we i de no bɔt in impɔtant nature, ɛn di mɔ we in  
kɔnshɛns de go ɔp ɛn bɔku, na di mɔ i de fil se i gɛt tayt padi  
biznes wit di kɔsmik kɔnshɛns ɛn ɔl mɔtalman na in glob ɔl  
famili

\* \* \*

Wi nɔ fɔ fɔgɛt di Wan we Gi Gift den we wi de enjoy In  
gift den

At we gɛt tɛnki de opin wan rod na kɔnshɛns fɔ mek di  
spiritual gro ɛn fɔ mek di gud tin den na layf flɔ, bikɔs as  
soon as wan chanel opin, spiritual pawa de rɔsh tru am  
Wi fɔ fil gladi fɔ ɔl di blɛsin den we de na layf ɛn no se ɔl  
di pawa fɔ tink, fɔ tɔk, ɛn fɔ du sɔntin kɔmɔt frɔm Gɔd, ɛn i  
de wit wi naw, we de gayd ɛn inspekt wi  
Wans dis rializashɔn dɔn tayt wan na di disaypul in  
kɔnshɛns, wan flash fɔ layt de shayn insay am  
Sɔntɛnde, divayn pawa kin kam lɛk si wev we de rɔn go  
bifo wit big big pawa, we de swip di tin den we de ambɔg am  
ɛn pul dɔti tin den we de na di maynd ɛn sol  
Di wɔl as a ɔl nɔ de inklin to Gɔd, bɔt na ya ɛn de sol den  
de we de tɔsti fɔ Am ɛn we de want am  
Pan ɔl we i go tan lɛk se Gɔd nɔ de lisin to wi prea, di  
pɔsin we de luk fɔ am wit ɔl in at nɔ de stɔp fɔ tray, bɔt i de  
kɔntinyu fɔ beg frɔm di dip dip tin den we i de du te i gɛt  
ansa

Bifo pipul den de fɛn Gɔd, den kin bisin bɔt fɔ fulɔp di tin  
den we den want, bɔt afta den dɔn fɛn Am, den tin den de kin  
lɔs den teist ɛn layt, nɔto bikɔs i nɔ bisin bɔt Gɔd, bɔt bikɔs di  
pɔsin we de luk fɔ am kin fil di gladi at we di sol gɛt fɔ ful in  
at ɛn satisfay ɔl wetin i want

Pipul den kin spen den wan ol layf fɔ tray fɔ get prɔpati,  
den nɔ no se if den spen wan pat pan di tray we den de tray  
fɔ tɔn to Gɔd fɔs, nɔto jɔs sɔm, bɔt ɔl wetin den at want go  
apin

Mek wi at ful-ɔp wit tɛnki ɛn wi layf ful-ɔp wit tɛnki

\* \* \*

I nɔ pɔsibul fɔ mek pɔsin get padi den if i nɔ pul di dɔti  
den we pɔsin kin get we i de tink bɔt inɛf nɔmɔ ɛn di abit  
den we i nɔ want

Di rayt we fɔ biev na di kɔna stɔn fɔ tru tru padi biznɛs  
We pɔsin get klin rizin ɛn i nɔ de tink bɔt inɛf nɔmɔ, di  
impɔtant we aw i bi go kɔmɔt na do ɛn di nɔmba fɔ in tru tru  
padi den go bɔku

\* \* \*

Fɔ get kol at na di bɛst we aw wi fɔ dil wit di tin den we  
kin apin na layf

Distɔblɛshɔn na di ɔpɔsitet fɔ kol at, ɛn di we aw i de  
ɔlsay de mek i bi wan bad bad tin we de apin ɔlsay na di wɔl

\* \* \*

Di kɔsmik layt, we na di say we ɔl pawa de kɔmɔt, de  
ayd biɛn daknɛs ɛn i de apia na di dip say we stil de usay di  
tin den we pɔsin kin tink, kin kol ɛn den kin chɛk di layt den  
Ay stet den de fɔ kɔnsɛntreshɔn na in maynd, ɛn di mɔ  
di pɔsin we de luk fɔ di stet den de go ɔp to den stet den de,  
na di mɔ i de ɛksperiɛns wɔndaful stet den we get spiritual  
gladi at we pɔsin nɔ go ebul fɔ tɔk bɔt wit wɔd den, dɔn i kin  
:no wit gladi at

".Wetin a bin de luk fɔ ɔlsay"

I de wit mi naw i de dip insay mi

I de insay mi at ɛn mi sol

Insay di stilnɛs we di sayn de, a de si se i de de

ɛn biɛn di wɔl den we dak, a de si am

\* \* \*

Di sɔri-at we et ɛn wɔ kin mek kin pruv se tru tru  
spiritualiti, sɔri-at, ɛn du gud na tin den we ay ɛn we pas ɔl

Fɔ et pɔsin kin pwel pɔsin, bɔt lɔv na di pawa we pas ɔl  
di ɔda tin den we de mek pɔsin ebul fɔ du sɔntin  
So, mi dia padi dem, mɔtalman fɔ lan lesin from di fɔlt  
we pipul den et en di bad bad tin den we kin apin na wɔ en  
lek God, bikɔs we wi lek Am, i de gi wi sakrifays, gud fɔchɔ,  
en kɔmplit satisfayshɔn we nɔbɔdi nɔ go ebul fɔ gi  
Na lɔv nɔmɔ go bring rial ajɔstment to di wɔl If ɔl kɔntri  
den bin lek dɛnsɛf en den bin rili want fɔ ep dɛnsɛf, nɔto bay  
we den de fos en we nɔ rayt, bɔt na bay we den lek en du  
gud, dat min se gudnɛs, sakrifays en prɔsperiti go de na ɔl di  
kɔna den na di wɔl

\* \* \*

Man de liv in di grip of restrictions  
Aw i no se i nɔ go fil bad insay di nɛks tɛm, ɔ pɔsin nɔ go  
?brok in at  
Di wangren tru sikyɔriti na di sikyɔriti we di big wan den  
dɔn gɛt Fɔ gɛt da kayn sikyɔriti de en fɔ gi am to ɔda pipul  
den na di wangren tru tru fridɔm en di sɛns we ay pas ɔl

\* \* \*

God na di tin we swit pas ɔl  
lek wetin yu at want, yu go si se insay God a nɔ west  
wan tɛm na mi layf, en a dɔn lek ɔltin we de pul mi maynd  
pan God, en a dɔn fɛn gladi at we a nɔ bin ebul fɔ fɛn pan eni  
ɔda tin

A de liv insay wan stet we divayn kɔnshɛns en a want di  
wan den we want fɔ ɛksperiɛns di sem stet we a de liv insay  
A want fɔ pe bak ɔl di wan den we dɔn gi mi den lɔv, bay  
we a de sheb wit den di lɔv we God gɛt en di gudnɛs we i de  
gi mi

\* \* \*

Mi na di fom fɔ di kɔsmik si  
I de kɔmɔt from di dip dip gladi at  
Mi na wan strim we de mek pɔsin gladi fɔ dans  
Abov di wef den we de mek pɔsin gladi pasmak  
Tray mi bɛst

So dat a go bi di big big si we de mek a gladi  
Mek di wef dem fo mi gladi at go boku te i no get end  
En fo mek i skata ol say  
!Fo den fo rest na di at fo di kosmik gladi at  
\* \* \*

Pipul den jos de si di midul pan layf; di beginin en di end  
fo layf ayd from den  
I no mek sens fo tink se day na di end  
Yu tink se wi kin tink se wi, we get gift wit sens, sens, en  
we ful-op wit layf, go lef fo de jos lek aw wi slip di tem we wi  
!?day  
Di mortalman as a ol na wan mas we get kriyativ aydia  
en spiritual konsheins, en day no get pawa fo pwel da  
immaterial mas en da saful konsheins de  
\* \* \*

If yu lek God wit klin lov we no get kondishon, I go put tin  
den we yu de tink bot na oda pipul den maynd, en den maynd  
den de go bi we fo du wetin yu want, ivin di wan den we yu  
no sho to enibodi  
So, di spiritual magnetism we yu kin yuz fo atrak enitin  
to yusef na di kayn atrakshon we yu want fo develop  
We yu want gud, nobul, en klin tin, yu go afta dat atrak  
divayn magnetizm we go bring yu gud tin en blesin from usay  
yu no en usay yu no no  
\* \* \*

If den aks tifman, pipul den we de tek drugs, en pipul  
den we de drink te den chak if den lek den layf, den ansa go  
."mos bi "Fo tru noto so  
Den bin tink se we den begin fo du den bad tin, den go  
gladi Bot den no bin eva no se di bad tin den we go apin to  
den we den du scontin go ambog den en pwel den  
Na dat mek mi at de at en a de kray fo di wan den we de  
mek mistek bikos, bay God, den na mi tru tru en if noto fo  
God in gudnes to mi, a fo tan lek den

Iv insɛf na wan kayn opiate Na dat mek wi fɔ ɡɛt spɛshal  
asaylans usay pipul dɛn we de du bad kin lan aw fɔ liv rayt  
ɛn tink kɔrɛkt wan  
Prizin nɔto di rayt ples fɔ rihabiliteshɔn Pipul dɛn lɛk dis  
nid fɔ de nia pipul dɛn we ɡɛt pawa, we ɡɛt gud maynd ɛn  
we go ebul fɔ ɛp dɛn

\* \* \*

Frɔm yu steshɔn gladi  
A de lisin to yu swit, melodious tunes evride  
We i tan lɛk se a sabi ɛn we a lɛk na mi at  
Trade, a bin de tray fɔ lisin to yu blɛsin steshɔn  
Bɔt i bin tan lɛk se yu program de fa  
m tɛm dɛmɔm sɔf mi sɔ Bifo di rɛnj  
Bɔt afta we yu tɔch di ki fɔ tink gud wan bɔku tɛm  
A bin ebul fɔ ɡɛt gud padi biznɛs wit yu  
Yu kam to mi pan di wings of di ether  
Yu bin de ple di tunes of kainness  
ɛn fɔ ɡɛt pis na yu maynd

\* \* \*

Aydia na riva dɛn we de kɔmɔt na di spring dɛn we di sol  
de kɔmɔt  
Fɔ ɡɛt wanwɔd wit Gɔd na wan pan di wok we pas ɔl ɛn  
we impɔtant pas ɔl  
Gɔd de lisin to di langwej we di at de tɔk we de kɔmɔt na  
di dip dip ples dɛn na di sol  
Pipul dɛn kin tink se Gɔd nɔ de ansa dɛn prea bikɔs dɛn  
nɔ no se sɔntɛnde Gɔd kin ansa di we we difrɛn frɔm wetin  
dɛn de op fɔ ɛn wetin dɛn de aks am  
I nɔ kin ansa ɔltɛm akɔdin to wetin dɛn want te dɛn gri  
wit wetin I want

\* \* \*

A go sip nɛkto frɔm di at fɔ di flawa dɛn  
ɛn a go strɛch pan di saf saf silk kap  
ɔ rɔn afta gold bɔtaflay dɛn

A go lek fɔ waka waka na di il den en di mawnten den we  
de ben

Di briz we de blo na net we de blo saful saful en we de  
mek posin fil fayn, bin de wit am

Midul di daisies en di anemones

Krawn wit dyu drop

A go stop fɔ smol tem fɔ salut di sent we get sens

Di sent we de komot na tik den we get branch den we de  
shek shek

En wit bod den wing, mi sol go flay ɔp

Bifo di eria fɔ imajineshon ɔsay

En wit di nayten den we de sij, a go sij mi sij den we no  
de tok

En ai go expand wit di skay we no get bound

From di tred den we di san de gi, a go mek mi gladi at

En wit di mun in layt a go was mi sɔri-at

En insay di daknes na net, a go eras mi dak eksperiens  
den

En wit di do, a go mek wan nyu wol

Fɔ gladi we no get boda

\* \* \*

Wi na unik chanel den, as wi kin ebul fɔ mek wi go bifo  
ɔ smol

Den don gi wi fridom fɔ disayd fɔ du sɔntin en di pawa fɔ  
pik Som pipul den kin blok di chanel na den layf wit di doti we  
den don geda we den no no natin en den no kin alaw di flo we  
den no fɔ klin am

Di si we de sho di trut kin tray fɔ flo pas den smol smol  
say den de wit mo pawa, bot i no kin ep am

En oda pipul den de we de kontinyu fɔ dig, big en dip di  
chanel den na den layf wit self-disiplin en spiritual kolcho, so  
dat den de alaw di divayn sens fɔ flo tru den en flo den sol  
wit layt en blesin

\* \* \*



Fɔ ledɔm na yu bak pan bed we gɛt nel na big big tin we  
nɔbɔdi nɔ go want fɔ du, bɔt stil wi fɔ intres pan di trenk we  
de na wi maynd we de mek i pɔsibul fɔ du dis kayn tin we gɛt  
maynd ɛn we de mek pɔsin gladi

Wi ɔl no di pen ɛn diskɔmfɔt dɛm wae kin kam pan  
aksident, sik, ɛn abit dɛm wae nɔr fayn ɛn udat kin dinay se  
di ebul fɔ ledɔm pan di nel dɛm fɔ di pen na yu bɔdi ɛn nɔr  
?afɛkt yu na wan pan di blɛsin dɛm na layf

ɛnibɔdi we rich wan say we i de tink we go mek dɛn no  
se nɔto in bɔdi nɔ go fil pen

Di wan we ebul fɔ kɔntrol in maynd kin fri frɔm pen ɛn i  
kin ebul fɔ rul di bɔdi kɔmplit wan

Na tru se dis nɔ go apin wan de, bɔt if pɔsin kɔntinyu fɔ  
tray tranga wan, dat kin mek wɔndaful tin dɛn

\* \* \*

Wi fɔ aksept layf ɛn day we wi nɔ de fred, ɛn yuz di lɛsin  
dɛn we de na dis layf fayn fayn wan so dat wi go kam fɔ no  
di nɛks layf

Bifo dis land, ples dɛn de we nɔ gɛt ɛnd usay wi go mit  
bak di wan dɛn we wi lɛk we wi bin tink se wi dɔn lɔs sote go  
Na tru se wi nɔ fɔ aks fɔ day ɔ luk fɔ am, bɔt we i kam,  
wi fɔ no se na di las tɛst we go mek wi kwalifay fɔ gɛt di big  
prayz

\* \* \*

We di pɔsin we de luk fɔ Gɔd no se i impɔtant fɔ luk fɔ  
Gɔd, i nɔ de shem, bɔt i de shap in maynd ɛn kɔntinyu fɔ pe  
atɛnshɔn pan in blɛsin gol

We di want kam insay am, i de it am wit tink ɛn want fɔ  
gɛt spirit te i fil se Gɔd de na in at

Dat na di we we sef ɛn we pɔsin kin abop pan fɔ stiar di  
ship we gɛt layf na di si we gɛt layf

\* \* \*

Insay yu, wan fayn ɛn wɔndaful gadin de we gɛt fayn  
fayn tin dɛn fɔ tink bɔt, we gɛt fayn fayn sɛnt wit lɔv, gudnɛs,

ɔndastandin, ɛn pis I flawa dɛn fayn pasmak pas di flawa dɛn  
we de na dis wɔl ɛn di ɔyl dɛn we gɛt sɛnt  
We yu gi yu klin lɔv, yu dɔn plant wan ros we gɛt sɛnt,  
ɛn di sɛnt fɔ da lɔv de ɛn di sɛnt fɔ da ɔndastandin de las pas  
!ɛni flawa na dis wɔl ɛn na dat na di tru  
\* \* \*

Fɔ tink gud wan, fɔ tek tɛm rid, ɛn fɔ ripit wɔd dɛn we na  
tru, na tin dɛn we go ɛp fɔ pul di bad tin dɛn we yu de tink  
bɔt ɛn fɔ mek yu tink gud wan  
Fɔ ripit affirmashɔn ɛn beg wit dip kɔnsɛntreshɔn go ɛp  
fɔ fɔm wan kɔrɛkt tinkin patɛn so dat gud tinkin go bi lɛk  
natura lɛk negatif tinkin bin bi wan tɛm  
\* \* \*

Wi fɔ kip di jɛntri we gɛt gladi-at na Gɔd in yay ɛn put da  
gladi at de na ɔda pipul dɛn at, ɛn nɔ alaw ɛnitin fɔ pul di  
gladi at we wi gɛt insay wi at  
Ivin if di de dɛn de kray ɛn di sabkɔshɛns de sho se wi  
dɔn lɔs ɔltin, wi fɔ stil drawn di hustle and bustle wit di  
impregnable silence of joy  
Krawn unasɛf, padi dɛn we gɛt gladi at, pan di tron fɔ  
una ay ay ambishɔn ɛn gol dɛn, una fayn fayn tin dɛn we una  
de du ɛn di ay ay tin dɛn we una de tink bɔt, ɛn una go fil  
Gɔd as gladi at insay di strɔkchɔ fɔ ɛvri tink ɛn ɛvri filin  
Wi fɔ plant di tik bak we Gɔd lɛk wi na di grɔn we di wan  
dɛn we nɔ no natin We wi fil se lɔv de, di fred go dɔn ɛn wɔri  
go dɔn wit Gɔd in ɛp  
\* \* \*

Fɔ se pɔsin wik frɔm we dɛn bɔn am ɛn i nɔ go ebul fɔ  
strong, na bad tin, bikɔs i pɔsibul fɔ mek dis pɔsin bi big  
pɔsin ɛn ebul fɔ du wɔndaful tin dɛn pan ɔltin na layf  
\* \* \*

Sote go  
?Yu tink se da de de go ɛva shayn, O Eternity  
Usay a go aks una witout intarapshɔn  
ɛn a kin sɛn kwɛstyɔn dɛn we nɔ gɛt ɛnd

!En ai go get ansa from yu  
Aw fɔ gro wik, slend gras  
Dɛn ed dɛn es ɔp we dɛn nɔ butu  
En we di big big briz dɛn we bin de blo bin shek am  
We de pul di ay ay tik dɛn kɔmɔt na di rut  
En di big big bildin dɛn kin pwɛl  
!En di pawaful si dɛn de shek  
?Aw di fɔs spak bin mek in yay blink  
En di fɔs tik apia  
En di fɔs fish  
En di fɔs bɔd  
?En di fɔs bɔy pikin  
?Ustɛm dɛn bin kam fɔ di fɔstɛm  
Dis os we de na grɔn  
!Haus ɔf Wɔnda  
Aw a want fɔ ol yu an  
Di wan we shep di si en di land  
!O Wan we go de sote go

\* \* \*

Di wɔl kin dak mɔ, bɔt we wi si di wan dɛn we dɛn fes de  
shayn wit di layt we de mek dɛn gladi  
Dɛn smayl de pul wi at en skata wi wɔri lɛk lamp we de  
shayn na daknɛs  
Daknɛs de fade bifo In layt  
Mek di sol in smayl shayn frɔm wi fes Mek di briz we di  
divayn lɔv de blo, kɛr wi smayl dɛn en skata dɛn na dak at,  
so dat di layt fɔ dɛn smayl dɛn de go pul di daknɛs kɔmɔt na  
ɔda pipul dɛn at

\* \* \*

We pɔsin de tink bɔt aw ɔda pipul dɛn de fil na wan pan  
di fayn kwaliti dɛn, en i de mek pɔsin lɛk am pas ɔl  
Fɔ egzampul, if pɔsin tɔsti, di pɔsin we de tink bɔt ɔda  
pipul dɛn go no se i nid am en gi am wata fɔ drink  
Fɔ tink bɔt aw pɔsin de fil min fɔ no ɔda pipul dɛn en tink  
bɔt dɛn

Di wan den we respekt oda pipul den en gladi fo di we aw  
den de fil, kin no wetin den nid  
\* \* \*

Wan pan di disaypul den bin de dawt if i ebul fo kontinyu  
fo waka na in spiritual rod Fo enkorej am, di ticha  
:Paramhansa bin tel am se  
."God no de fa, bot i de nia, en a de si am de oisay"  
"!Di student protest, se, "Bot yu na ticha we sabi God, sa  
:Di ticha bin ansa se  
Ol sol ikwal, en di wangren difrens bitwin yu en mi na"  
dat a mek di tray we a pruv to God se a lek am, so i sho inself  
."to mi  
\* \* \*

We posin begin fo wach fim we rili enjoy, i kin forget ol oda  
tin en na di fim noma i kin pe atenshon pan  
En na so i bi wit di wan we lek God in lov, we forget oltin  
pas di posin we God lek  
Di avrej posin no kin get inof long en want fo fil di divayn  
prezens bikos di maynd don yus fo pe atenshon pan matirial  
tin den instead fo pe atenshon pan di divayn  
If fim, mami en dadi biznes, en enjoyment na di wol kin  
mek posin pe atenshon to am, wetin wi go se bot God, we de  
!mek posin gladi en di tin we de mek i gladi pas olman  
Bot di problem na dat boku pipul den no want fo no God,  
en if yu bin don no am, yu go si se di awa den kin pas we yu  
de insay wan speshal spiritual gladi at  
lek wetin a de du, a no de fil gladi pas God de wit mi  
\* \* \*

If pipul den want fo avoyd fo po wit propati, den fo  
disgres fo po pan God biznes bikos na in de mek ol motalman  
sofa

Posin we de du tin wit God biznes en we de du tin, na  
posin we gladi, en na posin we gladi noma na posin we get  
sakrifays

Ilæksɛf di pipul dɛn we de na wan siti de ɛnjoy ɔl di tin  
dɛn we dɛn nid fɔ liv, dis nɔ go stɔp pipul dɛn we de kil ɛn  
kraym na da siti de

Fɔ yuz di prinsipul dɛn we de ɔlsay na di wɔl fɔ sav  
dɛnsɛf, fɔ wok togɛda fɔ dɛnsɛf, fɔ lɛk spiritual layf, ɛn fɔ  
kɔntrol di tin dɛn we di sol want, ɔl na tin dɛn we nid fɔ mek  
ɛni sosayti ɛnjoy layf we gɛt wanwɔd, wɛlbɔdi, gladi-at, ɛn  
prɔspɛkt

\* \* \*

Nɔ tink se Gɔd nɔ de ansa yu prea ɛvri wɔd we yu wispa  
to am, dɛn rayt am na in yunivasal at ɛn if yu wach di bɔku  
we dɛn we Gɔd de ansa, yu go si se i rili de ansa yu ɔltɛm  
Di mɔ we yu want fɔ du sɔntin ɛn di mɔ we yu want fɔ du  
sɔntin, na di mɔ di pɔsin go ansa kwik ɛn fayn

\* \* \*

Pipul dɛn de we nɔ de si ɛni ay rizin na layf pas fɔ fulɔp  
di nid dɛn na di bɔdi ɛn satisfay di tin dɛn we i want, natin  
pas dis na di stet fɔ liv we di sɛns dɛn de stɔp am  
ɛn pipul dɛn we de sav tru intelektual ɛn kraft aktiviti,  
agrikalchɔral, tred, bay ɛn sɛl, ɛn ɔltin we gɛt fɔ du wit  
prɛktikal layf injɔnal

Dɛn kin bizi ɔltɛm fɔ du tin, ɛn di wangren tin we dɛn kin  
wɔri bɔt na layf na fɔ mek mɔni, ɛn bɔku tɛm dɛn kin spɛn  
mɔni fɔ ɛnjoy dɛnsɛf

Sɔm pan dɛn pipul ya na pipul dɛn we dɔn divelɔp mɔ ɛn  
we gɛt abit fɔ mek tin dɛn

Pipul dɛn de we gɛt manija ɛn ɛgzibit talent we de wok fɔ  
ɔndastand di sikrit dɛn na layf afta dɛn dɔn ɛksperiɛns fɔ mek  
mɔni ɛn fɔ gɛt sakrifays na prɔfɛshɔnal layf

Dɛn kin abop pan fɔ kɔntrol dɛnsɛf fɔ win di tin dɛn we di  
sɛns de tɛl dɛn fɔ du, tek layf siriks wan, ɛn biliv fɔ fɛt di bad  
abit dɛn, fɔ rul dɛnsɛf, ɛn fɔ put di kɔmpas fɔ layf na di rayt  
say

Pipul dɛn de we gɛt abit fɔ tink gud wan, we na spiritual  
bay nature ɛn we ebul fɔ gi inspɛkt ay aydia to ɔda pipul dɛn

\* \* \*

Na Gɔd nɔmɔ ebul fɔ kɔrɛkt di bad tin dɛn we de ambɔg  
di wɔl ɛn mɔtalman, bɔt mɔtalman fɔ tray fɔ no se Gɔd de ɛn  
fɔ sho se Gɔd in gudnɛs we nɔ gɛt ɛnd insay insɛf  
:fɔ mek sho se

Ɛvri mɔnin a de gi mi bɔdi, mi maynd, ɛn ɛvri abiliti we a  
gɛt fɔ yu, we nɔ gɛt ɛnd, fɔ yuz ɛni we we yu pik, so dat yu  
go ebul fɔ sho yusɛf tru mi

\* \* \*

Fɔ mek pɔsin ebul fɔ gri wit insɛf, i fɔ kɔntrol wetin i de  
tink

Yu fɔ praktis fɔ tink dip ɛn fɔ pe atɛnshɔn pan yu maynd  
so dat we yu de pe atɛnshɔn pan wan patikyula aidia, yu  
atɛnshɔn nɔ go de waka waka ɔ jomp frɔm wan aidia to ɔda  
wan

Bɔku pipul dɛn de liv na di wɔl, bɔt fɔ gɛt di fayn fayn tin  
dɛn we dɛn no, yu nid fɔ dayp dip dip wan insay di si we dɛn  
de tink

Pipul dɛn we de tink dip na pipul dɛn we gladi bikɔs dɛn  
kin ebul fɔ distans dɛnsɛf pan di tin dɛn we kin mek dɛn wɔri  
na dɛn say na dɛn maynd

Di avrej pɔsin nɔ gɛt we fɔ rɔnawe, bikɔs i kin liv na di  
wata ɔltɛm lɛk fish we izi fɔ di fishaman fɔ kech

\* \* \*

Na di ekstra ɔdinari kwaliti fɔ di spirit fɔ mek tin dɛn we  
de mek di pɔsin we gɛt am tinap bifo di wɔl wit brayt layt lɛk  
di big wan dɛn we brɪŋ nyu tin dɛn we yusful to di wɔl we  
nɔbɔdi nɔ bin dɔn du bifo

Dɛn sɛnsman dɛn de we gɛt sɛns bin gɛt wan spirit we  
nɔ go ebul fɔ stɔp fɔ mek tin dɛn, we dɛn bin de sɔpɔt wit  
wan wil we nɔ go stɔp te dɛn rich di gol we dɛn bin want  
Yu tink se Gɔd bin de lɛk dɛn big big pipul dɛn de so dat  
dɛn go gɛt da spɛshal bigman de? Ɛn yu tink se di divayn wil  
?bin pik dɛn fɔ gɛt da big glori de pas ɔda pipul dɛn

Absolutely not Na jɔs se dɛn yuz dɛn kriyaytiv talɛnt fɔ  
sho di big ɛn glori we na di ɛritij fɔ ɛvri mɔtalman bikɔs dɛn  
mek am insay di imej fɔ Gɔd, di sɔs fɔ ɔl kriyaytiv ɛn  
inovashɔn

\* \* \*

Pipul dɛn kin rɔnata gladi at lɛk mɛkuri, bɔt we de fɔ gɛt  
gladi at, ɛn dat na fɔ tɛl Gɔd tɛnki fɔ in blɛsin dɛn ɛn fil se wi  
gladi fɔ di blɛsin dɛn we wi kin gɛt na layf  
Wi tɛl Gɔd tɛnki fɔ di blɛsin dɛn we de na wi layf na  
important tin fɔ mek wi no am, we na di sɔs we de gi pis we  
go de sote go, kɔmfyut layf, ɛn nyu gladi-at  
We wi gi Gɔd wi lɔv, wi kin gri fɔ tek in blɛsin gift dɛn we  
na pis, satisfay, ɛn satisfay

Di pipul dɛm we gladi pas ɔl na dis wɔl na di wan dɛm  
we dɔn lan fɔ tink gud wan, du wok we go ɛp dɛn, ɛn gi fri-an  
ɛn du gud to wetin dɛn ebul Dɛn na di wan dɛn we gɛt  
sakrifays na layf

Di mɔ pɔsin gɛt gud kɔnshɛns, at we de tɛl tɛnki, ɛn sol  
we lɛk am, na di mɔ i de fil se Gɔd de insay am  
ɛn ɛnitɛm we di disaypul wispa to Gɔd se, "Aw Yu gɛt fri-  
an, O Masta!", i kin no se di pis ɛn gladi at we i de fil na  
blɛsin frɔm Gɔd, ɛn i want fɔ dayrɛkt in tink ɛn akshɔn dɛn di  
we we go mek i de nia di Divayn Prɛzɛns ɔltɛm

Dis klos we pɔsin kin kam nia wi kin apin bay we pɔsin  
de tink gud wan, tink gud wan, ɛn jɔj gud wan Dɛn tin ya kin  
apin bay we wi de tɛl tɛnki ɛn we pɔsin gɛt spirit fɔ gi  
If wi tink bɔt di blɛsin dɛn we wi gɛt ɛn ɔl di gud tin dɛn  
we wi fɔ tɛl tɛnki ɛn tɛl tɛnki, instead fɔ tink bɔt di bad bad  
tin dɛn, prɔblɛm dɛn, sik dɛn, sik dɛn, wɔri, ɛn fred dɛn we de  
rawnd wi ɔ we de mek wi at pwɛl, dat min se wi go begin fɔ  
no Gɔd, ɛn wi go gɛt blɛsin fɔ dat wit di spiritual awareness  
we wi kɔl pis ɔ gladi at

Wi at go bit wit lɔv ɛn gladi at, ɛn wi maynd go shayn wit  
brayt aydia dɛn

\* \* \*

!Boku pipul den maynd tan lek injin we get wan os pawa  
Pan ol di boku boku tin den we olman get na in maynd,  
na smol pipul den nomo de yuz den pawa den de we de wet  
fo mek den wok

Boku tem, di tin den we pipul den kin lek no kin get bete  
tin fo du en na di tin den we den nid na layf lek fo it, fo wok,  
fo enjoy densef, fo slip, en oda tin den we tan lek dat  
Bot motalman get wan pan di kwaliti den we pas ol, we  
na fo ebul fo mek tin o fo mek nyu tin den

Wetin na dis pawa we no izi fo ondastand en we no izi fo  
ondastand? Di West na di land fo prektikal en industrial  
inovashon en aplai sayens Di Is na di land fo layt en spiritual  
kriaytiv

Di spirit fo initiativ na di ebul fo bi kreativ fo du scontin we  
nobodi no don du bifo, insay nyu we den  
Na di pawa fo mek tin den we komot from di Wan we  
mek oltin

\* \* \*

If no possibiliti no bin de fo chenj insay wi at, usay di sid  
dem fo wetin wi go bi lay, wi no bin fo ebul fo mek chenj na di  
pat we wi no no bot na wi nature

Bot wi get di chans fo inflows udat wi go bi tumara  
bambay Fo tren wi potneshel kwik kwik wan de ple impotant  
pat fo ol tu aktiv dis pat pan wisef we wi no no o lef am  
paralayz if den no tek tem wit am

Jos lek aw plant den kin mek den rut den go insay di  
gron, na so wi fo men di gud kwaliti den we de insay wisef  
bay we wi de yuz fetilayz, we wi de pul gras, we de lus di  
gron, wata, en fens

Wi fo kot en pul gras den bak na di gron na di sol  
Di frut den we wi go get na wi layf, ileksef na big, smol,  
midul saiz, welbodi, o sik, go dipen mo pan aw wi de kia fo di  
tik den we de na wi yon o Chad den fayn fayn wan  
Wi get fridom fo du dat, en if wi yuz wi fri chukchuk di  
best we aw wi ebul, di tin we go komot na do go fayn, en as a



rizulta, nyu en gud sid den go fom na di pat we wi no no bot  
na wi nature, en den wan ya go disayd aw wi layf go tan lek  
tumara bambay

\* \* \*

Negatif en fayn tin den we kin apin we posin de tink  
Fo tink bot sontin kin ful posin bad bad wan, bikos i kin  
mek bad tin apin en gud tin  
A stil memba wan tem we wan pan mi sista den bin de  
sofa wit trot we de at, en a no bin eva si dis kayn bad bad  
trot bifo; i no bin ebul fo it o swela enitin  
."I kol mi en se, we i de kray, "Duya du enitin fo ep mi  
A bring am som it en aks am fo it I no bin no se mi an de  
tuch in trot, usay a de fos mi maynd enaji  
Wantem wantem i si se i de it en no fil eni pen, en i bin  
gladi fo we in trot wel  
Afta a lef am, i grap en luk in trot na di miro, en we i si  
se di olsa den stil de, di pen kam bak en i begin fo ala  
We a rich na os en si am de fil pen, a aks am se, "Wetin  
"?yu du  
."I ansa se, "A luk insay mi trot  
A tel am se: "A si yu trot fayn na God in layt, en na dat  
mek yu kondishon betε, bot yu si di sik, en na dat mek yu fil  
."pen  
."Don a se to am, "Drink dis wata  
Bikos in maynd bin de gri fo tek di wata, i bin ebul fo  
swela di wata en wel bak, en i no bin eva luk in trot na di miro  
igen  
So, tinkin de ple impotant pat As fo di nyurolojik dizayd  
dem—we boku tem na di roj we aw pipul den kin tink—di  
maynd kin mek posin wel kwik kwik wan we den yuz in pawa  
korekt wan  
Notis: Dis stori no min se yu no fo go to dokto o go to  
tritment, na dat mek yu nid fo mek yu no klia wan

\* \* \*

:Wi fo ebul fo se

Bihain dis limited bodi, a de fil di absolyut en"

. "unlimited

A no de lekcho pas a fil se God de wit mi, en a no de tich  
pas a de kompli wan wit am En we a de tok from da levul de,  
a no se di wan den we de lisen to mi no go forget wetin den  
yeri

Di wan den we de bia go kam fo no God, en a op se di  
wan den we want fo kontinyu fo ronata den go toch In blesin  
prezens

\* \* \*

Di want fo get gladi at na di tin we strong pas ol di tin  
den we posin want  
Tru en las gladi at de insay God noma, en we yu kam fo  
no se i de wit yu, yu kin ful-op wit big gladi-at—gladi we yu  
no go ebul fo si pan eni oda tin  
If den gi yu di wan ol wol, yu no go no aw fo handle am,  
en yu go fil ebi ebi lod en wori bot ol tin  
Luk di laif of di biggest selebriti and man dem fo di wold  
and yu go fain se dem bin de irita, toss am wit harassment  
from ol said laik papet we fate de mov and ple  
Bot di wan we get wanwod wit di layt na di wol na posin  
we gladi bikos i get scontin fo du wit di Wan we mek am

\* \* \*

Den fo tray oltem fo pul bad abit den, bikos jos lek aw  
posin fil se i no get bete op en in at pwel, i kin plant sid den  
we no fayn na in yon sol in gron  
Fo kontinyu fo du bad abit na we fo pwel yusef Bot fo tray  
fo fil gladi en op evride, pan ol di problem den we no fayn en  
we de mek yu at pwel, na sayn fo mek yu get nyu layf en fo  
wek pan God biznes

\* \* \*

Di wan den we de alaw den maynd fo at en mek ston, na  
den rili de day

Di wan den we want fo solv di sikrit bot layf fo ridyus den  
layf evride, wok fo mek densef betε pan som we den, fo mek  
den tink gud wan, εn fo du tin den we go εp den  
En pas ol, den fo aks God fo mek i gi den sens, bikos wit  
sens, ol di fayn fayn tin den we get valyu kin kam

\* \* \*

God don gi wi famili so dat wi go mek di seklo fo wi lov  
boku from wisef to oda pipul den we wi fambul wit, εn afta  
dat wi go mek di boda den fo da lov de fo olman  
Den tek di wan den we wi lek from wi, ileksef na day o na  
oda tin, so dat wi go lan fo no jos lek pipul den nomo, bot fo  
lek lov insef, we na God, wi neba we de nia wi, we ayd bien ol  
motelman mask

\* \* \*

Enitem we a fen pipul den we de gri fo tek den, a kin tray  
fo adres di maynd εn di lojik we den pipul den de get, pan ol  
we a no kin tok to di wan den we no intres bikos den no want  
fo lisin atol

As fo di wan den we rili want fo luk fo God, a kin tray fo  
tok to den tru den opin maynd εn plant di sid den fo di divayn  
lov na den at

\* \* \*

We den de wach fim o ple, if di wan den we de wach di  
fim no di stori bot ol di tin den we de insay di fim bifo den  
wach di fim, di sho no go enjoy am igen  
Semweso, i fayn fo ε wi no no ol di sikrit den na dis layf  
bikos wan kosmik drama de we de go tru di chapta den na wi  
layf, εn i no fayn fo no wetin go apin bifo i apin  
Wi no fo wori bot di las tin we go apin, bot wi fo aks God  
fo gayd wi fo ple wi wok den na di ple na layf to di ful mak we  
wi ebul, ileksef den wok den de involv wiked o trenk, sik o  
welbodi, prayz o ombul, jentri o po, εn fo kam fo no wetin dis  
kompleks stori min na di end

\* \* \*

Olman want fɔ ɡet mɔ mɔni pas di ɔda pɔsin, ɛn we dɛn  
ɡet am, dɛn stil nɔ satisfay bikɔs dɛn kam fɔ no se sɔm pipul  
dɛn de we jɛntri pas dɛn

Pipul dɛn de liv insay wan kwagma we de mek dɛnsɛf  
sɔfa bay we dɛn de mek dɛn yon tin dɛn we dɛn want ɛn  
want instead fɔ satisfay wit wetin dɛn ɡet

Pipul dɛn de we ɡet bɔku tin pas ɔda pipul dɛn, bɔt stil  
dɛn nɔ kin gladi, bɔt dɛn kin bɔn wit want fɔ ɡet mɔ ɛn dɛn  
kin de wɔri ɛn fred

Di rod fɔ Gɔd, mi padi dɛn, na di rod we izi pas ɔl, ɛn i  
betɛ fɔ mek wi tɔn to Gɔd fɔs ɛn aks am fɔ gi wi wetin betɛ fɔ  
wi, ɛn wi go ɡet frɔm in fri an wetin wi nid bikɔs I de ansa tru  
tru prea ɛn fulfil wetin di wan dɛn we lɛk am want

\* \* \*

Na ful fɔ ɛkspekt tru tru gladi at frɔm di tin dɛn we wi ɡet  
na dis wɔl ɛn di tin dɛn we wi ɡet bikɔs dɛn nɔ ebul fɔ bring  
am to wi fɔs

Bɔt stil bɔku bɔku pipul dɛn kin day we dɛn at pwɛl ɛn  
we dɛn dɔn krɔs afta dɛn tray fɔ fɛn na layf na dis wɔl da  
gladi at we de insay Gɔd nɔmɔ, we de mek ɔl gladi ɛn gladi  
at

\* \* \*

Na nɔmal tin fɔ lɛ pipul dɛn tɛl Gɔd tɛnki afta dɛn dɔn ɡet  
gift frɔm am, bɔt dɛn nɔ kin tɛl am tɛnki ɔ ivin tink fɔ tɛl am  
tɛnki fɔ di gift we i gi dɛn layf ɛn fɔ di spiritual kwaliti dɛn we  
I dɔn put insay dɛn sol

I izi fɔ es wi at to Gɔd we wi fil in prezɛns ɔ ɡet ansa frɔm  
am to wi prea, bɔt i rili fayn fɔ tɛl am tɛnki fɔ in ayd gayd to  
wi ɛn in blɛsin prezɛns wit wi pan ɔl we wi nɔ no bɔt am Dis  
na sayn fɔ abop pan Gɔd, ɔmbul bifo Am, ɛn satisfay wit In  
sɛns

Gɔd de ansa in yon we to wi lɔv ɛn lɔng we wi want, ɛn  
na di wan dɛn we ɔmbul we dɛn at ful-ɔp wit tɛnki ɛn gladi fɔ  
di bɔku bɔku blɛsin ɛn gudnɛs we kɔmɔt frɔm di divayn sɔs  
we de gi ɔltɛm

\* \* \*

man in enimi na in beɛ (man in beɛ na in enimi)  
Di beɛ na di pat pan di bɔdi we kin get prɔblem pas ɔl en  
bɔku tɛm dɛn kin get di bad bad tin dɛn we kin apin to di bɔdi  
We di dijestiv sistɛm kin ambɔg bikɔs i it pasmak ɔ it tin dɛn  
we nɔ fayn, i kin mek ɔlkayn welbɔdi prɔblem  
We pɔsin luk in fes na miro, i kin tink se i fayn, bɔt i nɔ  
kin no se i kin kɛr bɔku pɔyzin we dɔn de na in bɔdi If i nɔ no  
di rayt we fɔ pul dɛn pɔyzin dɛn de, en if di bɔdi nɔ ebul fɔ  
pul dɛn fayn fayn wan, sik dɛn go apin

\* \* \*

Wan pan di yɔŋ disaypul dɛn aks fɔ advays, en di ticha  
:Paramahansa tɛl am se

Di wɔl de put bad abit en deviant tendencies insay yu,  
bɔt di wɔl nɔ go get fɔ ansa, en i nɔ go gi ansa ɔ gi yu akɔdin  
to yu mistek dɛn we kɔmɔt frɔm dɛn abit en abit dɛn de  
So wetin mek yu fɔ gi ɔl yu tɛm to yu padi we de ful yu?  
Put wan awa ɛvrɪde fɔ fɛn tin dɛn we get fɔ du wit Gɔd biznɛs  
en sayɛns

Yu tink se Gɔd – we gi layf, famili, mɔni, en ɔl ɔda tin – fit  
?fɔ get wan pat pan twenti-fo pan yu tɛm

\* \* \*

:Wan student bin aks se  
So, wetin mek sɔm pipul dɛn de provok en provok sent"  
"?en oli man dɛn

:Di ticha Paramahansa bin ansa se  
Di wan dɛn we de du bad et di trut, en di wan dɛn we"  
de na di wɔl kin satisfay fɔ drɛf wit di kɔrɛnt Nɔn pan dɛn tu  
grup ya nɔ lɛk chenj So, di jɔs tink bɔt Gɔd in rayt pipul dɛn  
."kin ambɔg dɛn en mek dɛn pis de mek dɛn fil bad  
Wi kin kɔmpia dɛn pipul ya to man we dɔn liv fɔ bɔku ia  
na dak rum We pɔsin on di layt, di layt we de shayn wantɛm  
wantɛm kin ambɔg di pɔsin we nɔ blaynd en i kin tan lɛk se  
na tin we nɔ kɔmɔn to am

\* \* \*

Di blaksmit in ebi ebi hama nɔ ɣet in yon wil If i es am  
wit in an en bring am kam dɔŋ, i de kontinyu fɔ de, i nɔ de yuz  
am

Bɔt mɔtalman ɣet fridɔm fɔ disayd fɔ du sɔntin so dat i  
go pik fɔ bi gud tin en rayt tin we de na Gɔd in an  
Gɔd nɔ want mɔtalman fɔ bi hama we nɔ ɣet layf en we  
nɔ ɣet layf, bɔt i want fɔ yuz fridɔm fɔ disayd fɔ du sɔntin fɔ  
mek dɛn ebul fɔ du wetin Gɔd want na dis wɔl

\* \* \*

Mɔni nɔto fɔ sho se dɛn ɣet gud teist Bɔku jɛntriman dɛn  
kin bay tin dɛn we dɛn nɔ nid, we kin dɔn bɔku na dɛn os  
insay hip dɛn we nɔ fayn en we nɔ ɣet yus  
Yu nɔ nid bɔku mɔni fɔ mek os fayn; teist na di men tin  
Bɔt di aidia fɔ mek di os fayn kin mek sɔm pipul dɛn lɛk  
am, so dɛn kin begin fɔ tink bɔt am en nɔ jɔs de yuz prɔpɔti  
Enibɔdi we ɣet fɔ pe bil dɛn we i dɔn ɣɛda en we i fɔ pe  
kwik kwik wan, fɔ rili want fɔ liv simpul layf en fɔ fri frɔm  
prɔblɛm dɛn we i ɣet wit mɔni  
Bɔt da fridɔm de nɔ go kam bay we yu giv-ɔp pan les en  
nɔ du natin, ɔ bay we yu lɛf ɔltin we yu nɔ ɣet rayt ɔ we yu  
nɔ ɣet sɛns

Wan tɛm, i bin apin se wan man bin lɔs bɔku tin en i bin  
:tɔk se

O, woe na mi! A don los mi fortune en mai waef don lef"  
."mi, so a don disayd fɔ lef evritin en bi hermit

!Dis man, mi padi dɛn, nɔ lɛf ɔltin biɛn, bɔt ɔltin lɛf am  
Di saykilɔjik envayrɔment en fɔ fil satisfay na tu impɔtant  
tin fɔ mek yu ɣet gladi at

Afta yu dɔn chɛk en sɔt ɔl di tin dɛn we pɔsin want, i  
:pɔsibul fɔ se

No difikulti nɔ de fɔ ɣet di matirial nid dɛn we nid, en di"  
."nɔ ebul fɔ ɣet dɛn nɔ jɔstifay

\* \* \*

:Wan pan di student dɛn aks se  
"?Sar, wetin a fɔ du fɔ no Gɔd"

:Di ticha Paramahansa bin ansa se  
Insay evri mont we yu get fri tem, put yusef insay dip  
tink bot am Tok to am at to at, sol to sol  
I klos pas klos en dia pas posin we lek am A de adore am  
lek aw miser de adore moni, en a lek am wit di lov we man  
we sik lek lov, we lek in lov, lek man we de drawn fo briz of  
eya  
We yu sho yu ovawel long en yu strong want, i go kam to  
."yu

\* \* \*

Ol wi tray no fo jos de fo get gud welbodi en fo get tin den  
we wi nid, bot fo fen di minin fo layf  
We problem den kin ambog wi, wi kin ton to di tin den we  
de arawnd wi fos, en tray fo mek ol di ajstment den we wi  
tink se ep de insay  
Bot we wi rich na wan ded end en se, "Ol di tin den we a  
don tray fo du no wok, wetin mo a go du?" wi kin begin fo tink  
sirios wan bot aw fo fen fayn solv fo wi problem  
We wi de dip dip insay wi tinkin, wi de get, wit God in ep,  
di ansa from insay wisef Dis, insef, na wan we fo ansa prea

\* \* \*

:Di ticha Paramahansa bin tel som pan di student den se  
Beware of a negative outlook on life Wetin mek yu de"  
fos so moch fo di piles of garbage wen plenti biuti de roun  
"?yu  
Wan posin kin fen folt wit di egzampul den we rili"  
wondaful bot art, myuzik, en buk Bot yu no tink se i bete en i  
"?fayn fo enjoy den charm en splendor  
Laif get brayt sayd en dak sayd bikos di wol fo rilitiviti"  
."de bays pan layt en shado  
If una alaw una tinkin fo it pan bad, una go bring og en"  
."depravity pan unasaf  
Una fo luk fo di gud nomo pan oltin, so dat una go absob"  
."di spirit fo biuti

\* \* \*

Di ticha Paramahansa bin tɛl wan grup we na in disaypul  
:dɛn se

Gɔd arenj dis visit to di Wɔl fɔ wi, bɔt bɔku pan wi kin bi"

. "gɔst we dɛn nɔ wɛlkɔm, tek sɔm tin dɛn ya as wi yon

We wi fɔgɛt se di say we wi de na dis wɔl na fɔ shɔt tɛm

nɔmɔ, wi kin mek bɔku padi biznɛs ɛn rilayshɔnship dɛn, lɛk:

"mi os," "mi wok," "mi mɔni," "mi famili," ɛn ɔda tin dɛn

Bɔt we wi visa na dis wɔl go dɔn, ɔl mɔtalman tayt go

dɔn ɛn nɔ de igen, ɛn afta dat dɛn go fos wi fɔ lɛf ɔl di tin dɛn

we wi bin tink se wi gɛt Di Wan ɛn Di Wan we de wit wi ɔltɛm

ɛn na ɔl di ples na wi neba we go de sote go ɛn we go de

sote go, Gɔd

No naw se yu na di spirit, nɔto di bɔdi Wetin mek yu de

wet fɔ lɛ day tich yu di kayn we we i de du bad bad tin ɛn we

?i de apin wantɛm wantɛm

\* \* \*

If pɔsin sik, i fɔ du ɔl wetin i ebul fɔ win in sik lvin if dɔktɔ

tɛl am se no op nɔ de fɔ mek i wɛl, i fɔ kontinyu fɔ de kwayɛt

bikɔs fred de mek i nɔ no se Gɔd de de, we gɛt ɔl di pawa

Bifo di pɔsin we de sɔfa fɔ wɔri ɛn gɛt prɔblɛm wit in

maynd, i fɔ mek shɔ se i sef ɛn sef ɔnda Gɔd in protekshɔn ɛn

kia fɔ am wit padi biznɛs

\* \* \*

Wae yu de wɔri min se tin de ambɔg di maynd in

wayales sistɛm

Di divayn hymn na hymn fɔ sobriety ɛn tranquility, ɛn

disturbance na kɔnfyushɔn

Trankiliti na di divayn vɔys we de tɔk tru di sol in

wayales

\* \* \*

Di wan dɛn we want fɔ ridyus dɛn layf fɔ no fɔs di fayn

tin dɛn we dɛn want fɔ put insay dɛn layf, dɔn dɛn fɔ mek

wan program we dɛn de fala ɛvrɪde, ɛn dɛn go fil bɔku gladi

at bikɔs dɛn de du wetin dɛn dɔn disayd



If pɔsin nɔ fala di schedule fɔ mek i bɛtɛ, dat kin mek di  
wil wik ɛn i kin mek i nɔ ebul fɔ go bifo

Pɔsin in tru tru padi ɛn ɛnimi we pas ɔl na insɛf  
Di wan dɛn we de alaynɛd dɛnsɛf wit di natura I ɔda tin  
dɛn we de apin na layf go ebul fɔ du tin dɛn we go mek i gɛt  
frut Nɔ lɔ nɔ de we de mek pɔsin nɔ chenj fɔ bɛtɛ ɛn fɔ no  
wetin i want fɔ du No tin we de ambɔg pɔsin nɔ go ebul fɔ  
stɔp pɔsin fɔ rich in ay ay gol dɛn pas nɔmɔ i gri wit dɛn tin  
dɛn de we de ambɔg am ɛn biliv dɛnsɛf se i nɔ go ebul fɔ win  
dɛn

From di say dɛn we dɛn gɛt inspekshɔn

No difrɛns nɔ de bitwin di lɔ dɛn we de na di bɔdi ɛn di lɔ  
dɛn we de na di spirit, ɔ di mirekul dɛn we kin apin bikɔs dɛn  
ɔndastand di we aw mɔtalman maynd de du tin Sayɛnsman  
dɛn kin du mirekul dɛn we dɛn de yuz di lɔ dɛn we de na di  
bɔdi, ɛn di wan dɛn we dɔn go bifo pan spiritual tin dɛn kin  
du mirekul dɛn na dɛn maynd Insay dis tɛm we sayɛnsman  
dɛn de mek mirekul dɛn, we dɛn kin kɔl bɔku bɔku tin dɛn ɛn  
nyu tin dɛn we pɔsin nɔ go ebul fɔ imajin, sayɛnsman dɛn fɔ  
go dip dip wan insay di stɔdi bɔt di tin dɛn we gɛt fɔ du wit  
Gɔd biznɛs lɔ dɛn we di wan dɛn we gɛt sɛns pan Gɔd biznɛs  
de yuz

Spiritual mirekul ɔ divayn fayv na jɔs fɔ yuz di lɔ dɛn we  
pas mɔtalman we de na di wɔl Fɔ di avɛrɛj pɔsin, dɛn tin ya  
kin tan lɛk mirekul, bɔt fɔ tru, na fɔ yuz sɔm lɔ dɛn we ayd,  
we ay pas am

\*\*\*

A dɔn test di fayn fayn tin dɛn we bɔku bɔku sta dɛn gɛt  
Skata na di big big spes  
ɛn from inosɛnt gladi-at dɛn a bin de sok di nɛktɔ  
ɛn a mek faya usay a de bɔn ɔl mi sɔri-at  
ɛn a bin de kɛr di tɔch dɛn we gɛt layt  
ɛn klin lɔv bin de insay ɛni at  
I bin miks di lɔv we papa, mama, ɛn brɔda dɛn gɛt

A bin drink am te a drɔnk  
Dɛn bin de swɛt di buk dɛn we gɛt fɔ du wit Gɔd biznɛs  
fɔ mek pis

Na di tin dɛn we Gɔd mek bin mek di poem dɛn  
ɛn a tif di swit we de na di bi-hayv fɔ gladi at  
A bin pul di impɔtant minin dɛn frɔm di mayn we a bin  
de tink

ɛn a kin rid  
ɛn a bin de smayl  
ɛn a bin de wok  
ɛn a bin plan fɔ du sɔntin  
ɛn a bin de blo

A bin rili want fɔ du dat  
ɛn ɔl dat nɔ bin du fɔ am

As i kam fɔ no se na drim dɛn we kin dɔn bɔku tɛm  
Bifo di tin dɛn we di at we want fɔ du sɔntin want, apin

Bɔt jɔs afta a drɛb di drim dɛn frɔm mi  
ɛn a bin sidɔm na di oli ples usay pis de  
Di tin we a bin want fɔ du bin strɔng mɔ ɛn mɔ  
ɛn a yɛri mi sol de sig  
!Na Gɔd nɔmɔ lɛf

. \*\*\*

ɛvri mɔtalman gɛt pawa we nɔ gɛt ɛnd, ɛn wi fɔ sho da  
pawa de pan ɔl wetin wi de du We wi want fɔ mek sɔntin, wi  
nɔ fɔ jɔs abop pan tin dɛn we de na do, bɔt wi fɔ go insay wi  
dip dip tin dɛn we de insay wi ɛn fɛn di sɔs we nɔ gɛt ɛnd  
ɔl di saksɛsful we dɛn fɔ wok, ɔl di tin dɛn we dɛn mek,  
ɔl di myuzik we dɛn de shek, di aydia dɛn we de mek pɔsin  
gɛt maynd, ɛn di fayn fayn ɛn wɔndaful kɔmpozishɔn dɛn,  
dɛn rayt dɛn na Gɔd in rɛkɔd dɛn  
Wi fɔ fɔs difayn di gol, dɔn aks fɔ divayn ɛp fɔ gayd wi fɔ  
di rayt akshɔn we wi go yuz fɔ sho wi ɛnaji, ɛn tink bɔt te di  
maynd kol ɛn si klia wan di nɛks step we nid fɔ tek

Dɔn wi fɔ du tin akɔdin to di insay gayd we wi de gɛt, ɛn  
wetin wi want go apin We di maynd kol, tin go klia kwik ɛn izi  
!wan—dat rili wɔndaful  
Yu go ajɔst wetin yu want ɛn sakrifays pan ɔltin go bi yu  
yon insay shot tɛm, bikɔs di pawa dɛn we de ɔlsay na di wɔl  
ebul fɔ gayd di rayt lɔ ɛn sho se i de wok If wi chɛk wisɛf, wi  
go no di tru tin bɔt dis, wit Gɔd in ɛp  
\*\*\*

Wan pan di disaypul dɛn aks di ticha Paramahansa bɔt  
di bɛst we dɛn fɔ win di tɛmt we Setan nɔ gri fɔ du, ɛn i tɛl  
:am se  
If yu nɔ dɔn tayt pan sɛns, yu fɔ fɔs – we tɛmteshɔn kam  
– stop di akshɔn ɔ strong impuls wantɛm wantɛm ɛn tink bɔt  
tin dɛn afta dat  
If yu tray fɔ tink fɔs, tɛmteshɔn go win yu agɛns wetin  
yu want ɛn yu go si se yu de du di tin we yu nɔ want fɔ du,  
bikɔs insay dis kes tɛmteshɔn go win rizin  
ɔl wetin yu fɔ du na fɔ se tranga wan se, "A nɔ go du  
dat," dɔn grap ɛn kɔmɔt Dat na di we we sho pas ɔl fɔ rɔnawe  
pan di dɛbul in trap  
Di mɔ yu de kɔltiv di pawa fɔ "A nɔ want" we yu de atak  
yu pasmak, na di mɔ yu de strong ɛn yu go gɛt mɔ gladi at,  
bikɔs gladi at de pan fɔ du wetin yu kɔnshɛns tɛl yu fɔ du  
We yu se "no" to seduction, yu fɔ se wetin yu min ɛn  
min wetin yu se  
Nɔ giv ɔp ɛn mɛmba se di wan dɛn we gɛt wik wil kin se  
."yes" ɔltɛm, we big big sol dɛn ful-ɔp wit literary "no's  
\*\*\*

Insay spiritual trenin, wi lan fɔ kɔntrol wi filin ɛn impuls,  
nɔ alaw di tin dɛn we wi lɛk fɔ tɛl wi layf Wi bin kam fɔ tɛl  
tɛnki fɔ ɔl wetin Gɔd dɔn gi wi Pipul dɛn gɛt bɔku tin, bɔt stil  
bɔku pipul dɛn nɔ kin satisfay ɛn kɔmplɛn ɔltɛm, dɛn kin fil  
se dɛn nɔ satisfay pan ɔl we dɛn nɔ gɛt natin, lɛk se dɛn nɔ  
gɛt natin atɔl, ɛn i tan lɛk se di tin dɛn we dɛn want nɔ gɛt  
end

Na mōnin, afta di man dōn sheb in biad—en sōntem in  
mōstaz—we i was in fes, en drēs, di nēks tin we i want na fō it  
brēf Nōto we i it sōm bayt dēn, i go wish se in wēf bin dōn  
pripia sōntin we go fit in patikyula teist, we di wēf insēf de  
wish se i bin gēt bētē silva, plet, en dish dēn  
En so, de afta de, dēn kin want dis en dat te natin nō go  
ebul fō satisfay dēn, en dēn rilayshōnship lōs dēn intimacy, en  
dēn kin ivin lōs gladi at insēf Bikōs ɔf di vēks we dēn kin fil,  
dēn kin tōn agens di wan dēn we de nia dēn Di uman de  
kōmplen en agyu wit di man, di man de ala pan di pikin dēn,  
en di pikin dēn ribel en fōdōm insay trōbul wit bad kōmpin Di  
pōynt na dis: i nō rōng fō gēt tin dēn, bōt i nō fayn fō alaw  
prōpati fō gēt wi Di wan dēn we de luk fō gladi at nō fō de nia  
wi pasmak ɔ gēt am pasmak

Mi paradays de insay mi, en we a gladi fō si fayn fayn tin  
ɔ fō mit mi padi dēn we a lēk, di paradays we a de insay de  
mek a enjoy da we de ɔ si dēn padi dēn de mō en mō If a nō  
gēt da satisfay de insay mi, ivin paradays na dis wōl kin tōn  
to ēl we nō go ebul fō bia

Di rializashōn se ɔl di pawa fō tink, tōk, filin, en akshōn  
kōmōt frōm Gōd, en se I de wit wi ɔltēn, inspekt en gayd wi,  
de brinj fridōm wantēn wantēn frōm wōri, kōnfyushōn, en  
kōnfyus Wit dis rializashōn, flash dēn fō divayn gladi at de  
kōmōt

Sōntende, wan dip spiritual layt kin swip tru di wan ol  
pōsin, we de drēb en dōnawe wit di kōnsept fō fred  
Lēk di wēf dēn na di si, di pawa we Gōd gēt kin kam wit  
big big pawa, i kin pas na di at en was am wit wan pawaful  
blēsīn rōf, en i kin pul ɔl di tin dēn we kin ambōg am en tin  
dēn we kin mek i nō ebul fō dawt, fō fred, en fō fred  
We wi tōch di divayn prezēns, di ilyushōn se wi na jōs  
bōdi bōdi dēn kin kōmōt Dis kin apin tru dip en fōs spiritual  
tinkin, tink gud wan bōt Gōd, en fō fēn In ēp fō opin wi maynd  
Dōn wi kam fō no se di bōdi na jōs wan smōl bōbul we  
gēt enaji na Gōd in kōsmik si

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We pɔsin gɛt bad bad tin dɛn we kin apin to pɔsin in  
maynd ɔ we i kin fred bad bad wan, i fɔ tray fɔ slip  
If i ebul fɔ du dat, i go si we i wek se di saykolojik tɛnsion  
dɔn lɔs, ɛn di fred dɔn lɔs dɛn grip, bikɔs we di sol go insay di  
stet fɔ slip, i de rayz fɔ sɔm tɛm pas di prɔblɛm dɛn we bin  
de fɔs we gɛt fɔ du wit fɔ atak di bɔdi ɛn di tin dɛn we i de  
ɛkspiriɛns

Wan big stet na fɔ tɔch ay kɔnshɛns tru dip, kɔnshɛns  
mɛditeshɔn Wi fɔ disayd se natin nɔ go ambɔg wi pis ɔ pul wi  
kol at

We di maynd bigin fɔ put insɛf pan di tin dɛn we de apin  
na layf ɔltogɛda, i nɔ go ebul fɔ no di tru tin we gladi spirit  
sol tan bɔt we wi de du sɔntin we wi de mɛmba wi tayt  
kɔnekshɔn wit Gɔd di sem tɛm, se in layt de rawnd wi ɛn in  
pis de insay wi, da tɛm de tin dɛn we de apin nɔ go afɛkt wi,  
ɛn tin dɛn we nɔ fayn nɔ go ambɔg wi pis

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Pɔsin fɔ wach wetin i de du Di pɔsin we de it pasmak de  
it, lɛk aw di pɔsin we de du tin na Gɔd in yay we gɛt disiplin  
abit dɛn kin it Yu tink se i rayt fɔ se fɔ it na sin jɔs bikɔs bɔku  
?tɛm i kin gɛt fɔ du wit it

Sin de insay tinkin, insay motives Di pɔsin we de it  
pasmak de it fɔ satisfay in angri, ɛn di spiritual pɔsin de it fɔ  
mek in bɔdi gɛt wɛlbɔdi, ɛn big difrɛns de bitwin dɛn tu  
Fɔ no difrɛns bitwin wetin rayt ɛn rɔŋ, pɔsin fɔ introspek  
ɛn aks insɛf if wetin i de kam fɔ du na rayt ɔ rɔŋ Wi fɔ bi  
kɔmplit ɔnɛs wit wisɛf

We pɔsin ɔnɛs wit insɛf, i nɔ kin rili izi fɔ mek mistek, ɛn  
ivin if i mek mistek, i go ebul fɔ kɔrɛkt wetin i de du kwik  
kwik wan Wi fɔ gayd wi kɔnshɛns pan wetin wi de du bikɔs  
kɔnshɛns na di pawa we de insay wi

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I no mata ɔmɔs wok ɛn kɔmitment wi get, wi no fɔ fɔget  
fɔ fri wi maynd wan wan tɛm kpatakpata frɔm wɔri ɛn ɔl ɔda  
tin dɛn we de mɔna ɛn bisin

Tray no fɔ tink bɔt bad tin fɔ wan minit wan tɛm, ɛn pe  
atɛnshɔn pan di pis we de insay yu at, mɔ if yu de wɔri ɛn fil  
se yu de wɔri

Dɔn i bin ɛkstend di tɛm fɔ sɔm minit dɛn, ɛn i mɛmba  
sɔm tin dɛn we bin apin ɛn sɔm tɛm dɛn we bin mek i gladi  
Mɛmba sɔm swit swit mɛmori dɛn we lɛf gud impreshɔn  
pan yu ɛn tray fɔ rilayv dɛn bak pan ɔl dɛn ditil dɛm, ɛn smɔl  
smɔl yu go si se yu dɔn fɔget yu wɔri ɛn yu fred dɔn dɔn

Fɔ bil di intanent envayrɔment

If pɔsin want fɔ bil wɛlbɔdi intanent envayrɔment, i fɔ  
praktis tɛm fɔ sɛt mɔt ɛn no fɔ jok ɔltɛm, ɛn gladi, gladi, ɛn  
smayl

Empti tɔk kin mek pɔsin no get fayn fayn filin, ɛn i tan lɛk  
bulɛt we de taya in pawa bay we i de tɔk bɔt tin dɛn we no  
impɔtant ɛn we no get yus, ɛn dis kin mek pɔsin lɔs wan  
valyu ɛn impɔtant saykilɔjik risɔs

Kɔnshɛns tan lɛk bɔtul we get milk; we i ful-ɔp wit di pis  
we pɔsin kin get we i de tink gud wan, di tin dɛn we pɔsin kin  
tink bɔt, ɛn di we aw i kin fil, i fɔ kip ful-ɔp Frivolity ɛn chat  
we tan lɛk parrot na lay lay ɛnjɔyment we kin mek ol dɛn na  
di sayd dɛn na di vessel fɔ kɔnshɛns, we kin mek di milk we  
de insay pis kin lik kɔmɔt ɛn lɔs

Dis no min se pɔsin fɔ strikt pasmak, siris, ɛn no de tek  
tɛm, bɔt i min se i fɔ lɛf fɔ provok am, fɔ provok am, fɔ  
provok am, ɛn fɔ tɔk tin dɛn we no mek sɛns ɛn we no mek  
sɛns

A stil mɛmba di fayn fayn trenin we a bin get frɔm di  
bigman dɛn We wi bin de rambling ɛn chat, dɛn bin de tɛl wi  
:se

Una go bak na una insay fɔt ɛn nɔ kil unasɛf wit kol"

blɔd, so dat una go lɔs una spiritual sɛns ɛn una pis go

."ɔnawe pan una we nɔ go kam bak

I nɔ bin izi fɔ wi fɔ ɔndastand da tɛm de, bɔt naw a dɔn

ɔndastand di we aw dɛn bin de tich wi fɔ gɛt pis

Pis dipɔsit dɛn

If pɔsin kɔntinyu fɔ rayt chɛk ɛn nɔ put ɛni mɔni na in

bank akaun, in mɔni go dɔn ɛn in balans go ɛmti

Sɛmweso, if pɔsin nɔ de put pis ɔltɛm na in layf in akɔn,

di tin dɛn we dɛn dɔn kip fɔ trɛnk, kwayɛt, ɛn gladi at go stɔp

ɛn leta dɛn go dɔnawe wit dɛn, ɛn dis go mek dɛn bankrupt

pan filin, maynd, bɔdi, ɛn spiritual tin dɛn We wi tink gud

wan bɔt Gɔd ɛn si in blɛsin prezɛns de mek wi gɛt trɛnk bak

insay wi at ɛn i go mek wi gɛt ɔl di impɔtant tin dɛn we wi nid

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Instɛd fo liv onli na di present, wi de trai fo liv in di past

ɛn di future simultaneously, we de put hevi lod pan di maind,

taya am ɛn limited in abiliti fo dil effektiv wit tins Dis na di

rizin we mek wi must layt wi mental lod Di past don go sote

?go, so wetin mek wi kari am fo wi maind

Lɛ di maynd dil wit in lod dɛn wan bay wan, nɔto ɔl wan

tɛm Di swan de it ɔl di sɔlid tin dɛn we de insay di wata we i

de skɔp wit in bich; sɛmweso, wi fɔ kip di lɛsin dɛn nɔmɔ we

wi dɔn lan frɔm trade na wi maynd ɛn fɔgɛt di tin dɛn we nɔ

nid fɔ apin

Dis go rili izi di maynd Di gladi at we mɔtalman tide gɛt

de fɔ bɔku wetin i gɛt ɛn gɛt mɔ, ilɛksɛf ɔda pipul dɛn nɔ gɛt

bɛtɛ tin fɔ it ɛn dɛn de sɔfa

Bɔt yu nɔ tink se i bɛtɛ fɔ lɛ pɔsin liv simpul layf, we i nɔ

gɛt bɔku tin fɔ it ɛn we nɔ gɛt bɛtɛ zil ɛn wɔri? I nɔ kin gladi

fɔ rɔsh fɔ fred te i nɔ ɛnjoy wetin i gɛt

Wan de go kam we pipul dɛn go wek frɔm dɛn spiritual

slip ɛn bigin fɔ rayz pas wetin dɛn nid fɔ gɛt prɔpati Wan de

go kam we dɛn go kam we dɛn go kam fɔ no se fɔ liv simpul

layf kin mek dɛn gɛt mɔ sɛf, pis, ɛn kol at

Fɔ win pipul dɛn at wit di pawa we lɔv gɛt na di big big  
win we ɛnibɔdi go ebul fɔ win na layf  
Dis na bin di wɔndaful tin dɛn we di big pipul dɛn we bin  
de liv ɛn day fɔ ɔda pipul dɛn bin du Di wan dɛn we gɛt bɔku  
bɔku pawa we de liv fɔ dɛnsɛf nɔmɔ, dɛn kin kɔba dɛn kwik  
kwik wan bɔt dɛn kin mɛmba di wan dɛn we de liv fɔ ɔda  
pipul dɛn sote go  
Di prɔfɛt dɛn nɔ bin gɛt gold tron dɛn we dɛn bin de na  
dis wɔl, bɔt dɛn sidɔm na di tron we gɛt lɔv na bɔku bɔku  
pipul dɛn at Dat na di bɛst tron we ɛni mɔtalman kin tek  
Pɔsin kin kam na dis wɔl de kray we ɔlman gladi we dɛn  
kam Dɛn fɔ wok ɛn sav di tɛm we dɛn dɔn gi dɛn layf so dat  
we di tɛm rich fɔ lɛf dis wɔl, dɛn go kɔmɔt de smayl we di wɔl  
de kray fɔ dɛn  
Gɔd mek dis wɔl so dat mɔtalman go yuz in sɛns fɔ gɛt  
spiritual no ɛn ɔndastand di divayn Tink na pawaful pawa, ɛn  
dis pawa fɔ dayrɛkt di rayt we fɔ bɛnifit insɛf ɛn ɔda pipul dɛn  
If Gɔd nɔ bin gi wi lɔv bay we i plant in lɔv na wi at, wi nɔ  
bin fɔ ɛva ebul fɔ no mɔtalman lɔv atɔl  
Bikɔs Gɔd so fri ɛn lɛk wi, I fɔ bi wi intenshɔn ɛn di gol fɔ  
wi fɛn I nɔ want fɔ fos insɛf pan wi, bɔt nɔ gladi at nɔ go ebul  
fɔ gɛt if wi nɔ tink bɔt am ɛn kɔnɛkt wit am  
Di mistek we di bɔdi ɛn maynd de wok, we de mek wi  
difrɛn frɔm ɔl ɔda tin dɛn we Gɔd mek, ɛn ɛvri ɔda wɔndaful  
tin ɛn wɔndaful tin na layf, fɔ bi inɔf fɔ mek wi want ɛn fɛn  
am Di wan dɛn we de tray wit ɔl dɛn at ɛn wit ɔl dɛn at go  
ebul fɔ du wetin dɛn want ɛn rich wetin dɛn want  
We a bin fɔs bigin dis rod, mi layf bin chaotic ɛn nɔ  
ɔganayz fɔs, bɔt tru di tray we a bin de tray bɔku tɛm ɛn di  
tray we a bin de tray tranga wan, di klawd bigin fɔ klin ɛn tin  
dɛn bin de klia wan we mek a sɔprayz ɔl wetin apin to mi na  
bin pruf we rili sho se Gɔd de ɛn di pɔsibiliti fɔ tɔk to am ɛn  
no am na dis layf

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Oh, di pis en kwayet we di pɔsin we de luk fɔ am kin get  
we i fɛn Gɔd! Dɔn di wɔl go brayt en smayl, ɔltin go fayn, en  
natin nɔ go ebul fɔ mek pɔsin fred na in at  
Dis na aw wi fɔ get prɔblɛm dɛn en fɛt di fɛt na layf wit di  
maynd en maynd we fit di pikin dɛn na layf en layt  
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We wi fil se wi fɔ du bɔku tin dɛn di sem tɛm, wi kin rili fil  
bad

:Bifo wi wɔri bɔt wetin fɔ du, i bɛtɛ fɔ se  
Dis awa of taim na mi onli, and a go du evritin we a fit"  
."durin am witout alow di preshos to ova mi

Klok nɔ go ebul fɔ tik 24 awa insay wan minit, en  
semweso, yu nɔ go ebul fɔ du insay wan awa wetin yu nid fɔ  
du 24 awa

Wi fɔ tray tranga wan fɔ du wetin wi nid fɔ du insay di  
tɛm we wi de naw en du am wit kol at en nɔ get strɛs, en di  
tumara bambay go tek kia ɔf insɛf  
Enjoy di tɛm we yu de naw en tray fɔ gri wit di  
vaybreshɔn dɛn we pis de mek

Di mɔ yu de du dis, na di mɔ yu go fil blɛsin pawa insay  
yu we de wok fɔ yu bɛnifit, we de mek yu layf rich en mek yu  
gladi

Fɔ dil wit fred en wɔri

Wae pɔrsin wɔri kin kam na di at as a rizulta wae de fil  
pen So, wi kin si se frayd kin kɔmɔt frɔm tin dɛm wae bin dɔn  
pas Sɔmtɛm di pɔrsin dɔn fɔdɔm trade en brok in leg, en dat  
mek i kin frayd fɔ ripit di sem tin

We yu de pe atɛnshɔn ɔltɛm pan dɛn kayn tɛst dɛn ya  
we de mek yu fil pen, dat kin mek yu nɔ ebul fɔ du wetin yu  
want en yu nerv dɛn, en dis kin mek yu fɔdɔm en brok yu leg  
bak! Pantap dat, we di at paralayz bikɔs ɔf fred, di bɔdi in  
trɛnk kin go dɔŋ to di smɔl smɔl, we kin mek di sik jem dɛn  
kam insay di bɔdi en mek di bɔdi pwɛl

I no izi fo pɔsin we no de fred sik Den bin gi mɔtalman  
fred as tin fo tek tɛm fo mek i no fil pen, ɛn di rizin we mek i  
no bin fo mek i big ɛn de tink bɔt am ɔltɛm  
Fo bisin ɔltɛm wit fred de ambɔg wi fo tray fo avɔyd  
prɔblɛm ɛn solv di prɔblɛm dɛn we wi de gɛt Fo fred we dɛn  
de mɛzhɔ de bays pan sɛns, lɛk fo tink se wan patikyula it no  
fayn pan ɔl we yu want fo it am Fo fred fo sik de sho se yu  
gɛt sik Pipul dɛn kin briŋ sik pan dɛnsɛf jɔs bay we dɛn de  
tink bɔt am If yu de fred ɔltɛm fo gɛt kol, yu go gɛt am mɔ,  
no mata wetin yu du fo avɔyd am  
Nɔr mek frayd paralayz yu wil ɛn nerv dɛm We wɔri de  
pasmak pan yu agɛns yu wil, yu de ɛp fo mek di very  
experience wae yu de fred I nɔr fayn bak fo spɛn tumɔs tɛm  
wit pipul dɛm wae de tɔk ɔltɛm bɔt dɛn sik ɛn wikɛd tin dɛm  
Fo pe atɛnshɔn pan dɛn tin ya kin plant di sid dɛm fo frayd na  
yu maynd

Di wan dɛn we de fred fo gɛt pulmonary tuberculosis,  
kansa, ɔ at sik fo pul dis fred kɔmɔt na dɛn maynd, so dat i  
no go briŋ dɛn tin dɛn de we dɛn no want  
As fo di wan dɛn we sik ɛn di wan dɛn we dɔn ol, dɛn nid  
ples we fayn ɛn gri as dɛn ebul, bitwin pipul dɛn we gɛt  
strɔng ɛn fayn abit, fo mek dɛn ɛnkɔrej dɛn ɛn rayz dɛn spirit  
bay we dɛn de tink ɛn fil fayn

Tink gɛt big pawa Di wan dɛn we de wok na ɔspitul no  
kin sik bikɔs dɛn gɛt kɔnfidɛns pan dɛnsɛf; fo tru, di strɔng tin  
dɛn we dɛn kin tink bɔt kin mek dɛn gɛt nyu ɛnaji ɛn gi dɛn  
kɔntinyu fo gɛt trɛnk

Sɔng fo Long

Wit big longing, a rayz to yu di sing dem fo mai hat  
A de put ɔl mi tin dɛn we a gɛt na Gɔd in yay bifo una  
A dɔn gɛda fo yu di ɔni we gɛt bɔku lɔv ɛn fo de biɛn yu  
we no de shek

Insay di sɛl dɛn na mi kɔnshɛns; ɔl wetin na mi yon na  
yu yon bak

O Masta, a bin tɔsti na di dɛzat we gɛt lay lay op ɛn tin  
dɛn we nɔ gɛt natin  
ɛn naw a dɔn drink ɛn dɔnawe wit mi tɔsti frɔm di spring  
dɛn we yu lɛk ɛn pis de gi yu  
A nɔ tɔsti igen fɔ di tin dɛn we a want fɔ du na dis wɔl  
A fil yu blɛsin, sɛnt briz de flɔ to mi, ɛn a de fil fri  
ɛn di kandul dɛn fɔ mi gladi at de shayn wit di glɔ we yu  
gladi

I bin lɛf smɔl fɔ lɛ a day bikɔs a bin tɔsti ɛn a bin taya  
Amidst di miraj fɔ lay lay oas dɛn na di wɔl  
ɛn naw a dɔn de insay di gladi gladi wef dɛn we yu  
blɛsin spirit de gi

!A want fɔ drawn insay yu oli si ɛn liv insay yu sote go  
Di langwej we flawa dɛn de tɔk  
Gɔd na di atis we pas ɔlman

Di fayn fayn we aw i fayn, de sho se di flawa dɛn fayn  
!I rili fayn fɔ tink bɔt am ɛnitɛm we wi si flawa ɛn ros  
Wi nɔ de si Gɔd  
Bɔt, i de tɔk to wi  
Tru flawa dɛn

ɛn bɔku bɔku ɔda tin dɛn we fayn ɛn we pipul dɛn lɛk  
ɛn i de mek wi ful-ɔp wit in sɛnt we de na ɛvin  
I de kɔnfɔm In ɛgzistens to wi ɛvride tru In krichɔ dɛn  
Dɛn bin mek flawa dɛn fɔ wan rizin  
I de sav ɔlman wit in fayn fayn tin dɛn, we na ɔmbul

savis

Wi bin de tɔk bɔt Gɔd in wɔndaful tin dɛn pas ɛni ɔda tin  
ɛni flawa de tɛl in yon fayn fayn stori bɔt Gɔd in prezɛns  
Fɔ long long tɛm naw, pipul dɛn dɔn de yuz flawa dɛn  
Nɔto jɔs fɔ dekrɛt, bɔt fɔ sho Gɔd in sɛnt ɛn fayn fayn  
tin dɛn

Wi kin no se Gɔd de tru flawa ɛn ros  
Bikɔs ɛvri flawa na divayn strɔkchɔ we wi kin yuz fɔ no  
se Gɔd de sho am  
Di fayn wan we lɛk fayn fayn tin dɛn

No tink bot di lili den na di fil nɔto ivin Solomon wit ɔl in}

{glori

I bin dres lɛk wan pan den

Wori: Den kayn we ɛn aw fɔ dil wit den

Wori nɔ gɛt yus i de jɔs lod wi at wit mɔ wɔri

We yu kɔmɔt ɔ dɔn yu wokde, fɔgɛt bot am No kɛr am na

yu maynd ɛn kɛr am go na os wit yu

Wori de mek wan tik layt we gɛt dak, dak klawd den we

de rawnd di maynd, we de mek pɔsin stɔp bikɔs den rod nɔ  
klia ɛn izi Wi fɔ lan fɔ abop mɔ ɛn mɔ pan Gɔd Dis na sayɛns  
insɛf ɛn na kɔnstant divayn lɔ we nɔ de chenj ɔ chenj ɛnibɔdi

we de du wetin i ebul ɛn di sem tɛm we i de luk fɔ divayn ɛp

go gɛt tin den we de ambɔg am kɔmɔt na in rod, di intensiti

fɔ di prɔblɛm den we de mit am go stɔp, ɛn Gɔd go opin

domɔt fɔ den {ɛnibɔdi we abop pan Gɔd, i go du fɔ den}

{Cast your worries on the Lord, and I will manage them}

No—mek Gɔd mek yu no mɔ—se we ɔltɛm de fɔ pul di

prɔblɛm ɛn wɔri na layf If wi stɔp ɛn tink smɔl, ɛn tink gud

wan bot fɔ pul di tin we de mek wi wɔri instead fɔ de tink bot

am, Gɔd go opin domɔt fɔ wi ɛn gayd wi to rod den we wi nɔ

bin ɛva imajin

Bɔku pipul den kin kam to mi fɔ tɔk bot di tin den we de

mɔna den, so a kin aks den fɔ mek den kol at ɛn tink gud

wan, fɔ aks fɔ ɛp frɔm Gɔd, ɛn nɔ fɔ tink bot ɔda we den fɔ

sɔlv den prɔblɛm den te den fil se den gɛt kɔrej ɛn gɛt kolat

na Gɔd in yay

We di maynd kol, di divayn pis de kam dɔŋ pan di sol, ɛn

fet strong, sɔlv fɔ prɔblɛm den go kɔmɔt lɛk di san we de

kɔmɔt biɛn di mawnten den

If yu nɔ pe atɛnshɔn to prɔblɛm den, dat nɔ min se yu go

pul am kɔmɔt, ɛn if yu wɔri bot am, dat nɔ go mek yu gɛt gud

tin fɔ du

Tink gud gud wan te yu fil kol, dɔn tink bot yu prɔblɛm

ɛn pre wit ɔl yu at to Gɔd fɔ ɛp yu Fokus pan di prɔblɛm, ɛn

yu go fɛn sɔlv we yu nɔ go wɔri ɔ tray tranga wan

Wan prea we kɔmɔt na in at ɛn wit ɔl in at, Gɔd go ansa  
am ɔltɛm Bɔt if dɛn nɔ pre wit ɔl in at ɛn wit ɔl in at, i klia se  
dɛn nɔ go ansa am

Olman no se sɔntɛnde, wan pan di tin dɛn we dɛn bin  
want bin apin bikɔs dɛn bin de pre

We sɔntin we pɔsin want tɔn to sɔntin we pɔsin want, i  
kin tɔch Gɔd in at ɛn i kin gi wetin i want

We Gɔd want sɔntin, ɔl di tin dɛn we Gɔd mek kin du  
wetin i want

Gɔd kin ansa we wi tɔn to am wit ɔl wi at, wit dip fet ɛn  
di maynd we nɔ de shek

Sɔntɛnde, I kin ansa bay we i put wan patikyula aidia na  
pɔsin in ed we go wok fɔ fulfil yu want ɔ mit yu nid

Dis kayn pɔsin de sav as we na Gɔd in an fɔ mek i ebul  
fɔ du di tin we i want

Pipul dɛn nɔ no aw dis pawaful pawa de wok  
I de wok wit rili prɛsis kɔlkyulɛshɔn, we nɔ de lɛf ɛni rum  
."fɔ "if" ɔ "if nɔto

Dis na wetin dɛn min bay "biliv pan tin dɛn we wi nɔ de  
."si

ɛn I go gi am wetin i nid frɔm usay i nɔ de ɛkspekt

Frɔm di siŋ dɛn we di sol de siŋ

Di tik dɛn de swɛt

ɛn di briz de blo

ɛn di san de smayl

ɛn di riva de flɔd go bifo

ɛn di ɛvin de rayz ɔp

pinkish-rɛd fleks dɛn

ɛn di wɔl chenj in blak klos

Daymond dɛn we gɛt sta dɛn

Fɔ wɛr insay di de

Wan gold sus we de shayn

Nature de adorn ɛn embellish insɛf

Insay di gladi gladi kɔlɔ dɛn we di sizin dɛn we de afta

dɛnsɛf kin gɛt

En di wata we de grɔmbul  
 Yu nɔ de ɛva tray fɔ tɔk  
 Wit vɔys dɛn we gɛt tint wit wan stut  
 Na tin we pɔsin kin tink bɔt we ayd  
 En we de kɔmɔt na di dip dip tin dɛn we de na di sol  
 En di bɔd dɛn kin siŋ  
 En i kin tray fɔ kɔnfɛs  
 Wit tin dɛn we wi nɔ no  
 I de churn insay am  
 Bɔt mɔtalman  
 Ebul fɔ tɔk ɛn ɛksplen  
 Insay klia ɛn klia wɔd dɛn  
 Bɔt wetin ɔlman nɔ bin ebul fɔ du  
 We i kam pan fɔ mek pipul dɛn no bɔt am  
 Bɔt di Masta fɔ di Yunivas  
 Prɛzɛnt ɔlsay  
 Fɔ mek pipul dɛn no bɔt dis  
 di intanɛt saykolojik envayromɛnt we wi de shep de  
 m diɔn wit wi ɛkstenal envayromɛnt frɔshep bay wi intaraksh  
 s stej dɛm na layfɔf  
 Dis insay envayromɛnt ɛn intɛlektual abit dɛm, apat  
 frɔm di tin dɛm we wi want ɛn di tin dɛm we wi kin want fɔ  
 du we wi layf dɔn shep, kin gayd wi akshɔn ɛn bihayvya  
 insay wan ɔtomɛtik we  
 As fɔ intɛlektual rinuɛl, ɔ di ɛlɛvɛshɔn fɔ kɔnshɛns frɔm  
 di bɔdi to di spirit ɛn spiritual trut dɛm, we layf bigin di sol  
 kin ɛnjoy fɔ sho inɛf ɛn sho wetin i want tru di bɔdi, ɛn as a  
 rizulta i kin bi prizina na di bɔdi  
 Wi fɔ tren wisɛf fɔ liv na wan lɛvul we ay pas di bɔdi lɛvɛl  
 Mental divɛlɔpmɛnt gɛt fɔ du wit di fyzikal ɔ matirial growth  
 So, akɔdin to natura l ɛvolushɔn, di sol de pas tru bɔku stej  
 dɛn fɔ rich di lɛvul fɔ spiritual ɔwe, we de ɛksplen wetin mek  
 matirial sakrifays de ajɔst fɔs, dɔn di mental sakrifays

Wi nɔ ɡet wan dawt fɔ se di tin dɛn we wi kin du na wi  
maynd kin bɛnifit wi, bikɔs tru dɛn tin ya wi kin lan fɔ chɛnj  
di tin dɛn we wi nid fɔ du na wi bɔdi to sɛf na Gɔd in yay  
denja tɔn

Di prɔblɛm dɛn we de mit di wɔl tide nɔto Gɔd mek am  
Bifo dat, na di rizin fɔ lɔng lɔng tɛm we mɔtalman dɔn de tink  
di rayt we ɛn di tin dɛn we mɔtalman de du we nɔ rayt Wetin  
mɔtalman de plant, dɛn fɔ avɛst  
Man dɔn rich wan denja tɔnin pɔynt ɛn tinap na wan kros  
rod I kin ɔl tu pwɛl insɛf wit di we fɔ wɔ we i dɔn mek ɔ tɔn to  
wan ay we fɔ liv ɛn brinj Gɔd insay in layf bay we i de fala di  
gud abit, ɛtikul ɛn spiritual valyu dɛn we di prɔfɛt ɛn  
sɛnsman dɛn de advatayz Di chuk na wi yon  
Na tɛm fɔ mek mɔtalman difayn in pozishɔn ɛn disayd us  
rod i fɔ tek: ɔ to di chaos ɛn distrukshɔn ɔ to di ay yunivasal  
ideal dɛm we di rilijɔn dɛm na ɛvin kɔl fɔ mek dɛn nɔ ɡet sol  
ɛn di wɔl frɔm sɔfa ɛn bad bad tin dɛm

If pɔsin ple in wok lɛk aw i fɔ ple am, ɛn di lɔ dɛn bɔt  
gudnɛs, lɔv ɛn gud abit dɛn inspekt am, dat min se di daknɛs  
go mɔs dɔnawe ɛn di daknɛs go dɔn

No lɔjik ɔ jɔstis nɔ de fɔ di bad bad tin dɛn we di wɔl de  
si, ɔ fɔ di vaylɛns we nɔ ɡet sɛns we de apin na ɛvri kɔntri Di  
rizin biɛn ɔl dis na bikɔs mɔtalman dɔn kɔmɔt fa frɔm di Wan  
we mek am ɛn lɔs in tru tru kɔnekshɔn wit Am

Pipul dɛn nɔ si ɛni rizin fɔ mek dɛn nɔ pul dɛn bita bad  
bad filin dɛn ɛn mek dɛn vɛks pan ɔda pipul dɛn, ɛn dɛn tink  
se di wangren we fɔ solv prɔblɛm na wit wɛpɔn ɛn tek layf  
Bɔt Gɔd, in prɔfɛt dɛn, ɛn in bigman dɛn want mek pipul  
dɛn liv togɛda ɛn fɔ wok togɛda fɔ du wetin rayt ɛn fɔ wɔship  
Gɔd

. \*\*\*

Yu tru tru sɛf ɡet kɔsmik rut Dɛn rut ya de pul dɛn trɛnk  
frɔm di kɔsmik sɔs, we na Gɔd, di ɔrijin fɔ ɔl di pawa we de Di  
limited, smɔl sɛf, ɔ "ego," na jɔs wan smɔl pat pan wetin dɛn  
kin pul frɔm insay ɛn sho insay rial

Yu important sef get infinite potneshel we de wet fo mek  
den aktiv, yuz, en benifit from  
Ol di big big ticha den de tok se insay di bodi de di sol we  
no de day, we na wan spak we de mek God in layt we de ful-  
op di layf en we de sopt ol di tin den we God mek  
\*\*\*

Yu no aw pipul den kin spen den layf? Na smol pan wi  
nomo no di rayt we fo liv, en aw wi go benifit from layf if wi  
put am wit sens en pan moni biznes  
Fos en di men tin, wi fo tink bot wi tem Taym de pas en  
slip bifo wi ivin no, en na dis mek buku tem wi no kin no di  
valyu we di tem we God don gi wi get  
Aw buku tem den de west pan natin! En aw smol pipul  
den kin stop fo tink en tink bot wetin layf kin gi wi Buku pipul  
den no kin tink dip wan atol; den kin spen den layf fo it, slip,  
en enjoy densef, don den kin komot na dis wol wit smol tin fo  
sho fo dat

I rili important fo no difrens bitwin wetin wi nid en wetin  
wi want Di rial nid den no buku, bot di tin den we wi want no  
buku Fo mek wi get fridom en pis we de insay wi, wi fo adres  
wi nid den en lef fo ronata di tin den we wi want we no get  
end en fo tray fo get gladi at we de pas na di wol, lek wan  
dezat miraj we no de gi di wan den we tosti tin fo it en we no  
de satisfay di wan den we tosti  
Di mo we posin de abop pan tin den we de apin na do fo  
get gladi at, na di mo i de komot nia fo get gladi at Fo koltiv  
en men di want fo get lojishon na wan sho we fo mek i no get  
gladi at mo en mo en mek i bi slev to propati den  
Wi fo ridyus di tin den we wi nid en spen wi tem fo fen tru  
tru gladi-at o gladi-at na God in yay  
Di sol no de eva chenj; na di esens we go de sote go we  
ayd bien di vel we motalman no get bete konshens, we ful-op  
wit olkayn pen, fol, en day  
Wi fo es di ilyushon vel we de chenj chenj en chenj en  
rest insay wi nature we go de sote go Wi fo establish wi



kɔnshɛns pan di rɔk we de tinap tranga wan ɛn insay kwayɛt,  
we na di tron fɔ divayn pis we pas ɔndastandin, ɛn afta dat  
wi go test di swit spring fɔ gladi at we de flɔ frɔm di blɛsin  
spring dɛm fɔ di Spirit, de ɛn nɛt

Wi kin gɛt gladi at bay we wi de kɔrɛkt wisɛf, we wi de  
liv simpul layf ɛn we wi de tink gud wan, ɛn we wi de spend  
mɔni, ilɛksɛf wi de gɛt mɔ mɔni pas wetin wi nid fɔ gɛt fɔ mit  
wi bɛsis nid dɛn Wi fɔ ɛp ɔda pipul dɛn bak ɛn ɛp dɛn fɔ ɛp  
dɛnsɛf

Wan lɔ de we dɛn nɔ rayt we se ɛnibɔdi we ɛp ɔda pipul  
dɛn fɔ gɛt prɔsperiti ɛn gladi at go gɛt ɛp frɔm say dɛn we  
dɛn nɔ bin de ɛkspekt, ɛn dɛn yon prɔsperiti ɛn gladi at go  
bɔku Dis na lɔ we de ɔltɛm ɛn we nɔ de chenj, ɛn blɛsin fɔ di  
wan dɛn we de liv bay am, bikɔs dɛn go de wit di wan dɛn we  
?gladi I nɔ bɛtɛ fɔ liv simpul layf ɛn jɛntri pan spirit  
{Layt pan layt Gɔd de gayd to in layt udat i want}  
{ɛn di layt de shayn na daknɛs}

. \*\*\*

Biɛn ɛni layt we de insay wan smɔl ilɛktrik lamp, wan  
strong kɔrɛnt de, ɛn ɔnda ɛni smɔl wef, di big si we dɔn bi di  
bɔku bɔku wef dɛn de

Dis kin apin bak to mɔtalman Gɔd mek mɔtalman ɛn gi  
dɛn fridɔm fɔ disayd ɛn disayd Bɔt mɔtalman fɔgɛt di sɔs ɛn  
di pawa dɛn we Gɔd put insay dɛn  
No limit nɔ de fɔ di tin dɛn we pɔsin kin ebul fɔ du na dis  
wɔl, ɔ di prɔgres we mɔtalman kin ebul fɔ du ɛn di ɔrayzin  
dɛn we i kin rich

. \*\*\*

We wi begin fɔ ɔndastand mɔtalman in wan ol tin ɛn in  
bɔdi, wi kin no se i nɔto pɔsin we wi de si  
Insay am, bɔku pawa dɛn de, di pɔtnɛshɛl we i de yuz to  
difrɛn digri dɛn fɔ mek i ebul fɔ adap to di kɔndishɔn dɛn na  
dis wɔl ɛn di pawa we dɛn pawa ya gɛt pas aw di avɛrej pɔsin  
kin no

Springs ɛn Sips: Wan Oasis fɔ Oli Lɔv

A go dro vitality  
From di watawel we get gold san layt  
A go sip pis  
From di spring den we get silva net den we di mun de  
shayn

A go drink yu trenk  
From di kop we di big big briz de blo  
A go drink yu awareness wit gladi en gladi  
From di kop den we a bin de tink bot we no klia en we dip  
Insay yu blesin layt  
A go de wek sote go  
We yu de luk yu fes we get blesin en we de ɔlsay  
Wit wachful yay tru di long ej dem fo sote go  
A don luk fo God in lov  
Insay di gron we no get natin we mortalman de fil  
Te a don fen am  
Na di oasis fo oli lov

We in sos no de eva ron dray  
Masta, ep mi fo klem mi propati na evin  
En so dat a go liv di layf we di wan den we no de day get  
!O Wan we get lov pas olman en we oli pas olman  
Ivin if di daknes we a no no natin don ol lek tem sef  
Bot le a no se

Dat wit di dawn fo yu layt  
Di daknes go donawe wit wan yay  
I tan lek se i no eva apin  
Veks en di ifekt we i get pan welbodi biznes  
Pan ol we di averej posin no get konsheens memori bot di  
eksperiens den we in sol get, i de pat pan di kosmik ol en i fo  
chaj in layf bak wan wan tem wit di korent den we de mek  
layf fil fayn we de komot from di Wan en di Wan, we na di say  
we layf, lov, en trut we no de chenj ɔ sheb  
We di posin we de luk fo di prinsipul fo Trut pan tin den  
we i de tink, wod, en du, i de alayned insef wit di tin den we  
God mek en di Wan we mek oltin Olman we mit dis posin we

dɔn evolv pan Gɔd biznɛs, gɛt bɔku tin dɛn na in spirit bay in  
spiritual vaybreshɔn dɛn we gɛt wanwɔd, pan ɔl we dis  
enrichment kin difrɛn pan di digri  
Dat disaypul fri frɔm tu tin dɛn we de mek i fil pen ɛn di  
tin dɛn we de agens dɛnsɛf, ɛn i dɔn kwalifay fɔ go insay di  
las say fɔ rɔn go: tru tru tin we nɔ gɛt wan bɔt  
Di we aw pɔsin nɔ vɛks na di kwik we fɔ mek pɔsin gɛt  
pis insay pɔsin in at Wamat kin kɔmɔt frɔm di we aw i nɔ  
want fɔ du sɔntin, ɛn pɔsin we nɔ gɛt ɛnitin we i want nɔ kin  
vɛks

Di wan we nɔ de ɛkspekt natin frɔm ɔda pipul dɛn ɛn tɔn  
to Gɔd fɔ rich in gol ɛn fulfil wetin i want, nɔ go fil bad ɔ bita  
to in kɔmpin mɔtalman, ɛn i nɔ go fil bad fɔ dɛn filin (Smayl  
to yu brɔda na charity) ɛn (Go fɔs ɛn mek pis wit yu brɔda)  
Di man we gɛt sɛns kin satisfay wit in sho se i no se Gɔd  
na di manija ɛn administreta fɔ ɔl di wɔl dɛn, ɛn i nɔ kin tink  
se tin kin apin randomly, so i fri frɔm vɛks, et we dɔn stɔp ɛn  
filin fɔ et

Dis wɔl na wɔl we gɛt bɔku tin dɛn fɔ du, ɛn di wan dɛn  
we gɛt sɛns kin alaynɛd dɛnsɛf wit di tin we Gɔd want ɛn  
adap dɛn akshɔn to di tin dɛn we de apin Sɔntɛnde dɛn kin  
sho se dɛn nɔ gladi wit maynd ɔ ivin fɛt-fɛt if i de mek pipul  
dɛn we de du bad nɔ du bad to di wan dɛn we nɔ du natin  
Bɔt di wan dɛn we gɛt sɛns nɔ kin et ɛni mɔtalman, ilɛksɛf  
dɛn nɔ no natin ɔ aw dɛn bad bad tin dɛn bɔku  
Di pɔsin we no insɛf kin vɛks fɔ long tɛm ɔ fɔ shot tɛm,  
bɔt i nɔ kin te, i kin kam bak to di we aw i kin izi fɔ du ɛn fɔ  
mek i nɔ gɛt wanwɔd

Di wamat we ɔdinari pɔsin gɛt nɔ go ebul fɔ pul am bay  
we i want ɛn wantɛm wantɛm, bɔt di klin at we pɔsin gɛt we  
nɔ gɛt ɛnitin fɔ du wit di wɔl nɔ de fil vɛks ɛn i nɔ de sho am  
Fɔ vɛks na di fɔlt we pipul dɛn kin gɛt pas ɔl, ɛn i kin  
mek pis nɔ de na famili ɛn neshɔn dɛn  
Di wan dɛn we kin vɛks kwik, dɛn famili nɔ kin lɛk dɛn,  
ɛn dɛn kayn we ya we dɛn kin vɛks ɔltɛm kin ambɔg

mortalman welbodi en boku tem kin mek den get fet-fet We  
pipul den kin giv op fo veks blaynd wan, boku pan den kin du  
kraym, go na jel, o den kin sentens den fo day  
Fo fala di prinsipul fo kip densef, olman fo lan fo tek tem,  
tink bot di bad tin den we go apin to den, en fo kontrol den  
wamat

Di wan den we de kontrol den wamat en fogiv pipul den -  
en God lek di wan den we de du gud  
Fo mek yu ebul fo balans yu maynd  
Di rilitiviti fo layf (bon, day, gladi-at, en pen) na di wan]  
den we de si dis wol wit balans maynd Fo tru, den tin ya get  
Bhagavad-Gita 4:9 [rut insay di pafekt balans divayn spirit  
Interpreshon en Koment

Yu kin get maynd balans tru di prektis fo spiritual  
egzampul den we de ep fo ton di maynd insay, usay di yogi  
kin get balans stet fo gladi we no de chenj We den ebul fo  
sho dis insay stet we den wek, den kin klin en graon insay di  
yunivasal spirit

Di wan den we get sens se di averej posin get folt bikos of  
in sens intarakshon wit di tu tin den en di rilitiviti we de na di  
egzistens, lek pen en gladi, ot en kol, layf en day Na di wan  
den nomo we kin gri fo separet den konshens from di wol sens  
den rili fri from di tu tin den we no de mek posin fil fayn, en  
na den de fen rest insay di divayn spirit, we de get pis we go  
de sote go

Yogi dem we de eksperiens oli gladi at na stet dem we de  
insay, konshens, en sublaym awareness na klin en in  
komyunion wit di kosmik spirit

Di posin we no get disiplin de wach di pikcho den we de  
muv na dis wol en rayd di wef den we gladi en sori, pwel at,  
veks, swa, o no bisin bot oda pipul den na di si we de na in  
konshens we i no ebul fo si di mun fo di sol we de sho na da  
si de

We di trɔbul wef dɛn we de na di kɔnshɛns dɔn go dɔŋ,  
di sɛnsman we de na di kol si we de insay di si kin si di oli  
mun in pikchɔ we i nɔ kin chɛnj  
Negativ tinkin na di ɛnimi

We yu fɔ win sɔntin, yu fɔ ɔndastand wetin mek yu fɔ  
win am Yu nɔ fɔ jɔs lɛf am ɛn distans yusɛf frɔm am, bɔt yu fɔ  
pul di tink bɔt am ɛn drɛb am kɔmɔt na yu tinkin Negativ  
tinkin na ɛnimi we rili bad we yu fɔ win  
If yu shift yu focus frɔm sensory awareness to spiritual  
awareness, yu go ajɔst win ɛn briŋ gladi at to yusɛf  
Achievements lay in the mind

Wan nɔ fɔ bi pɔsin we pasmak ɛnjoy tin dɛn, bɔt nɔ mek  
dɛn bi yu slev Bi fri Bi gud, padi, gladi, ɛn gladi, ɛn bi yu yon  
masta ɔnda ɔltin

Fɔ du ɛnitin we pɔsin lɛk fɔ du nɔto fridɔm, bɔt na fɔ yuz  
fridɔm bad bad wan  
Fridɔm kin kɔmɔt frɔm di lɔ we se pɔsin fɔ rul insɛf, dat  
na fɔ kɔntrol insɛf

Tru fridɔm min fɔ du ɔltin akɔdin to sɛns  
Fridɔm smɔl ɛn i nɔ shayn if i nɔ gri wit Gɔd ɛn In lɔ dɛn  
Bɔrku pipul dɛn layf na wetin dɛn want, wetin dɛn lɛk,  
aw dɛn de biev, aw dɛn de biev, ɛn di tin dɛn we de apin to  
dɛn na di say we dɛn de ɛn di soshal layf

We di bɔdi abit dɛn begin fɔ kɔntrol di maynd, i kin at fɔ  
mek di bɔdi obe di tin dɛn we i want Gud abit na yu big padi,  
we bad abit na ɛnimi we de mek lɛk se i nɔ gɛt wanwɔd So,  
pɔsin fɔ tek tɛm fɔ ripit wan abit ɔ akshɔn, bikɔs fɔ ripit kin  
chɛnj wan akshɔn to abit bifo pɔsin nɔ, ɛn di abit kin bi sɛkɔn  
nature Bɔt, i kin chɛnj tru kɔnsistɛns gud dɛd ɛn pɔsitiv,  
pɔsitiv, . fɔ tink bɔt tin dɛn we pɔsin kin mek  
Fri wi frɔm di we aw wi nɔ no natin ɛn di tin dɛn we i kin

du

Yu na di say we ɔl gud tin de kɔmɔt ɛn na yu mek ɔl di  
pawa

Masta, blɛs wi so dat wi go sho Yu blɛsin pan wi

Insay wi wɛlbɔdi biznɛs  
 Insay wi intɛlektual aspireshɔn dɛn  
 ɛn insay wi spiritual aspireshɔn dɛn  
 Yu na di spak we de shayn na di sta dɛn  
 Enaji we de insay atɔm dɛn  
 ɛn fɔ no di dip tin dɛn we pɔsin kin du  
 ɛp wi fɔ richaj wisɛf  
 Na yu pawa we pas ɔl  
 Wit yu sɛns we nɔ gɛt ɛnd  
 ɛn wit yu ɔthɛntiti we nɔ gɛt bɔda  
 Mek wi no se yu na wata we de mek yu gɛt wɛlbɔdi  
 ɛn di envayrɔmɛnt we de na layf  
 ɛn na di say we ɔlman ɔndastand  
 Fri wi frɔm di we aw wi nɔ no natin ɛn di tin dɛn we i kin

du

Frɔm pen ɛn sɔfa  
 Mek di wata we de flɔd yu sɛns swip go  
 ɔl di wreckage ɛn ruin fɔ wi layf  
 Tear off di veil dem we de ayd yu fes fɔ wi  
 Mek wi si yu wit wan layt we rili brayt  
 Bɔku bɔku san dɛn de na di ɔrayzin fɔ wi bi  
 Mek wi fil yu prezɛns as pawa we de ridyus ɔltɛm  
 Inspɛkt wi fɔ tink  
 ɛn fɔ gi wi sol tin fɔ it  
 ɛn i de mek wi bɔdi kɔntinyu fɔ de  
 Natin nɔ go ebul fɔ satisfay wi ɛn fulɔp wi op dɛn pas yu  
 Wi de aks yu fɔ gayd wi pan ɔltin we wi de du  
 ɛn if wi gɛt rɔŋ aidia  
 Mek wi yɛri yu blɛsin wispa we de briŋ wi bak  
 To di rayt rod  
 Blɛs wi layf wit yu kriet pawa dɛn  
 ɛn yu gladi-at we go de sote go  
 O Most Generous pan di wan dɛn we gɛt fri-an  
 ɛn na di say we ɔlman de gi

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Di wan den we want fo get sens pan spiritual tin den fo  
wok fo rich den stet den de, noto fo benifit densef bot fo mek  
oda pipul den get maynd bay di egzampul we den de sho na  
den layf

Di wan den we de du den wok di we we go ep fo develop  
den layf di we we balans de akt lek blesin en opin domot den  
we di wan den we don los en we no get bete maynd kin go  
insay en pas to crayzin den we get kol at, gladi at en  
sakrifays

Den pipul ya de gri wit den ay nature en den no de wok  
fo satisfay den whims bot fo fulfil di rikwayment den fo trut,  
development en fo fala di divayn wil  
Den na tru tru asketik ileksef den de na pales en den get  
boku boku pipul den bikos den lef fo du wetin den want fo du  
fo mek den gladi fo God en fo ep oda pipul den  
Pasin fo wok en du ol wetin i ebul fo pas layf test en win  
di problem den we i get fo liv, ileksef na di dip dip forest den o  
na di midul pan di jongron den na di modan sivilizayshon  
Forest na ples fo animal den we de it animal den, en di  
jongron den we sivilizayshon de ful-op wit di big big animal  
den we de fred

Di temteshon en di tin den we pasin want pasmak, en  
motalman fo protekt inself from ol di tin den we de it  
motalman en gud abit den fo mek i ebul fo waka di rod den fo  
layf we get respekt wit fridom, gladi at en fridom from fred  
We pasin fen di kingdom we get spiritual gladi at we go de  
sote go insay inself, i go fen am olsay, ileksef na di dip ples  
we stil de o di noys we i de du, en i go yeri di divayn voys we  
de wispa to am na di kev we i de tink gud wan en di say den  
we i de wok

Di Stori bot di Filsofa en di Sailo  
Den se wan masta sabi bukman we sabi bot sens en lojik  
bin want fo muf from wan bank na di riva to di oda bank, so i  
kol wan botman we get wan smol bot we i bin de yuz fo ker  
pipul den kros di riva

Di filsofa go insay di bot en di selo row am, i no gri wit  
di strong korent Afta shot distans, di filsofa aks di selo se:  
"Selo, yu don memba di fos pat pan di Prinsipul dem fo  
"?Filsofi

Di man we de wok na di bot ansa se: No, sa, a no bin  
membam

Don di man we sabi bot sayens tel am se: A rigret fo tel  
yu se yu don west 25 pasent pan yu layf we yu no get eni big  
benifit

Di man we de wok na di bot swela di insul en kontinyu fo  
row We den rich na di midul pat na di riva, di masta sabi buk  
:opin in mot we de swet bak en se  
Hey Naughty: Yu don memoriz di sekon pat of Principles  
?of Philosophy

Di man we de wok na di bot ansa se: Sa, a no no natin  
bot dis buk, Principles of Philosophy

Don di filsofa mek wan nyu pronawnsment: "Na sori-at!

A rigret fo tel yu se yu don west 50% pan yu layf pan natin"  
Di selo bin veks wit dis rud we bot i no tok natin, i kontinyu fo  
row insay mo we pas wan, i kos di awa we i bin mit dis  
filsofa we bin de aks kwestyon We di bot bin don rich tri-  
kwata pan di we fo go don di riva, di wan man we sabi bot  
:sayens bin aks wan tod kwestyon

Hey Naughty: Yu don memoriz di nomba tri pat fo  
?Principles of Philosophy

Di po man we de wok na di bot ansa wit peshent we de  
stop: A tel yu, sa, se a no no natin bot filsofi

Na ya di filsofa smayl wan smayl fo (konsen en korej),  
se: I sori fo no se, yu don west 75% pan yu layf wit dat, en  
dat na los we yu no go ebul fo tek in ples

Di man we de wok na di bot no ansa dis koment bot i  
mek in row kwik kwik wan, i op se i go rich na di oda bank en  
pul da tin de we de swet en we de stika Wantem wantem, di  
skay flash wit laytin, tenda begin, en wan big big ren we bin



de kam dɔŋ insay pawaful tropik shawa dɛn, we mek wan big  
big briz we bin de trowe di bot go ɔlsay  
Dɔn na di man we de wok na di bot in tɛm fɔ aks di man  
:we sabi bɔt sayɛns kwɛstɪɔn, so i tɛl am se  
Mi dia filɔsofa, frɔm we wi begin dis waka, yu dɔn de bɔm  
mi wit bɔku bɔku kwɛstɪɔn dɛn, wan afta di ɔda A kin aks yu  
?jɔs wan kwɛstɪɔn

Di masta sabi bukman ansa se: Yes, yu kin Di man we  
:de wok na di bot se  
Oh, esteemed filɔsofa, we sabi filɔsofi gud gud wan ɛn  
?we dɔn memorize in buk dɛn bay at, yu sabi swim  
Di filɔsofa ansa wit vɔys we de shek shek se: Nɔ, sa, a nɔ  
sabi swim

Di man we de wok na di bot smayl ɛn tɛl am se: So wi  
risk de wit yu ɛn di ɔda wan dɛn de na wi layf, ɛn i de mek a  
fil pen fɔ tɛl yu se insay sɔm tɛm frɔm naw yu layf go bi wan  
!ɔndrɛd pasɛnt istri

Na da tɛm de, wan big big wef bin bang di bot ɛn tɔn am  
ɔpsayd dɔŋ, ɛn sɛn di filɔsofa we bin de da tɛm de go na di  
bɔt ɔf di riva, we wi selɔ padi bin de yuz in strɔŋg an dɛn ɛn  
in lɔŋ ɛksperiɛns fɔ swim ɛn wit kɔnfidɛns ɛn kol at i bin de  
agens di wef te i rich na di ɔda bank sef wan  
Lɛk gold we dɛn bɛr ɔnda dɔti

Frɔm di beginin fɔ mek ɔltin, di pawa dɛn we gud dɔn de  
fɛt agens di pawa dɛn we bad Wi fɔ mɛmba se milɛ, vɛks,  
gridi, ɛn ɔda tin dɛn nɔto wi yon mek, bɔt dɛn gi wi frɔm di  
beginin Na frɔm we wi de sɔfa dɛn bad tin ya, na in sɛns de  
wek ɛn tray fɔ fɛn di rod bitwin dɛn pen ya

Di wangren we fɔ fɛn sɛns na bay ɛksperiɛns, bikɔs tru wi  
yon ɛksperiɛns wi no se na bad tin de ambɔg wi pis ɛn mek wi  
gɛt prɔblɛm, sɔfa, ɛn pen, ɛn fɔ dis rizin wi fɔ wok fɔ avɔyd ɛn  
pul am kɔmɔt

ɛnitɛm we yu gɛt pis afta dɛn dɔn vɛks yu ɛn yu disayd  
fɔ kɔntinyu fɔ du gud ɛn kol at, di dɛbul kin kam ɛn se: "Dɛn

de tɔk bad bɔt yu, so wetin mek yu nɔ de tɔk sɔntin we nɔ  
"ʔfayn ɔ we de mek yu fil bad bak  
Nɔ alaw di dɛbul fɔ bi di wan we win di tug-ɔf-wɔ bitwin  
gud ɛn bad  
Di Oli Voys de wispa to wi ɔltɛm, bɔt fɔ gɛt divayn ɛp wi  
fɔ tek tɛm lisin to di vɔys na ɛvin  
ɛnitɛm we Setan de tray fɔ mek wi kam nia am, Gɔd de  
tray fɔ mek wi kam nia insɛf Di kwɛstyɔn na: udat wi go lisin  
ʔto, ɛn udat wi go put wisɛf ɔnda  
Nɔbɔdi nɔ go ebul fɔ kɔntrol wi ɔ inflɔws wi if wi nɔ gri,  
bikɔs wi gɛt di disayd ɛn fridɔm fɔ disayd we Gɔd dɔn gi wi,  
bɔt Setan de ful wi ɔltɛm ɛn wi fɔ tinap agens am  
Di pawa dɛm fɔ gud de briŋ solv fɔ wi prɔblɛm dɛm, we  
di fɔs dɛm fɔ bad de tray fɔ mek kɔmplikɛshɔn ɛn prɔblɛm  
Gudnɛs min fɔ fri frɔm ɔl di selfish want dɛm we de pul ɔda  
pipul dɛm fɔ di self  
Gɔd in pawa bɔku, ɛn in pawa pas ɔl pawa Tru in lɔv, I  
de tray fɔ drɔ wi to insɛf ɛn fri wi frɔm di klat we wikɛd de ol  
Mɔtalman tinap na di midul: enjɛl dɛn na in raytan ɛn di  
pawa dɛn we de mek wikɛd na In lɛft  
ɛnitɛm we pɔsin du gud tin, Gɔd kin mek i kam nia am;  
ɛvri tɛm we dɛn du bad tin, Setan kin pul dɛn nia Bɔt Setan  
nɔ kin ebul fɔ ol pɔsin sote go bikɔs Gɔd mek am lɛk aw i tan  
ɛnitɛm we pɔsin fil se dɛn et am na in at, lɛ i mɛmba se  
Setan de tray fɔ pwɛl am, ɛn we i fil se i lɛk am, mek i no se  
Gɔd de kɔl am to am  
Wikɛd ɛgzampul ɛn gud ɛgzampul dɛn de we Gɔd de sho  
in ɛgzampul ɔ patɛns fɔ mek wi kam nia insɛf, ɛn Setan de  
sho in tin dɛn bak fɔ di sem tin ɛn aw Gɔd in man we begin fɔ  
:siŋ we i tink bɔt dɛn tin dɛn de, rili wɔndaful  
Laif swit, ɛn day na drim ɛlth swit, ɛn sik na drim, we"  
."Yu oli myuzik de ɛko na di dip dip pat na mi sol, O Gɔd  
Iv ɛn sin nɔ de insay wi nature, bɔt dɛn de import am  
frɔm ɔda kɔntri ɛn put am insay di sol

Gudnɛs tan lɛk gold we dɛn bɛr ɔnda dɔti; i nɔ de lɔs in  
es, bɔt i de shayn wit in natura klin wans dɛn dɔn pul di dɔti  
Semweso, gudnɛs insay mɔtalman sol de te l nɔ mata aw di  
gold fɔ di sol dɔn dɔti wit di tik, had dɔti we nɔ no natin, wi  
nid fɔ jɔs skrap da dɔti de wit di nɛf we gɛt sɛns ɔ was am wit  
di wata dɛn we gɛt sɛns fɔ sho di fayn fayn layt we de sho di  
tru tru layf gold

Fɔ mek di spiritual ɛnaji dɛn wok

Di sol fɔ wek

Frɔm drim dɛn bɔt wikɛd ɛn wikɛd

ɛn fɔ sɛn di maynd insay di ɔrayzin dɛn we gɛt sɛns

Na we yu de tink gud wan, ɛksesaiz, ɛn rilaks

Kɔntrol yusɛf ɛn it di rayt it

ɛn saykilɔjik trɛnk we nɔ de shek, we nɔ de chɛnj

Nɔ gri se yu dɔn win

Na bikɔs fɔ admit am na big big win

Yu gɛt pawa we nɔ gɛt limit

Dɛn fɔs dɛn de fɔ mek dɛn wok

!Na dat nɔmɔ de fɔ am

Siribɔs ɛn dip tinkin

Na di we fɔ lɛf fɔ gɛt tin dɛn we de ambɔg yu

ɛn bɔku prɔblɛm dɛn

Dɛn fɔ put kɔnshɛns to Gɔd

ɛn wit ay spiritual sɛns

Di prɔblɛm dɛn kin bɔku

Di lod dɛn kin ebi

Bɔt na mɔtalman in yon ɛnimi

."Dat min se, in smɔl sɛf ɔ "ego

Di tru sol nɔ de day

Pan ɔl we ɛkspiriɛns ɛn prɔblɛm dɛn na fɔ shot tɛm nɔmɔ

ɛn dɛn kin chɛnj

Mɔtalman na spirit mɔ

Di tin we de insay di spirit de ɔltɛm ɛn i nɔ de chɛnj

Yu kin pul bɔku bɔku ɛnaji ɛn pawa dɛn

Fɔ win prɔblɛm dɛn ɛn bad bad tin dɛn

En ol di tin den we de ambog yu en di tin den we de  
ambog yu we tinap na yu rod

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Tink na pawa we tan lek ilektrishon  
saykolojik kondishon den  
I de go bak to di we aw pipul den bin de tink en di we aw  
den bin de tink  
Ilektrishon kin benifit en i kin ambog  
?So udat sabi aw fo solv am  
I de put am na in savis  
If noto dat, i go mek i get ilektrik  
En na so bak den bin de tink  
If den de dayrekt am na di rayt rod den  
I de bring gladi at to di posin we get am  
If noto dat, i go bring problem to am  
Tink tan lek wayl os  
Bot, fo tam am noto tin we no posibul  
Fo tink gud wan na wan we fo kontrol di we aw yu de  
tink

Fo tink gud wan na tayt padi  
En sik maynd na enimi oltem  
We yu tink gud wan, dat kin mek yu get pis en sef  
En sik maynd kin sen aro den we kin kil posin  
I de ribaund pan in ona tu tem  
Na dat mek den kin se, di blesin na di sem kayn tin we  
posin du  
As long as posin de sen gud intenshon  
In aidia den go ton to toch  
I layt di chemba den na di sol  
En dreb di boku boku daknes  
Don i kin fil bad bad wan  
In yay den bin de shayn wit smayl we de sho se i  
!satisfay  
fo get gud padi biznes wit oda pipul den  
Di agriment we den mek no min oltin

Ɔ fɔ sakrifays di tin dɛn we dɛn want fɔ du fɔ dɛn yon  
bɛnifit

Na bikɔs dis we fɔ kɔmpromis nɔ fayn  
I nɔ gri wit di trut  
Di wan dɛn we bin de rifɔm ɛn di bigman dɛn nɔ bin gri  
Wit bɔku pipul dɛn we de rawnd dɛn  
Bɔt, dɛn bin kip di tin we dɛn bin want fɔ du  
Na bikɔs dɛn bin no se wetin dɛn bin de du  
Dat bin rili rayt  
Di prinsipul nɔ fɔ kɔmpromis  
ɛn nɔ fɔ du tin dɛn we nɔ izi fɔ du fɔ rich wan patikyula

gol

Na bikɔs dat nɔ fit fɔ pipul dɛn we gɛt prinsipul  
?Udat go ebul fɔ liv di we we go mek Gɔd gladi  
Nɔ du ɔda pipul dɛn bad, bikɔs dɛn nɔ gɛt natin fɔ fred  
Fɔs ɛn di men tin, pɔsin fɔ gri wit Gɔd  
Dɔn wit kɔnshɛns, ɛn afta dat wit pipul dɛn  
Bɔt if dis we aw dɛn de du tin nɔ de mek ɔda pipul dɛn

satisfay

I go du fɔ mek pɔsin gɛt pis insay insɛf  
I kin fil pis insay in at we kin mek i nɔ gɛt ɛnitin fɔ du wit  
pipul dɛn we nɔ gri wit am  
Di trɛnk ɛn di tin we di sol want  
We wi de tɔn to Gɔd  
Dɛn kɔl am spiritual magnetism  
ɛn dis magnetizm  
Di sol de atrak blɛsin to insɛf  
ɛn fayn fayn vaybreshɔn dɛn  
ɛn ɔl di gud ɛksperiɛns dɛn we mɔtalman kin gɛt  
We de mɛmba am bɔt gudnɛs ɛn wetin rayt  
spiritual magnetizm we gɛt fɔ du wit Gɔd biznɛs  
Na di pawa we  
I de mek di pɔsin atrak ɛn drɔ to insɛf  
Gud padi dɛn  
ɛn tin dɛn we impɔtant ɛn we impɔtant

En fɔ ɔndastand tin dɛn we pɔsin kin ɔndastand  
Dis pawa de kɔmɔt frɔm am  
Frɔm di atraktiv magnetik pawa we Gɔd gɛt  
Kandul fɔ Pis  
Tek wan mental vessel ɛn ful-ɔp am wit yu pis  
Tek di bɔtul fɔ mi filin ɛn ful-ɔp am wit yu sɔri-at  
Tek mi ɛmti basket we gɛt sol ɛn ful-ɔp am wit di frut  
dɛn we yu gɛt  
Put di wata we yu lɛk insay mi sol, so dat a go tɔn am na  
di kɔp dɛn fɔ di sol we tɔsti  
Brek daun di wol dem fɔ mai ego en immerse mi in yu  
total prezens  
Di dawn fɔ lɔv in layt de shayn tru di opin dɛn na mi at,  
de mɛmba mi di san layt fɔ yu lɔv  
Spread kross di skay na mi layf  
Di layt we de shayn we yu lɛk dɔn shayn pan mi sol, i de  
layt am, ɛn yu layt dɔn ful-ɔp di ples we mi spirit de  
Yu na di layf we de sɔpɔt mi bɔdi, di maynd we de mek a  
tink, ɛn di sɛns we de pul mi ignorance  
A kin layt di tint kandul we a lɛk fɔ rid di gold buk we  
dɛn dɔn kip insay mi frɔm trade trade  
Yu lɔv bin de ɛn stil de di kandul fɔ pis we pɔsin nɔ de si  
we de pul di daknɛs ɛn sho mi yu mɛsej dɛn  
Di blɔk de na di pej dɛn fɔ at  
Di trɛshɔld fɔ infiniti  
Afta we dɛn dɔn luk fɔ yu bɔku bɔku tɛm  
En di kɔntinyu fɔ waka waka na di fɔrɛst dɛn fɔ yu  
wɔndaful sikrit dɛn  
A dɔn rich di say we a nɔ gɛt ɛnd  
Wit kɔnfidɛns ɛn pɛshɛnt, a kɔl Yu oli nem  
En wantɛm wantɛm di domɔt fɔ yu fes opin  
Na de na in sɛnt  
En a si yu na di tron we gɛt glori vishɔn dɛn  
Di we aw a bin de yɛri nɔ bin gri  
Wit yu kreativ ɛn inovativ vɔys

A bin de wet wit ol mi at fo yeri yu vɔys  
 Den di majik of yu tranquility krep in mi  
 En wit wispa den we pɔsin kin ɔndastand  
 I bin tich mi di langwej we enjɛl den kin tɔk  
 En di nyu mitin bin stɔp  
 A bin bombad yu wit mi kwɛstyɔn en kwɛstyɔn den  
 :Ancient as tɛm sɛf  
 "?Wetin mek, O Gɔd, sin en sɔfa"  
 Wetin mek di lay lay tin den en di lay lay tin den we den  
 ?kin du  
 So a tek di rays na yu oli ples  
 Wan kayn lɛta den we de shayn  
 Fo gi mi yu tru tru ansa den we pɔsin kin abop pan  
 Gi pɔsin we de kɔrej en kɔmfɔt  
 Naw, na di esoterik tɛmpul na Salami  
 A kin enjoy yu prezɛns na di at fo kwayɛt  
 Wi kin tɔk wit wɔd den we wi nɔ ebul fo ɔndastand en we  
 wi nɔ tɔk natin  
 O Gɔd we gɛt sikrit den we pɔsin nɔ go ebul fo  
 ɔndastand  
 A go tɔk to yu sote go  
 !Wit ol di eloquence en fluency na mi at  
 We yu layt de flik insay mi sol  
 Mek yu glori sho, O Masta  
 Mek di layt fo yu sɛns nɔ de igen  
 Nɔ no natin, nɔ gɛt wanwɔd, en jɛlɔs  
 Frɔm di shore den na di wɔl sote go  
 Turn wi wikɛd tin to trɛnk  
 En wi wik en mek wi disayd fo du sɔntin  
 Chaj wi bɔdi wit impɔtant ilɛktrishɔn  
 En ful-ɔp di maynd en sol wit yu layt we de mɛn pipul  
 den  
 Tek wi an so dat wi nɔ go drawn insay di wata we nɔ de  
 pe atɛnshɔn to Yu  
 Ful wi bi wit Yu lov en waes

Lε wi fil se wi rili de nia yu  
En di san we yu gɛt sɔri-at  
I de shayn pan wi ɔltɛm  
\*\*\*

A kin put di flawa dɛn fɔ mi tink dɛn we de wispa ɛn we  
gɛt layf

Na di strɔkchɔ fɔ stilnɛs  
In sɛnt we nɔ de tɔk natin de siŋ  
En i de siŋ bɔt yu glori  
En wit di layt we yu oli layt de shayn  
A de si di fayn fayn tin dɛn we yu de du  
Mi gladi gladi drim dɛn kin kam tru  
We yu layt de flik insay mi sol  
Di vel dɛn de bɔn wit faya we de mek sɛns  
So luk yu glori  
Mi gladi at de gro  
Si we gɛt divayn Blɛsin dɛn  
O kosmik layt

Evride a de si yu de drɛs di skay wit brayt kɔlɔ dɛn  
A de wach yu klos di grɔn we nɔ gɛt natin wit ɛmirald

silk

Yu de insay di wam we di san de wam  
!En I de sho ɔlsay

Masta, ɛp mi fɔ si yu fes na di miro we de sho se a gɛt

kol at

!Sho di big big kiŋdɔm we yu de, sho yusɛf  
Tich mi at fɔ pre, ɛn mi sol fɔ fil  
Dat ɔl di domɔt dɛn go opin fɔ mek i apia tru dɛn  
Yu prezɛns na blɛsin  
O Di Wan we Oli Pas ɔl

Mek a no naw ɛn sote go, se yu bin bi ɛn stil na mi yon

sote go

Na di drim dɛm fɔ mi mistek dɛm, we dɔn lɔs ɛn bɛr am

na di grev we a fɔgɛt



A wek, a de bask insay di layt we di san de shayn we de  
gi layf ɔnda yu wing den  
Di si we gɛt divayn blɛsin den de flɔ tru mi  
En a fil se na mi na di mɛdiɔm we i de flɔ tru  
ɔl di oli pawa den we de mek tin den  
Blɛs mi, Masta, so dat a go luk fɔ Yu  
A bisin bɔt yu pas ɛni ɔda tin  
Jɔs lɛk aw yu knitters den kin du  
. \*\*\*

Bɔku tin den de we pipul den kin aks fɔ ɛn we den nid fɔ

du

Di wɔl de fos am pan wi  
En i de mek wi biliv se i rili impɔtant  
En bikɔs i nɔ pɔsibul fɔ liv if i nɔ gɛt am  
ɔ fɔ du tin we den nɔ gɛt  
Bɔt di men tin we den nid fɔ du fɔ bi  
Fɔ gɛt Gɔd in pis  
We in sɔs den nɔ de ɛva rɔn dray  
Di say we i kɔmɔt nɔ de ɛva dray  
We de gi ɔltin na layf flawa ɛn minin  
Lɛ wi mɛmba se na Gɔd na di men tin we de mek wi bi  
En da lɔv de na di winda we wi de luk tru  
To In nobul fes  
?Udat want fɔ fil se Gɔd de wit am  
En da fayn fayn want de kin mek pɔsin tink ɛn du sɔntin  
Gɔd go du wetin i aks fɔ  
En i de ɛp am fɔ pwɛl di vel den  
We de mek den nɔ ebul fɔ si di layt den we den dɔn blɛs  
Di wan den we dɔn mekɔp den maynd fɔ go bifo pan di

rod

Natin nɔ go stɔp am  
Natin nɔ go ambɔg am  
Te i rich di tin we i want fɔ du  
I kin gɛt wetin in at want  
Nɔ mek wamat kɔntrol yu

Dis filin de rɔn dip pas aw i de sho na di wɔl Pɔsin kin ebul fɔ kɔntrol di tin dɛn we de apin na do we de mek pɔsin vɛks, bɔt stil i kin kip vɛks we i dɔn stɔp fɔ vɛks ɛn we i kin vɛks we i de simmer Dis vɛks kin sho difrɛn we dɛn, lɛk fɔ fɛt, nɔ kin rɛst, nɔ gɛt pɛshɛnt, nɔ kin satisfay, jɛlɔs, fɔ vɛks, nɔ gladi, ɛn fɔ fil bad Infakt, na lɛk ɔlman kin gɛt wamat to sɔm kayn we

Vɛks, ilɛk wetin i bi, kɔmɔt frɔm frustrashɔn fɔ fulfil di tin dɛn we dɛn want We pipul dɛn nɔ gɛt gladi at na Gɔd in yay, dɛn kin tɔn to gladi at tru di tin dɛn we dɛn want fɔ du—di tin dɛn we dɛn kin want we kin mek dɛn gɛt di sid dɛn we kin mek dɛn fil bad ɛn nɔ satisfay insay dɛn, ɛn bikɔs ɔf dat, dɛn kin vɛks, we kin pwɛl di filin dɛn we dɛn kin fil ɛn di we aw dɛn kin tink bɔt tin dɛn we ay pasmak

So, di we we sho pas ɔl fɔ pul vɛks na fɔ pul di tin we de mek i vɛks: want Di mɔ we pɔsin gɛt di tin dɛn we i want, na di mɔ i go mek i fil bad, bikɔs i nɔ pɔsibul fɔ satisfay ɔl dɛn tin dɛn de we i want, bikɔs di tin dɛn we pɔsin kin want fɔ du we i want fɔ du mami ɛn dadi biznɛs nɔ kin satisfay ɛn nɔ de dɔn Di mɔ we wi de tray fɔ du wetin i want ɔ fɔ gɛt di tin dɛn we i want fɔ du, na di mɔ wi de atak dɛn ɛn di mɔ wi de gɛt strong padi biznɛs wit am attachment, na di mɔ wi kin fil pen fɔ lɛ dɛn nɔ gɛt dɛn tin dɛn de we tan lɛk se dɛn de satisfay wi want

Fɔ egzampul, di tin dɛn we Gɔd mek dɔn mek wi fil se wi de angri so dat wi go no we wi bɔdi nid tin fɔ it Bɔt we wi de atak ɔ we wi want fɔ it, dat de mek dis fil bad ɛn chɛnj am to saykolojik prɔblɛm If yu angri ɔltɛm ɛn fast fɔ tri dez—ilɛksɛf na fɔ wɛlbɔdi rizin ɔ ɔda tin—yu go mɔs fil vɛks Na di ɔda say, yogi kin go witout it fɔ sɔm dez we i nɔ de mɔna am bikɔs i nɔ de bikɔs i dɔn gɛt praktis fɔ detachment frɔm di tin dɛn we di bɔdi want

We wi no se di tin den we wi want na in de mek wi veks,  
wi want fo no aw fo dil wit den tin den de fayn fayn wan Boku  
we den de fo du dis:

Fos, du wetin yu want

If den tin den de we yu want no bad, natin no bad fo du  
am, en afta dat den go pas Di problem na dat fo fulop den tin  
den de we yu want, i kin mek yu get nyu wan den, o den kin  
bi abit den we don stop en mek yu no get bete trenk, Di mo  
we yu de fid den tin den de, na di mo den de strong So, posin  
fo get sens en kondem, ivin we i de du wetin i want we i tan  
lek se i no du natin

Sekon, pul den tin den de we yu want

Wan pan di we den we go ep yu fo win di tin den we yu  
want na fo lef am na yu maynd, en dis kin bi natura as wi de  
no mo bot di spiritual tin den Di wan den we de du spiritual  
stodi en prasis, fo egzampul, kin los di want fo smok Fo lef fo  
want fo smok kin kam we di sol wek inof fo du di tin we wi  
want pas ol: gladi gladi we go de sote go We wi de get  
spiritual gladi at insay wi, di want fo get tin den we wi want fo  
du wik en los in grip pan di wil

Wi kin chenj strong tin dem we wi want to pawaful en  
kriyativ enaji dem we rili benifit Borku tem, di want inself nor  
bad; di problem de pan aw pipul den de du am If yu bin no  
aw fo get gladi at insay yusef, yu go si se ol wetin yu want go  
apin we yu no nid fo ron rawnd fo tray difren tin den fo ajost  
to am

Dis no fo tek am se wi no fo get enitin we wi want As  
motalman, wi no go ebul fo ep bot wi get tin den we wi want  
As long as wi de na dis wol, di tin den we God mek de enkorej  
wi fo du scontin Di chalenj de fo no alaw fo mek veks kontrol  
wi we di tin den we wi de du no mit wetin wi de op fo

Meditashon na di fayn meresin fo veks o eni oda problem Dis na bikos meditashon de mek wi get wanwod wit wi tru tru nature, fri from ol kayn bad bad tin, inklud veks God in gladi at en pis de insay wi, en we wi de tink gud wan di rayt we, wi kin get da gladi at en pis de, en veks kin don naturally as a rizulta jos lek aw wan mas sand no kin ebul fo bia wit pawaful wef, na so bak posin we no get insay pis no go ebul fo bia wit bad bad intelektual storm

Bot dayamon kin kip in important nature ileksef di wef den bit am from ol di say den Semweso, posin we get klin sol, lek klia kros, kin kontinyu fo shayn ileksef problem den de rawnd am en di briz we de blo we eksperiens de shek am bad bad wan

Wetin mek i no bin gri fo tek di ay pozishon den?

### **Wan stori we get minin**

**As di ticha bin tok bot am Paramhansa we den kol Paramhansa**

### **Transleshon: Mahmuud Abas Masoud**

Trade trade, som man den we bin de du wetin rayt bin de liv na wan kwayet emitaj we de na di sholda na wan vali we de nia di forest, usay di briz we de blo fo pis bin de oltem en di lov we broda en sista na bin di mak fo da blesin ritrit de

Den Broda den we Klin bin de liv bay di fresh frut den we di tik den bin de gi en den bin de yuz den an den we den bin don tay fo skop en drink di wata we get layf, we de shayn, we de flo from di boku boku wata we de komot na di mawnten den we klia

Den yay den bin de shayn en spak lek dayamon wit smayl den we komot na evin we ful-op wit satisfay en satisfay, en gladi-at bin don de na den at, en ful-op den wit komfort we go de sote go

Pan ɔl dis, wan pan den blɛsin sol ya bin fil se i dɔn get in ful-ɔp wit spiritual gladi at ɛn i bin want fɔ test di wɔl glori, ilɛksɛf na fɔ smɔl tɛm nɔmɔ I bin want fɔ bi kiŋ fɔ jɔs wan de, so i bin de tɛl in brɔda den fayn fayn wan ɛn waka go na Gɔd in domɔt fɔ go fɛn di kiŋ in blɛsin

We i de go, i pre to Gɔd wit ɔl in at, ɛn tɔk se: "O Masta, O Yu we de yɛri prea ɛn fulfil op, a de beg Yu fɔ gayd mi stɛp fɔ go na wan pales usay a go ɛnjoy fɔ wan de di gladi at we kiŋ den kin ɛnjoy"

As i dɔn in beg so, in yay fɔdɔm pan wan big big bildin, ɛn i se to insɛf se: "O, di awa fɔ di pɔsin we get sɔri-at! Gɔd dɔn mek mi drim kam tru, ɛn di gladi at we a want dɔn de kam insay mi an" I mek in stɛp kwik kwik wan go na da fayn fayn bildin de

No gad nɔ bin stɔp am, so i bin pas na di men get ɛn nɔbɔdi nɔ bin de ambɔg am, ɛn i bin de waka rawnd di fayn fayn gadin den we get di fresh ɛn fayn fayn ros ɛn basil den we i nɔ si wan pɔsin

Dɔn i go na di kiŋ in ples fɔ it ɛn fɛn di tebul den we ful-ɔp wit di it we swit pas ɔl, we de wet fɔ in kam Yet i nɔ si wan savant de I se to insɛf se, "Aw yu get fri-an, O Masta! Yu dɔn gi mi dis fayn fayn pales ɛn dis fayn it we fit fɔ kiŋ den Dis na wetin a aks Yu, ɛn Yu dɔn gi mi wetin a want, O Most Generous of the Generous".

Bikɔs i biliv se di Wan we get sɔri-at pas ɔlman dɔn gi in at wetin i want, i begin fɔ tink bɔt di gladi at we de wet fɔ am, i shɔ se na in at se Gɔd we get pawa pas ɔlman dɔn dɔn gi am di kiŋ in gladi at we i bin dɔn de wet fɔ fɔ lɔng tɛm Bifo i it lɛnch, i go na di kiŋ in bat, was, ɛn wɛr fayn fayn silk klos Dɔn i sidɔm na di fayn fayn tebul ɛn begin fɔ it di fayn fayn ɛn fayn fayn ɔfrin den we i bin de gi

Na da tɛm de, di savant dɛn we bin dɔn de ple gambl na wan kɔna na di pales kam insay, ɛn wit big vɛks ɛn agyument, dɛn aks am kwɛstyɔn, se: "Udat yu na fɔ it di it fɔ wi masta di kiŋ we dɔn go ɔntin trip ɛn wi de op se i go kam bak ɛni tɛm?"

Na ya wi padi bin tink se Gɔd we na di ɔlmayti de tɛst am, so i tɛl dɛn wit swit vɔys se: "Mi na di Gret Kiŋ in padi, ɛn a kam ya bikɔs i aks mi fɔ ɛnjoy di kiŋ in gladi at fɔ wan de" .

We di savant dɛn notis se i nɔ kɔmɔn ɛn i gɛt kɔnfidɛns pan insɛf, dɛn tek am fɔ bi di kiŋ in gɔst ɛn alaw am fɔ dɔn in kiŋ lanch Afta dat, dɛn kɛr am go na di bedrum fɔ rɛst, dɛn nɔ no se di "Great King" we i bin tɔk bɔt nɔto dɛn kiŋ we de na dis wɔl we bin de fa fɔ fɛn animal, bɔt na di Masta Gɔd

Afta lɛk tu awa so, di herald kam kwik kwik wan fɔ tɛl di savant dɛn se His Majesty dɔn let smɔl ɛn i go kam insay wan awa, ɛn i tɛl dɛn fɔ it fresh, fayn fayn it we de wet fɔ am

Di savant dɛn aks se, "Nɔto His Majesty sɛn gɔst fɔ ɛnjoy in it ɛn slip na in bed?"

Di kiŋ in envaysa bin no wantɛm wantɛm se wan pan di dervish dɛn we bin de waka waka bin kam na di pales we dɛn nɔ invayt am, i it di kiŋ in it, ɛn naw i de snor na in bed Bikɔs dis insolɛns we nɔbɔdi nɔ si yet vɛks, i tɛl di savant dɛn fɔ kam wit stik dɛn so dat dɛn go brok dɛn oba di dervish we bin de beg

Wi nɔ nid fɔ tɔk se wi dia padi wek frɔm in kiŋ drim dɛn to di sawnd we stik dɛn de ren pan am we nɔ gɛt sɔri-at frɔm ɔlsay Bɔt as di savant dɛn nɔ de taya fɔ bit ɛn provok am, i go bɔs laf, we jɔs de mek dɛn vɛks mɔ, so dɛn kɔntinyu fɔ atak am te i nɔ no natin Dɛn dɔn dreg am, we i nɔ no natin, kɔmɔt na di pales get dɛn

Wi dervish padi bin let fɔ go bak to in brɔda dɛn, so dɛn bin de luk fɔ am te dɛn si am we i nɔ no natin ɛn i de ledɔm na do na di pales grɔn Dɛn kɛr am go bak na dɛn kwayɛt ɛmita As wan pan di brɔda dɛn put milk na in mɔt, i aks am fɔ si if i dɔn gɛt kɔnshɛns bak: "Yu no udat de gi yu dis milk?" I ansa se: "Yɛs, a no Di sem Gɔd we pɔnish mi bad bad wan fɔ we a want fɔ ɛnjoy kiŋ in gladi at fɔ wan de, na in de gi mi dis milk naw".

Di ɔda brɔda dɛn bin tɛl Gɔd tɛnki fɔ di sef we dɛn brɔda sef ɛn dɛn bin de kɔle di strong fet we i gɛt pan Gɔd ɛn we nɔ de shek shek, dɛn nɔ tan lɛk di wan dɛn we de wɔship Gɔd we dɛn gɛt glori ɛn prɔfit ɛn dinay am we dɛn de sɔfa ɛn we dɛn de sɔfa

Na da tɛm de, His Majesty go bak na in fayn fayn pales ɛn ɔda fɔ mek dɛn pripia di it I bin vɛks fɔ shɔt tɛm we i lan di stori bɔt di begman we bin gɛt maynd fɔ it in it ɛn we nɔ bin stɔp fɔ laf we di savant dɛn bin de bit am wit stik dɛn we nɔ gɛt sɔri-at

Fɔ sɔm rizin, di kiŋ bin rili afɛkt di stori, we bin de mɔna in tinkin I ɔda in savant dɛn fɔ fɛn di daring pauper ɛn briŋ am kam to am Dɛn bin setul fɔ luk fɔ am na ɔl di say dɛn, bɔt natin nɔ bin ɛp dɛn We dɛn bin de go bak na di pales we dɛn nɔ bin gɛt op, dɛn pas nia di dervish in ɛmtij ɛn yɛri wan laf we de mek pipul dɛn laf Dɛn no wantɛm wantɛm se na in laf, so dɛn kɔmɔt na di swɛlin, fos dɛn fɔ go insay di ɛmti ples, dɛn ol di kayn man, ɛn kɛr am go bifo dɛn rula

We di kiŋ ɛn di dɛrvish bin de fes dɛnsɛf, di dɛrvish bin laf ivin lawd pas di kiŋ, lɛk se i nɔ ebul fɔ kɔntrol in gladi at insay di wɔl dɛn na in at Pan ɔl we di kiŋ bin de aks am ɔltɛm fɔ mek i ɛksplen aw i de laf, di dɛrvish nɔ bin gri fɔ ansa, ivin ɔnda di tretin fɔ pɔnish am bad bad wan

Afta dat, di kin bin want fɔ no mɔ, i bin yuz flat ɛn mek i  
fil fayn, ɛn i bin gi am in tron if i tɛl am wetin mek i de laf we  
di savant dɛn de bit am

Dɔn di dervish tɔk, ɛn se:

"Lisin to wetin a de kam tɛl una ɛn ɔndastand am gud  
gud wan Gɔd dɔn pɔnish mi bad bad wan fɔ we a want di  
ilɛshɔn kin gladi at fɔ jɔs wan de we a laf ɛn a de laf bikɔs a  
dɔn rɔnawe wit mi layf ɛn a no se if a fɔ gɛt ɔl dis pɔnishment  
fɔ ɛnjoy kin in gladi at fɔ sɔm awa, wetin bɔt di wan dɛn we  
nɔ gɛt ɛni kɔnsyusɔn na di wɔl pas fɔ gladi ɛn gladi at, mɔ fɔ  
di kin." wan dɛn Sɔntɛm insay dis, lɛsin ɛn wɔnin de fɔ yu, O  
Kin fɔ di ɛj, bikɔs di lɔ fɔ karma de wet ɛn yu fate de na rod".

As fɔ yu tron we yu gi mi, mi ansa na: Tɛnki bad bad  
wan Kip am fɔ yusɛf, bikɔs a nɔ nid am bikɔs a gladi wit Gɔd  
ɛn satisfay wit mi layf, ɛn a nɔ nid ɛnitin we go ambɔg mi  
gladi at ɛn trɔbul mi pis

Pis de fɔ una

Spiritual wɔd dɛn ɛn di we aw pɔsin kin fil  
Di wɔd dɛn we de dɔŋ ya na frɔm Shri Dayamata bɔt di  
: ticha B Ramhansa Yogananda  
A stil mɛmba mi fɔs mitin wit mi ticha we a lɛk I bin gɛt  
so wan at we gɛt fri-an ɛn we gɛt lɔv dat ɔlman we i mit bin  
fil lɛk in tayt padi, lɛk se dɛn dɔn sabi dɛnsɛf fɔ long tɛm I nɔ  
bin at fɔ opin yu at to am frɔm di fɔs tɛm Di ticha we nɔ de  
day bin gɛt di ebul fɔ sho in tru tru spiritual ɛsin I bin rili bi di  
pɔsin we de sho lɔv, padi biznɛs, gud intenshɔn, ɛn kayn  
wish

:ɛn naw to di prɔvab dɛn ɛn di we aw pipul dɛn de fil  
Wɔ go stɔp we di sid dɛn we de sho se dɛn lɛk brɔda ɛn  
sista dɛn go bigin fɔ rut na pipul dɛn at



Di tin den we pɔsin de du naw go sho if i get pis en gladi  
at tumara bambay ɔ i go get problem en nɔ gladi tumara  
bambay, bikɔs den nɔ go ebul fɔ ful di lɔ bɔt wetin mek i du  
sɔntin pan ɔl we den nɔ de pe atɛnshɔn to am ɔ fɔget am  
. \*

Matirial kɔmfɔt na jɔs smɔl pat pan tru tru sakrifays, we  
nɔ fɔ apin bay we i de du bad to ɔda pipul den  
. \*

Di pɔsin we big pas ɔl na di wan we ɔmbul we de si insɛf  
smɔl pas ɔlman Tru tru lida de lisin to ɔda pipul den, fil se in  
na savant to ɔlman, en nɔ de luk enibɔdi dɔŋ  
. \*

We pɔsin apia wit brayt smayl, di daknɛs de skata Den  
kayn pipul ya kin spre rayt fɔ gladi we de layt di at en mek di  
sol gladi

Tray fɔ mɛmba en pe atɛnshɔn pan ɔl di fayn fayn tin  
den we de na yu layf

Laif de slip na di rɔf grɔn, i de drim bɔt fayn fayn tin den  
na flawa, i de wek pawaful wan pan animal den, en i get sɛns  
fɔ no se mɔtalman get pawa we nɔ get end

Lɔv na siŋ we di sol de siŋ we de ala en siŋ to Gɔd

Evride, evri minit, evri awa na winda usay yu kin si smɔl  
smɔl tin den we go de sote go Layf shot, yet i kontinyu en nɔ  
get end Di sol nɔ de day, en insay dis shot chapta bɔt  
mɔtalman egzistens, yu fɔ ripɛnt wetin yu ebul fɔ avɛst fɔ  
sote go

Tide, a don mekop mi maynd se a no go eva alaw misef  
fo fadom bak insay di doti we de mek a no get op, o fo de tink  
bot op den we no don apin o drim den we no rili apin Insted fo  
alaw misef fo kontinyu fo de na say we den de kip tin den en  
we no get bete tin fo du, a go du scontin wit sens, bikos a no  
se dis we fo du tin wit sens go mek a get di gladi at we a de  
luk fo

. \*

Masta, insay di wam embras fo di san a de fil Yu  
prezens, en insay di saful briz a de fil di briz we de mek yu fil  
fayn na Yu layf A tel Yu tenki, Masta, fo memba mi ivin we a  
foget Yu, en a rili gladi fo Yu blesin den we no de don Bles mi  
fo liv wit Yu memba oltem

. \*

A no, Masta, se boku tin den de na dis wol we tan lek  
kruk, bad, en og, bot di oda say na di krieshon we di insay  
yay we get sens de sho, rili fayn, gud, en lek So, a go tray  
oltem fo luk wit di yay we get sens so dat a go si bien di  
shotkom en folt den na dis wol Yu suprem biuti we de rul oba  
ol biuti

:Di wanwod we de insay wod den

Disiplin fo yusef Lov fo oda pipul den Kad to animal Lov fo  
gud kwaliti Lov fo pis en kwayet Lov fo big pipul Scri fo di po  
pipul den en fo ep den Ones Fo du in wok bikos yu lek en  
respekt am Lov fo du wetin rayt en fo rifom Fo get sens fo du  
wetin rayt en fo du wetin rayt Fo get sens fo du wetin rayt en  
fo du wetin rayt Self-respekt Modesty Gentleness Loyalty  
Chivalry Patience Forgiv Fo fala di fut step fo big sol en maynd  
we get layt Franknes Gud abit Kindness Simplisiti en klia  
Balans Spiritual filin Kontenshon Lov fo klin bodi en intelektual  
klin ombul en avoyd fo prawd Lov fo gudnes Faynnes Tenki  
Respekt fo oli tin den 623 MAM

. \*

Bihain di shado dem fo dis layf, God in wɔndaful ɛn  
wɔndaful layt de, ɛn di wan ol yunivas na big big tɛmpul fo In  
blesin prezɛns

. \*

We wi tink dip ɛn tru bot God, lɛk am dip wan, ɛn abop  
pan am ɔlsay, bɔku bɔku domɔt dɛn kin opin bifo wi ɛn we wi  
si in layt ɛn ɛksperiɛns in prezɛns, ilɛksɛf tin dɛn we kin apin  
na layf bad bad wan ɔ wi kin mek wi fred, kin tif di pis ɛn  
kwayɛt we wi kin fil na In fes

. \*

Insay layf ɛn insay day, insay sik ɛn angri, ɔ insay po ɛn  
sofa, ɛn insay di trɔbul, trɔbul ɛn agyument na di wɔl, a go  
rɔnawe pan Yu ɔltɛm, O Masta

. \*

Di spɛshal kwaliti we di ɛntɔpɔpɔnɔri spirit gɛt na in de  
mek pɔsin difrɛn na di wɔl ɛn mek i shayn lɛk tɔch we de bɔn  
Gret pipul na di wan dɛn we lɛk fo gi, ɛnkɔrej ɔda pipul dɛn,  
ɛn mek dɛn gɛt kɔnfidɛns

. \*

Di wɔndaful wɔndaful tin dɛn we wi de si na dis wan ol  
wɔl de sho wi se God de; In prezɛns de sho na ɔl di kɔna dɛn  
na ɔl di tin dɛn we God mek, we na di tin we In maynd we de  
ɔlsay na di wɔl dɔn mek

. \*

Pɔsin we de kam dɔŋ wan il nɔ kin mit ɛni tin we de  
agens am, bot jɔs lɛk aw i want fo klaym ay, dɛn kin gɛt bɔku  
tin dɛn we de agens am Semweso, pɔsin we de slayv insay di  
ol we bad nɔ de fil se i nɔ de agens am te i tray fo rivɛns kɔs  
ɛn klaym di il we gɛt gud kwaliti dɛn

. \*

Pɔsin in gladi at kin go ɔp bay we i kontinyu fɔ tray fɔ  
mek insef betɛ, ɛn as in gladi at de bɔku, na so di wan den  
we de nia am kin gladi mɔ ɛn mɔ  
. \*

Mɛmba se dawt, maynd wik, wɔri, nɔ bisin, bore, fred,  
wɔri, shem, bɔdi les ɛn intelektual letargy, pasmak pan  
ɛnitin, liv we nɔ gɛt disiplin, nɔ intres, ɛn nɔ ebul fɔ mek tin  
den na negatif inhibiting factors we de mek i nɔ pɔsibul fɔ  
mek di kɔsmik ɛnaji atrak pɔsin fɔ chaj in bɔdi ɛn maynd wit  
layf fɔs; we di want fɔ gɛt konstrɔktiv wok, fɔ ɛp ɔda pipul  
den, fɔ mek tin den we gɛt fɔ du wit spiritual tin den, fɔ gɛt  
kol at, fɔ gɛt maynd, fɔ gɛt saykilɔjik atitudi we nɔ go ebul fɔ  
kontrol ɛn we nɔ go ebul fɔ bia, fɔ bia wit ɔda pipul den, fɔ  
peshɛnt, ɛn fɔ gɛt pis na ɔl di chanel den we di kɔsmik ɛnaji  
kin flɔ ɛn ɛp yu fɔ bia wit di tin den we de apin na layf  
. \*

Wan pan di pipul den we bin kam fɛn am bin si se i nɔ  
mek sɛns fɔ tink bɔt Gɔd, so di ticha we nem Paramahansa  
:bin ansa se

Di wɔl gri wit yu, bɔt dis wɔl na paradays? Tru gladi at"  
nɔto fɔ di wan den we lɛf Gɔd, bikɔs Gɔd na di big big gladi at  
insef, ɛn di wan den we de wɔship am de liv na say we pis de  
insay dis wɔl, we di wan den we fɔgɛt am de spɛn den de ɛn  
nɛt na ɛl we den mek, we den bɔn wit di faya den we de mek  
den fred ɛn disapɔyntment So, de tink bɔt Gɔd ɛn kam nia."  
."Na in na di men tin fɔ du wetin rayt ɛn di spirit fɔ lɔjik  
. \*

Mɔtalman na di wan den we gɛt ay pozishɔn pas ɔl di tin  
den we Gɔd mek, we gɛt sɛns ɛn di pawa fɔ tink; so, den nɔ  
fɔ west den tɛm we Gɔd dɔn gi mɔtalman fridɔm fɔ disayd fɔ  
du sɔntin ɛn fridɔm fɔ disayd fɔ du sɔntin, so dat den go lɛf ɔl  
di tin den we di wɔl want ɛn lɛk Gɔd, we dɔn gi den den gift  
ya  
. \*

Insay di at magnet de we de atrak gud en loyal padi den  
Na di magnet fɔ altruism en generosity  
. \*

Wi at na di bidz, en divayn lov na di tred we de ol den  
togeda en kip den nia densesf insay krawn we get wanwɔd en  
wanwɔd  
. \*

Le wi tel God tenki we put wi na dis wɔl, we na wi big os,  
en le wi liv wit gladi at, wanwɔd, en kɔnfɔm wit wetin i want  
so dat wi os go bi lek aw i want am fɔ wi  
. \*

Step away from di krawd en diskɔba yu yon trenk en  
pɔtneshel Nɔ mek yu spirit fɔdɔm, en nɔ pe atenshon to di  
bad opinion dem na di wɔl Go stedi stedi pan yu rod,  
kɔnfidens se God in pawa we nɔ get end de wit yu, sɔpɔt en  
gayd yu step dem

Di wan den we get sens we get sens kin gɛda di ros en  
flawa den we de na di trut from di gadin den we get sens en  
wok fɔ mek di sol den get sens en fayn wit fayn fayn kwaliti  
den we de mek den kwalifay fɔ go insay di paradays we get  
sens ɔlsay na di wɔl  
. \*

Wi nɔ fɔ et ɔda pipul den bikɔs den difren from wi, ɔ bikɔs  
den opinion difren from wi yon Nɔto fɔ insist se na wi yon  
kɔnvikshon nɔmɔ na di kɔrekt wan I betɛ fɔ sidɔm togeda en  
tɔk bɔt wi opinion wit opin maynd en respekt wisɛf, memba  
se pipul den we get sens nɔ de agyu bɔt den de chek tin den  
wit kol at en wit sens  
. \*

Gud intenshon tan lek dayamon we de sho klia wan we  
God in layt de shayn en shayn klin wan insay wi layf  
. \*

Wi de aks Yu, Masta, fɔ layt di faya we de mek wi gɛt  
divayn lɔv na wi at ɛn fɔ mek wi sol dɛn want Yu ɛn kia fɔ Yu  
de ɛn nɛt Gi wi Yu lɔv so dat di tɛm we wi de tink bɔt Yu,  
gladi at go ful wi at ɛn wi sol dɛn go gladi fɔ Yu

A bin bɔn di bad bad tin dɛn we bin dɔn apin trade, a nɔ  
bin pe atɛnshɔn to di sid dɛn we bin de mek a fred ɛn wɔri  
bɔt di tumara bambay, ɛn waka oba di ashis we bin skata we  
a bin de fred ɛn wɔri

Yu gladi-at bank

Stɔp fɔ smɔl tɛm ɛn tink! Yu nɔ tink se i bɛtɛ fɔ liv simpul  
?layf ɛn rili jɛntri

Di mɔni we yu bin wok tranga wan fɔ gɛt kin lɔs if yu  
bank bankrupt Bɔt di spiritual gladi at we yu dɔn gɛda na di  
bank we yu dɔn mekɔp yu maynd we nɔ de chenj ɛn we yu  
dɔn mekɔp yu maynd fɔ du sɔntin, nɔ go ɛva lɔs; in valyu go  
jɔs go ɔp ɛn bɔku

Yu na di manija ɛn invashɔn na yu yon gladi-at bank If  
yu no aw fɔ du dɛn tu wok ya pafɛkt wan, ɛn aw fɔ kɔntinyu  
fɔ ad pan yu gladi-at dipɔsit, den fɔ fel nɔ pɔsibul fɔ yu, if  
Gɔd gri

. \*

Insay di kwayɛt we pipul dɛn de kwayɛt, di trut de shayn  
pan kɔnshɛns lɛk di san we de shayn tru di fɔg

. \*

If pɔsin lɔs jɛntri nɔmɔ, i nɔ de lɔs natin fɔ tru, bikɔs if i  
gɛt wɛlbɔdi, skil, ɛn gud manejmɛnt, i kin stil kɔntinyu fɔ  
gladi ɛn gɛt mɔ mɔni If i lɔs wɛlbɔdi, i kin lɔs bɔku pan in

gladi at Bɔt if i lɔs wetin i want fɔ du na layf, i kin lɔs ɔltin we  
gɛt valyu  
. \*

A nɔ de luk ɛnibɔdi as strenja to mi, ɛn a gladi fɔ lɛk  
ɔlman wit ɔl di lɔv we Gɔd dɔn put na mi at, ɛn a nɔ go ebul  
fɔ pul ɛnibɔdi kɔmɔt na mi sɛklɔ fɔ lɔv  
. \*

We yu ebul fɔ kɔnsɛntret yu maynd gud gud wan, yu  
sɛns dɛn kin ebul fɔ go insay ɛnisay ɛn di tin dɛn we yu de si  
kin gɛt trɛnk  
. \*

Pɔsin fɔ tren insɛf ɛn in famili nɔ fɔ de tɔk bad bɔt ɔda  
pipul dɛn ɔ tɔk bɔt dɛn fɔlt ɛn mistek dɛn, ɛn bifo dat, i fɔ pe  
atɛnshɔn pan fɔ mek insɛf bɛtɛ ɛn fɔ kɔrɛkt in yon mistek dɛn  
. \*

Di divɛlɔpmɛnt fɔ klin ɛn nɔ kɔndishɔn lɔv bitwin man ɛn  
uman, mama ɛn papa ɛn dɛn pikin dɛn, padi ɛn padi, sɛf ɛn  
ɔlman, na di lɛsin we wi kam na dis wɔl fɔ lan  
. \*

Sɔm pipul dɛn de we nɔ de lan frɔm di lɛsin dɛn we de  
mek pɔsin fil pen ɛn gladi at, we de liv layf we ful-ɔp wit  
rigrɛt ɛn pwɛl at bikɔs dɛn nɔ de avɔyd akshɔn dɛn we de  
brɪŋ sɔfa ɔ fala di rod dɛn we de mek pɔsin gɛt gladi at Na  
smɔl pipul dɛn nɔmɔ, afta dɛn dɔn bɔn dɛn wit di faya dɛn we  
de mek pɔsin nɔ no natin, we de avɔyd fɔ ripit di biɛvho we  
de mek pɔsin nɔ gɛt gladi at ɛn sɔfa ɛn afta dat, sɔm pipul  
dɛn de we gladi at kin chɛnj izi wan ɛn shackled by  
melancholy, nid fɔ gɛt stɛbul saykilɔjik stɛt we dɛn kɔl insayt  
ɛn balans  
. \*

If pɔsin nɔ gɛt gladi at insay in at, i kin si insɛf as ɔstɛj to  
trɔbul ɛn wɔri ɛn gladi at - mi padi dɛn - nɔ jɔs de pan  
sɛkrifays ɛn jɛntri nɔmɔ, bikɔs tru tru gladi at de bay we i de  
bia wit ɔl kayn tin we nɔ ebul fɔ du, prɔblɛm ɛn prɔblɛm dɛn  
na layf wit dilayjɛns ɛn op fɔ gud

. \*

Gud welbɔdi, fɔ ebul fɔ tink gud wan, fɔ wok we go mek  
yu gladi, ɛn fɔ gɛt sɛns, ɔl na impɔtant tin dɛn fɔ mek yu gɛt  
gladi-at Di riva we de insay di gladi at fɔ kontinyu fɔ flɔ ɔnda  
di had rɔk dɛn we de mek yu gɛt prɔblɛm dɛn na layf

. \*

Layf ɛn day na tu difrɛn pat dɛn fɔ de, ɛn mɔtalman na  
pat pan layf we go de sote go We pɔsin gɛt pis ɛn klia  
maynd, i de tɔch in spiritual ɛsin we nɔ gɛt bɔda

. \*

If yu yuz ɔl di ɔda tin dɛn we de na do we yu gɛt apat  
frɔm di tin dɛn we yu ebul fɔ du fɔ win ɔl di tin dɛn we de  
ambɔg yu, yu go du dat bay we yu de divɛlɔp ɛn mek di  
pawa dɛn we Gɔd dɔn gi yu bɛtɛ

. \*

O Divayn Protɛkta, ɔl-Prɛzɛnt, we di klawd dɛn fɔ wɔ de  
sɛn ren we gɛt gas ɛn faya, bi mi refyuj ɛn ples fɔ oli  
Insay day ɛn layf, insay sik ɛn angri, insay sik ɛn disasta,  
insay trɔbul ɛn prɔblɛm, a go de luk fɔ say fɔ rɔn go to Yu  
ɔltɛm

Mek a no se mi na spirit we nɔ de day, we di prɔblɛm  
dɛn we kin apin we a smɔl, we a yɔŋ, we a ol, ɛn di tin dɛn  
we kin bɔn wantɛm wantɛm na di wɔl nɔ kin tɔch mi

. \*

Du yu pat fɔ mek padi biznɛs we go de sote go bay we  
yu bi tru tru padi

. \*

Insay di wɔl fɔ drim, wi kin fɔgɛt wi nem, wi bɔdi, wi  
kɔntri, wi prɔpati, ɛn wi wikɛd tin dɛn, ɛn wi nɔ no se wi de  
ɛnjɔy wan big fridɔm, we na di fridɔm we di sol gɛt Wi fɔ  
divɛlɔp wan sem kayn bɔt kɔnshɛns ɔwe bɔt da fridɔm de we  
wi bɔn wit

. \*

Spiritual duty dɛn fɔ du wit fɔs tink, ɛn di wɔl duti wit tek  
tɛm pe atɛnshɔn Wan fɔ kip in fut tranga wan na grɔn ɛn in



ed ay ay ɔp di klawd den we no no natin, insay di raytin  
ɔrayzɔn den we get sens

. \*

God in layt en pawa fo protekt mi de shayn ɔltɛm insay  
mi en flo tru mi, en di tɔch we In pis de tɔch dɔn opin di yay  
fo sens insay mi sol

Layf we no get lo de mek di pɔsin we get am no get gladi  
at en in maynd no de stebul Pɔsin we de liv layf we no get  
gud abit en prinsipul na pɔsin we ful-ɔp wit intelektual wɔri  
en wɔri, we di wan we lan fo kontrol insɛf en masta pan di tin  
den we i lek we no get kontrol, no di we fo get tru tru gladi at

. \*

Insay mi spiritual solitude, mi longings de intensify, en  
mi at de want fo yeri di Divayn Beloved in vɔys a go banish ɔl  
di dense worldly voices we ayd insay di folds of mi memory  
so dat a go lisin to di most oli vois we de sing sote go insay  
di tranquility of mi sol

. \*

Di san fo mi loɔv no go eva sink dɔŋ di ɔrayzin we a de  
tink bɔt yu, en a no go put mi yay dɔŋ to enitin pas yu, en a  
no go du enitin we no de mɛmba mi Akshɔn den we den bɔn  
wit ignorance en fulish de mek a drim bad bad drim en bad  
bad drim den, so le a wev ɔl swit drim den bɔt nobul  
ajɔstment den, bikɔs na yu inspekshɔn en yu gayd den bɔn  
den

. \*

Laif we no ɔndastand na spiritual en fyzikal suicide  
Blɛsin fo di wan den we get ɔndastandin, bikɔs ɔndastandin  
na di big nid na di spiritual rod en na di rod fo layf  
ɔndastandin na layt we de gayd pɔsin we de layt pɔsin in we  
en briŋ sakrifays Bifo pɔsin go ebul fo rich di ay ay tin we i  
want fo du na layf, pɔsin fo get dis impɔtant en impɔtant  
kwality ɔndastandin fo bi pawa we de gayd wi pan evri

sityueshon læk aw di prɒbləm dən we wi de ɡet, wi fɔ ɡet ɡet  
tru tru ɔndastandin  
. \*

God nɔ de mek wi sɔfa ɛn mek wi fil pen; bifo dat, na wi  
de ɛp ɔ du bad to wisɛf tru wi ɔndastandin ɛn ɔndastandin, ɔ  
wi nɔ ɔndastand ɛn nɔ ɔndastand  
. \*

Wi fɔ pre to God fɔ mek i ɔndastand wi, ilɛksɛf wi ɡet  
prɒbləm ɔ di tin dən we wi de mit ɔndastandin nɔmɔ go  
prɒtɛkt wi  
. \*

We mi ɛksperiɛns dən kin bi mɔ ɛn mɔ, mi fɔs tray na fɔ  
fɛn ɔndastandin insay misɛf a nɔ de blem di tin dən we de  
apin ɔ tray fɔ kɔrɛkt ɔda pipul dən; bifo dat, a go insay ɛn  
tray fɔ klin mi spiritual fɔt, pul ɛnitin we go mek da layt de  
we de insay de nɔ klia, we go mek di sol in pawa dən nɔ sho,  
ɔ mek dən nɔ ebul fɔ sho dɛnsɛf Dat na di we fɔ liv fayn fayn  
wan  
. \*

Fɔ rɔnawe pan prɒbləm kin tan læk di izi we fɔ sɔlv am,  
bɔt pɔsin kin ɡet trɛnk we i de mit wit pɔsin we de agɛns am  
we rili bad Di wan dən we nɔ ɡet ɛni prɒbləm nɔ kin gro, ɛn  
dən disayd nɔ kin strɒŋ  
. \*

Fɔ fred kin dɔn we wi ɡet ɔndastandin; insay  
ɔndastandin, sikyɔriti ɛn prɒtɛkshɔn de  
. \*

A dɔn ɡet bɔku ɛksperiɛns na layf, ɛn di wan dən we at  
pas ɔl na wit pipul dən we nɔ ɔndastand mi A dɔn si pipul dən  
we a læk—pipul dən we a gi mi at to—misɔndastand mi ɛn tɔn  
agɛns mi Bɔt dat nɔ mek bita bita mi at bikɔs bita klawd  
ɔndastandin A nɔ de alaw misɛf fɔ mek ɔda pipul dən nɔ

ɔndastand mi bad Insted, a de tray fɔ ɛp dɛn if dɛn risept ɛn  
sɛn dɛn gud intenshɔn ɛn fayn fayn tin dɛn we wi want fɔ du  
.\*

Di big big gladi at we a kin gɛt na fɔ tɔk bɔt Gɔd in  
wɔndaful tin dɛn to di wan dɛn we de fala mi ɛn we de abop  
pan mi, ɛn fɔ mek dɛn want fɔ da divayn layt de we dɔn gi mi  
kɔmfɔt, fridɔm, ɛn sef we a nɔ ebul fɔ ɛksplen  
.\*

ɔl di prɔblɛm dɛn we yu de gɛt na dis layf na fɔ inspekt  
yu ɛn fɔ mek yu tray mɔ so dat yu go ebul fɔ rich ay levul  
Divɛlɔp yu wil pawa so dat yu go ebul fɔ kɔntrol yu sikɔstɛms  
instead fɔ lɛ dɛn kɔntrol yu Mek fayn plan fɔ yu layf so dat yu  
go ebul fɔ du ɔl di gud tin dɛn we yu want fɔ du ɛn no se yu  
fɔ du  
.\*

Di wan dɛn we tu atak dis wɔl kin fɔgɛt Gɔd, ɛn na dat  
mek wi kin lɔs ɔl wetin wi valyu Di yunivasal lɔ de tek dɛn tin  
ya frɔm wi ɔ pul dɛn na wi layf nɔto fɔ pɔnish wi, bɔt as tɛst  
fɔ si if wi lɛk di tin dɛn we Gɔd mek pas di Wan we mek ɔltin  
.\*

Di wan dɛn we gɛt wik wil kin se "yes" ɔltɛm, we big big  
."sol dɛn kin ful-ɔp wit literary "no's  
.\*

Tide a go aktivet mi abiliti fɔ tink kriyaytiv fɔ ajɔst  
sakrifays pan ɛvri fayn wok we a want fɔ du, ɛn we a de du  
dat a go dɔn yuz ɔl di pawa dɛn we Gɔd gi mi fayn fayn wan  
.\*

Tru gladi at na di men tin we de apin pan pɔsin in  
maynd Satisfay, satisfayshɔn, pis, ɛn kwayɛt ɔl na sayn dɛm  
fɔ gladi  
.\*

Pɔsin fɔ tray fɔ gɛt gud wɛlbɔdi, fɔ gɛt fayn maynd, di tin  
dɛn we i nid fɔ gɛt di rayt layf ɛn wok, fɔ jɔj gud gud wan, ɛn  
fɔ ɔndastand kɔrɛkt wan, ɛn i nɔ fɔ alaw inɛf fɔ sɔfa fɔ di  
rɔng say ɔ di bad tin dɛn we de apin

. \*

Boku tɛm mɔtalman kin wev kɔk we de kɔnfyus dɛn ɛn  
tay rop dɛn we de tay dɛn Dɛn fɔ ɔndastand wetin de mek  
dɛn tin ya we de ambɔg dɛn ya fɔ pul di sik we de muv sloslo  
frɔm dɛn maynd ɛn bɔdi Dis go briŋ kam wan saykilɔjik nyu,  
we go mek di rod fɔ gladi, di we aw dɛn go no bɔt Gɔd biznɛs  
na di ɔrayzin na dɛn layf, ɛn di wek we di impɔtant pawa dɛn  
we de insay Kɔnshɛns fɔ wek we dɛn rayz frɔm di dip dip ples  
dɛn we pɔsin nɔ no natin to di ayt dɛn we pɔsin kin  
ɔndastand ɛn no

. \*

Pɔsin we de mɛn bad bad frayd kin atrak wetin i de tray  
fɔ avɔyd, ɛn fɔ fred ɔltɛm kin pwɛl di nerves ɛn briŋ sik na di  
bɔdi We yu ful-ɔp wit trɛnk, trɛnk, ɛn trɛnk, sik kin rɔnawe  
pan di bɔdi

. \*

Di sol we gladi fɔ di siŋ we de sho se i gɛt op nɔ lɛk fɔ  
yɛri di harsh vɔys dɛn we de mek pipul dɛn nɔ gɛt op, ɛn di  
maynd we de ɔltɛm dayrɛkt to di sta we de wek pan spiritual  
tin dɛn, kin bi wan strɔng, maynd we dɔn stɔp ɛn we nɔ no fɔ  
shek shek ɔ fɔ ɛkwivokeshɔn

. \*

A bin de luk wan flawa wit tink gud wan, ɛn wantɛm  
wantɛm a si yu smɔl, O spirit fɔ di yunivas I bin de smɛl wit di  
sɛnt we de na yu prezɛns, in peta dɛn bin de tint wit di blush  
fɔ inosɛns, ɛn di gold layt fɔ yu sɛns bin de shayn na in at Di  
slɛnd stem ɛn di grɛn bɔd bin de sɔpɔt bay yu pawa, ɛn di  
sikrit dɛn fɔ layf ɛn sote go slip insay di pollen dust Yu tɔch  
we nɔ gɛt ɛnd bin mek di bi inspɛkt, ɛn i begin fɔ sip di nɛktɔ  
we yu swit

. \*

Sho mi di wɔndaful tin dɛn we Gɔd mek yu sikrit dɛn we  
nɔ gɛt ɛnd, we ayd insay di fayn fayn gras we de na di sayd  
we di rod de  
. \*

Ol papa ɛn mama fɔ gɛt di sɛns ɛn kɔmpɔzishɔn we i gɛt  
fɔ bi papa ɛn di ɔmbul ɛn sɔri we i gɛt fɔ bi mama, ɛn dɛn tu  
kwaliti ya fɔ balans ɛn kɔmpliment pan ɛni wan pan dɛn  
. \*

A go skata sta dɛn we gɛt gladi at ɛn we gɛt op fɔ pul  
daknɛs kɔmɔt na di sol dɛn, ɛn a go spre rayt dɛn we de sho  
se dɛn de tek pat wit sɔri-at fɔ kɔrej di wan dɛn we de kray  
. \*

Wi de ya tide, ɛn tumara wi go kam dɔŋ lɛk klawd—na  
jɔs shado dɛn na di kɔsmik drim Bɔt biɛn dis imej we nɔ de  
te, we nɔ de te, di spirit we de sote go de, ɛn wi sol dɛn na  
pat pan am we wi nɔ go ebul fɔ separet  
. \*

Gɔd na di wan trut Wi fɔ de pre ɔltɛm se di prɔblɛm dɛn  
we de na layf nɔ go ambɔg wi fɔ mɛmba am We a de pre dis  
kayn we, a kin gɛt big big rizɔlt pas ɛni ɔda tɛm Dɔn, ivin if  
sɔntin we sirɔs apin, i nɔ go ebul fɔ mek a nɔ tink bɔt Am;  
bifo dat, a kin fil sef ɛn sef na In oli prezɛns  
. \*

Laif ya tan lɛk se i nɔ gɛt natin ɛn i nɔ gɛt wanwɔd te wi  
rich na di shores fɔ sef Na dat mek a kin se ɔltɛm a de ya fɔ  
witnɛs to di impɔtant ɛn glori we di ɔltime trut gɛt Wi nɔ fɔ  
put wi op pan di wɔl gol dɛn we nɔ de te ɛn di tin dɛn we wi  
kin gɛt we nɔ gɛt wan trɛnk Dɛn kayn flimsy kɔnekshɔn dɛn  
ya we wi nɔ kin no, de distans wi frɔm wi ay men tin, jɔs lɛk  
aw dɛn de distans wi frɔm wi tru tru self  
. \*

Di envayrɔment de mek pipul dɛn gɛt ilyushɔn ɛn mek  
dɛn big na dɛn yon yay Di sirɔs aspirant fɔ rayz ɔp da  
tɛmporari ɛn shot envayrɔment ɔwe de ɛn no di trut insay

insef so dat dis trut go bi in natura envayroment en di  
wangren inflowens na in layf

Wi de aks Gɔd fɔ inspekt wi wit gayd en fɔ lid wi to am,  
en fɔ ep wi fɔ fɛn am bifo wi kɔmɔt na dis wɔl lɛk wetin na di  
kayn problem dɛn we wi de gɛt en di pen we wi de bia, wi nɔ  
fɔ eva lɔs op se Gɔd in ep dɔn nia, se i go ansa evri prea we  
wi de pre wit wi at, we ful-ɔp wit long long tɛm, en se I nɔ go  
lɛf di pɔsin we i lɛk ɔ lɛf dɛn na di sɔri-at we fate go gɛt

. \*

We wi jɛntri nɔ min se wi go gɛt wɛlbɔdi, pis na wi  
maynd, ɔ wi go ebul fɔ du bɔku tin Bɔt we wi ebul fɔ du tin  
fayn en gɛt pis, wi go gɛt balans faynɛns sakrifays bikɔs ɔf  
dat

. \*

Insay yu, yu gɛt wan fayn en wɔndaful gadin we gɛt fayn  
fayn tin dɛn fɔ tink bɔt, we gɛt sɛnt wit di swɛt fɔ lɔv, gudnɛs,  
ɔndastandin, en pis I flawa dɛn fayn pasmak pas flawa dɛn  
we de na dis wɔl en matirial evbɔdi dɛn

. \*

We yu gi yu klin lɔv, yu dɔn plant wan ros we gɛt sɛnt,  
en di sɛnt fɔ da lɔv de en di sɛnt fɔ da ɔndastandin de las pas  
!eni flawa na dis wɔl en na dat na di tru

. \*

Pɔsin nɔ fɔ fred natin pas fɔ fred insef, bikɔs na di big  
enimi fɔ sakrifays en wɛlbɔdi I de pɔyzin in maynd, bring di tin  
dɛn we pɔsin de fred, i de mek di pen mɔ, i de pwɛl in at, en i  
de ambɔg di nervɔs sistɛm en in bren So, i fɔ win am tru fet  
pan Gɔd, fɔ tink gud wan en fɔ mek tin dɛn, fɔ gɛt op, fɔ gɛt  
op, en fɔ abop pan divayn protɛkshɔn Di wan dɛn we lɛk Gɔd  
en we de waka insay In yon layt nɔ go ebul fɔ win di daknɛs  
we de mek pipul dɛn fred, bikɔs Gɔd de wit dɛn, en enibɔdi  
we gɛt Gɔd wit dɛn, sɛf

. \*

Olide den kin fayn en get spiritual gift den bay we den  
kin chenj spiritual gift den we na lov, pis, gladi at, fo le pɔsin  
bia wit ɔda pipul den, en fo du gud tin den  
. \*

We wi tɔn wi at to God en beg am wit di best lov en big  
big long, wi go si am nia en kwik fo fɔgiv en gi, bikɔs we wi du  
dat wi de tɔch In sɔri-at we de ɔlsay na di wɔl en In lov we nɔ  
get kɔndishɔn frɔm God  
. \*

Rial layf nɔto jɔs fo it, wok, en slip, so a go yuz di gift fo  
rizin fo fɛn en fɛn God, en a go wok fo mi sev tru fo sav mi  
brɔda en sista den na mɔtalman  
. \*

Bɔku pipul den dɔn kam na dis wɔl en lɛf am, bɔt stil wi  
stil de si se fo liv ya na rial tin lɛk se wi fo de ya sote go Di  
pɔsin we get sɛns na di wan we de mɛmba God ɔltɛm, bikɔs  
fo kɔntinyu fo tink bɔt Am na di rod fo fri frɔm dis drim we de  
na dis wɔl we den bɔn en day  
. \*

God dɔn put insay wi gud pawa en ɛnaji fo win ɔl di tin  
den we de ambɔg wi en di prɔblɛm den we wi de get, en wi fo  
wok fo pul den pawa den de we wi nɔ go ebul fo win en ɛnaji  
den we nɔ go dɔn  
. \*

Pipul den de we nɔ de ɛva chenj; den kin ol de tay pan di  
sem abit en we fo tink Den kin kɔl den tin ya saykolojik relik  
Sɔm pan den tin ya na spiritual in nature dis kayn pipul den  
de liv ideal, pisful layf bɔt den nɔ de wok fo divɛlɔp den  
ɔndastandin ɔ brayt den horizons, de kɔntinyu fo de stagnant  
Den nɔ get di abiliti fo ɔndastand di nid, ɛnjɔymɛnt, en intres  
dɛm fo di yɔŋ jɛnɛrɛshɔn Dis kin bi sɔm kayn we fo  
akseptabl, bɔt we den kɔndɛm en kɔrɛkt di nyu jɛnɛrɛshɔn  
we nɔ get sɛns, den kin bi pɔsin we get sɛns Na di ɔda say,  
bɔku yɔŋ pipul den kin fɔdɔm pan mistek bikɔs den nɔ de  
rɛspɛkt wetin den big pipul den tink ɔ lisin to den advays Den

kin tink se ol pipul den don ol en dat mek den no nid fo lisin  
to den o fala den advays bikos den aydyo den don ol en no de  
igen Insay den yon tem we den want fo bi modan, den de  
brok boku ol lo den we den ebul Bot den fo memba se elda  
den get wet en valyu; den don liv fo long tem en den don si en  
lan boku tin Di memba den we de na di ol en nyu jenereshon  
fo tray tranga wan fo lan from densef, bikos di ol en nyu tin  
den we den don mek get den benifit en benifit

. \*

No big test no de pas fo no se di Wan we mek wi de wit  
wi Wi fo ekspekt in prezens en long fo am, bikos I de wach wi  
olkayn we I no mata di tribul, ileksef di scri-at, pen, o sik big,  
le wi luk fo korej en korej from God, en le wi aks am fo sens en  
gayd I go ansa wi as long as wi abop pan am, lek am, en luk  
fo in ep

. \*

Lov na di sent we lili den we de blo en di kwayet korekt  
we ros den de selibret di fayn fayn tin den we God mek Lov  
na di sol in sin, na im to layf, en di ritmik, balans dans we  
planet den de dans we den de travul fo oltem tru di big big  
spes Na di tosti fo flawa fo sip di san in rayt, fo blo en fo  
donawe wit di eliks we de na layf I na di wol in want fo it di  
rut den we don dray wit in milk en fo men ol layf wit in sap Na  
di san in pawaful wil fo mek ol di tin den we God mek liv en  
get layf, en layf in impuls fo protekt en kia fo di wan den we  
no get bete tin fo du Na di smayl we inosens de mek we de  
mek mama en papa den scri fo di bebi en di wan den we lek  
densef fo gi savis en korej we no de ekspekt fo kam bak Na di  
puls fo padi biznes we de men at we don brok en men wund  
Na di at in kray we defy diskripshon Na di poyt we de ful-op  
wit lov fo mortalman, we de fil pen wit in sofa Na di seklo we  
de oltem boku fo intimacy bitwin memba den na wan famili,  
we de eva gro to big ples en brayt crayzon Na di wispa fo layf  
insay di say den we opin maynd en di skay na at we ful-op  
wit di sta den we get fayn fayn imoshon den Lov na di gladi at



we di sol get, we sol den we get lov kin want en we kin want  
fo get en konekt wit

. \*

Bi wit wi, Masta, en ep wi fo du wi wok en fil Yu blesin  
prezens we de mek di at fil fayn en mek pis en op de na di  
sol

If yu no yuz di brek fo kontrol yusef we yu de drayv di  
motoka na yu layf, yu go de na di scri-at fo di imoshon den  
we yu no ebul fo kontrol en di rong tin den we yu want we de  
komot from di ego Yu fo ebul fo yuz di brek we nid de fo mek  
yu no du sontin we yu no de tek tem, we yu no de chenj di  
rayt rod, en fodom insay wan pit we de mek yu fil pen en sofa  
Sup24

Fo yuz wad den di rong we na wan pan di wepon den we  
de kil en pwel pas ol Wan men tin we kin mek posin veks na  
fo tok bad en fo mek posin fil bad Posin fo avoyd fo tok bad  
bot pipul den en fo tok tin den we no get wan bot, fo komot  
nia agyument en agyument, en pul insef pan di agresiv tin  
den we i kin du

. \*

If maredman o wef veks en mek di oda posin veks, di  
best we fo du na fo mek di oda wan waka go en no ansa te di  
tin kol If wan pan den tok wad den we de mek posin fil bad, i  
betε fo mek di oda wan no ansa in kayn we, bot i fo de kol te  
di wamat kol If di uman ala pan in man en i ansa wit lawd  
ala, di man go sofa tu tem: fcs from am stinging words and  
den from his own harsh response, ultimately haming himself  
first and foremost Dis kin mek i dayvos o oda tin den we no  
fayn I impotant bak fo avoyd fo traja o trit di oda posin wit  
scri-at Di sem tem, posin fo avoyd fo put an pan agyument en  
agyument, en bifo dat, i fo wet te i get kol at en pis we de  
insay de kam bak

. \*

Nɔ mek enibɔdi tif yu pis, ɛn nɔ tif ɔda pipul dɛn pis wit  
wɔd (ɔ rayt) insults We yu vɛks ɔ di wam we di tɛm de wam,  
pɔsin kin tɔk sɔntin we nɔ fayn, sɔntin we i nɔ ɛva want, dɔn i  
rigrɛt am, we di ɔda pɔsin go mɛmba dɛn wɔd dɛn de fɔ  
twenti ia Insay dis sɛns, mɛmori na bad tin Di pawa fɔ  
mɛmba na blɛsin if yu yuz am fayn, bɔt i de ambɔg if dɛn yuz  
am as ples fɔ kip di bad tin dɛn we dɛn dɔn du to wi

We wi wek insay Gɔd, wi go no se mɔtalman layf na jɔs  
sɔm shado ɛn layt we dɛn de projɛkt na di kɔsmik sinima  
skrin

Wi dɔn yus fɔ no tin dɛn we wi sɛns kin no ɛn no, ɛn  
bɔku tɛm wi kin stil nɔ no bɔt di subtil pawa dɛn we de rawnd  
wi Yet ɛvri tink we wi gɛt kin mek wan patikyula subtil  
vaybreshɔn Dis na di rizin we mek pɔsin nɔ kin ebul fɔ ayd in  
tru tru nature frɔm ɔda pipul dɛn If i dɔn mek mistek, i kin no  
am dip dip wan, ivin if i tink se i de ayd am, bikɔs di filin fɔ  
bad tin de insay di tink, ɛn ɔda wan dɛn go no am bikɔs di  
vaybreshɔn dɛn we dɛn tink dɛn de gɛt go sho dɛnsɛf wan  
we ɔ ɔda we tru dɛn akshɔn Dis kin apin bak to gud tin dɛn  
ɛn tink dɛn We wi de tink bɔt Gɔd ɛn tɔk in nem—lawd wan,  
wit wispa, ɔ kwayɛt wan—wi de rilis wan spiritual vaybreshɔn  
insay di ɛta, we de kɔl In blɛsin prezɛns

. \*

O Masta, di rayt dɛm fɔ Yu lɔv de shayn ikwal pan ɔl di  
mɛmba dɛm na Yu kɔsmik famili Yumaniti fɔ blem fɔ bi  
opaque, impervious to the light, bikɔs ɔf in flawed tinkin Mek  
Yu pawa pas mi bi ɛn dispel di tik, dak vapour dɛm na dis  
wɔl, so dat a go bi wan klia, polish miro we de sho Yu klin,  
raytin imej

. \*

Lɔv fɔ rili bi, ɛn we i kɔmɔt na di at, na tru tru pɔsin

. \*

If yu tɔn to di divayn layt, yu go fɛn wan divayn pawa we  
ebul fɔ layt ɛn izi yu rod ɛn gi yu wɛlbɔdi, gladi at, pis,  
fridɔm, ɛn sakrifays

. \*

If i nɔ izi fɔ gɛt mɔni, fɔ rich di saykolojik balans kin ivin  
mɔ so Pɔsin fɔ du gud ɛn kwayɛt pan in tɔk, tink, ɛn du tin  
dɛn we i de du na in bɔdi

Pipul gɛt tu nature: di nature of home and the nature of  
di salon Na os wi kin tek wi izi ɛn fil wi tru tru nature, yet  
bɔku tɛm wi kin wish se wi bin dɔn avɔyd fɔ biev naturally  
bikɔs bay we wi de biev wi de sho ɔgly tin dɛn we nɔ fɔ dɔn  
sho, mɔ if dɛn de kɔz bad to di wan dɛn we de arawnd wi

Wi de adopt di salon mentality wen wi go aut dres  
elegant, smayl brayt, we wi tink ɛn filin de swirl insaid Na os,  
wi de se, "A de veks wit so-and-so ɛn a no fit tinap fo si am,"  
bot wen wi mit di sem pesin, wi grit am wit, "Hello! Aw yu  
de?" Dɛn kɔrɛnt ya we de agens dɛnsɛf we nɔ de gri wit  
dɛnsɛf ɛn we nɔ de fil fayn kin afɛkt di nervɔs sistɛm ɛn ɔda  
pat dɛn na di bɔdi

. \*

Oh mi Gɔd we a lɛk  
A dɔn si yu bɔku bɔku tin dɛn we nɔ gɛt ɛnd na di  
ɔrayzin dɛn we gɛt kol at  
ɛn a bin test yu gladi at we de mek a fil fayn dip dip wan  
insay mi bɔdi  
ɛn a yɛri di ɛko we yu vɔys de mek na mi kɔnshɛns we  
de wek  
ɛn a bin de lisin to yu wispa to mi spiritual we aw a de si  
tin

. \*

O Masta, chenj di dɛbul dɛn we gɛt ɔgly, selfish gridi to  
enjɛl dɛn we de ɔp, ay ay aspireshɔn, penful ignorance to  
blɛsin sɛns, ɛn bays idleness to refined gold of radiant  
spiritual achievements

. \*

O Masta, mek wi klin, chenj wi wikɛd ɛn wi nɔ du natin to  
zil ɛn disayd, ɛn wi rɔng tinkin to ɔndastandin fɔ di trut  
Wetin na lɔv?

Lɔv na di sɛnt we lili dɛn we de blo

En di chorus of silent roses

Fɔ sɛlibret di fayn fayn tin dɛn we Gɔd mek

Lɔv na siŋ we di sol de siŋ fɔ layf

ɛn di balans ritmik dans we di planɛt dɛn de dans

Insay in joyn we go de sote go insay dip spes

Na di tɔsti we flawa dɛn kin tɔsti fɔ sip san layt

ɛn i de gro fayn ɛn di ɛliksi we de gi layf de gi am tin fɔ  
it

Na di tin we di wɔl want fɔ du

Fɔ it di rut dɛn we tɔsti wit in milk

ɛn fɔ kia fɔ ɔlkayn layf wit di men tin we de insay layf

Na di pawaful tin we di san want

Fɔ mek ɔl di tin dɛn we gɛt layf kɔntinyu fɔ liv ɛn wok

Na di tin we de mek wi gɛt layf

Fɔ gi protɛkshɔn ɛn kia fɔ pikin dɛn we nɔ rich 18 ia yet

Na di smayl we pɔsin kin smayl we i nɔ du natin, we kin  
mek in papa lɛk am

pan di pikin

En di ɔtomɛtik sɔbmishɔn na di at fɔ di wan dɛn we lɛk  
dɛnsɛf

Fɔ gi savis ɛn kɔndɔlɛns fri

Na di puls fɔ padi biznɛs

Di wan we de mek at we dɔn brok ɛn mɛn wund dɛn

Na kɔl to di at we defy diskripshɔn

Na pɔyt we ful-ɔp wit lɔv fɔ mɔtalman

Di wan we de sɔfa bikɔs i de sɔfa

Na di sɛklɔ we di wan dɛn we de na di sem famili kin gɛt  
tayt padi biznɛs wit dɛnsɛf

ɔltɛm i de pan ɛn big fɔ go na big ples dɛn

En fil dɛn we brayt

Na di wispa fɔ layf

Na di ɔrayzɔn fɔ opin maynd

En di skay na di at dɛn bin ful-ɔp wit di sta dɛn we gɛt  
fayn fayn filin dɛn

Lɔv na di blɛsin we di sol gɛt

Dat we sol dɛn we gɛt lɔv kin want

En i kin rili want fɔ tɔk to am ɛn tɔk to am

A bin si layf

As a de waka midul di grɔn we gɛt grɔn ɛn di vali dɛn we  
gɛt gras

Muv midul di tik ɛn flawa dɛn

A bin si layf de ple ɛn ɛnjɔy

A si in gold rayt na di san in disk

ɛn a si am de lɔs insay di tik tik dɛn we gɛt klawd

A yeri i de gigl na di wata we de rɔn we gɛt gladi at

ɛn i kin kray wit ɔl in at bikɔs ɔf di ren drɔp dɛn

A si am de shek shek na di tik branch dɛn

ɛn di daisies dɛn kin dans wit gladi at

A yeri i de ala lawd wan we bɔd dɛn de krach ɛn di  
naytingal dɛn we de kray

A si in shado dɛn de kɔba di slop dɛn

I dyu de wet di at fɔ ros ɛn kis dɛn chɛst

A si di gras we gɛt dyu de tay pan in fut

Jɔs lɛk aw a si am de sprɛy di fil gras

Wit drop of lov, e de inkrisayz in freshness ɛn biuti

A smɛl in briz we gɛt sɛnt we dɛn kɛr go na di mɔnin briz

A fil in pis ɛn si in an dɛn de skata blɛsin dɛn

Na ɔl di vali ɛn kɔna dɛn

Layf rili fayn!

ɛn aw i swit fɔ waka wit am

An to an

Na in blēsin rod dēn!

Pis de fɔ una

### **Di tin we wi nɔ no ɔ di sabkɔshɔs jinə**

As wi de go bifo along di rod ɛn wi spiritual ɔndastandin de dip, wi de fil lɛk se wi de fes wan pawaful intanent ɔpɔzishɔn Bɔt dis filin na jɔs wan ilyushɔn; di ɔpɔzit na tru Di strenj, kɔnfyus, ɛn kaprish nature fɔ da "unknown being" we de insay wi tan lɛk se i de it pan tin dēn we wi nɔ ebul fɔ tɔk bɔt we dēn pul frɔm eria dēn we wi mɔtalman kɔnshɛns nɔ ebul fɔ ɔndastand

I tan lɛk se dis pɔsin de na ples we wi nɔ de si, ɛn wi kin kɔmpia am to pɔsin we kɔmɔt na ɔda planet, we na wi gɔst pan ɔl we wi nɔ gɛt ɛni kɔnekshɔn wit am pan tin dēn we wi lɛk, aydia, abit, ambishɔn ɛn tin dēn we wi want fɔ du fa

I tan lɛk se dis pɔsin we wi nɔ no gɛt aydia bɔt di layf we wi go day afta we wi nɔ ebul fɔ mɛzhɔ ɛn we kɔrɛkt pas wi yon I tan lɛk to wi se i jɔs gɛt smɔl ɔndastandin bɔt di prɛshɔ nid ɛn prɛktikal nid dēn fɔ wi ɛgzistens na dis wɔl

I tan lɛk se wi padi we wi nɔ no nɔ de pe atɛnshɔn to wi, i nɔ gɛt wan dawt fɔ se i de insay di sikrit dēn we de na di yunivas ɛn we i rili mɛmba wi ɛn want fɔ mek wi gladi, i de mek wan strenj, we tan lɛk se i nɔ mek sɛns, we de trowe wi ɔf balans, we de ambɔg wi ikwal, ɛn lɛf wi fɔ kɔnfyus

Boku tɛm wi biliv se dis tin we wi nɔ no de provok wi ɛn provok wi abiliti, lɛk se i de ple wit wi maynd we i nɔ de tink bɔt di we aw wi de fil ɔ fil sɔri fɔ wi sikɔstɛms Sɔntɛnde i kin tan lɛk se i de vɛks ɛn vɛks wi, ɛn i nɔ de gi wi ɛni fayv we fit fɔ tɛl wi tɛnki ɔ ɛni bɛnifit we wi go si

I tan lɛk se dis pɔsin ebul fɔ du ɔlkayn mirekul ɛn wɔndaful tin dɛn, bɔt pan ɔl we i de insay wi, i nɔ izi fɔ wi fɔ tɔk to am ɛn bɛnifit frɔm di tin dɛn we i ebul fɔ du we nɔ gɛt limit ɛn di pawa dɛn we i gɛt we pas mɔtalman

Wi kin kɔmpia dis tin we ayd to pikin we dɔn pwɛl we dɛn dɔn gi am chans fɔ si di sikrit dɛn na ɛvin ɛn di wɔl I de yuz dɛn sikrit dɛn de ɛn kɔntrol dɛn pawa dɛn de as i want, we nɔ de stɔp am ɔ aks fɔ wetin i de du

I tan lɛk se i no ɔltin, bɔt i nɔ no aw fɔ yuz da no de fayn fayn wan In an dɛn ful-ɔp wit trɔs, we i de swɛla ɛn west na di rɔng say ɛn di rɔng tɛm

Wi si am de gi bred to di wan dɛn we tɔsti ɛn wata to di wan dɛn we angri (ɛn i de gi swit to di wan dɛn we nɔ gɛt tut)

I kin gi gift to di wan dɛn we nɔ gɛt tɛnki ɛn i kin mek di wan dɛn we de beg nɔ gɛt prɛzɛnt

I de rɔnata di wan dɛn we de rɔnawe pan am ɛn rɔnawe pan di wan dɛn we want fɔ mit am

Wetin na da pawa we ayd we sɔntɛnde kin chaj pɔsin wit wan strenj ɛn wɔndaful ɛnaji we de rɔn di briz ɛn gɔst dɛn?

Wetin na di pawa we de mek di lɛvɛl we di vaybreshɔn ɛn ɛnaji de go ɔp ɛn dɔɲ di kayn we we go ɛp pɔsin fɔ balans in tɛmpracha we i de kɔmɔt na wam rum na kol mɔnin ɛn di ɔda we?



Dat tin we wi no de wok wit wan skil we rili wɔndaful dat i no go eva kam na di sensman we sabi bot kemist ɔ di sensman injinia in maynd

Yu tink se i pɔsibul se den go gɛda da kayn trenk de insay dis shot layf we dis wɔl de liv?

No, mi padi dem, i tek bɔku bɔku ia fɔ mek da "strenja" de pafekt dis bɔdi mekanism we wi kin atribyut to di fayv sens dem Fɔ egzampul, i no pɔsibul fɔ mek di kɔnshens maynd no di prexis amɔnt ɔf shuga we den fɔ pɔmp insay di blod If da amɔnt de tu smɔl ɔ tu ay, di rizɔlt go bi bad bad tin

Wi tinap fes to fes wit pawa we wi no smɔl bot, en wi fɔ kam fɔ no am Di best we fɔ du dis na fɔ chalenj wetin wi don lan so fa en redi wisef di we aw di big ticha bin de du we i se: "If una no tan lek smɔl pikin, una no go go insay God in kingdom".

In ɔda wɔd den, if pɔsin no gri fɔ mek di pikin simpul, i klin, en i get fet, i no go ebul fɔ go bifo pan God biznes

Sɔntem sayens mediteishɔn na di izi we fɔ no da hiden pawa we de insay de, bot bɔku pipul den no get di motiveshɔn fɔ tink gud wan en den kin lek fɔ get da no de insay den yon we, ɔ jɔs bay we den sidɔm kwayet wan—ivin if den tinkin de rɔn lek briz we de blo na ɔl di say den we den de tink Sɔm pipul den kin se, "A fɔ get da no de insay di fiuja inkarneshɔn den, en a no de rɔsh Mi sabkɔnshens kin." wek mi wan de, bot nid no de fɔ tray tranga wan fɔ mek a ebul fɔ du am".

I no mata aw wi ol, ɔmɔs tem wi don fel na layf, ɔ wetin ɔda pipul den tink bot wi I no mata us jin wi de ker ɔ us sikɔstems wi de liv insay Non pan dis no impɔtant to di hiden gɔst we de insay wi ɔl wetin i want na fɔ le wi alaw am fɔ yuz wi bɔdi, wi enaji, wi maynd, en wi kɔnshens, en fɔ sɔrenda

kontrol pan evri aspect of our lives to it Dis na wetin wi fɔ du if wi want fɔ rich di mak dem we de wet fɔ wi

We wi de tink bɔt di tin den we de apin na wi layf, yu nɔ tink se na tru se wi no se wan pawa we ayd dɔn gayd wi en mek wi nɔ gɛt bɔku denja? Bɔt jɔs lɛk aw di denja pas wit pis, wi kin fɔgɛt da pawa de kwik kwik wan!

Dat pawa nɔ eva kɔmɔt en nɔ go eva lɛf wi En evri tɛm we wi nid am, i de ɔltɛm fɔ ɛp wi, jɔs lɛk aw di big ticha bin se: "A de wit una te di wɔl dɔn".

If wi rid di biyografi fɔ big man en uman den ɔlsay na di jɛnɛreshɔn, wi notis se insay evri tin we apin, ilɛksɛf i smɔl, en ilɛk us we den yuz, ilɛksɛf na tru tru prea ɔ dip affirmation, di rizɔlt bin de di sem ɔltɛm

Dis jayant we den put na jel insay wi de muv ɔltɛm, i de tray fɔ brok fri wans en fɔ ɔltɛm Ustɛm wi go kɔnshɛns fɔ pul am en fala am fɔ fri en win?

Lɛ wi begin naw en gi di jayant we de insay wi chans, en wi go si aw layf go swit en aw i go shayn wit di layt den fɔ gladi en win, wit Gɔd in ɛp

Pis de fɔ una

## **Sin den frɔm India en wan vishɔn**

India na wan maykrokosm fɔ di wɔl pan ɔltin I na kontrɪ we gɛt ɔl kayn atmosfɛs, klaymat, rilijɔn, biznɛs, art, pipul, land skay, langwej, en kɔlchɔ

Indian sivilizayshon don de fo boku boku ia, en in rula den, sensman den, en gaydman den don lef rekod den we de sho se di Aryan sivilizayshon bin de en di tru tin na India en Sindh

Boku Yuropian turis den kin go na India en si majik man den, pipul den we de ol sod, en pipul den we de mek snek na in strit den, den biliv se dis na di best tin we India get fo gi, den no no se den figa den ya no ripresent di tru tru tin we de na India Di rial layf en pawa na India de insay in spiritual kolcho, we don mek i bi wan melt pot fo rilijon en biliv den from trade trade

Na tru se di West kin tich India boku fayn fayn prasis, we en prinsipul fo tred, en di development fo natura en motalman risos En na tru se India nid lida den we get vishon lek Enri Fod en Tomos Edison Bot di Westen wol sef kin tosti o no kin tink bot di prektikal, spiritual lesin den we India don speshal pan olsay na di istri

Sayns don go bifo so na di siti den na di West, en i don mek tin den we pipul den nid, dat na say fo slip, it, en klos— de izi fo get Bot, komfort pan bodi en propati no go du if den no get komfort pan den maynd, pis, en korej pan God biznes

Di big en richest eritij na India de pan di spiritual we en rod den we Indian spiritual masta sabi bukman den we get vishon en we get sens don fen fo long long tem Dis eritij don ep en kontinyu fo ep fo mek motalman get spiritual en sayens kolcho

India na land we sikrit den de, bot den sikrit ya de jos opin den at to di wan den we de sori fo den, di wan den we de luk fo di trut wit ol den at en wit ol den at

India bost di ay en fayn fayn mawnten den na di wol: den kin kol di Himalayas Darjeeling we de na di not pat na India

bɔku tɛm di Swizaland na India we i kam pan di natura biuti  
we de mek pɔsin blo I gɛt bak di ol ruins dɛn we gɛt spɛshal  
kast dɛn, fɔt dɛn, ɛn prins pales dɛn na Dili, ɛn di big big  
Ganges Riva ɛn di Himalaya ayland dɛn, wit dɛn kev dɛn ɛn  
ples dɛn fɔ go slip fɔ tink bɔt ɛn fɔ tink bɔt di layt ɛn sɛns we  
Gɔd gi

Di siti we nem Agra na India gɛt wan pan di wɔndaful tin  
dɛn we de na di wɔl, we na di Taj Mahal, we na di bɛst ples fɔ  
akitɔk ɛn di fayn fayn drim dɛn we mɔtalman dɔn drim, we  
dɛn mek wit mabul we dɛn dɔn polish ɛn fayn fayn alabasta,  
we de mek mɔtalman lɔv nɔ de day

India gɛt dak fɔrɛst dɛn bak ɛn bɔku bɔku jɔŋgrɔn dɛn  
usay tayga ɛn layɔn dɛn de waka waka India gɛt blu skay  
bak we kin bi mɔ fayn ɛn fayn we di san de go dɔŋ we di san  
in layt tɔn to bɔku bɔku ɔrɛnj faya we de bɔn

India gɛt bak bɔku bɔku difrɛn kayn ɛn kɔlɔ dɛn fɔ frut ɛn  
vɛjitebul dɛn we de na di Ost ɛn bɔku bɔku pipul dɛn we gɛt  
difrɛn kɔlɔ dɛn, ɛn ɔl dɛn tin ya jɔyn fɔ mek India bi wan  
wɔndaful, wɔndaful, ɛn pɔt we yu nɔ go ɛva fɔgɛt

India na land we gɛt bɔku difrɛns, usay dɔti dɔti jɛntri de  
nia po bad bad wan, ɛn usay di pinal pan intelektual klin layf  
de togɛda wit wan harsh, ɛvrɪde layf insay India, yu go si  
Rolls-Royces ɛn ɔkskat, jɔs lɛk aw yu go si ɛlifant dɛn insay  
ɔnɔyt lit ɛn fayn fayn ɔs-drɔ kariɔt dɛn

Insay di nɔt pat na India wi kin si pipul dɛn we gɛt blu  
yay ɛn blant ia, ɛn na di sawt we wam pasmak wi kin si dak  
skin we di wam we di tropik san kin gɛt dɔn tan

Frɔm di biginin te to di ɛnd, India rili na land we gɛt  
sɔprayz ɛn kɔntradikshɔn Laif kin bi wan wan if i fala wan rod  
Bɔt na India, pɔsin kin fil se layf na big big advantej we ful-ɔp  
wit sɔprayz ɛn sikrit dɛn we pɔsin nɔ ɛva imajin

Sontem India no get skayskrepa den we posin kin si o  
boku boku tin den we den kin yuz fo enjoy densef tide we kin  
mek di spiritual nerv den stres

Na tru se India get in folt den, jos lek aw ol neshon den  
get den folt den

Bot India get spiritual skayskrepa den: ombul, rial  
spiritual jayant den we kin tich den kōmpin motalman aw fo  
pul komplit spiritual gladi at from eni sikostems na layf

Den Sufi ya we get sayens fawndeshon, we don kam fo  
no tru en rial tin tru den yon tray en eksperiens, kin ep oda  
pipul den fo get den sens en pul di wata we de mek pis en  
satisfay we de mek den fil fayn from di gron we den de liv  
evride

Wan ethereal vishon we di san de go don

Di ticha we get sens we nem Paramhansa tok bot in  
vishon lek dis:

From mi bolkon, a luk di west, en pan di wing den we a  
de imajin, a flay go na di shore den na di fa fa crayzin Na mi  
rayt en left, a si tu mawnten den we no tu te, chenj to wan  
mistirios pepul hue We a luk bak, wan an we a no si bin don  
koba den wit wan vel we get dip blu Bihayn mi lay di siti na  
Guadalajara, we den was insay di twilayt fo san we de go don  
Di ista skay bin don fayn naw wit saf saf pink kol den We a  
de luk bifo, mi yay si wan majik siti we get blu ayland den we  
de flot insay wan lek we get gold

Insay dis akipelago we get majik blu ayland den, wan big  
big il we get blu laymston bin rayz, we grey-wayt volkeno  
klawd den bin de rawnd am we bin de spit giza den we get  
faya red-gold lava, we bin de ron slan lek renbo to di kwayel  
lek Intens gold flawa bin koba di blu ayland den insay layt we  
de bon

Di blu pik en in krawn we get faya bin de sho lek twin  
den na di say we da gold lek de we no get natin En na di rayt  
say, wan smol lek we kwayet bin de shayn, we bin de nia  
wan pan di blu ayland den brast lek ful mun we de swim  
midul wev den we get klawd

A bin de waka fo long tem na di siti usay di san de go  
don en klawd den we tan lek mirej, we de flot na di lek wit in  
fayn fayn gold layt En aw den gold wata den de we get red  
ays grup den we skata olsay te to di edj fo sote go

A bin imajin se smol smol nimf den we get layt na spirit  
den we de du gud na dis wol, en afta den don pas ol di  
problem den we de na layf fayn fayn wan, den alaw den fo  
waka en mek den drim den lek aw den want Evride we di san  
de go don, den nimf den ya go kondens den selestial drim  
den na siti den we de na eti we si en lek den we get gold de  
rawnd, pas di grip we sori en bifo di trap dem fo dis wol we  
de na dis wol wit ol in bad bad tin dem en pen dem, pas ol di  
problem dem, den pipul ya bin de blo red layt, drink drenj  
rayt, en dref en kam nia, den bin de waka waka en swim  
midul wan si we get boku boku layt den

Na ya, den mermed den de go fulfil den drim en embodi  
den fantasi wantem wantem lek aw den want, don den go  
solv en los we den want

Na ya, den tin den de bin de enjoy di jentri den we de  
mek den satisfay en satisfay, en den bin de gi den ol di wan  
den we bin de kam fen den na den wondaful, majik wol, drim  
den wit fri-an

Na ya, i no bin get fo wet en want lek mortalman fo mek  
in drim den kam tru en wetin i want fo apin, bot i bin de drim  
lek aw i want en i bin ebul fo du ol den drim en wish den de  
bay in yon wil

Da siti de we di san de go dɔŋ na di Ayland dɛn fɔ Drim  
na bin drim we bin de ayd insay di dip dip pat dɛn na mi  
sabkɔshɛns, ɛn tide i dɔn rili kam tru Fɔ tru, a dɔn si di valyu  
tin dɛn we ayd na mi sol, ɛn in layt dɔn kɔba mi, in brayt  
braytnɛs dɔn mek a de shayn!

Pis de fɔ una

### **Lamp dɛn we de shayn**

Wi de prez ɛn tɛl Gɔd tɛnki fɔ di gift we wi de gi wi ɛvri  
nyu ia ɛn fɔ di op ɛn prɔmis dɛn we i de brɪŋ kam tru  
No pawa nɔ de we pas fɔ beg am wit ɔl in at, fɔ mek wi  
gɛt kɔnekshɔn wit Gɔd, fɔ mek wɔndaful chenj dɛn kam na di  
layf fɔ ɛnibɔdi ɛn di tin dɛn we de apin na di wɔl, ɛn fɔ mek  
pis ɛn mɔtalman brɔdaship  
Wi de pre to Gɔd se di prea we pɔsin kin pre wit ɔl wi at,  
di we aw wi de si tin dɛn we ay, ɛn di tin dɛn we wi no we de  
gro, go chenj to spiritual pawa we gɛt blɛsin we de brɪŋ rial  
chenj na grɔn

Blɛs wi, O Masta, so dat wi go gayd wi wit Yu layt ɛn layt  
layt lamp dɛn na di rod dɛn, ɛn so dat wi go wek Yu lɔv na wi  
at ɛn ɔda pipul dɛn at, ɛn kɛr tɔch dɛn we gɛt layt we gɛt layf  
ɛn yuz wi talɛnt dɛn fɔ du wetin Yu gladi ɛn bɛnifit pipul dɛn

Ɛp wi fɔ mek wisɛf kɔnduit dɛn we Yu kɔsmik ɛnaji ɛn  
gayd layt go flɔ tru fɔ ɛp ɔda pipul dɛn ɛn fɔ mek dɛn nɔ sɔfa  
ɛn fɔ mek dɛn sɔfa, bikɔs tɛnki fɔ Yu wi gɛt di pawa fɔ ɛp  
mɔtalman ɛn wisɛf

Wi gɛt blɛsin so dat wi go fil sɔri fɔ di wan dɛn we de  
sɔfa  
Wi de skata gud aidia ɛn tin dɛn we wi want fɔ du ɔlsay  
na di wɔl  
Mek pis ɛn brɔdaship bi sɔntin we pɔsin kin liv  
."As na ɛvin, na so na di wɔl"

Pis na wan pan di nem dɛm fɔ Gɔd ɔlmayti, we i put na}  
{di wɔl, so una spre am bitwin unasɛf

\* \* \*

Wan pan di student dɛn bin tɛl di ticha Paramhansa se i  
nɔ izi fɔ am fɔ chɛnj di bad abit dɛn we i gɛt wit di wan dɛn  
:we go bɛnifit am ɛn i aks am fɔ advays, so i se

Yu nɔ fɔ lɛf fɔ gɛt op fɔ mek yu ebul fɔ du mɔ

Pɔsin kin jɔs ol we i nɔ gri fɔ tray fɔ chɛnj di rayt we

Dat stagnant stet na, fo mai estimet, stet of akchual  
."pyramid

We pɔsin se "A nɔ ebul chɛnj" ɛn rɪpit am bak ɛn bak



A se to am: "Wɛl, bikɔs yu dɔn disayd fɔ bi da we de, de  
."usay yu de

Ilɛk uskayn sik de pan pɔrsin naw, i kin chenj fɔ bɛtɛ if i  
de kɔrɛkt insɛf, it fayn it, ɛn fala di lɔ dɛn we de sho se i gɛt  
wɛlbɔdi

Wetin mek yu tink se yu nɔ ebul fɔ chenj? Intɛlektual  
stagnɛshɔn na di hiden kɔz fɔ wikɛd Olman gɛt kwaliti dɛn we  
de stɔp in prɔgrɛs Dɛn kwaliti ya nɔto Gɔd bin put insay  
mɔtalman nature, bɔt na mɔtalman mek Dis na di fɔlt dɛn we  
yu fɔ pul kɔmɔt pan, ɛn yu kin ebul

Mɛmba se di abit dɛn we pɔsin gɛt nɔto natin pas fɔ sho  
wetin i de tink insay pɔsin in at

We yu mek yu maynd fɔ chenj, bɔku pipul dɛn go kam  
togɛda fɔ sɔpɔt yu ɛn mek yu gɛt mɔ trɛnk fɔ disayd fɔ du  
gud tin dɛn

ɛn wit Gɔd in ɛp

## **Nyu la Gadin**

Di ɛko dɛm fɔ di ia we dɔn pas, wit in sɔri ɛn laf, dɔn dɔn

ɛn na dis na di ikɔ we di Nyu la siŋ de siŋ fɔ ɛnkɔrej, de  
:tɛl wi op, ɛn wispa

."Rkriet yu layf pafɛkt wan"

Abandon di gras den we yu bin de fred trade

From di gadin we den bin don lef bien trade, i bin gɛda  
en sev di sid den nomɔ we get gladi-at, tin den we i don du,  
op, gud tin den we i de tink en du, en tin den we get ay  
pozishon en we ay

Insay di doti doti gron fo evri nyu de, plant den pawaful  
sid den de, wata den, en kia fo den te den gro en ful yu layf  
wit di benifit den we no kin boku we yu blo

:Di nyu ia de wispa

Wek di spirit, we den kapcho to di abit den, en enkorej"  
am fo du nyu tin den we go benifit yu No eva stop fo tray, en  
no eva rest te yu get fridom we go de sote go en win karma  
."(di oltem chasing en pursue konsikuns fo past akshon den)

Wit maynd we don ref en we wi don chak wit gladi at we  
de nyu oltem, le wi gladi togɛda en waka an to an go na di os  
we de na evin usay wi no go eva komot igen

Wan stori we get sakrifays

A stil memba di fos tem we a yuz wilful pawa fo ep oda  
pipul den

Mi ɛn wan pan mi padi den na bin jɔs yɔŋ bɔbɔ den da  
:tɛm de Wan de a tɛl am se

."Wi go fid faiv handred (poor) pipul"

"!I ansa wit soprayz se: "Bɔt wi nɔ gɛt wan peni

A ashu am, se, "Di projekt go go bifo pan ɔl dat, ɛn a  
."biliv se di mɔni go kam tru yu

"!I ansa wit provok se, "Na big big projek! Dis nɔ pɔsibul

Mi sɛns fɔ shɔ mek a se: "Nɔ mek yu mama vɛks pan ɛni  
."we, bɔt du ɔl wetin i aks yu

:Wan de afta dat, i kam rɔn go mit mi ɛn tɛl mi se

A bin de was wen mi mama kol mi a bin de go ansa am"  
se, 'No bost mi nau wen a de tek bath,' bot insted a aks am  
wetin i want, and shi ask mi fo go si mi anti we de nia wi  
.'"haus, so a tel am se: 'A de hie and obe

We a go si mi anti, di fes tin we shi tel mi na: 'Udat bi"  
dat krayzi boi we yu de wit? Yu don los yu maind? Wetin bi  
dis projek we a hie about wia una tu go fid faiv handred  
"'!pipul

A vɛks pan am ɛn se, "A fɔ go naw," ɛn begin fɔ kɔmɔt na  
in os Bɔt i stɔp mi, se, "Yu padi kin kray, bɔt in aidia gud Tek

dis twenti-rup not" (dat na bin bōku mōni na di biginin fō di  
twenti sentiwoḍ)

Di bōbō bin so soḗrayz i lēf smōl fō lē i fōdōm I kam rōn  
to mi wantēm wantēm ēn tēl mi di nyus We wi go bay rays ēn  
sōm ḡda tin dēn we wi nid fō di fēstival, di neba dēn bin dōn  
yēri bōt wi plan ēn gi wi mō it We di ēnd, wi fid tu tawzin  
!pipul dēn (2000)

Di sem wil chaj wit di oli kōrēnt we mek di fōs laybri we i  
mek, di Saraswati Laybri na Kalkata

We yu disayd fō du gud tin dēn, yu go ebul fō du am if  
yu yuz wan pawaful ēn ifēktiv wil ilēk wetin apin, if yu  
kōntinyu fō du am, Gōd go mek di we aw yu go ebul fō du  
wetin yu want

Dat na di trut we Jizōs Krays bin tōk bōt we i bin se: "If  
yu gēt fet ēn nō dāwt... den yu go se to dis mawnten se, 'Muf  
"ēn trowe yusef na di si,' ēn i go bi

En insay di nobul hadith: We yu de kōl Gōd, mekōp yu]  
.[maynd fō beg

If yu de yuz yu wil pawa ḡltēm, ilēk wetin de ambōg yu,  
yu go stil ebul fō gēt sakrifays, wēlbōdi, ēn di trēnk fō ēp ḡda  
pipul dēn, ēn pas ḡl, yu go ebul fō gēt wanwoḍ wit Gōd Dat na  
di wil pawa we yu fō kōltiv: di wil pawa we de dray di si dēn  
we de shem ēn nō ebul fō du gud ēn ajōst wetin dēn de op fō

Luk insay di dip dip ples den we yu get, en na de yu go si  
di tin den we no get limit fo mek yu fayn, get sens, en klin

Wi de aks God Olmayti fo mek yu welkom di nyu ia wit di  
strong konvikshon se yu get di abiliti fo sho di ay nature insay  
yu

Di envayroment en di rizolt fo di tin den we yu don du  
trade don envelop yu wit patikyula kwaliti den, kwaliti den, en  
abit den, bot den tin ya na jos fo apin fo shot tem, en onda  
den de yu tru tru nature – di nobul sol – we get di absolyut  
fridom fo pik di advantej en kwaliti den we yu want fo get en  
sho we yu de du yu wok den na di stej na dis wol

Yu tink se spiritual aspireshon den de we de stop insay  
una, we de blo na una at, we de enkorej una fo put den na  
una agenda fo di ia we de kam? If di ansa na yes, forget di tin  
den we yu bin don du trade, kip di lesin den we yu don lan  
from am, en go bifo wit God in blesin fo mek yu ebul fo du  
wetin yu want fo du

Den bin de si evride as nyu chans fo kontrol di bad abit  
en tin den we den lek, fo liv wit pis, fo gi lov, en fo mek pipul  
den get op en gladi at na dis wol

Di mont we yu wek yu wil fo mek fayn chenj en sopot am  
wit yu akshon, di kosmik fcs den we yu no si from di Masta  
we get scri-at kin begin fo bolster yu tray Di mo yu de

kɔntinyu fɔ du yu rizɔlt dɛn, na di mɔ di pawa dɛn fɔ gud go  
bi big ɛn pawaful na yu layf—dis na divayn lɔ we nɔ de chenj

Di fɔs de kin tranga, bɔt di sɛkɔn de kin izi smɔl, ɛn di  
tɔd de ivin izi Afta sɔm dez, yu go si se sakrifays kin apin ɛn  
di wan dɛn we de bia ɛn kɔntinyu fɔ tray fɔ wan ol ia go si se  
dɛn dɔn chenj

To di wan dɛn we gɛt spiritual aspireshɔn, wi se: Lɛ di  
want fɔ kɔnɛkt wit Gɔd bi di big tin na una layf Na tru we wi  
de tink bɔt Gɔd ɛn tink gud wan bɔt am, wi kin gɛt di  
ashurant we nɔ gɛt wan dawt se I lɛk wi sote go bikɔs wi na  
in yon, ilɛksɛf di mistek step dɛn we wi go dɔn tek na di rɔng  
dairekshɔn

We wi fil se dɛn lɛk wi fɔ ɛni kɔndishɔn, yu nɔ tink se dat  
kin mek wi du wi bɛst ɛn ɛp wi fɔ lɛf fɔ du di tin dɛn we bin  
dɔn apin trade wit ɔl di tin dɛn we wi nɔ bin ebul fɔ du ɛn di  
tin dɛn we kin mek wi at pwɛl? We wi fil se dɛn lɛk wi ɛn  
sɔmbɔdi de we lɛk wi, wi kin fil fayn ɛn wi at kin gladi

Pan ɔl di wok ɛn aktiviti dɛn, wi fɔ sɛt sɔm tɛm fɔ go  
insay wi dip dip tin dɛn, fɔ fɛn wisɛf, ɛn fɔ mek wi sol fil fayn  
wit Gɔd in lɔv ɛn pis

If wi lɛk Gɔd ɛn wok wit ɔl wi at fɔ mek i gladi ɛvrɪde,  
natin nɔ go ebul fɔ stɔp wi fɔ go bifo pan Gɔd biznɛs

Mɛmba se, mi padi dɛm, ɛn wit Gɔd in ɛp, una go gɛt  
gladi at we una nɔ bin dɔn ɛva drim bɔt bifo

\* \* \*

Wit wan wil we dɛn chaj wit ditarminieshɔn  
Wit kɔmplit kɔnfidɛns pan di tin dɛn we mɔtalman sol  
ebul fɔ du  
Wit fet we nɔ de shek pan Gɔd  
Mek wi se gudbai to dis yie and welkam di nyu yie

Pan ɔl di chenj dɛn we di wɔl de go tru, ɛn di impak we  
dɛn chenj dɛn de gɛt pan wi layf, if wi luk pas di tin dɛn we  
de apin ɛvrɪde kwik kwik wan wit sɛns ɛn sɛns, wi go gɛt  
ɔndastandin ɛn lan lɛsin dɛn

Wi ɔl gɛt in wok fɔ du na di stej fɔ tɛm, usay di tin dɛn  
we de apin tide kin chenj to drim dɛn bɔt tumara bambay

Drama tin dɛn we kin apin ɛn di tin dɛn we kin apin wit  
dɛn kin du wan tin: fɔ wek, wan bay wan, di bɔku bɔku gud  
kwality dɛn we de insay wi ɛvri ɛksperiɛns we wi kin gɛt kin  
sho wan layt trɛnk insay wi fɔ dil wit am wit sɛns ɛn fayn  
fayn wan

Wi gɛt big big abiliti dɛn we Gɔd dɔn put insay wi, ɛn we  
dɛn de aktiv, dɛn kin bi impɔtant sɔs fɔ blɛsin na wi layf

Ivin if di tin dɛn we de apin na do nɔ de ɔnda wi kɔntrol  
ɔltɛm, wi kin pik ɔltɛm wetin wi want fɔ de insay wisɛf, usay  
di ki fɔ wi prɔgrɛs ɛn di prɔgrɛs fɔ mɔtalman de

Evri sol we want fridom fɔ mek in kɔnshens kɔmitment fɔ  
chenj fɔ di bɛtɛ, ɛn di tɛm we fit pas ɔl na naw, we di  
intenshon dɛn de pe atɛnshon fɔ disayd ɛn kɔmit fɔ chenj

Mɔtalman nɔ fɔ bi tin dɛn we nɔ de chenj, we nɔ ebul fɔ  
ridyus di maynd ɛn spiritual tin dɛn Di heroic kwaliti dɛn we  
de insay wi fɔ wek, ɛn di lod dɛn fɔ fred ɛn nɔ sho fɔ trowe

We pɔsin biliv insɛf se Gɔd lɛk am ɛn i de wit am ɔltɛm,  
di tin dɛn we bin dɔn apin trade nɔ go ebul fɔ tay am ɛn di tin  
dɛn we gɛt fɔ apin tumara bambay nɔ go ebul fɔ mek i fred

Bifo di spak we mɔtalman layf gɛt, di faya we kɔmɔt  
from Gɔd de  
Bifo di rayt we mɔtalman de tink bɔt, Gɔd in layt we pas  
ɔl de shayn  
Bifo di wef fɔ sɛns we gɛt sɛns, wan big big si de we gɛt  
bɔku tin dɛn we ɔlman no  
Bifo mɔtalman lɔv de pul di divayn lɔv we de ful-ɔp di at  
ɛn satisfay di tin dɛn we i want

Di wan kɔnstant we nɔ de chenj na di wɔl we di tin dɛn  
we de chenj ɛn chenj de kɔntrol na wi padi biznɛs wit Gɔd

Lɛ di las tin we wi fɔ disayd fɔ du na fɔ mek da blɛsin  
tayt padi biznɛs de strong ɛn fɔ liv wit di wan we de gi layf,  
trɛnk, lɔv, ɛn gladi at pas ɔlman



So dat motalman go kam fɔ no di Wan we mek am we i  
de in wan ɛn we i de tink gud wan

I fɔ aks insɛf ɛvride if i de mek in layf gri wit di ɔ dɛn bɔt  
tru ɛn ɔv, we na di ɔ dɛn we Gɔd gi na di wan ol wɔl

Lɛ wi ol di pis we Gɔd gɛt insay wi  
Lɛ wi lisin to di vɔys we wi kɔnshɛns de mek  
Lɛ wi mek wi sɔri-at fɔ ɔda pipul dɛn

Wit wi gud tinkin ɛn harmoni akshɔn, wi kin strɔng di  
pawa dɛm fɔ gud we, bay Gɔd in spɛshal gudnɛs, kin bring  
kam fawndeshɔnal chenj dɛm na dis wɔl

\* \* \*

Tide pɔsin kin mek shɔ se i go fala wan stret rod, bɔt  
tumara bambay i go kɔmɔt biɛn am ɛn si se i go want fɔ lɛf di  
gud tin dɛn we i dɔn disayd fɔ du

Wi nɔ fɔ gri wit wikɛd tin dɛn na wi layf ɛnibɔdi we ebul  
fɔ kɔntinyu fɔ tinap tranga wan pan dɛn prinsipul dɛn pan ɔl  
we ɔl di tɛmteshɔn ɛn tin dɛn we de apin na do de na di rod  
fɔ fridɔm, ɛn ɛnibɔdi we tek sɛns as dɛn layt we de gayd wi  
go win di lay lay tin dɛn we layf gɛt, di tin dɛn we i nɔ ebul fɔ  
du, ɛn di tin dɛn we de ambɔg am

Pipul dɛn we gɛt sɛns kin kip dɛn sɛns te di ɛnd ɛn dɛn  
kin fes layf wit maynd ɛn fet we nɔ de shek, ilɛk uskayn tin  
dɛn fɔ gɛt

Enibɔdi we giv ɔp in wil, sɔrɛnda to in sikɔstɛms, ɛn stɔp  
fɔ tray, de kɔndɛm insɛf ɛn tɛm go pas am

Man na di wan we de mɛn in kɔrɛkt ɛn kɔrɛkt abit dɛn,  
ɛn we i se, "A nɔ go ebul fɔ chɛnj," i de kɔndɛm insɛf fɔ lɛ i nɔ  
ebul fɔ du sɔntin

We pɔsin afɛm to insɛf se i strɔng ɛn fri pan ɔl we bad  
abit ɛn bad tin dɛn de atak am, ɛn i nɔ go stɔp fɔ tray fɔ du  
bɛtɛ, i de opin di rod fɔ di pawa dɛn we gud we de insay am  
fɔ kam ɛp am ɛn sɔpɔt am

Ilɛksɛf di tin we pɔsin de du nɔ rayt, i fɔ chɛk in layf ɛn  
tray fɔ ɛp insɛf ɛn du wetin rayt, ɛn ɔl di bad tin dɛn we i de  
du go chɛnj to gud tin dɛn we Gɔd go ɛp am

Frɔm di arkiv dɛn: Anger ɛn di Elifant in Mɛmori

Di wan dɛn we want pis insay dɛn at fɔ ɔndastand aw  
pɔsin kin vɛks ɛn bɔku tɛm i kin mek bad bad tin apin

Bikɔs ɔf di lɔs intanɛnt balans bikɔs ɔf wamat, bɔku pipul  
dɛn dɔn tɔn agɛns wetin dɛn want to kriminal ɛn kilman dɛn  
we tɔsti blɔd

Fɔ ambɔg di tin dɛn we pɔsin want, i de mek di maynd  
blaynd We di fɔg we di tin dɛn we i want fɔ du tek pɔsin in  
maynd, i kin lɔs in sɛns ɛn biev di we we nɔ fit fɔ bi pɔsin we  
gɛt ay pozishɔn

We pɔsin nɔ ɡet sɛns, dat kin mek pɔsin no di we aw  
pɔsin kin no we i bɔn we na di tin we de mek pɔsin du ɔl di  
tin dɛn we pɔsin kin du fayn ɛn fɔ du gud tin

We di stiarin fɔ pɔsin in maynd nɔ wok fayn, i nɔ go ebul  
fɔ avɔyd fɔ ɡet aksident ɛn dɛn kin si dɛnsɛf pan pen ɛn sɔfa

Fɔ ɛgzampul: Di man de drayv wit gladi at, ɛn we i de go  
na di pak, in wɛf tɛl am fɔ chenj dairekshɔn fɔ go na in mama  
ɛn papa dɛn os instead fɔ go na di pak, ɛn na ya in gladi at  
kin tɔn to vɛks

A pik dis ɛgzampul bikɔs na kɔmɔn tin we kin apin Insay  
nomal kes dɛm, di rizulyt na ɔ di man nɔ gri wit wetin in wɛf  
aks fɔ ɔ gri wit vɛks ɛn nɔ gladi, ɛn na dis kin jɔs apin Insay ɔl  
tu di kes dɛm, vɛks kin tek ova, di atmosfɛs kin tɛns, ɛn di  
pis kin ambɔg

Sɔntɛnde, vɛks kin tɔn to bad bad tin fɔ di wan dɛn we  
ɡet bad bad wamat Wamat kin afɛkt di mɛmori, ɔ di drayva  
kin fɔɡet fɔ drayv tek tɛm ɛn pe atɛnshɔn, ɔ i nɔ kin wach di  
trafik signal dɛn, ɛn dis kin mek pɔsin rɔsh ɔ, Gɔd nɔ gri fɔ  
mek i day

Fɔ dɔn, vɛks kin lɔk di stiarin fɔ di wil na di chariot fɔ layf  
ɛn i kin mek i nɔ ebul fɔ rich di tin dɛn we i want fɔ du ɛn di  
tin dɛn we i want fɔ du

ɛlifant mɛmori

Di fakulti we den kɔl "mɛmori" na gift frɔm Gɔd to  
mɔtalman, ɛn na big blɛsin i bi! Den kin gi animal den bak fɔ  
mɛmba; if i nɔ bin de, den nɔ bin fɔ ebul fɔ no den yɔŋ wan  
Sɔm animal den gɛt fayn fayn mɛmori, lɛk aw di stori we de  
kam biɛn bɔt ɛlifant sho

We wan big ɛlifant bin de kɛr tik, lɛk aw bɔku ɛlifant den  
we den dɔn tren kin du na di ls, wan bɔbɔ kam nia am, chuk  
am wit nidul na in trɔnk, ɛn rɔnawe

Wan ia pas afta dat tin apin, ɛn di sem ɛlifant mit di sem  
bɔbɔ na di rod I bin rili fayn fɔ mek di ɛlifant tek in revaŋg  
So, i rap in trɔnk rawnd di bɔbɔ ɛn trowe am wit fɛt-fɛt na di  
ɔda say na di rod So, animal den kin mɛmba tin den

. \*\*\*

A dɔn drim bɔku drim den, ɛn naw a wek ɛn na di ɔlta fɔ  
mi sol a de layt kandul den fɔ mɛmba yu ɔltɛm, mi Gɔd

Wit mi yay, we in lid dɔn lɛf di slip we a de slip, a de luk  
yu fayn fayn fes ɛn gladi fɔ si in oli layt den

ɛn na yu spɛshal gudnɛs a dɔn kam fɔ ɔndastand da  
wɛlbɔdi ɛn sik de

Layf ɛn day

Dən na ol kayn drim

A dən dən fə rid di novel "Drim dən we dən dən peint  
."insay Brayt Kolo  
Na di kətin we gət ilyushən dən we de shayn

En naw a de si yu as di wangren trut we de

Fə kip di chanel dən opin

Bəku pipul dən nə kin tink sirios wan bət Gəđ te dən gət  
sirios prəblem, dən dən kin op se I go ep dən en sev dən frəm  
di prəblem we dən gət

Wan pan di wan dən we gət sɛns bin tək se: "If yu nə  
invayt Gəđ fə bi yu gəst insay di sɔmma na yu layf, I nə go  
"kam to yu insay di winta na yu layf

Dis nə min se Gəđ nə want fə ep wi I want fə es in an en  
fri wi frəm di sɔfa we wi de sɔfa Bət, we wi de liv fə bəku ia di  
we we de agens In lə dən, en nə de tək to am we wi de tink  
bət am, di maynd kin bi lod wit bəku bəku ilyushən, en di  
chanel dən fə tək to Gəđ kin blok bikəs ɔf fred, di tin dən we  
wi want fə du fə wisɛf, di we aw wi de fil kin chenj, fit fə vɛks,  
. blaynd stɛp, bad abit, en bad tin dən So, wan opin chanel nə  
de igen we Gəđ go ep wi fə pas

If wi nə pripia wi tink en kip di chanel dən opin, wi nə go  
ebul fə fes - en win - di prəblem dən we go dən krəs eni wan  
pan wi rod dən we wi de travul na wi layf

Dən se man we lək Gɔd bin fən am bay we i bin de tək in  
bləsin nem wit dip kənsentreshən ən dip lɔv, ilək wetin i bin  
de du I bigin dis prɔsis we i bin smɔl ən kəntinyu fɔ du am so  
tranga wan dat i go ivin tək Gɔd in nem we i de slip

As i de ol, i go krɔs bɔku bɔku fɔrest dən we ful-ɔp wit  
wayl wayl tayga, kobra, skɔpiɔn, ən insekt dən we gət pɔyzin,  
ən i nɔ go wɛr natin pas wan klos ən sandal

Pipul dən bin de sɔprayz fɔ di we aw i bin gət maynd ən  
dən bin de aks am wit sɔprayz se: "Dən bad bad animal dən  
:ən insekt dən we de du bad nɔ eva du yu bad?" I go ansa se

Absolutely, mi neva get harm, bikos a de olwes kari"  
."God nem wit mi and na mi protekshon dat

Wi kin no bak se Gɔd in protekshən de kɔba wi I de de  
ɔltəm fɔ mek wi nɔ gət bɛtɛ prɔbləm dən ən ɛp wi fɔ win wi  
prɔbləm dən, bɔt wi fɔ kip wisɛf tek in bləsin dən, bay we wi  
de tink bɔt am, pre to am, ən tək to am na wi at we wi de du  
wi wok

If wi du dat, wi go ebul fɔ bia wit ebi ebi ren, ən prɔbləm  
dən we wi nɔ go ebul fɔ sɔlv ən prɔbləm dən we rili bad nɔ go  
ebul fɔ win wi ɔ brok wi maynd

prawd pan Gɔd biznɛs

Fɔ ɔmbul na di big bɛnifit na di spiritual rod, ɛn fɔ mek  
wi ɔmbul, dat kin mek wi gro kwik kwik wan ɛn protekt wisɛf

Fɔ ɔmbul fɔ bi di fawndeshɔn we di pɔsin we de luk fɔ bil  
in spiritual layf pan if i want fɔ rich in gol, we na fɔ gri wit  
Gɔd ɛn fɔ fil se i de wit am

Di wɔl de ɛnkɔrej fɔ bost bɔt di tin dɛn we pɔsin dɔn du,  
di tin dɛn we i gɛt, ɛn di pozishɔn we i gɛt, ɛn tray fɔ mek ɔda  
pipul dɛn gri ɛn admaya am, bɔt di pɔsin we de luk fɔ am fɔ  
chenj in atɛnshɔn frɔm di smɔl pɔsin, di "ego," to di pɔsin we  
ay pas am

Tru ɔmbul min fɔ no wit shɔ se Gɔd na ɔltin, ɛn pul di  
ambishɔn fɔ satisfay di ego bay we yu de divɛlɔp wan big  
ambishɔn fɔ gɛt Gɔd in fayv

I de tɔk bak bɔt fɔ lɛf fɔ tink bɔt wisɛf nɔmɔ bay we wi de  
tray fɔ lɛk Gɔd ɛn tɔn to Gɔd, we na ɔltin we wi de luk fɔ ɛn  
tray fɔ rich ɔ gɛt

Prawd pan Gɔd biznɛs na tɛmteshɔn we de sho klia wan,  
ɛn di pɔsin we de luk fɔ am fɔ tek tɛm wit dis prɔblɛm bikɔs i  
de mek i nɔ no ɛnitin bɔt Gɔd ɔ i pɔsibul fɔ tɔk to am

If di disaypul nɔ tray tranga wan fɔ mek i ɔmbul, i go izi  
fɔ fɔdɔm na di trap dɛn we de mek i nɔ gɛt wanwɔd ɛn di trap  
dɛn we na fɔ natin

Infakt, pɔsin kin win bɔku wikɛd tin dɛn ɛn mek bɔku  
prɔgrɛs we i de go, bɔt stil i kin fɔdɔm bikɔs i kin tɛmt fɔ  
prawd

Di Masta fɔ di Yunivas ɛn we de chɛk Kɔnshɛns no wetin  
de insay at, ɛn di wan dɛn we de bost bɔt dɛn spiritual layf  
go lɔs am

Di wan dɛn we de mek prawd fɔ di tin dɛn we dɛn dɔn du  
na Gɔd in yay, kin dɔti bikɔs dɛn impɔtant to dɛnsɛf, ɔ in ɔda  
wɔd dɛn, dɛn kin bigin fɔ tink bɔt dɛnsɛf as spɛshal pipul dɛn,  
ɛn dɛn kin lɔs di blɛsin dɛn we dɛn dɔn gɛt

Di wan we in prayz fɔ insɛf pas di divayn blɛsin dɛn we  
de insay am de yuz spiritual gift dɛn di rɔŋ we, dɔn Gɔd gi  
lɛsin fɔ ɔmbul to da disaypul de bay we i pul in blɛsin dɛn  
from am te i gɛt spiritual ɔndastandin ɛn kɔrɛkt in rod Bɔt I  
de du dis bikɔs ɔf lɔv, bikɔs we di disaypul in at opin to Gɔd  
wit ɔl ɔmbul, we i no se i de dipen ɔl pan Gɔd, na da tɛm de i  
de gɛt ful mɛzhɔ fɔ Gɔd in gudnɛs

We di disaypul in layf ful-ɔp wit ɔmbul, di sɛnt we ɔmbul  
kin mek Gɔd kia fɔ am, blɛsin kin kam dɔŋ pan di disaypul,  
ɛn in layf kin ful-ɔp wit pis ɛn lɔv

Di we aw mɔtalman tan



Tink nɔ ɡet limit, as ilɛk us fild yu de stɔdi ɔ spɛshal,  
wans yu put yu maynd pan da matirial de, i go go fɔ lɔng tɛm  
na da dairekshɔn de Nɔ ɛnd bak fɔ di sɛns ɔ infɔmeshɔn we  
yu kin yuz ɛn bɛnifit frɔm

Una no, mi padi dɛm, se una ɔl tu de ɛksplɛn dɛn wɔd ya  
difrɛn we smɔl pas ɔda wan dɛn? Di rizin na bikɔs di we aw  
pɔsin de tink difrɛn frɔm wan pɔsin to ɔda pɔsin

Bikɔs ɛnibɔdi difrɛn pan in nature ɛn di we aw i de tink,  
di we aw dɛn de biev ɛn ansa pan ɛni sityueshɔn difrɛn frɔm  
di wan dɛn we dɛn ɡet pan ɛni ɔda pɔsin Dɛn insay nature na  
di sɔm we dɛn de tink, filin, ansa, ɛn tin dɛn we de mek dɛn  
want fɔ du sɔntin—ɛn dɛn tin ya, insɛf, de sho di kayn we aw  
dɛn magnetizm, ɔ di pawa we dɛn ɡet fɔ atrak

Magnetism na di big pawa we yu kin yuz fɔ mek yu padi  
dɛn, sɔri fɔ yu padi, ɛn ɡet gud at

Wi ɔl want fɔ mek pipul dɛn notis wi ɛn tek wi maynd;  
nɔbɔdi nɔ want fɔ mek dɛn nɔ pe atɛnshɔn to am ɔ fɔɡet am  
Ivin pikin dɛn kin du sɔm tin dɛn bay wilful fɔ tray fɔ mek  
pipul dɛn pe atɛnshɔn to dɛn

Wi want bak fɔ lɛ ɔda pipul dɛn lɛk ɛn gladi fɔ wi Bɔt  
ɔmɔs pan wi de gi ɔda pipul dɛn di sem ɔndastandin ɛn  
?kɔnsidareshɔn we wi tink se wi fɔ ɡet frɔm dɛn

Wi rili sɔri fɔ wiɛf ɛn fɔgɪv wi yon fɔlt dɛn, pan ɔl we wi  
rɛdi fɔ kɔrɛkt ɛn kɔndɛm di bad tin dɛn we ɔda pipul dɛn de  
du

Wi kin tinap bifo ɔda pipul dɛn ɛn tɛl dɛn ɔl bɔt wi fɔlt  
dɛn frɔm we wi smɔl? Di ansa na nɔ

Bɔt pas wi lan fɔ biev fayn, wi nɔ go ebul fɔ sho ɔda  
pipul dɛn aw fɔ biev fayn

Wi nɔ gɛt rayt fɔ nɔ gri wit ɔda pipul dɛn wikɛd tin dɛn if  
wiɛf de sɔfa wit dɛn

Di wɔl ful-ɔp wit pipul dɛn we want fɔ fiks ɔda pipul bɔt  
nɔto dɛnsɛf If wi du kɔnstrɔktiv sɛlf-asɛsmɛnt, di de ɛn ia go  
pas we wi nɔ chɛnj

Wetin wi nid na fɔ rifɔm wiɛf, bikɔs we wi rifɔm wiɛf wi  
go ebul fɔ rifɔm tawzin pipul dɛn tru wi gud ɛgzampul

Fɔ tru, di tin dɛn we pɔsin de du kin tɔk lawd wan pas fɔ  
tɔk

\* \* \*

Spiritual inspekshɔn dɛn kin nyu ɔltɛm ɛn brɪŋ pis ɛn  
gladi at wit dɛn

Spiritual awareness bigin as wan saful briz en afta dat i  
de gro strong te i bi blésin briz we de swip di dóti we nɔ no  
natin, di rɔbbul fɔ bad, en di hip fɔ selfishness

Sayn dɛn de we de ɛnkɔrej pipul dɛn we de kɔmɔt na di  
we aw bɔku pipul dɛn we lɛk Enlaytmɛnt want fɔ go ɔp to di  
wɔl we gɛt wanwɔd en ɔndastandin bɔt Gɔd biznɛs

To di mak we wi de gri wit di wef dɛm fɔ pis, wi kin no  
mɔ bɔt wi spiritual nature en wi kɔnekshɔn wit wi divayn sɔs

Divayn lɔv de klin di tin dɛn we pɔsin de tink  
I de mek di filin dɛn klia  
En dɛn kin wek di kɔnshɛns

Di sɛns we Gɔd gɛt rili dip, i simpul, en i rili fayn, en  
ɛnibɔdi we gri wit am gɛt kɔmpas we de insay we de sho am  
di rayt say so dat i nɔ go go na di rayt rod

Divayn sɛns en divayn lɔv de nia wi as wi tinkin alaw dɛn  
fɔ bi to wi

Jɔs lɛk aw wan ilɛktrik jɛnɛra de gi ilɛktrik pawa to di siti  
layt dɛn, na so di wan dɛn we gɛt wanwɔd wit Gɔd kin gɛt  
layt ɛnaji we kin ɛp dɛn fɔ pul di daknɛs we de na dɛn sol en  
rawnd dɛn

Di wan dɛn we rili lɛk Gɔd en we de mek dɛn layf gri wit  
di lɔ dɛn na di wan ol wɔl kin gɛt bɔku trɛnk, pis, en blésin

Wi de aks Gɔd ɔlmayti fɔ shawa wi wit blɛsin ɛn supɾɛm  
inspekshɔn  
ɛn mek I ful wi maynd wit di ɛnaji ɛn di ebul fɔ wok fayn  
fayn wan ɛn sav we wi nɔ de tink bɔt wisɛf nɔmɔ  
ɛn se wi de liv insay mɛmba ɔltɛm fɔ Am di sɔs we ɔl  
gud, gudnɛs, ɛn ɛgzistens de kɔmɔt

Frɔm di arkiv dɛn: Di stori bɔt di tik we wi want

Trade, wan hermit we nem Harry bin de liv na Hindustan  
ɛn i bin spɛn bɔku ia de waka waka na di Himalayas fɔ luk fɔ  
wan tik we nɔ bɔku we dɛn kɔl di Wish Tree

Lɛjɛnd se na ɛmit dɛn nɔmɔ kin fɛn dɛn wɔndaful tik ya  
as blɛsin fɔ dɛn asceticism ɛn rigorous practice of spiritual  
disciplines Dɛn se dɛn tik ya gɛt di pawa fɔ gi wetin ɛnibɔdi  
we sidɔm ɔnda dɛn branch dɛn want ɛn want

Di ɛrimit Hari bin fil dip in at se i fit fɔ fɛn da tik de bikɔs  
ɔf di lɔng we aw i bin de praktis difrɛn difrɛn austerities, in  
volontia teist fɔ di prɔblɛm dɛn, ɛn in kɔmitmɛnt to di strikt  
disiplin we i bin dɔn sɛt fɔ insɛf

Bɔt pan ɔl dɛn tin ya we i bin de du fɔ gɛt tayt padi  
biznɛs wit Gɔd, lɛsin dɛn bin de we i nɔ bin dɔn lan yet Pan ɔl  
we i bin want fɔ no bɔt Gɔd, i bin gɛt ɔda tin dɛn bak we nɔ  
bin rili want

Wan pan dɛn tin dɛn de we i bin want na di we aw i bin  
want fɔ fɛn di Wishing Tree Di rɔf mawnten rod dɛn bin dɔn

west in bare fut den we i no bin de taya fo luk fo di tin we in  
at want en fo fulfil di dip tin den we i bin want fo du In insay  
filin bin de mek i biliv oltem se den go gi am wetin i want, en  
di tik bin de wet fo am as natura riwɔd fo in spiritual tray, we  
pas di kapasiti en di bia we ɔdinari pɔsin kin bia

Wi padi bin rayt insay in intuition Insay wan pan di vali  
den na di Himalayas, i fen wan tik we get brayt lif den we,  
bikɔs ɔf in spiritual sens, i no wantem wantem se na di trɔs  
we i bin don de luk fo en we i bin don rili want fo fen fo long  
tem

Wantem wantem en wit big big zil, i kam nia di tik  
branch den we de welkɔm pipul den en sidɔm ɔnda am Fo  
ekspiriens di ekstra ɔdinari pawa den we dis speshal tik get,  
Eri lok in yay en se to inɛf se, "If dis na di Ti we de Wish, den  
"!ɛ i bi wan pawaful fot fo mi

Jɔs afta di tink pas na in maynd, wan fayn fayn pales  
kam nia di tik, we get fayn fayn gadin den we ful-ɔp wit fresh  
ros, basil we get sent, en ay ay tik den rawnd am

Harry bin gladi fo dis mirekul en i bin ful-ɔp wit di gladi  
gladi we i bin get fo mek den du wetin i lek pas ol, bikɔs i bin  
don fen di Wishing Tree we i bin don de luk fo fo long tem I no  
wet long bifo i tok bot in nɛks tin we i want, i se: "A want fo si  
wan kwaya we get fayn fayn titi den we de sav mi di best en  
swit it den pan gold plet en ton mi drink den we swit pas eni  
silva." jug den insay goblet den we de shayn lek gold we de  
."shayn

Insay wan blink in yay, di tin we i bin want bin apin,  
bikɔs i bin fɛn wan tebul bifo am we ful-ɔp wit ɔlkayn fayn  
fayn tin dɛn we dɛn bin de put pan gold plet dɛn, ɛn fayn  
fayn titi dɛn we bin de gi am difrɛn it ɛn drink dɛn we fit kiŋ  
ɛn prins dɛn

Afta we wi padi dɔn ɛnjoy di fayn fayn ɛn bɔku bɔku  
bankwet, i begin fɔ inspekt in nyu os I bin go ɔp di polish  
mabul stej ɛn waka na di chemba dɛn we gɛt jɔɔs we gɛt  
fayn fayn layt

Fɔ dɔn, wi fɔtunate ɛmit bin taya fɔ waka ɛn i bin de luk  
fɔ pis ɛn rɛst na wan pan di rum dɛn we de ɔnda grɔn Di lɔw  
winda dɛn na da rum de bin gɛt shed wit di lɔng branch dɛn  
na di gloriful Wishing Tri

As i de ledɔm pan wan bed nia di winda, i notis se di tik  
tik branch dɛn na di tik we i want bin de blok di layt, ɛn i fil  
se na in wangren de ɛn fred de kam insay in at Di sayn bin  
brok jɔs bay sɔm sawnd dɛn, we i bin de wɔnda se dɛn de  
kɔmɔt na di gadin ɔ frɔm di wayl animal dɛn na di fɔrɛst we  
de waka fri wan pas di pales wɔl dɛn

I se to insɛf se: Wetin fɔ du if wan pan di fɔrɛst tayga  
dɛn ebul fɔ go insay tru di winda? If na so i bi, i go it mi ɛn i  
go bi di ɛnd fɔ mi

I nɔ tu te we da tink bɔt fred de kam na in maynd, wan  
wayl wayl tayga kɔmɔt na di winda, ol di ɛmit we bin de fred  
bad bad wan, ɛn kɛr am go fɔ it am—fɔ tru, na bad bad tin  
we apin

I sɔri fɔ no se, Hari nɔ bin no se di Wishing Tri nɔ bin de  
difrɛns bitwin gud ɛn bad tin dɛn I bin jɔs want fɔ gi wetin di  
wan dɛn we bin de kip dɛn want Fɔ tru, di Wishing Tri bin  
pafɛkt wan fɔ di ɛmit Hari in pawaful maynd imej, ɛn na dat  
na bin in las tink

Olman de liv ɔnda di tik we i want, we de fulɔp ɔl wetin i  
want Da tik na wil pawa Mɔtalman wil pawa, we de sho di  
divayn wil, gɛt insay in es di pawa fɔ riliys pɔsin in op ɛn wish

Bɔt ɛnibɔdi we nɔ no aw fɔ kɔntrol wetin i want, wetin i  
want, ɛn wetin i de tink bɔt fɔ tɛl in Masta tɛnki wan tawzin  
tɛm bikɔs di tin dɛn we i de tink bɔt we nɔ gɛt disiplin nɔ de  
kam tru wantɛm wantɛm, if nɔto dat, di wayl tin dɛn we i  
want go mek i gɛt ɔtomɛtik wan we gɛt tayga dɛn we de it  
animal dɛn, we de it animal dɛn we de kɔt di kol at we de na  
di sol, we de krɔs di bon we de mek i gladi, ɛn tɔn di oasis we  
de mek i gɛt pis na Gɔd in yay wan ples we nɔ gɛt natin we  
nɔ gɛt natin

Dis na gud lɛsin fɔ put yu maynd pan gud ɛn gud tin dɛn  
we yu sidɔm ɔnda di branch dɛn na di Wishing Tree, we nɔto  
natin pas di strong wil ɛn pawaful sɛns we mɔtalman gɛt

Pɔsin fɔ tek tɛm fɔ pe atɛnshɔn pan, ɛn tink ɔltɛm bɔt,  
fred, fɔl, sik, ɛn fɔ nɔ no natin, so dat dɛn bad tin ya nɔ go  
kɔmɔt lɛk monsta frɔm di daknɛs usay i nɔ no ɛn mek sirikɔs  
prɔblɛm dɛn we at fɔ dil wit ɔ kɔntrol

Negatif tinkin de onli bring harm to di pesin wae de  
harbour dem; mek den tek den ples wit gud tin den if pɔsin  
want gud fɔ insɛf ɛn ɔda pipul den ɛn sakrifays kɔmɔt frɔm  
Gɔd

\* \* \*

Apat frɔm di tin den we Gɔd de gi wi, i de gi wi fet ɛn  
ɔndastandin bɔt Gɔd

ɛn to di wan den we de tɔn to Am ɛn abop pan Am, I de  
gi di ay ay divayn kɔnshɛns

Blesin gift den na di wan den we de tɔch at, chenj di we  
aw pipul den de biev we at, wek sol den frɔm spiritual  
neglijɛns, ɛn ɛnkɔrej fɔ no ɛn gɛt wanwɔd bitwin di mɛmba  
den na di wan mɔtalman famili

Di wan den we sabi Gɔd nɔ jɔs de tich tru den sɛns wɔd  
ɛn pafɛkt ɛgzampul, bɔt den de gi wi klin ɛn nɔ gɛt kɔndishɔn  
divayn lɔv Insay di layt fɔ da lɔv de, wi de gɛt nyu vishɔn bɔt  
wi ay pɔtnɛshɛl

Di wan den we Gɔd dɔn pik de kam na dis wɔl fɔ gi wi no  
bɔt in gudnɛs, ɛn fɔ sho wi di layt we de insay wi we de ol wi  
an ɛn kɛr wi go na di os we de na ɛvin, so dat wi at go fri  
frɔm ɔl kayn pwɛl at ɛn di daknɛs we de na di wɔl, ɛn den de  
ɛnkɔrej wi, fɔ mek wi no se wi gɛt pat pan di tin den we Gɔd  
dɔn gɛt ɛn wi go ebul fɔ tɔk to di kɔsmik kɔnshɛns



As mortalman de gri wit di Wan we mek am, in sin den de  
rotin, in wiked tin den de chenj to tin den we i ebul fo du, en i  
de no se in sol klin insay in men tin en i de nia God

We di divayn layt we de shayn oltem de shayn pan di  
wan we want am, i kin no se di divayn esin de insay insaf en  
insay oda pipul den bak, pan ol di tik tik vel den we de mek i  
no shayn insay sol den we de onda di grip fo ilyushon

Wi de aks God Olmayti fo gi wi di gift fo gift: di filin we de  
insay wi konsheens fo get pis we pas ol, lov we pas ol, en gladi  
at we wi no go ebul fo tok bot

Ol wetin wi fo du na fo ton wit lov en konfidens to di  
yunivasal at we in lov no get end en we in gi no get limit

God want fo bles wi en gi wi from in boku boku tin den,  
bot wi fo opin wi at, pul di tin den we wi want, en mek wisaf  
gri wit in boku boku gudnes

We wi kol God wit ol wi at, ol di tin den we de ambog wi  
lek fo wori, dawl, en fred kin komot, en wi kin fil se i de nia  
God en se i de nia wi

Wi de wish olman gudnes en blesin

Pis de pan una, wi padi dem

**Bi mi gost we go de sote go**

O Masta, gayd mi step den na di stret rod den  
En muv mi an den fo du gud

Bles mi yay, so dat den go si wetin a fo si  
Mek yu inspekshon flo tru mi wad den  
En sho yu gudnes pan oda pipul den wit mi swit en saful  
wad den

Mek yu sent komot na mi sol in flawa  
En fo dro sol den to di tempul usay yu de

Mek yu toch bles mi at  
Sontem i no go ebul fo get wanwad en fo mek olman get  
wanwad

Wok tru mi aydia den  
Mek a bring oda pipul den to di wata we de komot na yu  
pis

Bi mi gost we go de sote go  
En de na di tempul we a get kol at en gladi at

A no go eva forget yu, Masta  
A no go waka na di rod den na layf if yu no de

A bin los na di rod den we tem de pas  
Yu bin sho mi di rod en bring mi bak to yu

Gi mi tin den we a kin want fo fil bad bad wan  
En insay di eko fo liv devoshon to yu

Mek a yeri yu blesin voys

\* \* \*

:Di ticha bin enkorej wan pan di student den se

Fo stop en fedom na di rong trap na wiked tin fo shot tem  
nomo

No tink se yu don los na di mazi dem na layf en yu no go  
ebul fo fen di rod bak Di sem gron we yu fedom pan kin yuz  
as sopot en fawndeshon fo grap bak, if yu lan from yu  
eksperiens dem

If yu no som patikyula mistek den na yu layf en disayd  
no fo ripit den, ivin if yu fedom bak, di impak we da fedom de  
go get go smol pas if yu no tray atol

Wi no fo tink se wi go ebul fo du ol wetin wi de tray fo du

Som pan di tin den we wi kin tray fo du no kin wok, bot  
oda tin den we wi kin tray fo du go komot fayn

No se sakrifays en fo no ebul fo du sontin, get sontin fo  
du wit densaf; neither can exist independently of the other  
So, wi no fo prawd o prawd if wi get big sakrifays, en wi no fo  
pwel o at pwel if wi get folt

\* \* \*

Dən se wan prɔfɛsɔ we bɔku pipul dən sabi bin liv bɔku  
pan in layf wit bad wɛlbɔdi Bifo i ol fɔti ia, i bin dɔn gɛt tu tɛm  
we in nervɔs bin brok ɛn i bin gɛt wan sirɔs at sik

I bin rili at fɔ am fɔ kɔntinyu fɔ du in wok, ɛn in  
kɔndishɔn bin de wɔs wit di de dən we bin de pas te i bin de  
sɔfa bad bad wan fɔ waka ɛn fɔ gi lɛsin, bikɔs if i muv smɔl  
smɔl, i bin de mek i fil pen bad bad wan ɛn i bin de fil lɛk se i  
de swɛla

Fɔ dɔn – mek una layf long – in dɔktɔ dən tɛl am se in de  
dɛn dɔn nɔmba, ɛn di dɔktɔ dən diagnosis bin mek i fil mɔ se  
i nɔ ebul fɔ du natin ɛn i nɔ gɛt op igen

Jɔs afta dat, i bin atɛnd wan spiritual ritrit we bin mek i si  
tin dən wit nyu we, ɛn i bin fil se i de nia Gɔd

Da aftanun de i go waka ɛn go insay wan pain fɔrɛst ɛn  
sidɔm pan wan tik trɔnk fɔ rɛst, ɛn si insɛf de pre wit ɔl in  
bɔdi, de aks Gɔd frɔm di dip dip pat na in at fɔ mɛn am ɛn fri  
am frɔm in bɔdi disabiliiti

Dɔn i beg Gɔd fɔ kam to am, tek in layf, ɛn kɔrɛkt in bɔdi

I bin tɔk bɔt dis se: “Da na di fɔrɛst, a bin gɛt kɔnekshɔn  
wit Gɔd, ɛn a bin fil se ɔl di sɛl dən na mi bɔdi bin de shek  
”shek we Gɔd de de

Afta sɔm dez, i bin ebul fɔ klaym wan mawnten, wan aktiviti we i nɔ bin ɛva ebul fɔ du bifo I tɔk bɔt dis: "We a rich di mawnten in ed, di filin fɔ fred ɛn wik bin lɛf mi ɛn a nɔ ɛva fil dɛn igen Frɔm da tɛm de, a dɔn fil se nyu at de bit na mi ."

chest

ɛn na dat bin rili apin, as pipul dɛn bin kam fɔ no am fɔ in trɛnk, ɛnaji, ɛn bɔku bɔku buk dɛn we i de rayt, ɛn i bin liv fɔ lɛk fɔti ia so afta we in dɔktɔ dɛn bin no se i gɛt dis sik

Bɔku tɛm, we wi si se wi fɔ chenj di we aw wi de tink ɛn du tin—ilɛksɛf na bikɔs wi nid am ɔ bikɔs wi de fil pen—dɛn kin fos wi fɔ sɔrɛnda to Gɔd ɛn begin nyu wan Di we aw wi de mek tin kin begin, ɛn di layf pawa kin flɔ we nɔ gɛt ɛnitin fɔ ambɔg wi insay wi tink ɛn bɔdi Fɔ dis rizin, tru tru spiritual transfɔmeshɔn kin apin di tɛm we wi de sɔfa bad bad wan na wi maynd ɔ na wi bɔdi

Wan beg de we dɛn kɔl "Prayer of Abandonment" we di :pɔsin we de beg se

O Masta, dis moment a de fes dis problem, bot di" autkam de fo yu han, mi God we a laik Na yu komand, and a ."

go aksept yu wil and bi satisfai wit wetin yu want fo mi

Natin nɔ de fɔ mek bɔku pipul dɛn pre wit ɔl dɛn at dis we, bikɔs i min fɔ lɛf fɔ du wetin dɛn want ɛn di tin dɛn we di "ego" want, ɛn dis na wan pan di tin dɛn we at fɔ pɔsin ɛnibɔdi we ebul fɔ du dis de sho se i rili abop pan Gɔd

Bɔt dis nɔ min se wi fɔ bi pɔsin we nɔ de du natin ɛn we  
de dipen pan wi, we de op se Gɔd go sɔlv ɔl wi prɔblɛm dɛn  
we wi nɔ go tray fɔ du "ɛn se, 'Wok!'" bikɔs fet we nɔ gɛt  
akshɔn nɔ gɛt layf

If pɔsin sidɔm na rum, lɔk di domɔt, ɛn kɔntinyu fɔ mek  
shɔ se Gɔd go mek i jɛntri we i nɔ du ɛnitin mɔ, Gɔd nɔ go  
"ansa in prea, bikɔs i fɔ wok fɔ jɛntri ɔ ɛni ɔda tin

Blaynd fet we nɔ gɛt "wok" ɔ spiritual ɛfɔt de ɔt di layt fɔ  
rizin, bɔt if pɔsin yuz in maynd, tek lɔjik akshɔn, ɛn du  
kɔnstrɔktiv wok, i go gɛt divayn kia ɛn gɛt divayn ansa

\* \* \*

Tru padi biznɛs pas ɛni jɛntri na dis wɔl  
Di wan dɛn we gɛt lɔv na dɛn at go rili no ɔda pipul dɛn  
I jɔs tan lɛk se i de luk tru wan klia glas bɔtul ɛn si wetin  
de insay

We wi no ɔda pipul dɛn dis kayn we, i kin kɔmɔt frɔm we  
wi lɛk Gɔd ɛn lɛk ɔda pipul dɛn wit da lɔv de

\* \* \*

Insay di pikchɔ: Masta Paramhansa wit sɔm pan in  
Indian Amerikin padi dɛn we bin valyu in padi biznɛs, we bin  
de tray fɔ tɔk to am, ɛn we bin de ɛnjoy fɔ mit am

Bɔku tɛm wi kin si se wi dɔn trɔs pan tin dɛn we i tan lɛk  
se wi nɔ gɛt pawa fɔ chɛnj Wi kin tray ɔltin we wi kin tink bɔt,  
ivin fɔ pre to Gɔd wit ɔl wi at fɔ chɛnj wi sityuɛshɔn di we we  
wi biliv se i bɛtɛ fɔ wi Pan ɔl dis, wetin wi de wet fɔ—ilɛksɛf  
na mɔni ɛp, wɛlbɔdi biznɛs, ɔ ɛni ɔda tin—nɔ kin apin, we kin  
mek wi fil bad ɛn pwɛl at

Bɔt we wi nɔ ebul fɔ kɔnɛkt wit di pawa we Gɔd gɛt we  
de insay wi, na bikɔs wi nɔ ɔndastand wetin i min fɔ sɔrɛnda

Wan man we gɛt sɛns bin advays se ɔl prɔblɛm dɛn kin  
sɔlv tru mɛditeishɔn, bɔt bɔku pipul dɛn nɔ no se meditatashɔn  
nɔto fɔ tray fɔ grap Gɔd ɔ gɛt ɛni ɔda tin frɔm Am Wi fɔ fɔs no  
wi kɔnekshɔn to Gɔd ɛn lɛf di smɔl smɔl ego ɔ "ego" we tinap  
as stɔp na wi layf ɛn we de stɔp di flɔ we di divayn pawa de  
flɔ to wi

Wan stori de bɔt wan uman we bin kɔntinyu fɔ gɛt  
disabled ɛn sik fɔ et ia, we bin de pre ɔltɛm to Gɔd fɔ mɛn  
am so dat i go bigin in wok bak Fɔ dɔn, bikɔs i nɔ bin gladi fɔ  
wetin i bin tan lɛk se na di tin dɛn we i bin de tray fɔ du fɔ  
:natin, i bin lɛf fɔ du wetin Gɔd want, ɛn i bin de pre lɛk dis

A de put mi layf na yu an, O Masta If yu want mek a de"  
kripul ɛn disabled, dat na yu biznɛs, bɔt a want mɔ frɔm yu  
."pas wɛlbɔdi, ɛn di mata na yu yon pan wetin yu want ɛn du

Insay tu wiks, i bin dɔn wɛl ɛn lɛf in sik bed

Dis kin tan lɛk se i nɔ gri, bɔt di men aidia na dat bɔku  
tɛm wi kin tray fɔ aks Gɔd fɔ du wetin wi want instead fɔ put

wisef ɔnda In Suplikeshɔn dɛn we kɔmɔt frɔm wi yon intres  
ɛn di tin dɛn we wi want fɔ du fɔ wisef de blok di chanel dɛn  
fɔ pre Fɔ tru, Gɔd de ɛp di wan dɛn we de ɛp dɛnsɛf, ɛn di mɔ  
we wi de tren wi wil fɔ alaynɛd wit di wetin Gɔd want, na di  
mɔ wi de briŋ blesin pawa insay wi layf

Bɔt sɔntɛnde, wi nɔ kin gɛt sɛns fɔ gayd wi wil, bɔt stil wi  
kin insist fɔ gɛt sɔntin we nɔ go bɛnifit wi, ɛn Gɔd nɔ kin put  
an pan wi fɔ chɛnj di tin dɛn we de apin to wi

Sɔntɛnde, wi yon tin dɛn kin du fɔ bia wit di tin dɛn we  
de apin to wi, bɔt leta wi kin gɛt siriks prɔblɛm dɛn we wi nɔ  
ebul fɔ kɔntrol, we kin lɛf wi na prɔblɛm Bɔt, if wi ebul fɔ put  
wi ego na sayd ɛn pre wit ɔl wi at ɛn wit ɔl wi at se, "Dɛn kin  
du wetin yu want, Masta, ɛn nɔto mi yon," wi kin opin wi at fɔ  
di flɔ we di gayd de flɔ, ɛn di divayn pawa ɛn bɔku bɔku  
blesin dɛn kin tɔn pan wi

Pan ɔl we wi de du ɔl wetin wi ebul fɔ solv wi prɔblɛm  
dɛn, wi fɔ no se mɔtalman pawa nɔ bɔku ɛn wi fɔ opin wisef  
to Gɔd in pawa we nɔ gɛt limit, bɔt i tan lɛk se bɔku pipul dɛn  
fɔ sɔfa atɔl we dɛn nɔ ebul fɔ du natin bifo dɛn no dis tru

. "Wan hymn de we se: "We a get stik, yu kam fri mi

ɛn na dat na Gɔd in we fɔ tich wi se te go, na in nɔmɔ  
ebul fɔ chɛnj prɔblɛm dɛn we nɔ izi fɔ solv ɛn solv prɔblɛm  
dɛn we wi nɔ go ebul fɔ solv

\* \* \*



Pan ol we God de lisin to ol wi prea den (so dat i go kam  
fen wi)  
Bot nto oltem i kin ansa

Di tin we de apin to wi tan lek we smol pikin de kol in  
mama  
Bot di mama no si se i no nid fo kam to am  
So i sen wan toys to am fo mek i no get wok en fo mek i  
no tok natin

Bot we pikin no gri fo mek eni oda tin korej am  
Na di mama insef nomo kin kam to am

Semweso, enibodi we want fo no God  
I fo tan lek pikin  
Di wan we no satisfay wit di prezens fo di mama as posin  
we go tek in ples

pmen to magnetik divel

Posin kin get di magnet we i want, il eksemp na fo mek God  
get di pawa we pas ol, fo get pawa fo tink, o fo mek i want fo  
get di tin den we i nid fo du evride

God don gi motalman bodi, en wi fo kia fo am Di wan den  
we de koltiv en yuz den bodi magnetizm jos fo prapati en  
maynd trenk go don ful den Bot di wan den we de koltiv den  
spiritual magnetizm go si se da blasin pawa de de atend  
wetin den nid en fulop ol wetin den want

Wan lo de we de ɔlsay na di wol we de wok fayn, ɛn a  
dɔn ɛksperiɛns am na mi layf ɛn a dɔn kɔnfyus se i de wok

I impɔtant fɔ mek pɔsin gɛt strɔng, wɛlbɔdi bɔdi we de  
ansa di maynd in kɔmand Imajin pɔsin we slɔp, we nɔ gɛt  
ɛnitin fɔ du wit am, go wok witout ambishɔn ɔ ɛnaji dɔn  
imajin ɔs we rɛdi fɔ galɔp na di rays trak jɔs lɛk aw i gɛt di  
signal fɔ stat Na so di bɔdi fɔ bi

Sɔntɛnde, wi kin notis sɔm ol pipul dɛn we gɛt gud  
wɛlbɔdi ɛn we gɛt di trɛnk fɔ yɔŋ pipul dɛn  
Dɛn bɔdi luk yɔŋ ɛn ful-ɔp wit magnet, ɛn pan ɔl we dɛn  
dɔn ol, dɛn gɛt fayn abit dɛn

Slouching ɛn slouching de drain energy Wach aw pipul  
dɛn kin sidɔm na dɛn sidɔm ples; sɔm kin tan lɛk se dɛn slip  
ɛn slip, sote di tɛm we yu si dɛn, yu kin fil taya ɔda wan dɛn  
kin sidɔm stret, ɛn yu no se dɛn gɛt layf we de shayn; di  
moment yu luk dem, yu konekt wit dem

Enibɔdi we alaw insɛf fɔ sidɔm slow ɛn nɔ tek tɛm  
kɔntribyut to di kɔva ɛn bɛnd in spayna tru di kɔrɛkt we aw i  
de tinap Dis kayn sidɔm de afɛkt di saykolojik stet bak ɛn  
mek di tinkin nɔ fayn

Di wan dɛn we sidɔm stret ɛn we gɛt gud pozishɔn kin  
gɛt mɔ pɔsitiv ɛn gɛt op Di wan dɛn we, bikɔs ɔf spɛshal tin,  
nɔ kin ebul fɔ sidɔm stret kin kɔmpɛns dis wit dɛn op, fayn  
we fɔ si tin, ɛn strɔng maynd prɛzɛns

Oltɛm yu fɔ pe atɛnshɔn pan ɛnitin we yu de du, ilɛksɛf i  
tan lɛk se i smɔl ɔ i nɔ impɔtant, ɛn di sem tɛm yu fɔ kip yu  
maynd fleksibul so dat yu go ebul fɔ shift to ɔda intres if nid  
de Bɔt pas ɔl, du ɔltin wit kɔmplit kɔnsɛntreshɔn, bikɔs dis go  
rili ɛp yu fɔ gɛt mɔ charisma

Bɔku pan di biznɛs pipul dɛn we gɛt sakrifays pan ɛni  
wok no gud gud wan aw fɔ yuz magnetik pawa

Fɔ kɔntrol insɛf kin mek pɔsin gɛt magnetik ed, ɛn i kin  
ebul fɔ gɛt balans maynd we nɔ kin afɛkt di we aw i de fil ɛn  
di tin dɛn we i lɛk fɔ du

Di filin fɔ chenj to trɛnk, to mental aktiviti, ɛn sɛns fɔ  
kɔntrol di filin fɔ mek magnetizm kɔmɔt

Intɛlijɛns we dɛn jɔyn wit imɔshɔn de mek magnetizm  
Pɔsin we gɛt magnetizm de tɔk wit kɔnfidɛns

I de tɔk rayshɔnal, bɔt in wɔd dɛn laced wit imɔshɔn Wi  
fɔ bi sinsi pan ɔl wetin wi de tɔk ɛn du, bɔt sinsi nɔ min fɔ  
mek ɔda pipul dɛn vɛks ɔ shem

pati, spɛshal frutɔVɛjitebul ɛn frut dɛm gɛt magnetik pr  
ɔsɛs, we fɔambɔg di dijestiv pr ɔ de ambɔg ɔs dɛn nɔdɛm, bi  
diɔxin dɛm na di bɔput t ɔit pasmak protin ɛn stach de ɛp f

di Di bɛlɛ,ɔbalans na di b ɔgan we sik go mek i nɔ ɛni  
egzaml, gas we de na ɔkip hɛlty ɛn saful; f ɔspɛshal wan, f

fil fayn ən dis de mek i de afekt magnetik ɔdi bɛɛ de mek i n  
bad bad wan

If pɔsin it bɔku bɔku it, i kin gɛt bad bad tin dɛn we kin  
apin to pɔsin, pan ɔl we we pɔsin fast kin ɛp fɔ sho se i gɛt  
magnet, jɔs lɛk aw i kin mek i nɔ it sɔm it dɛn wan wan tɛm,  
bɔt dis nɔ min se i fɔ angri te i ambɔg in wɛlbɔdi

Di wan dɛn we de it mit tri tɛm insay di de nɔ kin si bɛtɛ  
ən dɛn nɔ kin gɛt bɛtɛ magnet Bɔt fɔ it di rayt it nɔmɔ nɔ go  
du fɔ dɛn; di nid na fɔ tink gud wan, fɔ biev fayn, ɛn fɔ waka  
stret na di rod dɛn na layf

\* \* \*

If yu de trɔst ɔltɛm

Kɔmplit trɔst, we nɔ gɛt ɛni dawt

Dat Gɔd in pawa de wok insay yu

Bihayn yu tinkin, prea, ɛn kɔnvikshɔn

Fɔ gi yu pawa we nɔ gɛt limit

Fɔ bia wit ɔl di tin dɛn we de apin na layf

En if yu biliv se Gɔd de wit yu

In kia de akompan yu evri step

Yu go fil in blesin den oltem

En no se i de de

Insay enitin we yu de du na yu layf

\* \* \*

God na lov, en In plan fo mek oltin no bin fo don komot  
from, o get rut insay, eni oda tin pas lov Da simplul aidia de  
?no de gi motalman at mo komfort en op pas eni oda lojik  
Ol di pipul den we get sens en we don go insay di men tin  
we de na di trut don testify se wan yunivasal divayn plan de,  
en se i fayn en ful-op wit gladi-at

God mek wi as enjel den we get trenk, we korent na layf,  
we de flo tru di fizik lamp den

Bot bikos wi de pe atenshon pan di fragil en wik we di  
fizik lamp get, wi don forget aw fo fil di propati den we go de  
sote go en we no de pwel fo di layf enaji we de sote go we de  
insay di lamp, we kin chenj en chenj  
. ,We yu pas di konsheins fo dis wol

We yu no se yu noto di bodi en yu noto di maynd

Bot, yu de kontinyu fo no se yu de de

Yu tru tru nature na dat klin, unfettered consciousness

Di wan we get oltin na di wan ol wol

Divayn lov de klin ol di tin den we posin want en chenj  
am to nobul ambishon en ay ay aspireshon, en i de men di at

from di pen den we boku tem kin kam bikos of rilayshonship  
den we no de bays pan strong fawndeshon den we no de  
shek shek, som ondestandin en respect fo densef, o we posin  
we yu lek day

We wi lek God altogether, wi no go ebul fo satisfay wit eni  
oda lov pas i bi pat pan da big lov de, en insay da divayn lov  
de wi go fen di lov we olman get bikos na God na di sos we  
get lov na di yunivas

Ol wetin di wol de gi yu en afta dat i tek yu, lek yu insay  
sori-at, pen, o frustrashon, yu go fen insay God insay wan we  
we pas dat en we no go get di bad tin den we go apin to yu  
we yu at pwel en we yu at pwel

A kin trowe di net we a kin want fo du  
Insay di big big si we a de tink bot

Boku tem, i bin de slip mi maynd  
O Divayn Lov  
!Oh, presho animal we yu want fo it  
Bot, a kin kontinyu fo dayvos  
Na di dip ples we pis de

En a no stop, a trowe di net fo mi lov to yu  
Wan afta di oda wan  
A fo kech yu wan de insay  
Mi endless long fo yu na network

A de trowe dis net fo mi lov olsay  
Abov di tribul wef den na layf  
En bot di sta den we de shayn  
En insay di dip dip ples den we gud sol den de

Ol wetin a no na dat a na continman

En a go kontinyu fo tray fo kech yu  
!O diarest wish en biggest treasure in egzistens

\* \* \*

Odinari spiritual hila o prist den no get pawa fo fɔgiv sin o  
fri sina den we kin kam to den fo aks fo advays; ol wetin den  
kin du na fo gi den spiritual prɛskrishɔn, natin pas dat

Di wan den we no God don rich di spiritual stej den we  
rili advans, so dat den no de satisfay wit fo jɔs gi spiritual  
advays to sina den, bot den kin – bay di gudnes en ep we God  
de gi den – chaj den wit di spiritual pawa we de fri den from  
di bad tin den we den kin du we den sin

Ol di gud en bad tin den we pɔsin kin du kin ayd na di  
bren sɛl den en i kin tan lɛk gud o bad abit o tin den we pɔsin  
kin tink bot

Pɔsin we de sofa wit abit den we no fayn bikɔs den de  
chaj in bren sɛl den wit di pawa we den abit den de get kin fri  
insef tru di pawa we i want, fo tink gud wan, fo pre wit ol in  
at, en fo kontinyu fo tɔk fayn fayn wan te ol di abit den we i  
no want, chenj to gud abit den we get pis en kol at

Dis kin apin we di layf pawa we den de dayrɛkt di rayt  
we de wok fo chenj di abnɔmal we aw di bren sɛl den de so  
dat den sɛl den de go ful-o wit oltin we gud, we rayt, en we  
fayn

Dis min se di bren sɛl dɛn we ful-ɔp wit lay lay aidia dɛn  
kin bɔn bay impɔtant tin dɛn we dɛn kin gɛda strɔng wan na  
di bren ɛn yuz dɛn fɔ du fayn ɛn bɛnifit dɛn

Pɔsin we gɛt strɔng tayt padi biznɛs wit in bɔdi kin kip in  
impɔtant wok we i de du wit in mɔsul ɛn sɛns, bɔt pɔsin we  
gɛt tin fɔ tink bɔt spiritual tin dɛn kin mek in mɔsul ɛn bɔdi  
de na say we i de rilaks, ɛn in maynd de fa frɔm di sɛns, so  
dat di layf pawa nɔ go de na di nervɔs sistɛm ɛn i go gɛda na  
di bren

Fɔ dis rizin, fɔ tink gud wan na di bɛst we fɔ mek di bren  
sɛl dɛn bi spiritual ɛn pul di rut dɛn fɔ ɛni abit we yu nɔ want  
kɔmɔt na di maynd

Abit na pawa, ɛn pipul dɛn de yuz da pawa de di rɔŋ we  
bay we dɛn de du bad tin dɛn instead fɔ yuz am fɔ du gud tin  
dɛn

Bɔku tɛm, we pɔsin nɔ no natin, we i nɔ de tink gud wan,  
we i nɔ de pik gud kɔmpin, ɛn we i nɔ de du gud tin, kin mek  
i go insay di trap ɛn trap dɛn we bad abit dɛn kin gɛt, we tan  
lɛk kwik san we kin swɛla di pɔsin we de waka pan am we i  
nɔ want

Di inflɛns we kɔmpin gɛt strɔng pas di pawa we pɔsin  
:want ɛn fɔ jɔj fayn

Nɔ mek padi wit wikɛd pɔsin, bikɔs wikɛd pɔsin kin)  
(kɔrɔpt yu abit



Pipul dɛn we gɛt sɛns kin du tin fayn ɛn nɔ tray tranga  
wan, bɔt i tan lɛk se di wan dɛn we lɛk fɔ du bad, dɛn kin fos  
dɛn fɔ du bad ɛn et bikɔs ɔf di pawa we dɛn gɛt we de mek  
dɛn du sin ɛn bad

Wi de aks Gɔd Olmayti fɔ mek wi tink gud wan  
So dat wi go si gud ɛn fayn  
Wi kin no difrɛns bitwin wetin go bɛnifit ɛn wetin bad  
ɛn so dat wi go tɔn to am  
ɛn wi de op fɔ am  
Sos fɔ ɔl gud  
ɛn na di say we ɔl gud tin de kɔmɔt

\* \* \*

Bien di shado dɛn na dis layf, Gɔd in wɔndaful ɛn  
wɔndaful layt de

Di wan ol yunivas na big big tɛmpul fɔ In blɛsin prezɛns

We wi de tink bɔt Gɔd sirikɔs ɛn dip we  
ɛn wi lɛk am wit lɔv we pas ɔl  
Wi rili abop pan am  
Bɔku bɔku domɔt dɛn kin opin bifo wi

ɛn we wi si In layt  
ɛn wi kin si se i de de  
Nɔto ɔl di bad bad tin dɛn we kin apin na layf kin ebul fɔ  
du dat

Fɔ mek wi nɔ gɛt pis ɛn kol at  
Dɛn tin dɛn de we de mek wi fil se wi de nia Gɔd

\* \* \*

Insay layf ɛn insay day  
Insay sik ɛn angri  
ɔ po ɛn sɔfa  
En insay di chɛnj, trɔbul, ɛn chɛnj we de apin na di wɔl  
A de luk fɔ say fɔ rɔn go to Yu, O Masta, ɔltɛm

?Wetin na lɔv  
Lɔv na di sɛnt we lili dɛn we de blo  
En di chorus of silent roses  
Fɔ sɛlibret di fayn fayn tin dɛn we Gɔd mek

Lɔv na siŋ we di sol de siŋ fɔ layf  
En di balans ritmik dans we di planɛt dɛn de dans  
Insay in joyn we go de sote go insay dip spes

Na di tɔsti we flawa dɛn kin tɔsti fɔ sip san layt  
En i de gro fayn ɛn di ɛliksi we de gi layf de gi am tin fɔ

it

Na di tin we di wɔl want fɔ du  
Fɔ it di rut dɛn we tɔsti wit in milk  
En fɔ it di tin dɛn we gɛt layf wit di men tin we de insay

layf

Na di pawaful tin we di san want

Fɔ mek ɔl di tin den we Gɔd mek kontinyu fɔ wok  
Na di tin we de mek wi get layf  
Fɔ gi protekshɔn en kia fɔ pikin den we nɔ rich 18 ia yet

Na di smayl we pɔsin kin smayl we i nɔ du natin, we kin  
mek in mama en papa lek di bebi  
Na di spontaneous submission na di hat fɔ di wan den  
we lek densɛf  
Fɔ gi savis en kondɔlens fri

Na di puls fɔ padi biznɛs  
Di wan we de mek at we dɔn brok en mɛn wund den  
Na kɔl fɔ di at we nɔ de tɔk bɔt am

Na pɔyt we ful-ɔp wit lɔv fɔ mɔtalman  
Di wan we de sɔfa bikɔs i de sɔfa

Na di sɛklɔ we di wan den we de na di sem famili kin get  
tayt padi biznɛs wit densɛf  
ɔltɛm i de pan en big fɔ go na big ples den  
En fil den we brayt

Na di wispa fɔ layf  
Na di ɔrayzɔn fɔ opin maynd  
En di skay na di at den bin ful-ɔp wit di sta den we get  
fayn fayn filin den

Lɔv na di blɛsin we di sol get  
Dat we sol den we get lɔv kin want  
En i kin rili want fɔ tɔk to am en tɔk to am

\* \* \*

Day – mek una layf long – nɔto di end, bɔt na tɛmporari  
rilis we dɛn gi mɔtalman we di yunivasal lɔ fɔ jɔstis disayd se  
in bɔdi ɛn di say we i de naw dɔn sav wetin dɛn want, ɔ we i  
so pwɛl at, taya, ɔ sɔfa dat i nɔ go ebul fɔ bia di lod dɛn we i  
de na di wɔl igen

Fɔ di wan dɛn we de sɔfa, day na fɔ gɛt layf bak ɔ fɔ fri  
frɔm di pen we dɛn de sɔfa na dɛn bɔdi fɔ wek fɔ pis, kol at,  
ɛn rɛst

Fɔ di wan dɛn we dɔn ol, na ritaia we dɛn dɔn gɛt bikɔs  
dɛn dɔn tray tranga wan fɔ long tɛm ɛn wok tranga wan na di  
tik layf

Fɔ ɔl gud sol dɛn, na wɛlkɔm rɛst

Na tɛm fɔ mek mɔtalman aktiv di pawa dɛn we de insay  
insɛf we de sho di tru tin dɛn Gladi at gɛt fɔ du wit dis rivyu,  
ɛn di wan dɛn we want fɔ rich dɛn insay ɔrayzɔn dɛn de fɔ  
tray tranga wan we gɛt rizin ɛn nourish dɛn maynd wit  
kriyaytiv aydia fɔ tɔch di trut dɛn we Gɔd dɔn put insay dɛn  
ɛn bɛnifit frɔm di blɛsin pawa dɛn we bɔku insay dɛn bi

Udat want fɔ satisfay di bɔdi sɛns dɛn we i nɔ test di  
?nɛktɔ we de mek pɔsin gladi na Gɔd in yay

I de invest frɔm di divayn spring, di say we ɔl  
satisfayshɔn ɛn gladi at de kɔmɔt, insay wan we we de las,  
so in tred de fel ɛn in intelektual autput nɔ bɔku

Di wan dɛn we want fɔ no Gɔd go gɛt wetin Gɔd want  
bikɔs i gɛt fri-an ɛn i de du gud Bɔt, bɔku pipul dɛn kin rɔn  
afta di tin dɛn we di wɔl want, ɛn dɛn kin kɔrej dɛnsɛf wit tin  
dɛn we dɛn gɛt we nɔ de las, ɛn dɛn kin sɔfa bikɔs dɛn nɔ  
!ebul fɔ du am ɔ bikɔs dɛn ebul fɔ du am

Ivin di wan dɛn we gɛt mɔni pan mɔni go dɔn fil ɛmti na  
dɛn layf we at fɔ ful-ɔp Di wan dɛn we kɔnɛkt dɛn layf to Gɔd,  
bɔt, dɛn jɛntri, dɛn gɛt pawa, ɛn dɛn kin ɛnjoy fɔ satisfay ɛn  
gɛt bɔku prɔpati

If wi nɔ tek di tin dɛn we sɛns de tɛl wi ɛn nɔ pe  
atɛnshɔn to di vɔys we kɔnshɛns de tɛl wi, dat kin mek wi gɛt  
rod dɛn we kruk, slipul, we de mek pɔsin sɔfa, ɛn we pɔsin de  
fala di rod we de du wetin rayt, dat kin mek pɔsin fri frɔm  
shakul ɛn gɛt di pawa fɔ du wetin rayt, nɔto wetin di tin dɛn  
we pɔsin kin tink bɔt we nɔ rayt ɛn di abit dɛn we de mek  
pipul dɛn nɔ no di tru

Di wan dɛn we de luk fɔ gladi at kin bɛnifit frɔm di  
ɛkspiriɛns we pipul dɛn we gɛt sɛns dɔn gɛt we dɛn dɔn sɔlv  
prɔblɛm dɛn na layf ɛn fɛn we fɔ sɔlv dɛn

Fɔ tru, ɛnibɔdi we gri wit wetin Gɔd want, de swim na si  
we gɛt satisfay ɛn kol, ɛn i rili laki

Enitin we wi de tink bɔt de mek wan patikyula  
vaybreshɔn

We yu tink bɔt Gɔd wit yu ɔl yu bɔdi, yu maynd, ɛn yu an  
ɛn fut - ɛn wispa "O Masta" bɔku bɔku tɛm insay yusef, yu de  
mek wan pawaful vaybreshɔn we de briŋ di divayn prezɛns  
insay yu layf

We wi no se Gɔd na wi pɔsin we wi lɛk sote go ɛn wi padi  
ɔltɛm, ɛn di lɔv we i gɛt fɔ wi pas ɛni ɔda lɔv, na da tɛm de wi  
kin fil se i de nia wi ɛn tɔch am, ɛn wi at kin gɛt kɔrej ɛn wi  
kin fil pis we pas ɔl na di spirit

We yu de tink bɔt Gɔd ɛn fil se gladi at de bit mɔ ɛn mɔ  
na yu at ɛn ɔlsay na yu bɔdi, ɛn bɔs da gladi at de kam to yu  
wan wan tɛm, no se Gɔd dɔn ansa di tin dɛn we yu at want  
ɛn di filin fɔ gladi we yu de gɛt na pruf fɔ da blɛsin ansa de

Abit na ɔtomɛtik saykilɔjik tul ɛn mɛkanism dɛm we de  
ɛp fɔ du di wok dɛm we nid fɔ du izi wan ɛn nɔr de tray  
tranga wan

Bɔku pipul dɛn kin alaw di abit dɛn we pɔsin kin gɛt we i  
wik ɛn we i nɔ kin ebul fɔ mek i bi slev, ɛn pɔsin kin protɛkt  
insɛf if i de liv difrɛn we, bɔt i sirɔs fɔ fɛt di bad abit dɛn te i  
rich usay i go sef ɛn usay i go win

Di tin dɛn we pɔsin kin want we nɔ gɛt wan kɔntrol kin  
ɛnkɔrej pɔsin fɔ gɛt abit dɛn we nɔ fayn bay we i de fid ɛn

Justify den wit lay lay op en promis fo mek i gladi we i no de  
tink bot en fo satisfy fo shot tem

Insay den tem den de we i wik en konfyus di posin we  
want fo win di abit den we no de kontrol fo kol den pawa fo no  
fo ondastand den tru tru we en dil wit den fayn fayn wan

Bad abit den kin get bad bad tin den fo du en den kin get  
bita, pozin frut den

Den abit ya we de pwel posin, if den no kontrol am, go  
strong mo en mo, en dis go mek di posin kontinyu fo ol am  
tranga wan en i go rili afekt am

We di maynd don biliv se den abit den de na fo natin en  
bad tin, di pawa we den kin get kin stop en leta den kin  
donawe wit mortalman layf

Na so wi de tink, na so wi bi

Di tin den we wi sabi fo tink bot de sho aw wi get sens,  
wetin wi ebul fo du, en aw wi biev

Som pipul den kin tink se den na rayta, atis, pipul den we  
de wok tranga wan, o pipul den we les, we no de du natin, en  
oda tin den Bot wetin yu go du if yu want fo bi oda posin pas  
?udat yu bi naw

Yu kin agyu se som pipul den bon wit speshal talent we  
yu no get bot den wish se yu get Dat na tru Bot den don wok

fɔ divelɔp dɛn abiliti dɛn de ɔ di want fɔ gɛt dɛn bifo tɛm If  
nɔto insay dis layf, dɛn insay wan we bin dɔn de bifo

So, yu fɔ bigin fɔ wok naw fɔ sho wetin yu want fɔ bi

Yu kin instill ɛn establish ɛni ɔrienteshɔn na yu kɔnshɛns  
rayt naw, provid se yu pɔmp wan strong aydia insay yu  
maynd, ɛn afta dat yu akshɔn go fala ɛn yu ɔl bien go ansa  
da aydia de ɛn akt akɔdin to am

\* \* \*

Spiritual kɔnshɛns de bɔn insay di kredul fɔ lɔv, we pas  
di pawa we de pwɛl pɔsin we et de mek pɔsin nɔ ebul fɔ  
mɛzhɔ

ɛnitin we wi de tɔk ɔ du to ɔda pipul dɛn, na lɔv fɔ mek  
wi want fɔ du am

Wi nɔ fɔ du bad ɔ kɔndɛm ɔda pipul dɛn, bifo dat, wi fɔ  
lɛk dɛn ɛn sheb di blɛsin dɛn we Gɔd de gi wi

Di tin dɛn we wi gɛt nɔto wi yon rili; dɛn gi wi fɔ yuz fɔ  
sɔm tɛm, ɛn dɛn go tek dɛn frɔm wi we wi kɔmɔt na dis wɔl

Wi fɔ rayz pas possessiveness ɛn gi wetin wi ebul; dɛn  
wi go otomatik bring gudnɛs ɛn blɛsin to wisɛf Fɔ gi, na in  
dɛn gi



Bɔku tɛm a nɔ bin gɛt wan peni, bɔt a bin de abop pan di  
divayn bank, ɛn oli prɔsperiti bin de wit mi ɛn divayn pawa  
bin de sɔpɔt mi

Mi absoliut fet pan Gɔd ɛn In ɛp na mi ɔltimat garanti na  
layf, bikɔs I nɔ ɛva mek a fil bad ɔ disapɔynt mi

We yu gɛt spiritual awareness, ɛnisay we yu go, ɛn  
ɛnitin we yu nid, di universal law go wok fɔ fulfil am fɔ yu  
**Fɔ wach di tin dɛn we Gɔd mek wit yay we de si**

**Masta Paramhansa Yogananda**

**Transleshɔn: Mahmuud Abas Masoud**

Dis wan ol wɔl rili wɔndaful! Insay de, Gɔd de sho ɛn sho  
di wɔndaful tin dɛn we i mek Mɔtalman nɔ fɔ waka lɛk  
dayman dɛn na dis wɔl, bɔt dɛn fɔ tink gud wan, analayz  
wetin dɛn de si, ɛn gladi fɔ wetin Gɔd ɛn in vaysjɛnt,  
mɔtalman, dɔn du na dis wɔl Aw di kɔsmik strɔkchɔ rili  
kɔrɛkt! Di we aw dɛn mek wi ɛn di ɔganayz sistem we di  
mashin dɛn we mek ɔltin de yuz, akɔdin to wan lɔ we de na  
di wɔl, na di epitome fɔ prɛsishɔn ɛn pafɛkt (di wok we Gɔd  
de du, we mek ɔltin pafɛkt) .

Wi ɔl kin si flawa dɛn ɛn ɛnjoy dɛn fayn fayn tin dɛn ɛn di  
fayn fayn tin dɛn we dɛn kin it, bɔt udat gɛt di pawa fɔ no di  
sikrit we de mek flawa dɛn de? Pɔsin fɔ tink ɛn tink bɔt di we  
ɛn tin dɛn we de mek ɔltin we i de si ɛvride, ilɛksɛf na buk,  
myuzik inschrument, os, ɔ tik

Fɔ ɛgzampul, pipul dɛn kin tek motoka dɛn as sɔntin we  
nɔ impɔtant Bɔt if yu go na di faktri dɛn usay dɛn kin gɛda ɛn  
mek am, yu go no aw dɛn dizayn kɔmpleks ɛn kɔmpleks Tink  
bak bɔt wetin kin apin fɔ mek nyuspepa dɛn we dɛn kin print

evride en di mashin den we kin print den No mortalman an no go ebul fo wok wit da kayn spid de

If tin den we mortalman mek na dis kayn kompleks en den get sɔntin fo du wit dɛnsɛf, wetin wi go se bot di kompleks we no get end we de mek plant, animal, en mortalman!

Tɛn ia nid fo stɔdi mɛdikal sayɛns fo ɔndastand aw di bɔdi tan en wetin i nid, we tan lɛk se na normal tin

We plant de na in fɔs stej fo gro insay wata insay glas kɔntena, in rut den tan lɛk fayn fayn ia Bot we den plant am, di enaji we get divayn intɛlijɛns en we de insay di rut den de mek di plant ebul fo tek di tin den we i nid fo mek i gro from di grɔn en wata

Yu no tink se i rili wɔndaful fo si se di sap we de gi di lif den fo plant de flo ɔp agɛns di graviti? We pɔsin pul di bark bak from plant stem ɔ tik trɔnk, i kin si di intrikɛt wok we di tiub den we de rigul di flo we da sap de de flo Di tin we de drɛb dis prɔses fo it en gro na wan mistek we den kɔl layf sɛf

We a de insay divayn kɔnshɛns, a de si layf ivin insay di fayv den na gras A no bin eva drim A go ebul fo si di ayd wɔndaful tin den we Gɔd mek Fo tink bot den wɔndaful tin ya na fo tinap wit fred en rɛspɛkt bifo Gɔd in majesty en glori

(En a bin de waka wit di we aw pɔsin we ɔmbul en we de put insɛf dɔŋ de waka)

(Gɔd no prawd en i no prawd)

Wit fayn fayn prɛsishɔn, di divayn wil dɔn ɔdinet di fom fo evri layf, wit ɔl di tin den we nid fo mek i kɔntinyu fo liv, fo mek i kɔntinyu fo de, en fo kip am fayn fayn wan en fo ebul fo du in wok den If enitin we no fayn fo den tin ya we i nid fo it, fo egzampul, plant, animal, en mortalman go sofa bikɔs ɔf dat

Di avrej pɔsin kin gɛt ɔl di difrɛn kemikal ɛliment dɛn we di bɔdi nid frɔm in it Bɔt bɔku pipul dɛn nɔ kin tek di it dɛn we dɛn de it, dɛn kin it it dɛn we nɔ gɛt ɔl di tin dɛn we dɛn nid ɔ di impɔtant tin dɛn we dɛn nid fɔ gɛt fɔ gɛt gud wɛlbɔdi Nɔ it fayn na wan men tin we kin mek mɔtalman gɛt bɔku sik dɛn we dɛn nɔ gɛt bɛtɛ it kin gɛt sɔntin we dɛn kin notis ɔlmost wantɛm wantɛm pan plant we dɛn nɔ gɛt sɔm impɔtant kemikal dɛn we in it nɔ gɛt

Impɔtant chenj de bitwin mɔtalman ɛn ɔl di tin dɛn we gɛt layf Dɛn no gud gud wan Di chenj we mɔtalman ɛn animal dɛn de chenj dɛnsɛf, mɔtalman de blo ɔksijen ɛn pul kabon dayɔgzayd, we tik dɛn de tek ɛn kip kabon dayɔgzayd ɛn wata, we dɛn kin brok bay we dɛn de yuz fotosintesis fɔ mek kabɔhaydrɛt (kɔmpawnd dɛn we gɛt kabon, ɔksijen, ɛn haydrojen, lɛk stach ɛn shuga) .

Insay dis prɔses, tik dɛn kin pul ɔksijen we impɔtant fɔ mɔtalman Fotosintesis kin stɔp na nɛt bikɔs i de abɔp pan san layt Bɔt tru ɔda prɔses we dɛn kɔl respiration, tik dɛn kin pul kabon dayɔgzayd ɔltɛm na di atmosfɛs, mɔ na nɛt we nɔ kɔntrakt ifɛkt nɔ de frɔm fotosintesis, we de absɔb kabon ɛn mek ɔksijen

Na nɛt di briz kin kol, ɛn ebi ebi kabon dayɔgzayd kin setul nia di grɔn Dis na sɔm rizin we mek di abit fɔ slip na bed, dat na, ɔp di grɔn, bigin

Sayns dɔn sho wi bɔku pan di kɔmpleks mɛkanism dɛm fɔ dis yunivas—di ɛliment dɛm we wi ɔl mek frɔm Bɔt bɔku bɔku no stil de we wi nɔ dɔn kɔba If wi kɔltiv di layt pawa dɛm fɔ wi sɛns dɛm, wi kin gɛt dip ɛn rich ɔndastandin Tin dɛn de we wi fɔ si wit wi yay, bɔt wi nɔ de Tin dɛn we wi fɔ yɛri wit wi yes, bɔt wi nɔ de du am bikɔs wi sɛns dɛn de yus to ɛn dipen pan di ɛkspiriɛns dɛm na di dense, limited fyzikal wɔl

Fɔ fri frɔm da atakshɔn de nɔto fɔ dinay fɔ ɛnjɔy wisɛf,  
bɔt na fɔ mek di say we wi gɛt fɔ du mami ɛn dadi biznɛs—  
we Gɔd gi wi—to dɛn ful spiritual pɔtnɛshɛl

pan fyzikal lɛvɛl, mɔtalman dɛn dɔn fɔs difrɛn we dɛm fɔ  
ɛnhans in vishɔnal kɛpabiliti dɛm Di nek yay de gɛt ɔnli  
limited impreshɔn dɛm fɔ kɔla; bɔt sɔm layt brawn rɔk dɛn  
kin sho shimmering hues ɔnda ɔltra vayolet layt We dɛn blok  
dis layt, di rɔk dɛn kin go bak to dɛn ɔrijinal dak kɔlɔ Bɔku  
kɔlɔ dɛn na di fizik wɔl, lɛk di blu na di skay, na optik  
ilyushɔn dɛn we layt de riflekshɔn ɔf difrɛn kayn matirial  
patikyula dɛn kin mek Bikɔs di yay kin jɔs no wan limited rɛnj  
ɔf vaybreshɔn we de mek ɔltin na di yunivas, mɔtalman nɔ  
kin si di subtil, ethereal spectra hidden in all that surrounds  
them If wi bin fɔ si dɛn, wi go sɔprayz fɔ si dɛn fayn fayn ɛn  
fayn fayn tin dɛn Ivin di kɔlɔ dɛn we de na di wɔl we gɛt layf  
pas ɔl kin tan lɛk se dɛn nɔ gɛt wan bɔt ɛn dɛn kin dɔl we yu  
kɔmpia dɛn to di fayn fayn kɔlɔ dɛn we de na di planɛt ɔ  
ethereal eria

So, di yay ɔ di yes nɔ go ebul fɔ no ɔl wetin pɔsin kin si  
Mɔtalman nɔ ebul fɔ inhal di swɛt dɛn we de na di ɛtɛ, we gɛt  
sɛnt ɔ fɔ si di bɔku bɔku shep dɛn, pikchɔ dɛn, ɛn dilik  
impreshɔn dɛn we de rɔb tru di big big ɛtɛri

Bɔku tɛm mɔtalman nɔ kin ebul fɔ no ivin tin dɛn we de  
insay dɛn yon sɛns Pipul dɛn we gɛt yay kin gladi fɔ fayn  
fayn tin dɛn ɔlsay ɔda pipul dɛn kin du lɛk se dɛn nɔ gɛt yay;  
dɛn nɔ de si ɔ ɔndastand—"def, blaynd, ɛn mumu, so dɛn nɔ  
de ɔndastand"—bikɔs dɛn nɔ ebul fɔ no ɛnitin, ivin na fayn  
fayn ples dɛn

We a bin go na Mɛksiko ɛn si di "floating gardens" na  
Lek Zuquemilco, dɛn fayn fayn tin dɛn ful-ɔp mi at, ɛn a fil di  
magnificence ɛn grandeur fɔ di divain artist ɔda pɔsin bin de  
we bin tan lɛk se i dɔn absɔb pan dɛn natura wɔndaful tin  
dɛn de, bɔt wan insay filin bin sho mi se i nɔ de si wetin a de

si a aks am bot in impreshon pan den fayn fayn tin den de, en i ansa se, "A bin de tink se, "A bin de tink." bot wan fayn we fo dreyn di wata fo mek den ebul fo plant mo land".

As injinia, i bin de si di lek from in yon we So, wi ol de si tin den akodin to wi yon aidia en bias

Evri sol de envolop wit difren vaybreshon den we de mek posin fil, i de tink, en i de fil—ol di tin den we de mek posin in kolcho o in konshens fom Eni posin get in yon kompazishon, difren vaybreshon Oltin we posin don du from we i smol de kontinyu fo kip am na in bren as kompres kapsul den we de mek i want fo du sontin en we i want fo du sontin Bikos wi no ebul fo si den kapsul ya we wi no de si, wi kin soprayz bay pipul den akshon, eni wan akodin to den yon whims Som kin izi fo swela wit gladi fo no rizin, o kin veks en mud insay we den we no de eksplen, ivin from densef Oda wan den kin bisin oltem wit koment, mek den no get wanwod, skata romor, en fo mek oda pipul den komot na do, we den yon insay densef nid fo klin en klin Den saykilojik tendensi ya de ber di sol en mek den no a posin from we den de sho den ay potneshel Aw motalman kin kompleks en no kin ebul fo stop densef! Enibodi na, insef, wan stori we get buku chapta, wit tin den we de apin we miks en difren tin den we de apin

Apat from we den de it, slip, en wok, den de op se motalman go get sontin we get minin from layf Pipul den we de tink kin tink bot di tin den we de arawnd den en buku tem den kin soprayz wit wetin den de si Den kin wach gud gud wan en aks wetin mek tin kin apin o no kin apin na wan patikyula we Fo egzampul, wi kin get wan set tit, don wi kin get sekon set, so wetin mek wi no kin get tod set bak? Wetin mek di sistem de wok dis we?

Motalman kin gri fo tek buku lay lay tin den bot natura I limiteshon den we no get sirios kwestyon, so dat kin alaw den tin den de fo kontrol den layf en destiny Pipul den we de tink

nɔ kin aksept di stetɔs kɔo izi wan; bifo dat, dɛn kin tray fɔ  
chenj am, ɛn na dis kin mek pɔsin ebul fɔ go bifo

A kin gladi we a si tin dɛn we mɔtalman dɔn du ɛn tin  
dɛn we nɔ bɔku we de sav mɔtalman wan we ɔ ɔda we Aw  
bɔku wɔndaful tin dɛn dɔn kɔmɔt na mɔtalman maynd! Bɔt  
stil, di maynd inɛf de kɔntinyu fɔ bi mɔ kɔmpleks pas ɔl  
wetin i dɔn mek

Wan stori de bɔt wan kiŋ we bin sho se i lɛk in chif  
minista ɛn i bin lɛk am bad bad wan, ɛn dis bin mek di ɔda  
pipul dɛn we de wok na di kiŋ in at, jɛlɔs ɛn jɛlɔs, we bin  
notis se di kiŋ bin de tek wan pɔsin bɛtɛ pas ɔda pɔsin We di  
kiŋ bin no dis, i bin want fɔ ɛksplen to dɛn wetin mek di  
minista na in favrit

Wan de di kiŋ ɛn in ɛntourage yɛri myuzik de kam frɔm  
fa, so i tɔn to wan pan in chamberlains ɛn se: "Fɛn di nyus fɔ  
wi".

Afta shɔt tɛm di man kam bak ɛn se na mared prushɔn  
Di kiŋ aks se, "Udat in mared?" bɔt di chamberlain nɔ bin gɛt  
ɛni ansa

Dɔn i sɛn ɔda chamberlain we kam bak wit di ansa to di  
kiŋ in las kwɛstyɔn, bɔt i nɔ bin ebul fɔ ansa ɛni wan pan di  
ɔda wan dɛn Di sem tin bin apin to sɔm man dɛn

Fɔ dɔn, di kiŋ kɔl in chif minista ɛn tɛl am fɔ go chɛk di  
kes Di minista bigin fɔ go wantɛm wantɛm, ɛn we i kam bak,  
di kiŋ bɔm am wit bɔku bɔku kwɛstyɔn dɛn, ɛn ɔl dɛn  
kwɛstyɔn dɛn ya di minista we gɛt sɛns ɛn we pɔsin kin abop  
pan bin ebul fɔ ansa wit di ditel we satisfay

Bɔku pipul dɛn we slo ɛn we gɛt dɔl maynd tan lɛk pipul  
dɛn we nɔ no natin fɔ kia fɔ di domɔt Dɛn nɔ kin rili ful, bɔt  
dɛn so les pan sɛns dat dɛn nɔ de tray fɔ du ɛnitin pas wetin i  
nid A kin ɛkskyuz fɔ lɛ pɔsin les in bɔdi, bikɔs i kin bi se rizin

de fɔ mek pɔsin nɔ gɛt natin fɔ du wit in bɔdi, bɔt no ɛkskyuz  
nɔ de fɔ mek pɔsin nɔ ebul fɔ du natin! Di wan dɛn we nɔ gɛt  
wok na dɛn maynd nɔ kin want fɔ tink bikɔs ivin fɔ tink kin  
tan lɛk se na wok we dɛn kin tranga

Tink na wɔndaful ɛn wɔndaful tin Nɔbbɔdi nɔ go ebul fɔ  
kategoriz di tin dɛn we di maynd de du ɛn di we aw pɔsin de  
si tin In kapabiliti nɔ gɛt ɛnd So, if yu luk gud wan ɛn tink dip  
wan bɔt ɛni tɔpik, yu go fɛn di ansa to ɛni kwɛstyɔn we gɛt fɔ  
du wit da tɔpik de

Yu filin fɔ gri wit wetin yu de tink If yu nɔ alaynɛd yu filin  
wit yu tinkin, yu kɔnklushɔn nɔ go kɔrɛkt ɔltɛm Filin na wan  
kayn insayt, di ripɔsitɔri fɔ ɔl di no Filin fɔ balans di maynd,  
bikɔs na da tɛm de nɔmɔ di oli imej fɔ Gɔd we de insay yu de  
apia insay in ful es So, yoga de tich pɔsin aw fɔ balans di  
pawa dɛn na maynd ɛn filin Dɛn wan dɛn we nɔ gɛt ɔl tu na  
ikwal mɛzhɔ nɔ machɔ

Di mɔ we di pɔsin we de luk fɔ di tin de go bifo pan  
spiritual tin dɛn ɛn kam nia Gɔd, na di mɔ Gɔd de sho am di  
wɔndaful tin dɛn we de apin Biɛn ɛvri tin we pɔsin kin si, wan  
ethereal patɛn we gɛt kɔlɔ layt de insay di ethereal ɔ  
planetary realm, ɔltin de vibrant wit layf Notin nɔ de we dɛn  
kɔl layflɛs de

Di kosmik faktri we ayd nɔ ebul fɔ imajin Di wan ol  
yunivas na wan aidia na Gɔd in maynd! Ivin galɛksi dɛn de  
wok ɛn na matematikal lɔ dɛn we mɔtalman nɔ ebul fɔ  
ɔndastand de gayd dɛn ɔltin de wok akɔdin to wan sistɛm we  
rili prɛsishɔn ɛn pafɛkt Dis na pawaful maynd da kɔsmik  
maynd de! Di absɔlɔb we nɔ gɛt ɛnd de wok pan ɔltin, ɛn ɔl  
di difrɛn difrɛn vortis dɛn we de muv we wi kɔl layf de ɔnda  
da kɔsmik maynd de

ɛvri ɔndrɛd ia, bɔku bɔku pipul dɛn kin kɔmɔt na dis wɔl,  
ɛn ivin mɔ dɛn kin bɔn Sapɔt ɛn dimand de, wit ɔl dɛn

kompisiti den we den kin get Bot stil, God don gi buku tin fo it fo mit mortalman nid Mortalman nomo de mek po en sofa na di wol Di tem don rich fo mek wi liv insay wan tem we pipul den go get buku propati en buku tin, usay olman go enjoy welbodi en liv wit gladi at en pis Dis i posibul if noto fo mortalman selfishness en di manipuleshon pan di destinies fo neshon den bay smol, self-serving minority

Buku pipul den kin de na dip slip olsay na dis drim layf Na di wan nomo we no bot tin den de wek I no bisin bot di tin den we de tek di odinari posin in maynd, we di wangren tin we i bisin bot na fo fen jentri en fo enjoy inself we i want fo du mami en dadi biznes, en fo spend in tem pan tin den we i de du en tin den we i lek fo du

Mortalman kin taya fo ronata temteshon den we no de te na dis wol we no de te, pan ol we tru tru gladi at we posin no go ebul fo tok bot de insay den Den go mos fen am if den tray tranga wan en rili want fo fen am

Di maynd fo yuz sens en korekt wan fo diskoba di divayn laboratori we ayd biyon dis wol Wan tem, bay God in gudnes, a si di wondaful tin den we no get end fo di krieshon fo wan ol de, en a tel God se: "O Masta, we a bin blaynd, a no bin ebul fo fen wan domot we de go to Yu Bot bikos Yu don opin mi yay en mi sens, a de sinaw domot den opin olsay... insay di at fo flawa den, insay di voys den fo fetful padi den, en insay di memori den fo di fayn fayn eksperiens den we a rili lek Fo tru, evri wispa we a de beg mi, de opin nyu rod fo go na di big tempul we Yu oli prezens de"

Di posin we de luk fo tin fo strong en tinap tranga wan, no fo shek en mekop den maynd fo fen di Wan we Oli Pas Ol we ayd bien di vel we di tin den we God mek, posin fo pul inself komot nia di tin den we di wol want we no get end en no fo srenda fo slip na net bifo i tok to God wit at en sol Di tin den we layf de aks fo no de don, na dat mek wi fo dediket



tɛm ɛvrɪdɛ fɔ de wɪt wɪsɛf ɛn wɪt Gɔd, fa frɔm di nɔys ɛn kray  
kɾay na di wɔl ɛn di dɪn na laɪf Dɔn wɪ go si laɪf tru nyu lens  
bɪkɔs wɪ go gɛt nyu vɪʃɔn bɔt am

Jɔs lɛk aw sayɛnsman dɛn bɪn ɛbul fɔ mɛk dɛn tɪn dɛn we  
dɛn dɔn fɛn bay we dɛn de fala di natura lɔ dɛn ɛn patɪkyula  
sayɛns prɪnsɪpul dɛn, na so di pɔsɪn we rɪlɪ want fɔ fɛn Gɔd go  
ɛbul fɔ fɛn Gɔd bay we i de fala di lɔ dɛn we gɛt fɔ du wɪt Gɔd  
bɪznɛs ɛn mɛk di no bɔt Gɔd bɪ dɛn mɛn gɔl na laɪf Fɔ dis  
sɛm rɪzɪn, mɔtalmɛn kam na dis wɔl, pan ɔl we i dɔn bɪ wan  
margɪnɪlɪzɪd gɔl fɔ bɔku pɪpul dɛn Bɔt mɔtalmɛn de ful ɪnsɛf  
bay we i fɔgɛt di rɪzɪn fɔ laɪf ɛn bɪ prɛɔcupɪɪd wɪt  
sʊpɛrfɪsɪəlɪtɪɪs ɛn tɪn dɛn we nɔ ɪmpɔtɪnt

ɛn mɛmba, mɪ padi, sɛ ɪlɛk aw yu sɪkɔstɛms nɔ fayn na  
dis wɔl, we yu tɔn to Gɔd, yu go si am de wok wɪt yu ɛn fɪl ɪn  
prɛzɛns pan ɔl di prɔblɛm dɛn we yu de gɛt Yu go si am bak  
fɔ sho ɪnsɛf pan ɔltɪn we de rawnd yu ɛn yu go ful-ɔp wɪt ɪn  
lɔv ɛn gladi at

Nɔtɔ wɛlbɔdɪ bɪznɛs, ɔ prɔsɛpɪtɪ, ɔ matɪrɪəl aɪɪvɪmɛnt, ɔ  
prɔpɪtɪ nɔ de las sɔtɛ go So wɛtɪn mɛk yu jɔs bɪsɪn bɔt dɛn  
tɪn dɛn we dɛn dɔn dɪsɪd fɔ pwɛl ɛn dɔn?

A de beg Gɔd we na di ɔlmaytɪ fɔ pul wɪ kɔmɔt na dak ɛn  
kam na laɪt

Frɔm ɛt to lɔv

Frɔm di tɪn dɛn we dɛn kɪn stɔp pɔsɪn fɔ du to frɪdɔm

Frɔm we pɔsɪn nɔ no natɪn to we i gɛt sɛns

Frɔm pɛn ɛn day to laɪf we go de sɔtɛ go ɛn rɛst we go  
de sɔtɛ go

ɛn mɛk ɪ ol wɪ an ɛn gayd wɪ fɔ no wɛtɪn i want

ɛn ɪ de kɪp wɪ wɛk ɪnsay ɪn awarɛnɛss

En fɔ opin ɔl di domɔt dɛn we de go na di evin fɔ In sɛns

Lɛ wi liv wit kɔnfidɛns, gladi at, kolat na wi maynd, ɛn satisfay

Evride na wi layf

Pis de fɔ una

## **Fɔ luk fɔ wetin layf min**

Sins wi kam na dis wɔl frɔm usay wi nɔ no, na nɔmal tin fɔ mek wi wɔnda bɔt di ɔrijin ɛn di rizin fɔ layf Wi de yeri bɔt wan pɔsin we mek dis wɔl ɛn wi de rid bɔt am, bɔt wi nɔ no aw fɔ rich to am ɔl wetin wi no na dat di wan ol yunivas de prɛd di egzistens fɔ in divayn maynd Jɔs lɛk aw di smɔl ɛn prɛsis pat ɛn divays dɛn na smɔl wach de mek wi admaya di wan we mek di wach, ɛn jɔs lɛk di big ɛn kɔmpleks mashin dɛn na wan faktri kin mek wi sɔprayz ɛn mek wi lɛk di pɔsin we mek dɛn, so we wi si di wɔndaful tin dɛn we Gɔd mek, wi kin sɔprayz wit di sɛns we dɛn ayd biɛn dɛn, ɛn wi kin aks se: ‘Udat gi di flawa in fɔm we gɛt layf ɛn in fes tɔn to di san? Usay in sɛnt ɛn fayn fayn tin dɛn kɔmɔt? wɔndaful ɛn gladi gladi kɔlɔ dɛn?”

Na nɛt, di sta dɛn ɛn di mun, we de skata dɛn silva layt rawnd wi, de mek wi tink bɔt di kɔnshɛns we de gayd dɛn sɛlestial bɔdi dɛn ya na di big big spes Di saf layt we di ful mun de gi nɔ go du fɔ di tin dɛn we wi de du evride, ɛn so wan maynd we gɛt sɛns ɛn saful saful de sho se wi fɔ rɛst na nɛt Dɔn di san de kɔmɔt, ɛn in brayt layt de mek wi si di wɔl we de rawnd wi wit klia wan ɛn kol at, we de mek wi ebul fɔ du di wok dɛn we de sho wi

Tu we de fɔ fulɔp wi nid: di bɔdi ɛn di spiritual We wi wɛlbɔdi de pwɛl, fɔ egzampul, wi kin go to dɔkɔtɔ fɔ tritment Bɔt tɛm kin kam we dɔkɔtɔ ɔ ɛni ɔda pɔsin nɔ go ebul fɔ ɛp, ɛn

wi kin tɔn to di sɛkɔn we: to di spiritual pawa we mek wi bɔdi, maynd, ɛn sol Fisikal pawa kin smɔl, ɛn we i nɔ wok, wi kin tɔn to di divayn pawa we nɔ get limit Dis kin apin bak to wi mɔni biznɛs nid We wi du wi bɛst ɛn stil nɔ get inof, wi kin tɔn to da pawa de

Olman tink se dɛn prɔblɛm na di wɔs Sɔm kin fil mɔ prɛshɔn pas ɔda pipul dɛn bikɔs dɛn resistans wik ɛn bikɔs ɔf di difrɛns pan pipul dɛn maynd trɛnk, dɛn kin spɛn difrɛn ɛnaji If pɔsin get prɔblɛm we rili tranga ɛn in maynd wik, dɛn nɔ go ebul fɔ win am Di wan dɛn we get pawaful maynd kin win dɛn prɔblɛm bay we dɛn brok di tin dɛn we de ambɔg dɛn ɛn shek di fawndeshɔn dɛn we de ambɔg dɛn Yet ivin di pipul dɛn we strong pas ɔl dɔn get fɔlt sɔntɛnde We wi de get bɔku ɛn bɔku bɔku prɔblɛm dɛn ɛn prɔblɛm dɛn we get fɔ du wit tin dɛn, tin dɛn we wi get, ɛn pan Gɔd biznɛs, wi kin no aw di pawa we layf get smɔl na dis wɔl we get bɔku tin dɛn fɔ du

Wi nɔ fɔ jɔs de tray fɔ get gud wɛlbɔdi ɛn fɔ get mɔni, bɔt fɔ fɛn di minin fɔ layf Wetin na di rizin fɔ layf? We prɔblɛm dɛn kin ambɔg wi, wi kin fɔs tɔn to di tin dɛn we de arawnd wi, tray fɔ ajɔst ɛvri matirial we wi biliv se go gi wi rilif Bɔt we wi rich wan impas ɛn se, "Ol mi tray dɔn fel; wetin mɔ a go du?" wi begin fɔ tink siriks wan fɔ fɛn wan fayn solv fɔ wi prɔblɛm ɛn we wi tink dip inof, wi kin fɛn di ansa insay wisɛf Dis, insɛf, na wan we fɔ ansa prea

Prea: Na tin we wi nid fɔ lan bɔt Gɔd

Prea na spiritual nid Gɔd nɔ mek wi as begman, bikɔs i mek wi lɛk in pikchɔ Di Oli Skripchɔ dɛn deklare dis Begman we go na jɛntriman in os ɛn aks fɔ alms de get begman in shea Bɔt bɔy pikin kin get ɛnitin frɔm in jɛntri papa So, wi nɔ fɔ biev lɛk begman

I tan lek se som pipul den get oltin en den bon den na lojishon en komfot, en oda wan den tan lek se den de atrak trobul en folt Usay God in pikcho de insay den? Di pawa we God in spirit get de insay eni wan pan wi Bot aw wi go ebul fo get da pawa de? Sontem yu don fil bad trade bikos i tan lek se den no ansa yu prea, bot no los op en fet Fo no if yu prea den de wok o no wok, yu fo get wan men biliv pan di pawa we prea get dip insay yusef

Sontem som pipul den prea no get ansa bikos den kin disayd fo beg Semweso, posin fo no wetin fo aks God Yu kin pre wit ol yu at en ol yu trenk fo get di wol en oltin we de pan am, bot den no go tek yu prea bikos ol di prea den we get fo du wit matirial layf na tin we no boku, en fo tru, i fo smol Bot rayt we de fo pre Bot den kin se pusi get nayn layf Bot problem den get nayntin nayn layf! Yu fo fen wan fayn we fo pul di "kat we get problem" Di sikrit fo prea we go wok fayn na fo chenj in pozishon from di wan we de beg to di wan we posin we get rayt get We yu aks God fo sontin we tan lek da spiritual nature de, yu prea go get pawa en sens

Di sid den fo sakrifays de pan di pawa we posin want

Mos pipul den kin rili fred en wori we den de tray fo du sontin we rili impotant to den Fo akt wit wori en nervos no de atrak divayn pawa, bot di kol en kontinyu fo yuz wil pawa de shek di fos den na di yunivas en brig wan ansa from di infinite Absolute Di sid dem fo sakrifays fo oltin we yu want fo ajost de lay insay yu wil Wan wil we brok en kros bay difikulti den kin paralayz fo som tem Bot di posin we get maynd en we don mekop in maynd we se, "Mi bodi kin rotin, bot di ed we a want go kontinyu fo ol ay en we i don mekop in maynd fo dreb am," de sho di ay digri we i get pawa fo du sontin

Wilpawa en in rayt dairekshon na wetin de elevet en rayz posin in stetos We posin lef fo yuz wilpawa, i kin bi odinari posin, we no de wok we tin de apin Boku pipul den se wi no fo

yuz wi wil pawa fɔ chenj di tin dɛn we de apin, bikɔs wi de fred fɔ ambɔg Gɔd in plan Bɔt wetin mek Gɔd gi wi wil pawa if i nɔ bin want wi fɔ yuz am? Wan tɛm a mit wan rigid man we se i nɔ biliv fɔ yuz wilpawa bikɔs i de fid self-important a ansa se, "Yu de yuz yu wilpawa rayt naw, ɛn kwik fɔs, fɔ rɛsist mi Yu de yuz am fɔ tɔk, tinap, waka, it, go na di fim, ɛn ivin slip Yu want ɔltin we yu de du Witout wilpawa, yu bi rɔbɔt" Na pɔsin in duty fɔ harmonize in wil, governed by want, wit wetin Gɔd want So, we dɛn de pre di rayt prea ɔltɛm, i kin bi pawa fɔ du sɔntin insɛf

Yu fɔ biliv se i pɔsibul fɔ gɛt wetin yu de pre fɔ If yu pre fɔ gɛt os, ɛn di sem tɛm yu maynd se, "Aw yu go ebul fɔ bay os, yu ful?" yu de wik yu wil wit dis kayn tink We yu ban di frayz "A nɔ ebul" frɔm yu maynd, yu gɛt ay pawa Fɔ tru, os nɔ de fɔdɔm frɔm di skay, ɛn fɔ gɛt os, yu fɔ yuz wil pawa ɛn tek kɔnstrɔktiv akshɔn fɔ rich yu gol We yu kɔntinyu fɔ bia ɛn nɔ gri fɔ admit fɔ fel, yu go ebul fɔ sho wetin yu want fɔ du ɛn we yu de yuz da wil pawa de ɔltɛm tru yu tink ɛn akshɔn, yu want go fulfil, ɛn ɔl wetin yu want ɛn we yu want go kam to yu We yu kɔntinyu fɔ tray wit ditarminieshɔn ɛn kɔntinyu, di rizɔlt we yu want go apia insay sɔm we, ivin if wetin yu want nɔ rili de na dis wɔl Insay dis kayn wil pawa lay di divayn ansa, bikɔs gud wil kɔmɔt frɔm Gɔd Persevering will is a divine will

Bɔn di sid dɛm fɔ "A nɔ ebul" frɔm yu bren

Wik wil na wikɛd mɔtalman wil We prɔblɛm ɛn fɔlt dɛn de chuk am ɛn te am, i de lɔs in kɔnekshɔn to di Jɛnɛrɔtɔ we nɔ gɛt ɛnd Bɔt biɛn di mɔtalman wil, na di divayn wil de, we nɔ no ɛnibɔdi we nɔ gɛt maynd ɔ win Ivin day, pan ɔl in pawa, nɔ go ebul fɔ brok ɔ ambɔg di divayn wil Gɔd go mɔs ansa da prea de we wan wil we nɔ de shek fɔ mek i disayd fɔ du sɔntin ɛn we nɔ de chenj, de drɛb

Boku pipul den kin les en taya, ileksef na den bɔdi, den maynd, ɔ den ɔl tu Den kin want fɔ tink gud wan bɔt den kin tink bɔt slip nɔmɔ As soon as den kin slip, den kin slip dip, en na da tɛm de den prea dɔn! Insay dis stet, wil pawa de bɛr Di avrej pɔsin in bren ful-ɔp wit di sid dɛm fɔ "A nɔ ebul" We den bɔn am na famili wit sɔm kwaliti en abit dɛm, den kin gɛt den tin ya we den kin du, den kin biliv se den nɔ ebul fɔ du dis ɔ se Den bad bad sid ya fɔ bɔn en pul den pawa kɔmɔt na yu kɔnshɛns Yu gɛt di pawa fɔ ajɔst ɛnitin we yu want Dat pawa de na di kɔr fɔ yu go

Di wan den we want fɔ gɛt wil pawa nid gud kɔmpin If yu want fɔ bi big pɔsin we sabi bɔt matematiks en yu kɔmpin den na klas nɔ lɛk matematiks, yu nɔ go gɛt wan dawt fɔ se yu ɛnjɔymɛnt go stɔp Bɔt we yu de kipkɔmpin wit pipul den we sabi du matematiks, yu wil pawa go strong, en yu go ebul fɔ se, "If ɔda pipul den ebul fɔ win, na so misɛf go ebul fɔ du am".

Nɔ rɔsh pan big tin jɔs fɔ bil yu wil pawa Fɔ mek yu gɛt sakrifays, yu fɔ fɔs tɛst yu wil pawa wit smɔl tin den we yu bin tink se yu nɔ go ebul fɔ du If yu put di tray, sakrifays go fala

A stil mɛmba ɔl di gol den we mi padi en ɔda pipul den bin tɛl mi se a nɔ go ɛva ajɔst, yet a bin du Den pipul ya we gɛt gud maynd kin kɔz big bad tin wit den opinion Mek Gɔd protɛkt wi frɔm den en den advays Kɔmpaniship gɛt di big big inflɔwɛns pan wil pawa Fɔ go dans wit rɔm en lawd myuzik, instead fɔ tink gud wan na di sanktua fɔ saylɛns, de dɔti di maynd wit di tik dɔst we di wɔl de shek, making i at fɔ shek pɔsin in wil pawa nɔ go ebul fɔ avɔyd fɔ mek i strong ɔ wik bikɔs ɔf di inflɛns we pɔsin in kɔmpin den gɛt Fɔ divɛlɔp wil pawa tru fɔ tray fɔ yusɛf nɔmɔ rili at Yu nid fɔ gɛt gud ɛgzampul fɔ falamakata If yu want fɔ bi pɔsin we de peint, liv rawnd gud peint en padi biznɛs wit pipul den we de peint If

yu want fɔ bi pɔsin we gɛt spiritual pɔsin, bi padi wit spiritual pipul dɛn we gɛt fayn fayn kwaliti dɛn

Big difrɛns de bitwin biliv ɛn ɛkspiriɛns Biliv kɔmɔt frɔm tin dɛn we yu dɔn yɛri ɔ rid bɔt ɛn aksept as fawndeshɔnal trut ɛkspiriɛns, na di ɔda say, na wetin yu pasɔnal witnɛs ɛn rili ɔndastand Di shɔt tin we di wan dɛn we dɔn ɛkspiriɛns Gɔd gɛt nɔ de shek If yu nɔ ɛva test ɔrɛnj, dɛn kin ful yu bɔt in prɔpati dɛn Bɔt if yu dɔn it ɔrɛnj bifo, dɛn nɔ go ebul fɔ mistek yu, bikɔs yu dɔn test di frut ɛn sabi am gud gud wan

Luk fɔ de wit di wan dɛn we de mek yu fet strong

Tin dɛm bɔt Gɔd, sakrifays, hiling, ɛn ɔda tin dɛm, ɔl de na yu maynd lɛk saykolojik kapsul Tray dɛm Fɔ tɛst yu tinkin, yu fɔ yuz yu wil pawa fɔ sho am Fɔ kɔltivayt di wil pawa we nid, yu fɔ de wit pipul dɛm we gɛt strong wil If yu want fɔ mɛn bay Gɔd in wil, luk fɔ kɔmpin wit di wan dɛm we de mek yu fet strong ɛn gi yu wil pawa

A bin travul di long ɛn brayt ples na India fɔ luk fɔ pɔsin we rili no Gɔd, bɔt dɛn nɔ bin bɔku ɛvri ticha we a mit bin de sheb dɛn yon biliv Bɔt pan spiritual tin dɛn, a bin dɔn mekɔp mi maynd fɔ nɔ satisfay wit jɔs wɔd dɛn bɔt Gɔd A bin want fɔ ɛkspiriɛns am ɛn rili fil se i de wit am Wetin dɛn tɛl mi nɔ gɛt minin pas a ɔndastand am tru pasɔnal ɛkspiriɛns

Wan tɛm, a bin de tɔk to wan padi bɔt di sent dɛn na India Mi padi na bin brɔka, ɛn i nɔ bin sheb mi ɛnjɔymɛnt Bifo dat, i se, "ɔl di wan dɛn we yu kɔl sent na rili charlatan dɛn we nɔ no Gɔd" A nɔ bin agyu wit am, bɔt a chenj di tɔpik, ɛn wi begin fɔ tɔk bɔt di brɔka wok Afta i tɛl mi bɔku tin bɔt am, a se saful wan, "Yu no dat." no wan brɔka we pɔsin kin abop pan de na Kalkata, ɛn se dɛn ɔl na layman?" I vɛks bad bad wan ɛn ansa am wit wamat se, "ɛn wetin yu no bɔt brɔkers?" A ansa se, "Na dat a bin min ɛn wetin yu no bɔt oli pipul

dən?" I bin speechless a kontiniu kolhat en kain, "A no sabi enitin boht brokerage, en yu no sabi enitin boht sent".

Di praktis fɔ rilijɔn dɔn rich wan say we bɔku pipul dən nɔ kin ebul fɔ translet dən spiritual aydia igen to layf ɛksperiens A de tɔk ya frɔm pasɔnal ɛksperiens A nɔ want fɔ tɔk bɔt tin dən we a no na intelektual nɔmɔ Mɔs pipul dən kin rid sɔm buk dən bɔt trut ɛn bi pɔsin we ebul fɔ du dɛnsɛf we dən nɔ mek di tray fɔ ɔndastand di trut biɛn di wɔd dən Di ɛmti we dən de tɔk bɔt spiritual trut dən nɔ gɛt ɛni yus to wi ɛn lɛf ɛni fayn impreshɔn Wi fɔ difrɛns bitwin pɔsin in sɛmin ɛn in layf stori ɛnibɔdi we want fɔ tich ɔda pipul dən fɔ sho fɔs se i dɔn rili ɛksperiens wetin i de lan ɛn i dɔn ɔndastand wetin i de tɔk bay ɛksperiens

Di Advantej fɔ Layf: Wetin I Bi

Masta Paramhansa Yogananda

Di transleshɔn na: Mahmoud Masoud

Laif na di big big advantej we pɔsin kin imajin Pan ɔl we sɔm layf nɔ kin gɛt gladi at ɛn gladi at, ɔda wan dən kin ful-ɔp wit wɔndaful prɔblɛm dən we a yɛri bɔt wan man we tray fɔ kil insɛf pas tati tɛm, ɛn ɛvri tɛm we sɔntin mek i nɔ ebul fɔ dɔn in layf Imajin aw i go fayn fɔ no bɔt di layf fɔ ɔl mɔtalman we dɔn liv na di Wɔl, di wan dən we dɔn day, ɛn di wan dən we gɛt fɔ kam yet! ɔl di tin dən we mɔtalman dɔn du, dən rayt am na di kɔsmik mɛmori: di mɛmori fɔ Gɔd, ɛn i rili wɔndaful fɔ mɛmba! I at fɔ ɔndastand wan kɔnshɛns we no ɔltin, yet fɔ no di Spirit we no ɔltin na di big big advantej we de

Fakt dən rili rial, stebul, ɛn impɔtant pas imajinɛshɔn, yet dən sɔs na ɔl di aydia dən we de na Gɔd in maynd ɔl atɔmik tin dən de bak wit divayn aydia dən we dən kin sɔlv bak insay aydia ɛn afta dat dən kin ɛmbodi bak to tin dən Mɔtalman gɛt di kapasiti bak fɔ kɔnsɛv aydia, bɔt dən



imajineshon nɔ strong fɔ embodi am If dɛn imajineshon bin strong inof, dɛn bin fɔ ebul fɔ mek tin dɛn na dis wɔl Mɔtalman gɛt insay dɛnsɛf di sem pawa fɔ mek tin dɛn we Gɔd yuz fɔ mek in maynd krieshon dɛn na di wɔl Bɔt i dɔn bi tin we nɔ pɔsibul fɔ mek mɔtalman put dɛn aydia insay tin dɛn bikɔs dɛn nɔ yuz di pawa we di maynd we Gɔd gi dɛn gɛt lɛk aw dɛn fɔ yuz am

We wi de tray fɔ tink bɔt Gɔd in kɔnshɛns, wi de wɔnda aw I go mɛmba ɛn ɔndastand ɔltin, bikɔs wi de mɛzhɔ ɔltin bay di standad we wi yon maynd ebul ɛn ɔndastand tin dɛn akɔdin to wi yon ɛksperiɛns Dɛn wan dɛn we gɛt wik mɛmori kin tink se ɔlman in mɛmori wik lɛk dɛn yon Bɔt pipul dɛn de we gɛt ɛksepsional shap mɛmori we kin mɛmba wan ol buk izi wan lɛk aw yu kin mɛmba sɔm layn dɛn Bɔku tɛm, i nɔ kin izi fɔ di wan dɛn we kin fɔgɛt fɔ biliv se pɔsin gɛt mɛmori we kin ebul fɔ kip ɛn gɛt infɔmeshon wit wɔndaful tin

Wan man we de mek jɔlɔs kin mɛmba in jɔlɔs dɛn, ɛn pɔsin we de kia fɔ buk kin mɛmba di nɔmba dɛn we de na in buk dɛn Semweso, Gɔd kin mɛmba ɔl wetin i mek na dis yunivas Bikɔs i gɛt ɔl di pawa, i kin mɛmba ɔl wetin dɔn apin na dis yunivas wantɛm wantɛm bikɔs In absolyut ɛn nɔ gɛt limit awareness na ɔltin we i no

Mɛmori insɛf na wɔndaful abiliti ɛn mɔtalman mɛmori gɛt fɔ du wit Gɔd in pawaful mɛmori Fɔ ɛgzampul, yu nɔ go ebul fɔ mɛmba di ditel dɛn bɔt ɛni fim we yu dɔn ɛva si Bɔt if a bin fɔ sho yu wan pan dɛn fim dɛn de bak, yu go mɛmba am wantɛm wantɛm Dat oli mɛmori insay yu de ɔltɛm no di ɛksperiɛns dɛn we yu bin dɔn gɛt trade As yu si di fɔs tin dɛn we apin, yu mɛmba di wan ol stori ɛn se, "Oh, a dɔn si dis fim bifo, ɛn a mɛmba aw i dɔn dɔn".

Aw wi kin mɛmba pikchɔ dɛn we de muv so ditayli pan ɔl we wi bin dɔn si dɛn sɔm ia bifo dis tɛm? Bikɔs ɔl di tin dɛn we de apin kin rayt na di bren As yu put di maynd nidul pan

təst disk (ɔ ple maynd-kompyuta intafəs), yu məmori kin  
bigin fɔ get da təst de bak

Di pawa we insay məmori get kɔmt frɔm Gɔd ən i nɔ de  
mek mistek I nɔ de eva fɔget Di məmori fɔ ɔdinari pɔsin nɔ  
kin ebul fɔ kip ɔl di ɛkspiəriəns dən wan tɛm Bɔt di oli, insay  
məmori kin kip ɔltin wan tɛm ən sote go So, di nɔʃən fɔ gud  
ɔ wik məmori na jɔs wan sɔbjektiv pɔsibul Pɔsin kin biliv insɛf  
se in məmori wik, ən dat mek dən get wik məmori Bɔt, i nɔ izi  
fɔ shift frɔm dis biliv to in ɔpɔzit I nid fɔ tray tranga wan fɔ  
mek pɔsin biliv se di məmori we pɔsin de mɛmba na tru tru  
tin we de sho se Gɔd de mɛmba am oli, we de mɛmba ɔltin

Di big big məmori we mɔtalman get nɔto natin pas wan  
rayt we de sho se Gɔd get ɔl di kɔnʃəns, we dən rayt ɔl di  
tin dən we mɔtalman kin du ən ɔl di ɔda we dən ən di we aw  
dən kin sho layf

Di stori bɔt di tin dən we Gɔd mek na wɔndəful ən  
wɔndəful stori! Aw Gɔd mek ɔl di tin dən we de na dis wɔl  
kam? Ən aw I de wok frɔm biən di vel ən kɔtin fɔ mek wi kam  
bak to wi tru tru layf wit Am? I nɔ pɔsibul fɔ mek mɔtalman  
langwej ɛp wi fɔ gi wan kɔmplit diskripʃən bɔt di kɔsmik  
advantej we Gɔd mek ən in prɛsis intasekʃən wit di wan  
wan advantej dən we bɔku bɔku mɔtalman dən de du

Wi fain se di avrej layfspan fɔ mɔtalman na arawnd  
sevinti ia, we di avrej layfspan fɔ krokodail na bitwin siksti ən  
wan ɔndrɛd ia Wan rɛd wud tik kin liv fɔ tu tawzin ia Di avrej  
layfspan fɔ kamɛl na bitwin fifti ən siksti ia, ən wan ɔs  
arawnd tati siks ia at mɔst I klia, so, se sɔm biin dɔn disayd  
dən difrɛn layfspan ya Yet wi yeri bɔt sɔm big big yogi dən we  
bin liv fɔ ɔndrɛd ia Wan pan dən na di big Babaji, we dən no  
se i bin liv fɔ bɔku bɔku ia we i stil de alayv na in bɔdi ən  
ɛnjoy pafɛkt yɔŋ tɛm Trilanga Swami bin liv bak fɔ lɛk tri  
sɛnti ia so: dən bɔn am insay 1601 ən day insay 1881 (sɔm  
dən ivin se i liv fɔ pas tri sɛnti ia!) Apat frɔm in ɛkstra ɔdinari

layfspan, i bin get nem fo in mirekul den we I bin wej arawnd 130 kilogram, pan ol we i no bin de it boku tem I bin de tink gud wan fo som dez, i bin de sidom kros-leg na di wata we de na di Ganges, o sontende i bin de ayd fo long tem onda di wef Boku tem den bin de si am de ledom nekɛd ɛn no de muv na di san we de bon pan di rok den we de bon In abit fo no tek di lo den na di wol na bin memba oltem to ol di wan den we si am se wanwod wit divayn konshens na di lo we ay pas ol di lo den

As den rayt insay *Yogi in Jtobayografi*, di big big oli pipul den we wek from di drim bot di kosmik desishon o ilyushon ɛn no se di yunivas na jos wan aidia na di divayn maynd kin du enitin we den want wit di bodi, we den no se i noto natin pas wan we fo konsentret o frozen pawa Pan ol we natura sayensman den naw ondastand matta fo bi natin pas konfyus aktiviti, di ful enlightened masta den bin don mek boku tin den fo kontrol tin den, ɛn den bin de muf from tiori to prasis

Fo tru, rial tin kin wondaful pas wetin yu de imajin Wi kin imajin se onda di rayt kondishon, if den no west impotent ɛnaji o seminal fluid, ɛn wit di rayt it ɛn tink gud wan, di motalman bodi kin kontinyu fo de sote go Seminal fluid get konsentret impotent ɛnaji; if den no west dis pawa, dis pawa kin stil de slip ɛn den kin yuz am fo mek di bodi, maynd, ɛn filin get welbodi, ɛn bak fo mek posin get sens ɛn fo mek i gro pan God biznes

Notis to di transletɔ: Insay dis pat, President Abu Ali Ibn Sina se:

It wan it ɛvride, ɛn no it bifo di it we yu bin don it trade don dayjest

Priz yu semen as yu ebul, bikos na di wata we de gi layf we den ton insay di beɛ

Di prashon we de pan di bɔdi rili bɔku We den kech maws na trap, in at kin bit fast pas aw i kin bit Semweso, we pɔsin nɔ ebul fɔ pe in bil, in at kin du di sem tin! En so, saykolojik stres kin tek in toll! Oda kayn stres de bak Ripɔt don sho se if den pul di nɔys na siti den, i kin ad avej ten ia to di layf we sitizin den get Bɔt stil, wi de liv na wan wɔndaful wɔl Di wan den we den wangren tin fɔ du na layf na fɔ it, drink, slip, en enjoy di gud tin den nɔ get bɛtɛ chans fɔ ɔndastand di wɔndaful tin den we mɔtalman de du

di advantej begin wit di strɔg we di sol de fɔs fɔ go insay di bɔdi we i de bɔn Insay di planɛt ɔ ethereal rɛalm, milɔn sol dem de tray fɔ go bak na di wɔl bay we den de go insay di fɛtilayz sɛl dem usay di sɛl dem we di sɛl en eg de kam togɛda we i bɛlɛ Ilɛksɛf di sol oli ɔ i sin, en pas i don rich di ultimate liberation, pawaful want de fɔ mek i bɔn bak na di wɔl We den get bɛlɛ, layt de flash na di ɛtɛ, en wan sol de go insay de jɔs bikɔs ɔf di union we di swɛt en eg get Mɔtalman don tray tranga wan fɔ go insay di bɛlɛ bikɔs bɔku sol den de fɛt fɔ go insay Di wan den we don win na yu, mi, en wi ɔl En i nɔ bin bi izi win!

Fɔ tru, bɔku ples den de wit Gɔd Di ay en lɔwa ethereal plen den, we den mek wit transparent layt en impɔtant ɛnaji den, na di ɛvin (ɔ ɛl) we sol den kin go afta di bɔdi we pɔsin get day Di tɛm we den fɔ de de, den don disayd fɔ am bifo tɛm akɔdin to den karma As long as pɔsin nɔ don fulɔp di tin den we i want ɔ di wɔl karma (di tin den we kin apin we i don du trade we i nɔ don taya), den fɔ go bak na di wɔl fɔ mek den kɔntinyu fɔ divɛlɔp den na di rod fɔ go to Gɔd

Afta i go insay di bɛlɛ, di sol de wɔnda: "Wetin a don du? A bin fri fɔ long tɛm, a bin fri frɔm di mɔtalman bɔdi we den tay en we de stɔp, a bin de muv izi wan en nɔ tray tranga wan na di ɛtiri plen insay wan bɔdi we de shayn, en naw a don stɔp bak insay wan fyzikal fɔm".

Bɔt stil, smɔl smɔl i kin yus to dɛn nyu tin ya insay di  
nayn mɔnt we i de na in bɛɛ Dis na di pɔnishment: nayn  
mɔnt fɔ liv na dak sɛl usay i fɔ blo tru ɔda pɔsin ɛn gɛt it ɛn  
blɔd bay we i de dipen pan ɔda pɔsin in blɔd sistɛm In spirit  
ɛn kɔndishɔn de dipen pan ɔda pipul dɛn, ɛn i kray to Gɔd se:  
"Rilis mi frɔm dis prizin! A nɔ si, a nɔ ebul fɔ yeri, a de." tay"

If ɛni ɛl ɔ pɔgatorɪ de, na dɛn nayn mɔnt dɛn de na di  
mama in bɔdi: a nɔ ebul fɔ ɛp am atɔl midul daknɛs, we a kin  
kɔnfyus to wan say lɛk tik, wit mɛmori dɛn we nɔ kin te, we  
kin fala sɔm tɛm dɛn we i kin slip ɛn we dɛn mɛmori dɛn de  
kam bak, di pikin we de na di bɛɛ kin dans, de tray tranga  
wan insay di mama in bɔdi a dɔn shift mi kɔnshɛns to dɛn  
stet dɛn ya we i kin gɛt bifo i bɔn, ɛn a no wetin a no a de se

di pikin in slip ɛn wek insay di mama in bɔdi nɔ de dipɔnt  
pan in slip ɛn wek we di pikin in volontia muvmɛnt dɛm de k  
ɔmɔt frɔm di sol in mɛmba fɔ in past so, i de muv rɛstlɛs  
insay di bɛɛ te i taya fɔ win am, ɛn i de slip afta dat, i wek fɔ  
sɔm tɛm ɛn muv bak I de fil angri ɛn satisfay am tru  
nourishment transferred via di mama in blɔd

Di nyu pikin kin yeri, te to sɔm mak, di vaybreshɔn dɛm  
we di mama in at bit ɛn blɔd de rɔn, ɛn dɛn sawnd ya de mek  
i no in bɔdi, we de mek i want fɔ fridɔm So, di fɔs advantej  
we di sol gɛt na strɛch bitwin tu aidia dɛm: di want fɔ go bak  
na di wɔl insay mɔtalman fɔm ɛn di want fɔ brok fri frɔm di  
mɔtalman fɔm we de kɔnfyus di sol

di mɔtalman in sol in sɔl (di bɔdi) de bigin lɛk fish we gɛt  
dilik tɛl Dis imej de dɔn divɛlɔp to animal fɔm we kɔyl insay  
di bɔdi As wi bin dɔn tɔk, sɔm mɛmɔri dɛm fɔ di layf dɛm we i  
bin dɔn du trade de kam bak, we de mek di pikin de mek s  
ɔm sɔm muvmɛnt dɛm de strɔg bɔku as di pikin de divɛlɔp to  
mɔtalman fɔm insay di mama in bɔdi, ɛn di sol de kray se,  
"Lɛt mi kɔmɔt!" we di wil rili strɔng, dɛn bɔn di pikin  
Prɛmature bebi dɛm (we dɛn bɔn afta dɛn bɛɛ we nɔ rich 37

wiks) na sol dem we get strong wil en big steɓɓon den no want  
fo de na di mama in bɔdi fo nayn moɓt, en dat mek den bɔn  
dem fɔs pas aw i kin bɔn

Di bebi de kam na dis wol de kray bikɔs, lek aw di wan  
den we get sens en we sabi bɔku tin kin tok, di sol kin memba  
di bɔdi we i bin get trade en i no want fo go bak na di wol  
igen fo sofa di difren we den we moɓalman kin fet wan tem  
mo

Di ebi ebi "thaa" sawnd bin kam fo atak am, so i bin bi  
ples bitwin di landmak den en di soɓmisiv ruins

I kin kray we i memba di promis den we den bin don mek  
na di oli ples, wit kray wata we kin komot en no kin stop

we i kam pan den memori dem ya, di soɓlikeshɔn posish  
ɔn de bak we di pikin de kol in an bifo i kam na di wol lek se i  
de beg: "A beg yu, Masta, no fo gi mi sekɔn bɔn na disol".

di fisiolojikɔl eksplen fo di nyu bɔbi in kray na dat di long  
dem fo opin fo begin fo brith, en di pikin in fɔs kray na fo tray f  
ɔ mek di long dem aktibot en initiate di brith fo layf We den b  
ɔn pikin, i de begin fo brith, en di sol, we bin de na stet we i  
bin de nia fo slip, de bi liv bɔdi wit infedent layf Many mistek  
biliv se di sol de enta di bɔdi di tem we den bɔn am, bot if di  
sol no bin de de, di bɔdi no bin fom fom di soɓ soɓ krijinal  
sel dem If di sol komot na di pikin bifo den bɔn am, di pikin go  
bɔn day

di moɓalman bɔdi komɔp fo sikstin besik fɔs elimɛnt dem,  
we den soɔt en soɔstayn bay nayntin transparent enɛji  
elimɛnt dem we de riprizen di esens fo di etirik bɔdi we de  
insay di fɔs moɓalman fom Dis etiri bɔdi na di soɔs fo muvmɛnt  
en aktiviti insay di fɔs bɔdi Di nayntin planet elimɛnt dem na  
intelektual, imoshɔnal, en vital Di nayntin komɔpɔnt dem na  
intelijens, di self (ego), filin, di manifest mind (sensory

awareness), five instruments of knowledge corresponding to the senses of sight, hearing, smell, taste, and touch, five instruments of action corresponding to the intellectual powers of reproduction, excretion, speech, walking, and manual dexterity, and five instruments of life force endowed with the ability to perform the body's functions of crystallization, absorption (assimilating food after digestion), waste elimination, metabolism (convert food to living matter or use it to provide energy), and circulation. This transparent planetary shell we get nayntin element den de laf after the fizikal body, we get siksti coarse elements, don pwel Ol den element ya kin chenj to pure awareness tru di practice of advanced yoga techniques

we den bon pikin, in yay dem de blink we i si layt, i de yeri sawnd dem, smel, test, en brith Sawnd dem lek se i n mal to am, en i de no se i de liv insay wan fcs body wans mor I fcs f resist f bon de sot wit in fcs briz As di ilyushon de tek hold se "existence" de dipont pan di body en brith, i de dro to di fizikal body wol en smol smol i kin yus to am

As tem de go, di pikin de tray tranga wan f kontrol in body Aw oltem yu kin si den de flay den an en fut na di ays, de tray f adap to den body? Dis na di sabkoshos de gayd am, tru di sol in memba bot in past Memori de oltem Motelman instinkt wan de fred day bikos den memba di buku tem we den don eksperiens am, jos lek aw den de fred pen bikos den don sofa buku bifo

As pikin de gro to smol pikin, den mama en papa en fambul den kin afekt am Olman want den f difren, ivin in komin den we de du bad bad tin den we densef want den f tan lek den en f fala wetin den de biev en wetin den de du! Amidst dis konflikt, di pikin de fil big big preshon Bot, yon pikin den we de enjoy buku freedomleta kin tok wit rigret se, "A wish se mi mama en papa bin don tel mi bot di bad bad tin

dɛn we kin apin to mi we a de biev; if dɛn bin dɔn tɛl mi,  
sɔntɛm a go bɛtɛ naw".

Bɔku pan di saykolojik ɛn imɔshɔnal strɛch dɛm we pɔsin  
fɔ bia bifo i rich big pɔsin Insay dis stej, di sɛns dɛn kin bi mɔ  
aktif, ɛn di yɔŋ man ɔ uman kin du wan impɔtant intanɛnt fɛt  
Dis strɛch wit di sɛns dɛn kin bɔku, ɛn di las win fɔ yɔŋ pipul  
dɛn na di win we dɛn kin win pan dɛn instinkt ɛn fɔ stɔp dɛn  
want we dɛn nɔ ebul fɔ stɔp

I fayn fɔ de alayv, bɔt bɔku pawa dɛn de wet fɔ pwɛl wi  
Wan advantej wit animal dɛn we de it animal dɛn na Afrika  
nɔto natin we yu kɔmpia am to di advantej we de apin na  
layf insɛf ɛn no advantej na istri nɔ pas am pan gladi ɛn gladi  
gladi Tɛnki fɔ rizin, mɔtalman no aw fɔ protɛkt insɛf frɔm  
wayl animal dɛn, bɔt dɛn nɔ no aw fɔ protɛkt dɛnsɛf frɔm dɛn  
yon bad abit ɛn di bad tin dɛn we kin apin to am Pɔsin in  
ɛnimi we pas ɔl na dɛnsɛf Mɔ pas ɛni ɛnimi, pas jem we de  
kil, bɔm we de pwɛl, ɔ ɛni ɔda trɛtin, pɔsin fɔ fred insɛf we i  
rɔŋg We pɔsin de liv in layf we i nɔ no ɔltin bɔt in spiritual  
nature ɛn alaw in bad abit fɔ kɔntrol am, i bi in yon ɛnimi Di  
bɛst we fɔ win dis fɛt na layf na fɔ mek padi wit insɛf Di  
spiritually developed self is a person's friend, while the  
undeveloped self is their enemy

I izi fɔ imajin wisɛf go go fɛn wan wayl, land we wi nɔ no  
If wi bin de go wit ship, wi fɔ tek layf bot wit wi so dat if di  
ship sink, wi go yuz di bot fɔ sev wisɛf Bɔt insay bɔku pan di  
tin dɛn we kin apin na layf, wi layf bot dɛn kin lik pan ɔl we  
wi kin tek ɛvri prɛkoshɔn

Insay jɔŋgrɔn we ful-ɔp wit animal dɛn we de it animal  
dɛn, yu kin tek tɛm wit dɛn animal dɛn de, bɔt fɔ win di denja  
dɛn we nɔ de si klia wan ɛn we nɔ izi fɔ ɔndastand, na tin we  
at pas ɔl Aw pɔsin go protɛkt insɛf frɔm di bɔku bɔku smɔl  
smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl  
smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl



smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl  
smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl. Wi  
tink se wi sef we wi de tek tɛm wit di denja dɛn we wi kin si  
ɛn yɛri, bɔt wi difens nɔ go du fɔ protɛkt wi frɔm jem Insay di  
blɔd, wayt blɔd sɛl dɛn de fɛt dɛn jem ya ɔltɛm Drugs onli  
numb dɛm Wait blɔd sɛl na di sojaman dɛm we de kɔfrɛnt ɛn  
pwɛl dɛn If yu blɔd wik, dɛn "soja" ya nɔ go ebul fɔ ɛp yu Na  
di long dɛm fɔ bɔku pipul dɛm we tan lɛk se dɛn sef ɛn  
secure individuals, vicious tuberculosis bacilli lurk, ready to  
pounce on their host and destroy it Nature forms a  
protective barrier for repel these gem attacks, bɔt di ifɛkt we  
da barɛri de gɛt nɔ go las fɔ long tɛm if di bɔdi nɔ ebul fɔ  
tinap Dis strech de kontinyu na di jɔŋgrɔn we wi nɔ de si na  
layf insay wi If yu egzamin yu it ɔnda maykroskɔp, yu nɔ go  
test am Jɛm feast pan am, ɛn yu swɛla ɔl dis! Ivin di wata we  
yu de drink de ful-ɔp wit dɛn tin ya we gɛt layf Nɔto wan  
vegetarian de na di wɔl bikɔs ɔlman de it bɔku bɔku jem  
ɛvrɪde So, mɔtalman go stop fɔ it?

Fɔ mek pɔsin ebul fɔ waka na di fɔrɛst we gɛt layf sef  
wan, i fɔ gɛt di rayt wɛpɔn dɛn ɛn bi sojaman we tren gud  
gud wan Di wan dɛn we nɔ no di rayt we fɔ protɛkt dɛnsɛf kin  
lɔs dɛn layf kwik kwik wan Bɔt di pɔsin we gɛt sɛns, we rɛdi  
fɔ ɔltin we go apin—sik, tink we nɔ gri, bad abit, bad bad tin  
we go apin to am, ɛn karma we nɔ fayn—go win dis advantej,  
we nid fɔ tek tɛm, vigilance, ɛn sɔm we ɛn strateji dɛn we de  
mek wi ebul fɔ kɔfrɛnt ɛn win wi ɛnimi dɛn we de insay wi,  
we rili fred ɛn gɛt maynd pas ɛni ɛnimi we de na do

As wi de kontinyu fɔ waka na layf, wi de lan bɛtɛ we fɔ  
win di sik ɛn tin dɛn we de mek wi gɛt sik dɛn na wi bɔdi,  
saykilɔjik, gud abit, ɛn spiritual sik dɛn We wi dɔn win di sik  
dɛn we wi gɛt na wi bɔdi ɛn di strɛs we wi gɛt pan wi maynd  
wit pis, wi kin se afta dat layf dɔn rili bi wan wɔndaful  
advantej Bɔt i nɔ mek sɛns fɔ se layf swit bifo i rich tru tru  
win pas pɔsin rich di las stej ɛn in sol dɔn fri insay Gɔd, layf

nɔ dɔn fɔ dɛn Dɛn fɔ go ɔp insay spirit, ɛn afta dat di las  
chaptə fɔ di advantej go dɔn

We pɔsin si ɔda pɔsin de sɔfa, i kin tɛl Gɔd tɛnki se i nɔ  
de go tru da patikyula ɛksperiens de Bɔt udat no, i kin bi in  
tɔn nɛks Di pɔsibul fɔ du bad to di bɔdi nɔ bɔku, so pɔsin fɔ  
de wach ɛn rɛdi fɔ ɔl di tin dɛn we go apin ɛn sɔprayz

Di sayensman se: "It it we gɛt wɛlbɔdi, we gɛt fayn fayn  
tin fɔ it ɛn fala di wɛlbɔdi gaydlayn fɔ protɛkt yusɛf frɔm jem"  
Di pɔlitiks man se: "Una fɔ bi brayt sojaman fɔ protɛkt unasɛf  
ɛn una kɔntri frɔm una ɛnimi dɛm".

Wi rili de liv na wan strenj wɔl lvin mama dɛn, we na  
ɛgzampul fɔ lɔv, sɔri-at, ɛn sakrifays, dɛn de tren fɔ kil ɔda  
pipul dɛn pikin dɛn Aw i bad! Bɔt sɔntɛnde, wɔ kin brinj gud  
tin; i de pul wi fred ɛn wikɛd wil

Di fɔrɛst ɛn jɔngrɔn dɛn na layf ful-ɔp wit ɛnimi dɛn: sik,  
po, sɔfa, bad abit, ɛn tin dɛn we pɔsin kin want fɔ du we nɔ  
rayt Bɔku bɔku ɔda tin dɛn bak de we wi fɔ tink bɔt ɛn lɔ dɛn  
we wi fɔ fala, sote layf nɔ go ebul fɔ bia if wi tray fɔ kip dɛn ɔl  
na wi maynd Kɔmplikt tin dɛn dɔn rili bɔku pan ɔltin na layf,  
ɛn i tan lɛk se pipul dɛn de ɔnda wan kayn hypnotic spell So,  
na tɛm fɔ mek mɔtalman tray difrɛn we dɛn ɛn aktiv di pawa  
ɛn pɔtnɛshɛl we nɔ gɛt bɔda na di maynd

Gɔd dɔn gi wi wan wɔndaful we fɔ protɛkt wi: di maynd I  
gɛt pawa pas mashin gɔn, ilɛktrishɔn, pɔyzin gas, ɔ ɛni  
mɛrɛsin Dis maynd fɔ mɛn ɛn gɛt trenk Wan impɔtant pat  
pan layf in advantej de fɔ kɔntrol di maynd ɛn kip am disiplin  
ɛn fɔ mek i gɛt wanwɔd wit Gɔd ɔltɛm Dis wan na wan pan di  
sikrit dɛn fɔ mek pɔsin gɛt sakrifays ɛn gladi at

Pan ɔl we mɔtalman de yuz bɔdi ɛn we fɔ mɛn pipul dɛn,  
dɛn nɔ fɔ put dɛn trɔst pan dɛn we ya bɔt dɛn fɔ put dɛn  
abop pan Gɔd in pawa biɛn dɛn Wi fɔ aks Gɔd fɔ gi wi

ondastandin en wil pawa so dat wi nɔ go abop pan mɛɛsin  
bɔt wi go abop pan am en, fɔs en fɔs, pan di pawa we wi  
maynd gɛt

Dɛn nɔ dɔn tich mɔtalman aw fɔ gɛt da saykolojik stet  
we dɛn kin ajɔst tru trenin di maynd en mek i gri wit Gɔd tru  
mɛditeishɔn Bɔt di maynd fɔ de ɔnda yu kɔmplit kɔntrol bifo  
yu tray fɔ dinay di matirial wɔl en in bɔdi mɛɛsin Te yu rich  
dis, i bɛtɛ fɔ tek lɔjik step fɔ ɛp di bɔdi We pɔsin kin grap wan  
ɛmba we de bɔn we dɛn nɔ bɔn am, na da tɛm de dɛn kin  
dinay di matirial wɔl en deklare se di maynd na ɔltin If nɔto  
dat, tin de en dɛn fɔ dil wit am akɔdin to in lɔ dɛn di we we  
mek sɛns en we pɔsin kin du

Gɔd dɔn gi wi bak wan wɛpɔn we wi nɔ go ebul fɔ win we  
wi go ebul fɔ win ɔl di sɔri-at en pen: di wɛpɔn fɔ sɛns, we wi  
kin gɛt tru wanwɔd wit Gɔd Di izi we fɔ win sik,  
disapɔyntment, en misfɔstans na fɔ de wit wanwɔd ɔltɛm wit  
di Wan we mek wi

Pipul dɛn tan lɛk yɔŋ pikin dɛn we de na di jɔŋgrɔn na  
layf, we dɛn fos fɔ lan frɔm dɛn yon prɔblɛm en trɔbul, we de  
stɔp tru di trap dɛn we sik en bad abit dɛn kin gɛt Wi fɔ fɛn  
ɛp bɔku tɛm en tray fɔ mek wi tink en du tin dɛn alaynd wit  
Gɔd en in lɔ dɛn we nɔ de chenj

We di wɔl dak bifo yu yay en layf in prɔblɛm dɛn dɔn pas  
yu, mɛmba se Gɔd de nia en fil sef en sef na di fɔt we i de wit  
Pan ɔl we yu de tray tranga wan na layf in rod en yu de pan  
ɔl kayn tin dɛn we de pwɛl yu, mɛmba se dɛn nɔ min fɔ pwɛl  
yu, bɔt fɔ tɛst yu fet en wek yu trɛnk we yu dɔn slip Wi fɔ  
kɔntinyu fɔ de na di fɛt fɔ layf en kɔnfrɛnt ɔl di bad tin dɛn we  
de rawnd wi, dismant en win dɛn wit di pawa we de kɔba  
ɔltin we di divayn prezɛns de insay wi En we di layf in  
advantej dɔn, wi go se: O Masta, i bin at fɔ ol tranga wan fɔ  
gɛt maynd en kɔntinyu di strɛch te di ɛnd, bɔt di trɛnk we Yu  
gi wi bin big pas di fred we wi bin de fred, en tɛnki fɔ dɛn big

pawa den de, wi bin win en no se wi don mek insay Yu divine image Yu na di Masta fo di yunivas en yu de ɔlsay, so wetin wi de fred, en udat wi de fred, as long as Yu de wit wi?

Di moment we posin no se i don bi mortalman, in fred de boku, en i tan lek se nobodi no de fo ronawe lek us prekoshon den tek, gap den de stil de we mistek den kin krip insay No tru tru kwayet no de pas insay God, en pis no de we i no de If wi de na di jongron den na Afrika, na di fet-fet ples den, ɔ na di jaw den we pipul den no get natin en po, wi fo wispa fo God: A de ɔnda di protekshon fo Yu prezens we no go ebul fo win, O Masta! A de go bifo pan di fos layn den na layf, en a fil se a de ɔnda Yu protekshon en kia!

No ɔda rod no de fo sef en sikyɔriti Yuz rizin en lojik pan ɔl wetin yu de du, en put yu kompli trust pan God God de kia fo ɔl di wan den we de kia fo am en respekt in lo den, en i de aksept ɔl di wan den we de ton to am wit den at en sol, shawa den wit in blesin en mek sho se den kontinyu fo get tin fo it en no de ambog am

Boku pipul den don fɔdom pan sik en bi prey to bad abit, no ebul fo pul densef komot I no fo se no we no de fo ronawe pan di trap den we layf de lay na ɔl di dairekshon Di problem en trobul den we posin kin get na fo shot tem nomo en i kin dipen pan in disayd en di aktiveshon we den want fo win den wan bay wan Folt fo wan patikyula tem no min se den win di fet na layf Di sakesful en win posin kin afem to insaf oltem se den strong pas di tin den we de apin en den no de fred natin as long as den de wit God en God de wit den, en ɔndastand dip dip wan se layf en day na tu difren tin den we posin kin no

God mek ɔltin fo test wi en fo sho di sol we no de day insay wi Dis na di advantej fo layf en di wangren tin we i want fo du Olman in advantej na in yon, en den fo redi fo fes ɔl di chalenj den we get fo du wit welbodi, maynd, en spirit

wit ɔndastandin, wil pawa, ɛn fet pan Gɔd, we dɛn no se dɛn sol nɔ de day ilɛk wetin apin to di bɔdi Fɔ tru, no wɛpɔn—nɔ wɛpɔn nɔ—nɔ go ebul pwɛl da sol de Faya ɔ wata nɔ go ebul fɔ bɔn am, bikɔs na di Wan ɛn Wan Gɔd in pikchɔ

I fayn fɔ no se day nɔto di ɛnd, bikɔs wit dis no wi kin gɛt saykilɔjik trenk ɛn fridɔm frɔm ilyushɔn We sik kam ɛn di bɔdi nɔ de wok igen, di sol biliv se i dɔn day, bɔt Gɔd tɔch am ɛn mek shɔ se i stil de alayv Wan sojaman we de na di fet fil, we bɔm ɔ shrapnel bit, kray se, "A dɔn day, mi Gɔd!" Bɔt Gɔd ansa se, "Fɔ tru, nɔto so! Yu nɔ de tɔk to Mi? Natin nɔ go pwɛl yu Yu na sol we nɔ de day, ɛn yu jɔs de drim se yu dɔn day" Dɔn di sol no se di ɛksperiɛns we pɔsin kin gɛt we i pas frɔm di bɔdi tru day nɔ kin mek pɔsin fred lɛk aw dɛn kin sho am bɔku tɛm Di limited awareness of the sol's existence within the body is responsible for the belief that the loss of di bɔdi na di ɛnd fɔ ɔltin, we insay rial layf, di sol de alayv ɛn i nɔ de day bikɔs na di imej fɔ di Gɔd we de alayv ɛn we de sote go

Tru yoga pipul dɛn ebul fɔ kɔntrol dɛn maynd ɔnda ɔl di tin dɛn we de apin We pɔsin we de luk fɔ tin rich dis stej, dɛn kin fri ɛn no se layf na oli advantej Prɔfɛt ɛn big big pipul dɛn dɔn sho dis trut, bikɔs natin nɔ go ambɔg dɛn big ɛn klin sol Dɛn bin ɛksperiɛns divayn lɔv to di ful mak, ɛn da lɔv de nɔmɔ na di tin we kin mek pɔsin gladi ɛn we kin de sote go na di advantej na layf

Mɔtalman lɔv nɔ gɛt minin pas i kɔmɔt frɔm Gɔd in lɔv we nɔ gɛt kɔndishɔn Yɔŋ man ɛn uman kin lɛk dɛnsɛf, ɛn afta dat dɛn kin et dɛnsɛf Mɔtalman infatueshɔn nɔ pafɛkt ɛn bɔku kɔndishɔn dɛn tay am, we di divayn lɔv pafɛkt ɛn nɔ gɛt ɛnd

Dis advantej na layf go onli kompliit wen pesin win denja ɛn mistek tru sheer wilpower ɛn intellect, jos laik di big wan dem bin du Den dem go luk bak ɛn se, "Dem trail dem bin

tranga en perilous, en a klos fo fol, bot naw a geht konfidens pan mi sef afta God opin mi yay en gi mi oli no".

Wi kin se layf na wɔndaful advantej we Gɔd dɔn tɛl wi se: "ɔl dɛn bad bad, bita prɔblɛm dɛn de dɔn a de wit una sote go, ɛn natin nɔ go du yu bad igen".

Mɔtalman maynd de strong bay we i de fɛt sik ɛn prɔblɛm dɛn, win prɔblɛm dɛn wan afta di ɔda Wetin mek di maynd wik na in wɔs ɛnimi, ɛn ɛnitiɪn we mek i strong na in sef ples Skɔr di prɔblɛm ɛn misfɔstans dɛn we de kam yu we

(Insay di wɔd dɛn we Abu al-Qasim al-Shabbi bin tɔk):

A go liv pan ɔl we a sik ɛn ɛnimi dɛn, lɛk igl we de ɔp di ay ay mawnten

A de luk di san we de shayn, a de provok di klawd, di ren, ɛn di big big briz

Gɔd dɔn sho mi se dis layf na jɔs drim We yu wek insay Gɔd, yu go mɛmba am as drim we de pas fɔ gladi ɛn sɔri, natin nɔ de pas dat

En afta dat, yu go no se yu nɔ de day fɔ ɔltɛm insay di Wan ɛn Wan Gɔd

Pis de fɔ una

### **Fɔ gi pɔsin tin fɔ it we i kam pan Gɔd biznɛs**

ɔltin go pas ɛn nɔ de igen, ɛn na Gɔd nɔmɔ na di kɔnstant we go de sote go ɛn di say we sef fɔ rɔn frɔm ɔl di bad bad big big briz ɛn ebi ebi ren we de blo ɔlsay na di wɔl

. \*\*\*

Mortalman padi biznes we no de te nto tin we no get eni  
kondishon en boku tem den kin doti bay we posin de tink bot  
insef nomo, bikos we di tin den we posin want fo du no de  
igen, na so bak loy Spiritual padi biznes en tru tru loy we  
komot na in at, kin mek wi fil se wi get wanwod fo men da  
padi biznes de en fo kip di klin we da loy de klin We wi de  
tray fo ondestand posin, wi no go ebul fo du wetin de mek i  
vaks, en we wi no de tray fo ondestand am, kompitibiliti jos  
no de

. \*\*\*

Di de go kam we a go tel dis wol fayn fayn wan, bot as  
long as a de na dis wol, mi big gladi at de fo tok to di wan  
den we trust mi bot di wondrous tin den we God de du en fo  
mek den want mo fo da divayn layt we don gi mi komfort,  
freedom, en sef

:Di tin den we posin kin tok bot insef

A kin du ol mi wok den nomo bay we a lent mi trenk from  
God So, di fcs tin we a want na fo mek i gladi God na di fcs  
loy we de na mi at, di big tin we mi sol want, en di men gol fo  
mi wil en maynd

. \*\*\*

Wi tru tru sef—di sol—no de day Wi de, en wi egzistens  
de sote go Di wef de kam na di shore en afta dat i de kam  
bak na di si we i no los insef; bifo dat, i kin bi wan wit di si o i  
kin kam bak bak [na di shore] lek oda wef

. \*\*\*

If di waya den na ilektrik tin brok, speshal posin kin chenj  
den Bot we di nev tisu pwel bikos i rili veks, di nev den no kin  
wok igen, en udat go ebul fo chenj den? So, wi fo tek tem en  
tek tem pasmak we yu de dil wit di presho nervos sistem,  
bikos i de kam bak from insay, en if i pwel, den no go ebul fo  
mek am o yuz oda tin fo chenj am

. \*\*\*

Di student den bin de enjoy piknik wit den ticha,  
:Paramhansa, insay nature, en i tel den se  
I rili fayn fo fil kolat en get buku gladi-at! God want wi fo  
liv simpul layf en get gladi-at pan God biznes

. \*\*\*

Jos lek aw posin wek from wan bad bad drim we de  
ambog am fo no se wetin i si noto natin pas drim, na so di  
divayn konsheens de enkorej posin fo wek from di bad bad  
drim we i de slip en konfyus to nyu we fo no en ondestand  
gud gud wan di minin en di rizin fo layf  
If wi want fo eksperiens di dawn fo wek na spirit en witness  
di layt den we de sho se wi sho, wi fo lisin to di voys we de  
insay wi en ansa to wetin i de tel wi fo du  
Wi fo pul di ston den we de mek pipul den no no natin en  
di rok den we de mek wi no no natin we de ambog di sol in  
joyn en we de mek i no mov Wi fo nak wit di an we de long  
na di domot fo wek from di slip we wi no bisin bot, so dat wi  
go blo di briz we de mek wi gladi en bring evin ilektrishon to  
evri tin we wi de tink bot, evri filin we wi de fil, en evri akshon  
we wi de du

. \*\*\*

Tru tru gladi at no go ebul fo test pas di gud tin den we  
posin want pas bad wan, en pas di wil de go na di rayt say to  
di wata we de komot na di trut en di say we ol di gud tin den  
we de de komot

. \*\*\*

Tru padi biznes pas ol di jentri If yu ebul fo bi tru tru padi  
to pipul den, yu go fen God



. \*\*\*

Gɔd na di sɔs fɔ sɛns ɛn inspeksɔn we de shayn we de  
flɔ pan gud sol dɛn Na di ɛvin sɛnt we de kɔmɔt frɔm di  
insɛns fɔ di at dɛn we gɛt lɔv In na di big big gladi at we de  
ful di sol wit oli ɛkstazi

. \*\*\*

Masta, a de aks yu fɔ mek mi sol layt so dat a go  
ɔndastand di trut we pas ɔl we a go si yu, Masta, we yu de  
sho insay di we aw di tin dɛn we Gɔd mek de sho—insay  
flawa, tik, ɛn ɔl di fayn fayn tin dɛn Tru dip spiritual  
kɔntemplɛshɔn, a go opin di get dɛn fɔ pis big wan ɛn tray  
tranga wan fɔ mek mi layf bɛtɛ so dat a go ɔndastand in tru  
minin mɔ

. \*\*\*

We a de wit ɔda pipul dɛn, a kin ful-ɔp ɛn fil big gladi fɔ  
intarakt wit dɛn, ɛn we a de mi wan, a kin ɛnjoy da sem gladi  
at de ɛn we a de wok, a kin wok wit ɔl mi ɛnaji ɛn wil, ɛn a  
kin fil gladi at we de go ɔp  
Wi fɔ wok wit rial want ɛn gladi at insay wi at, ɔdasay wi  
go lɔs wi trɛnk ɛn nɔ ebul fɔ ridyus wi ɛnaji Wi fɔ bak ɔltɛm bi  
sinsi ɛn kɔltivayt sinsi nia wi wil pawa, bikɔs wit sinsi wi kin  
wok insay mɔ harmoni wit ɔda pipul dɛn

. \*\*\*

Nɔ kray fɔ wan lɔv we yu dɔn lɔs, ilɛksɛf na tru day ɔ  
bikɔs ɔf di we aw mɔtalman de chenj chenj ɛn we de chenj  
ɔltɛm Lɔv insɛf nɔ de ɛva rili lɔs ɔ day, bɔt i de ayd frɔm yu fɔ  
sɔm tɛm, so dat sɔntɛm we yu de luk fɔ am ɔltɛm yu go fɛn  
in tru tru tin ɛn lɔv go kɔntinyu fɔ ayd fɔ sɔm tɛm te yu go  
dɔn si am insay di fɔm we di divayn Blɔv we de de insay di  
dip dip ples dɛn na yu sol

. \*\*\*

Pɔsin nɔ fɔ liv de afta de na di sem saykilɔjik stet we nɔ  
fayn If pɔsin pre wit ɔl in at ɛn trɔst se Gɔd go gi am wetin i  
de pre fɔ, i go gɛt Gɔd in blɛsin ɛn ɛp am

If bad abit de we don rili stop, i possible fo disrob en  
displace am bay we yu mek wan mental abit we de agents en  
we de agents am en aktiv am te di poyzin abit no de igen  
Possin fo mek sho se i go chenj fo bete, en i go strong pan  
ol we i get som wiked tin den we i de sofa wit naw  
Di tem we possin disayd fo mek gud chenj, i go fil lek se i  
don bi difren possin, en da filin de go mek i get boku important  
trenk en gladi at insay in at

. \*\*\*

Sontende, God kin sho insef to di wan den we i lek as big  
layt, wan kosmik voys, gladi at we no get boda, ol lek we swit  
pasmak

Ol as ondestandin, sens, en no  
I layt de go en skata lek kosmik wing den fo sote go, en  
sontende a kin si dis wol lek drim na di at fo da layt de  
En so a kam fo no se di wol na drim

. \*\*\*

I no mata aw yu en yu tru padi den no gri, ondestandin  
en komyunikeshon de oltem bitwin una Den kayn padi biznes  
ya de bay we una de respekt unasaf en i min boku tin to una  
Padi biznes we get fo du wit God in lov na di wangren  
rilayshonship we den don disayd fo las

. \*\*\*

Di gladi gladi raytin we di spirit de gi yu kin no bay we  
yu ton in atenshon insay Dis kin apin bay we yu yuz di maynd  
fo enjoy di fayn fayn vishon dem fo tink na di say we di spirit  
de ayd, we de dip insay di saf

. \*\*\*

Afta ol wetin possin de du na dis wol, i tan lek se layf  
emti, bikos te go, den go get fo lef oltin bien Wan de go kam  
we possin go separet from ol in propati den Pipul den go jelos  
di wan den we jentri fo den jentri en pawa, bot densef go lef  
oltin bien, en na wetin den du nomo go go wit den from dis  
wol

. \*\*\*

Wan pan di disaypul den bin fel pan wan spiritual  
ekspiriens en begin fo blem insaf wit rigret en bita Di ticha,  
:Paramhansa, tel am se

No tek yusef as posin we de sin, bikos if yu du dat, yu de  
doti di divayn konsheins we de insay yu Wetin mek yu de joyn  
yusef wit yu wiked tin den? Bifo dat, afem dis trut to yusef: "A  
:de nia God, en I lek mi" Pre to Am  
Mi God, ileksef a no get tenki o gud, na yu yon Wek mi"  
."mamba en long fo yu, O Masta

. \*\*\*

Di sensman we nem Paramahansa bin tok, afta i tok to  
wan visito we bin de mek prawd en we bin de tok pasmak bot  
:insaf se

Di ren fo divayn sori-at no de geda na di ay ay ay"  
mawnten den we prawd, bot i de flo izi wan dɔŋ to di vali den  
."we ombul

. \*\*\*

Dis Wol tan lek big os we de shel wan glob ol famili, in  
sentral wam we di san de gi am, we di sem mun de shayn,  
en we di sem sta den de mek am fayn In mamba den de blo  
di sem briz, it di sem it, en drink di sem wata Ol motalman  
bodi kin fil pen en wund Wan tink de bien ol di langwej den,  
en wan motalman nature de bien ol di nashonal kwaliti en  
kwaliti den we ol pipul den get

. \*\*\*

Masta, mek a fil Yu prezens pan evri akshon we a de tek  
Ep mi fo pul di shado fo fred we de mek di layt we Yu de  
gayd mi no klia En mek di flawa den we a want fo blo blo na  
di gadin na mi at as a de wet fo di dawn fo Yu kam

. \*\*\*

A kin rid mi prea den pan di rosary fo mi long, in bidz  
den tay wit di tred fo divayn lov

Mi Gɔd we a lɛk, mek mi di naytɛn na layf we de siŋ to  
Yu di swit swit myuzik dɛn Mek a mek frɔm mi drim dɛn bɔt  
Yu ɛn mi lɔng fɔ Yu

Wan lada a de klaym fɔ rich to yu  
Insay di ripl lek fɔ layf, a de si yu kɔsmik layf A de beg  
yu fɔ gayd di riva dɛn we a want, we de flɔ tru di dɛzat dɛn  
we gɛt prɔblɛm, so dat dɛn go miks wit yu kɔsmik si  
. \*\*\*

Sin na ɛnitin we de mek pɔsin nɔ no bɔt Gɔd ɛn nɔ bisin  
bɔt am  
. \*\*\*

Mi na wan drɔp we de shek shek pan yu dyu pan di lif fɔ  
layf ɛn day, we de flɔ go to yu divayn si we nɔ gɛt sho  
Mi na wan drɔp we de waka waka na yu dyu, we dɔn go  
bak na di os we de na ɛvin  
Mi na wan drop pan yu dyu we de sote go we de dans  
pan di peta dɛn fɔ di past, prɛsɛn, ɛn fiuja  
Mi na wan drɔp pan yu dyu, we dɔn chak wit lɔv, we de  
glid sef wan oba di lif fɔ di tɛmteshɔn dɛn we de na di wɔl fɔ  
miks wit di klin, klin wata dɛn we yu gɛt na yu sɛns A nɔ  
want fɔ lɔs misɛf, bɔt a want fɔ mek a go ɔp pasmak bay we  
a de miks wit yu big big si Yes, a want fɔ bi wan drop pan yu  
dyu, we ɛvri lip we tɔsti fɔ Gɔd de sip  
. \*\*\*

Gɔd ɔndastand yu we ɔlman nɔ ɔndastand yu Na in na di  
wan we lɛk yu we de kia fɔ yu wit sɔri-at ɛn we de sɔri fɔ yu  
ɔltɛm ɔda pipul dɛn de gi yu dɛn lɔv fɔ shot tɛm ɛn afta dat  
dɛn lɛf yu Bɔt Gɔd nɔ de ɛva lɛf yu ɔ lɛf yu  
. \*\*\*

Di pawa we pɔsin kin gɛt kin chenj di we aw pɔsin de  
tink to ɛnaji, ɛn di wan dɛn we kin gɛt wɔndaful sakrifays na  
pipul dɛn we nɔ kin chenj di we aw pɔsin want fɔ du sɔntin, i  
nɔ kin gri pan bad tin dɛn we kin apin to am, ilɛksɛf i gɛt

problem den we i kin get, bot den kin tok to densef oltem se  
den no go win di fet na layf

. \*\*\*

Wan pan di prawd rationalists bin tray fo konfyus di  
masta Paramahansa we i bin de tok bot kompleks filosofik  
ishu dem, so di masta se wit smayl: "Truth is never afraid of  
questions

Di ticha se, "I no possibul fo mek God lef o lef wi I de wok  
sikrit pan oltin fo ep wi en fo mek wi go bifo kwik kwik wan  
pan God biznes

. \*\*\*

Gret pipul den kin du oltin tru di pawa we God gi wi fo pe  
atenshon, pawa we wi kin get bay we wi de tink gud wan We  
wi yuz dis pawa we God de pe atenshon pan, wi kin ebul fo  
get sakrifays en divelop wi bodi, maynd, en spirit

. \*\*\*

Di pipul den na di Ist, as lo se, den lek fo lan bot God Den  
de si layf lek aw den de tink en den de mek den get di we aw  
den de tink bot tin den Bot boku pipul den na di Ist kin spen  
den fri tem fo no du natin en les instead fo tray fo no bot God  
biznes, bot stil den stil get ay ay awareness bot spiritual tin  
den

. \*\*\*

We possin lok in yay, i kin tink se dis wan ol wol noto  
natin pas trobul en sofa, bot we i opin in yay fo sens en  
kontinyu fo get kol at en balans, i go enjoy dis wol jos lek se i  
de wach fim we i de enjoy

. \*\*\*

:Fo begin fo tink gud wan

Sidom stil, wit yu spayna stret, en koba yu yay den we  
no rest wit yu yaylid Kip den stil Rilis yu maynd from di filin  
we yu bodi get, en rilaks di nef den we tay pan yu ebi mosul

en bon den Fɔget di aidia fɔ kɛr en muv wan dens bɔndɛl bon  
den we den tay insay kɔs kɔs bɔdi  
Rilaks, fri yu maynd frɔm di awareness fɔ di bɔdi lod Nɔ  
tink bɔt yu bɔdi wet, bɔt fil se yu sol dɔn fri frɔm di  
pɔrmanent atribyut fɔ bi ebi Lɛ yu tinkin soar ɔp, dɔŋ, lɛft, en  
rayt, insay infinity ɔ to ɛni ples we yu want  
Fil en tink bɔt yu maynd fridɔm frɔm di bɔdi Drim, liv, en  
fil dis soaring As yu de sidɔm na wan fiks pozishɔn, dis  
fridɔm go stedi en kɔntinyu fɔ go ɔp  
Klos di domɔt dɛm na yu yaylid en stɔp di dans dɛm fɔ  
tɛmteshɔn we de mek yu fil fayn Mek yu maynd go dɔŋ to di  
spring we nɔ gɛt bɔda en we nɔ gɛt ɛnd na yu at Kip yu  
maynd absɔb insay yu at, we de flɔ wit impɔtant blɔd, en kip  
yu atɛnshɔn tayt pan in string dɛm te yu fil in ritmik bit Wit  
ɛni bit, fil di pawaful puls fɔ layf  
Imajin di sem layf we de ɔlsay na di wɔl de nak na di  
domɔt dɛn na di at fɔ bɔku bɔku pipul dɛn en bɔku bɔku ɔda  
pipul dɛn  
Di bit we yu at de bit we nɔ de stɔp de prich saful wan  
se pawa we nɔ gɛt ɛnd de de pas di get dɛn we yu no Di  
saful saful pulseshɔn dɛn we de na layf we de kɔba ɔltin de  
:wispa to yu  
Nɔ jɔs gɛt wan smɔl smɔl strim na mi layf, bɔt mek di"  
skɔp fɔ yu sɛns en mek a put yu blɔd, bɔdi, maynd, sɛns, en  
."sol insay di puls fɔ mi kɔsmik layf

. \*\*\*

Wi fɔ tink ɔltɛm bɔt wetin wi de kam du en aw i go afɛkt

wi

Fɔ du tin bay wetin pɔsin want en instinkt nɔto fridɔm,  
bikɔs di tin dɛn we nɔ satisfay we pɔsin de du di rayt we, na  
shakl Tin dɛn we wi sɛns fɔ no wetin de apin de tɛl wi se gud  
en gɛt fayn tin dɛn fɔ du, wi fɔ du am, bikɔs dɛn de mek  
pɔsin fil satisfay en fridɔm Dis we we dɛn de gayd wit sɛns de  
brin gud chans en blɛsin

. \*\*\*

We di disaypul no se i gri wit Gɔd, i gladi wit spirit ɛn ala  
wit gladi at se: "O Masta, a nɔ si ɛniti na di wɔl we wɔndaful  
."ɛn swit pas yu

. \*\*\*

Di briz de ple  
ɛn di tik de ala  
ɛn di san de smayl  
ɛn di riva de shek shek  
ɛn di wɔl kin chenj in blak klos we gɛt sta dɛn  
Insay wan gold klos we gɛt layt we de shayn  
ɛn di tin dɛn we Gɔd mek lɛk fɔ sho aw i fayn  
Chenj di kɔlɔ dɛn fɔ di gladi gladi sizin dɛn  
ɛn di wata we de grɔmbul kin tray ɔltɛm  
Fɔ stammer bɔt wan dip tink we di sol inspekt  
ɛn di bɔd dɛn kin rili want fɔ siŋ ɛn tril  
Wit tin dɛn we i nɔ no we de blo na in at  
Bɔt mɔtalman gɛt di abiliti  
Fɔ tɔk fayn ɛn klia wan, ɛn wit nyu minin  
Bɔt di Masta fɔ di Yunivas  
we de ɔlsay

We di ɔda tin dɛn we Gɔd mek nɔ bin ebul fɔ du  
We i kam pan fɔ mek pipul dɛn no bɔt am ɛn fɔ anɔys se  
i de de

. \*\*\*

Di ticha Paramhansa bin si se i nid fɔ kɔrɛkt wan pan di  
student dɛn fɔ wan sirɔs mistek, ɛn leta i tɔk wit wan sigrɛt  
:se

Aw a want fɔ inflɔws ɔda pipul dɛn tru lɔv nɔmɔ, bikɔs"  
mi at de brok ɛn at we a si se no we nɔ de fɔ avɔyd fɔ tren  
."dɛn ɛni ɔda we

. \*\*\*

Insay di oli ples fɔ tink gud wan, a layt tu kandul: di  
kandul we de kɔmɔt na do ɛn di kandul we a de wek  
Exquisite garlands of my fervent longing encircle the feet of  
Yu all-compassing prezens Di sɛnt fɔ Yu lɔv, we de blo na di

pɔt na mi at, de ɔlsay na mi layf Di shado den fɔ mi fred en  
ilyushɔn den dɔn lɔs na di mere radiance of Yu layt, O Gɔd,  
we dɔn wek mi sote go frɔm di drim den fɔ dis egzistens we  
de pas kwik kwik wan Wit wach we de sote go en yay we get  
zil, a go de luk Yu fes we nɔ get end, a de tink bɔt in speshal  
!en we de ɔltɛm

. \*\*\*

We vɛks ɔ et tek pɔsin, den kin tek wan kayn we we nɔ  
get wɛlbɔdi Pɔsin we vɛks kin it kin lɔs kɔntrol pan in filin en i  
kin ambɔg ɔda pipul den So, na mistek fɔ alaw vaylɛnt filin fɔ  
kɔntrol en tɛl pɔsin wetin i de du, bikɔs we i du dat i kin put  
insɛf na jel na wan sɛl we get bad bad wamat en bad bad  
abit, we na di sɔs fɔ ɔl di pwɛl hat en saykolojik prɔblɛm Fɔ  
rɔnawe den kayn we ya we nɔ kin fil fayn, pɔsin fɔ sɔlv den  
filin en filin ya we get tayt padi biznɛs wit in bɔdi fɔ tink gud  
wan [dat na fɔ tɔn to Gɔd wit at, sol, en maynd] na di we

. \*\*\*

:Di tin den we den dɔn kɔnfyus

A go gayd mi tink en wɔd so dat na wetin fayn en tru  
nɔmɔ go kɔmɔt frɔm den a go go bifo wit kɔmplit fet pan  
Gɔd, a no se in pawa de flɔ tru mi, se In ɔlsay de kɔba mi, en  
di kia we i de kia fɔ mi de wach mi  
Masta, a dɔn chuk di vel dɛm fɔ matirial en fɛn Yu lɔv, en  
a dɔn no naw se mi na motoka fɔ ɛksprɛs di kɔsmik maynd  
en spiritual biuti a go dediket ɔl mi trɛnk en abiliti fɔ sho Yu  
divayn wil

Enitɛm we a tink bɔt yu, wan surj fɔ bɔn lɔng lɔng de  
rayz insay mi, de stɔp mi imɔshɔn den en coursing frɔm mi at  
to ɛvri sɛl na mi bi, ful am wit divayn lɔv Mi dip want na fɔ  
rich di very kor fɔ yu bi en revel in yu prezɛns Wantɛm  
wantɛm, di domɔt fɔ mi sol opin, en oh, di gladi at we de  
!ɔvawɛl mi we a si yu layt we de shayn

. \*\*\*

We a jɔyn wit yu, O ɔl-Enkɔmpas Spirit, a go bi di rial  
puls fɔ kɔsmik layf a go swim insay di si fɔ sol en dans pan di



wef dən fə oli mətalman iməshən dən, shawa olman wit bləsin  
gladi a go pul wan yunivasal torrent fə sublaym aspireshən  
dən

A go bi ol di kray wata we de shed fə sori fə oda pipul  
dən A go de de na di golden silens fə di oli wan dən ən di  
blossom op dən fə rosy maynd O fetful pəsin we de gi wetin  
yu want! We mi spak we de sote go miks wit yu layt we nɔ  
get end, a go de shayn na evri yay

. \*\*\*

Insay di soma de dən na layf, a kin gəda di nəktə fə  
iməshən frəm di swit flawa dən we get gud kwaliti dən we de  
blo na di gadin dən we get gud sol dən, ən a kin kip insay mi  
at di distil əsin we get ay ay basil fə fəgiv, di bəd dən we get  
fayn fayn sent fə ombul, ən di rare, tənda lotus blək dən we  
de tink bət En we di kol sno dən we di winta trial dən ən di  
pen pen fə separeshən na di wəl lash rawnd mi, a de luk fə  
wam ən korej na di nəktə we dən dən kip na di səl na mi at  
Insay da səl de, we yu bləs yu, bəku təm a kin si di divayn bi  
de sip di swit we a dən ol we a dən ol, ən a kin fil kol, gladi,  
ən kəmfət

. \*\*\*

Fə get prəpati we yu nɔ get pis insay yu at tan lək we yu  
day wit təsti we yu de swim na lek If dən fə avəyd matirial  
want, dat min se dən fə disgres po na spirit, bikəs na di rut fə  
ol mətalman pen ən sofa Mama ən papa dən we get mənɪ we  
de ləf bəku mənɪ to dən pikin dən, kin mek dən nɔ gro na dən  
maynd ən mek dən nɔ ebul fə gro ən gladi, we kin dipen pan  
wetin dən de tray fə du

:Na di təm fə Smayl De

Insay wan tranga təm, a yeri yu vɔys, mi kəsmik mama,  
de wispa: "Di san fə mi protəkshən de shayn ikwal pan yu  
brayt ən dak awa dən Nɔ wəri, mi pikin, bət biliv ən smayl!  
Mek mi hiling layt shayn tru yu transparent smayl dən Bay  
"!we yu gladi, mi pikin, yu de mek a gladi ən satisfay mi

. \*\*\*

. ,Oh, Masta

Di briz we yu inspekshon de blo don pul ol di klawd den  
komot na di crayzin na mi maynd, we naw de apia klin en klia  
Wit klin yay, A de si yu wan ol say Di rayt fo yu blesin san de  
go insay di dip dip ples den we a bi, en wit di angri fo long  
long tem, a de it wit yu blesin layt

. \*\*\*

Di ticha Paramahansa bin tel wan grup we na in disaypul  
:den se

We yu delv dip insay divayn konshens tru di spiritual"  
yay, yu go si di nomba 4 dimenshon de shayn wit di wondaful  
tin den we de insay di wol I at fo rich da stet de, bot na  
wondaful en gladi stet de! No satisfay wit fo get som pis na  
yu meditashon, bot want wit ol yu at fo di pis we God get en  
."tosti fo In blesin

. \*\*\*

Wetin di wol nid na broda en sista lov, wanwod, ikwal, en  
at we ful-op wit lov fo God en fo obe In lo den bot gud abit  
Troubul en problem den kin apin we posin no no bot di tin den  
we i don du trade, we i don du na wan patikyula ples en tem  
Di sofa we den de sofa naw komot from di tin den we den de  
tink en du we den don tok, we don tek rut na di gron we den  
de tink, we don gro to wan plant en fo bia fruit we de sho di  
kayn tin den we den de tink en du

. \*\*\*

Di tempul we God lek na tempul we get kol at, pis, lov en  
fayn, en enibodi we go insay da tempul de go koba am wit  
spiritual kol at en i go toch di divayn prezens

. \*\*\*

Wan fo du tin den we go ep am fo mek i bete en fo benefit  
oda pipul den, en enibodi we want fo no God fo tray fo du gud  
en ep oda pipul den as i ebul evride

. \*\*\*

Di we aw posin de biev na do de sho di layf we posin de  
liv insay posin in layf we de na do no kin ebul fo bring gladi at,

bikɔs gladi at kin dipen pan aw pɔsin kin kɔntrol insɛf fayn  
fayn wan ɛn di we aw i de liv in layf

. \*\*\*

We a wek ɛvri mɔnin, a kin mek sɔm fayn fayn rizɔlt dɛn  
ɛn prɔmis misɛf se a go du dɛn Dɔn a kin rivyu dɛn rizɔlt dɛn  
de ɔlsay na di de ɛn mek a want fɔ du dɛn We a si se a dɔn  
ajɔst wetin a bin dɔn prɔmis misɛf, a kin fil se a dɔn win Dɛn  
kayn kɔmitment dɛn ya we a kin disayd fɔ misɛf kin shap di  
maynd ɛn mek di pawa we a want fɔ du, strɔng; if nɔto dat,  
pɔsin kin si se di filin dɛn we de mek i nɔ ebul fɔ du natin ɛn  
di bad we aw i de fil de rul am

. \*\*\*

Padiship fɔ bigin na os If yu fɛn pɔsin na yu famili we rili  
kɔmpitabl wit yu, mɛn da padi biznɛs de fɔs Dɔn, if yu fil se  
yu lɛk pɔsin we yu sabi we gɛt di sem valyu, mek da padi  
biznɛs de ɔl di tin dɛn we yu want fɔ yusɛf nɔmɔ ɛn di tin dɛn  
we yu kin kɔl yu yon fɔ dɔn, ɛn padi biznɛs wit gud pipul dɛn  
fɔ strɔng

. \*\*\*

Di wan dɛn we lɛk Gɔd na mi tru tru brɔda ɛn sista dɛn a  
sɔri fɔ di wan dɛn we nɔ no natin ɛn a de avɔyd fɔ de wit di  
wan dɛn we prawd, bɔt a kin fil nia di wan dɛn we lɛk Gɔd ɛn  
a kin gladi fɔ tɔk to dɛn

Divayn lɔv nɔ go ebul fɔ diskraib, bɔt i kin ɛksperiɛns we  
di at klin ɛn di lɔng fɔ di kɔsmik Lɔv de strɔng We di maynd  
ɛn sɛns de dayrɛkt to Gɔd, spiritual gladi at de flɔ bɔku bɔku  
wan frɔm di wata we de kɔmɔt na di at

. \*\*\*

Dip insay mi at, a dɔn bil yu wan sikrit tron Di kandul  
dɛn fɔ mi gladi at nɔ de layt smɔl fɔ wet fɔ yu kam, ɛn dɛn go  
shayn brayt mɔ we yu apia

. \*\*\*

Fo put yusef pan bad bad maynd na day sloslo, pan ol  
we fo tray fo fil gladi en op evride pan ol we ol di problem den  
we kin mek yu at pwel en we kin mek yu at pwel na nyu  
spiritual bon

We yu fen God, yu go get tru en las satisfy Motalman  
padi biznes kin komot en pwel, bot God no go eva lef yu lvin if  
olman lef yu, if God de wit yu, yu get oltin na dis layf en yu  
don win di ful en boku boku pat

. \*\*\*

Masta Paramahansa bin tel wan pan di wan den we bin  
:de dawl if i possibul fo si di layt we komot from God se  
."If yu dawl, yu no go si; if yu si, yu no go dawl"  
I bin tel wan grup we na student den we de tek tem du  
:tin fo long tem se

Una fo oganayz una layf en manej una tem we God mek"  
oda; di san de komot te di san go don en di sta den de shayn  
."te di san go don

. \*\*\*

Boku tem, pipul den kin tok en du tin akodin to den yon  
we fo si tin, den no kin si o tray fo si tin den lek aw oda posin  
de si am If tu pipul den kin get agyument we kin go bifo en  
mek den get agyument en afta dat den kin fet, di blem kin de  
pan den ol tu, ileksef na udat begin di agyument Den wan den  
we get sens en sens fo du tin important to lojik, rayshonal, en  
wit ondestandin

. \*\*\*

A go grap na do en wek mi lov we de slip, so dat i go  
mek di layt fo tru tru devoshon to di God we de gi pis insay  
mi sol O Masta, insay wan tempul we den no de si we den bil  
wit di flint fo devoshon, aksept di ombul ofrin den na mi at,  
we den de ridyus evride fo beg

. \*\*\*

Protekt yusef na di strong ples fo sens, di big ples we oli  
Pafekt ondestandin go ker yu go na ples usay natin no go  
ambog yu

. \*\*\*

Di ticha Paramahansa bin tɛl wan grup we na in disaypul

:dɛn se

Fɔ ripɛnt nɔ jɔs min fɔ rigrɛt wan mistek, bɔt fɔ lɛf fɔ du"

am bak We yu rili ripɛnt, yu disayd fɔ lɛf bad we yu nɔ go bak

to am Di at at ɛn i nɔ de sof izi Sof am wit prea ɛn beg, ɛn

."divayn blɛsin go kam dɔŋ pan yu

. \*\*\*

Bɔku tɛm wi kin fɛn sɔm pipul dɛn we de kia fɔ dɛn ɔ we

de gi dɛn tin fɔ it na di famili, ilɛksɛf na papa ɔ bɔy pikin, ɛn

na sɔm sosayti dɛn mama ɔ gyal pikin, we de sho se dɛn gɛt

pawa bikɔs dɛn de fil se dɛn de na pozishɔn we go mek dɛn

gɛt rayt fɔ kɔntrol ɛn fos dɛn opinion

Dɛn smɔl smɔl dikteta dɛn ya nɔ fɔ pul dɛn vɛks pan dɛn

famili mɛmba dɛn, we nid ɛn dipen pan dɛn Bikɔs if dɛn du

dat, dɛn go lɔs di rɛspɛkt ɛn rɛspɛkt we di wan dɛn we dɛn

lɛk gɛt

. \*\*\*

Fɔ se pɔsin wik frɔm we dɛn bɔn am ɛn i nɔ go ebul fɔ

strong, na lay lay tɔk, bikɔs i pɔsibul se da kayn pɔsin de go

bi big pɔsin ɛn du wɔndaful tin dɛn pan ɔltin we i de du na

layf

We pɔsin ebul fɔ mek ɔda pipul dɛn fil in lɔv ɛn gud tin

dɛn we i want fɔ du, in lɔv go bɔku ɛn miks wit di yunivasal

lɔv we de flɔ insay ɔl in at

. \*\*\*

Insay di kwayɛt we di sol gɛt, ɛn insay di grov we di

maynd de pe atɛnshɔn ɛn di lɔng we de gro, nɔ gɛt ɛnd fɔ di

divayn lɔv, ɛn blɛsin na di wan we fil di blɛsin prezɛns ɛn test

di nɛktɔ fɔ union

. \*\*\*

:wan prea

Masta, gi mi di trɔst fɔ inosɛnt pikin dɛn pan Yu ɛn  
kɔmplit devoshɔn to Yu Blɛs mi so dat a go fil Yu nia mi prea,  
ɛksperiɛns Yu prezɛns insay ɔl mi filin dɛn, ɛn no se Yu sɛns  
we gɛt layt de sɔpɔt mi ɔndastandin ɛn no  
. \*\*\*

Afta we di ticha Paramhansa prez wan pan di student  
:dɛn, i tɔk bak se  
We dɛn tɛl yu se yu gud, yu nɔ fɔ stɔp fɔ tray fɔ bi ivin"  
bɛtɛ pas aw yu bi Yu kɔntinyu fɔ impɔtant go briŋ gladi at to  
."yu ɛn di wan dɛn we yu lɛk  
. \*\*\*

If dɛn bin gɛt layt ɛn wok togɛda, dɛn bin ebul fɔ pul wɔ  
ɛn po insay sɔm ia Na spiritual ɔwe (we na fɔ fil se Gɔd de)  
nɔmɔ go ebul fɔ sev di wɔl, ɛn if i nɔ de, pis nɔ go ebul fɔ gɛt  
Mɔtalman fɔ bigin wit insɛf, bikɔs tɛm tu valyu fɔ west, ɛn na  
mɔtalman in wok fɔ ple in pat fɔ briŋ Gɔd in kiŋdɔm na di Wɔl  
. \*\*\*

Padi biznɛs na di yunivasal spiritual atrakshɔn we de tay  
sol dɛn togɛda wit di bon we di divayn lɔv gɛt ɛn mek dɛn  
kam nia dɛnsɛf, so dat at go mek dɛn tɔsti ɛn sol dɛn go  
gladi fɔ test lɔv we de na ɛvin we de flɔ tru mɔtalman chanel  
dɛn  
. \*\*\*

Di wan we de kɔltiv in lɔv fɔ Gɔd ɛn mek in padi biznɛs  
wit am strɔng insay di tɛm we i gladi ɛn gɛt bɔku prɔpati go  
fɛn Gɔd nia am we i nid am, bɔt di wan we de tek tɛm ɛn nɔ  
bisin bɔt fɔ mek da rilayshɔn de strɔng, go gɛt fɔ fes in  
prɔblɛm dɛn fɔ insɛf te i ebul - wit sɛns ɛn kɔmplit sɔbmishɔn  
- fɔ fɛn di Suprim Kɔmpin  
. \*\*\*

Di wan ol wɔl de drawn insay wan si we ɡet kɔnfyushɔn  
en lɔs bikɔs ɔf gridi we nɔ de satisfay en we nɔ de dɔn Gridi  
en avɛrej de bɔn wɔ Di tru hiro na di wan we win insɛf na di  
fɛt fɔ layf Mɔni, nem, want, en ɔltin we de agens dis prinsipul  
de ambɔg wi pis en gladi at  
.\*\*\*

Gɔd de apia insay di sol in kwayɛt, en wi de si In prezɛns  
tru wan filin we de ful-ɔp wit gladi at, so dat wi spiritual wish  
dɛn go fulfil en wi longings en lɔv rich dɛn gol  
.\*\*\*

If dɛn nɔ divɛlɔp spiritual no di we we go fiba di prɔɡres  
we natura sayɛns en teknoɔlji nyu tin dɛn de du, wan wan  
pipul en neshɔn dɛn go lɔs insay di labirint dɛn we ɡet sɔfa  
en pwɛl pwɛl  
.\*\*\*

Gɔd want wi fɔ kam to am en no am, bɔt bɔku pipul dɛn  
nɔ kin want Bɔt we di wɔl dak na dɛn yay en dɛn fɔdɔm na di  
trap fɔ prɔblɛm ɔ sik, dɛn kin rɔsh fɔ beg am en aks am fɔ ɛp  
dɛn  
.\*\*\*

Bɔku pipul dɛn kin shem fɔ luk fɔ Gɔd, dɛn biliv se if dɛn  
du dat, layf go dak, nɔ go ɡet gladi-at en fayn fayn tin Bɔt di  
kɔmɔn tin na tru Di klin gladi at we a kin ɡet we a gri wit Gɔd  
pafɛkt wan, nɔbɔdi nɔ go ebul fɔ tɔk bɔt am; A de liv insay  
wan stet we spiritual gladi de en nɛt Dis gladi at na Gɔd in  
blɛsin, en fɔ no Gɔd min fɔ fri frɔm sɔfa en fɔ fil pis en  
satisfay  
.\*\*\*

Di ki wɔd fɔ bɔku pipul dɛn na dis layf na "mi" Di wan  
dɛn we ɡet spiritual dispɔzishɔn en inklinshɔn de tink bɔt ɔda  
pipul dɛn lɛk aw dɛn de tink bɔt dɛnsɛf Di wan dɛn we de tink  
bɔt dɛnsɛf nɔmɔ de briŋ pan dɛnsɛf di ɛnimi en vɛks we di  
wan dɛn we de arawnd dɛn ɡet Bɔt di wan dɛn we de tink bɔt  
aw ɔda pipul dɛn de fil en intres de si se ɔda pipul dɛn de tink  
bɔt dɛn en tink bɔt aw dɛn de fil

If wan ɔndrɛd pipul dɛn de na wan tɔŋ, ɛn ɛni wan tray fɔ  
tek frɔm di ɔda wan dɛn, dat min se ɛni wan go gɛt nayntin  
nayn ɛnimi Bɔt if ɛni wan tray fɔ ɛp di ɔda wan dɛn, dat min  
se ɛni wan go gɛt nayntin nayn padi dɛn  
A bin liv da we de ɛn a nɔ bin lɔs natin bay we a de gi  
ɔda pipul dɛn Infakt, ɔl wetin a bin gi bin kam bak to mi bɔku  
bɔku wan bay Gɔd in gudnɛs Naw a de wet fɔ natin bikɔs  
wetin a gɛt dip insay mi, big ɛn valyu pas ɛnitin we di wɔl go  
ebul fɔ gi Wetin pɔsin rili de luk fɔ na gladi at, ɛn wans i dɔn  
gɛt gladi at, di nid fɔ di tin dɛn we de mek i gɛt am nɔ de  
igen

. \*\*\*

We yu sɛn gud intenshɔn to ɔda pipul dɛn, yu awareness  
de expand We yu tink bɔt yu neba, wan pat pan yu bi de  
aktiv wit da tink de Bɔt fɔ tink nɔmɔ nɔ go du; wi fɔ rɛdi fɔ  
put wi tinkin insay akshɔn Altruism de brig in prɛktishɔn bɔku  
blɛsin ɛn big gladi at, bikɔs tru altruism, pɔsin de kip dɛn yon  
gladi at Mi gol na fɔ mek ɔda pipul dɛn gladi bikɔs mi gladi at  
kɔmɔt frɔm dɛn gladi at

. \*\*\*

Tink na di sɔs fɔ ɔl prɔblɛm ɛn di wɛlspring fɔ gladi Man  
strɔng pas ɔl in ɛkspiriɛns bikɔs Gɔd dɔn gi am di pawa fɔ  
kɔntrol in maynd ɛn bɔdi, ɛn in maynd nɔ fɔ pɔyzin wit bad  
bad tin dɛn

. \*\*\*

Di wan dɛn we gri wit Gɔd kin win di big ɛn tranga  
prɔblɛm dɛn na layf ɛn pan ɔl we dis yunivasal drim kin tan  
lɛk bad bad drim sɔntɛnde, we wi gri wit Gɔd, wi kin si se wi  
fri frɔm da bad bad drim de

. \*\*\*

Wan kayn baktri de we dɛn kin bɔn, bɔku, ɛn day insay  
jɔs tu awa Dis kayn baktri kin du insay wan de, ɔ ivin smɔl,  
wetin mɔtalman go nid fɔ du insay lɔng tɛm, sɔntɛm fɔ et ia



Di sevinti ɔ et ia we wi de liv na jɔs wan tɛm we nɔ go  
dɔn te Frɔm we wi si am, ɔltin we kin apin to wi kin apin lɛk  
di sem rit we i kin apin to di baktri dɛm we wi bin dɔn tɔk bɔt  
So, wi nɔ fɔ west tɛm, ɔ alaw di tin dɛn we wi want ɛn di  
tin dɛn we wi want fɔ du fɔ kɔntrol wi, ɛn wi nɔ fɔ avɔyd bak  
fɔ du wetin wi kɔnshɛns nɔ gri wit We pɔsin bi masta pan  
insɛf, di tin dɛn we i de tink, di we aw i de fil, ɛn di tin dɛn we  
i de du, nɔbɔdi ɔ natin nɔ go ebul fɔ ambɔg am

. \*\*\*

Layf de slip na di rɔf grɔn, i de drim bɔt fayn fayn tin dɛn  
na flawa dɛn, ɛn i de wek pawaful wan insay animal dɛn ɛn  
mɔtalman kɔnshɛns, ɛn i de no se i ebul fɔ du sɔntin we nɔ  
get limit

. \*\*\*

:Di wan dɛn we get sɛns se  
Di frut fɔ gud tin we pɔsin kin du we i lɛk Gɔd ɛn gud  
kwaliti na fɔ get wanwɔd ɛn klin Di frut we pɔsin kin du we i  
want fɔ du sɔntin ɛn we i want fɔ du sɔntin, na pen ɛn sɔfa Di  
frut we pɔsin kin du we i nɔ no natin ɛn we i nɔ get sɛns  
Gud tin dɛn kin mek pɔsin gladi, ɛn di tin dɛn we pɔsin  
kin du na di wɔl we i lɛk insɛf kin mek i sɔfa ɛn fil pen We  
pɔsin kɔntinyu fɔ du bad tin, i kin pwɛl di we aw pɔsin kin  
ebul fɔ no ɛn ɔndastand

Sɔm kin rayt di sɛj in nem lɛk dis: Paramahansa ɔ  
Paramahansa Yogananda

Frɔm dɔŋ to ɔp: Wan sakrifays stori

Mɔ lekchɔ dɛn we Masta Paramhansa Yogananda bin gi

:Na di link we de dɔŋ ya

[www.swaidayogacom](http://www.swaidayogacom) na di wɛbsayt

Dis na tru tru stori we den translet bot posin we bin de)

fel oltem, bot bay we i bin de praktis fo tink gud wan en fo afem fayn fayn wan, i bin ebul fo win di rizin den we mek i no bin ebul fo du scontin en i bin ebul fo yuz sakrifays to wetin i (want

Jos lek aw pipul den de we kin get sakrifays bay we den bon den, na so pipul den de bak we no kin ebul fo du den wok bay den abit

Mi padi en student (S) bin fel from we den bon am Na tru se in na bin bobo we get sens, we de wok tranga wan en we want fo get moni, bot jos lek aw i tink bot wok o wok, di tin den we de mek i no ebul fo du scontin bin de rawnd am from di biginin

Wan de, i kam to mi emti an, pipul den we get det bin de ronata am, in padi den bin lef am, en aks mi fo advays

:A aks am bot di rizin we mek i get problem den, en i se

Sir, a bi fail Fo som rizin a no sabi, as soon as a stat" wok, a los am, and di ples we a de wok fo tu de harm Di employa de los im biznis jos afta im employ mi So, a don de fred fo luk fo wok bikos a de fred se a go disrupt di intres of di employa dem we go employ mi, bikos of mi failing instability a sure se a go inevitably los mi wok bikos di kompini." dat go employ mi go deklare bankruptcy en klos in doa, en dismis mi as a rizulta So, a no get rait fo mek dem ."destroy oda pipul biznis jos bikos of mi konekshon to dem

A bin ebul fo fen am wok na wan smol komni en aks am fo ripit dis affirmation to insef evri ivintem, bifo i go slip en :bak we i wek

De afta de and evride a de bi moch moch saksesful fo" .mai fild of wok

Wan mont pas, en (S) won mi se: "So, di komni we yu bin  
de wok fo no de stebul en in sityueshon no de promis A de  
beg yu fo pul mi komot pan am bifo i fedom kpatakpata,  
bikos a go los mi wok eni we we di komni no wok Bot mi  
risayn naw kin mek di komni no get enitin fo du wit di fate we  
no go ebul fo avoyd en we go mek a sofa bikos of mi onaful  
"vacillations

A laf, a no pe atenshon to wetin (S) tok, en insted a aks  
am fo kontinyu fo eksplen in poynt en kip in wok Wik afta dat,  
:i kam to mi wan ivintem en se wit wan sigh

."Wetin a bin de fred don hapun ekzakli"

"?I aks am se, "Wetin apin

Im se, "Di kompini kollaps jos laik a tel yu and as a  
."predikt

A se to am, de protest se: "Noto tru se we yu bin de mek  
sho se, 'De afta de en evride a de bi mo en mo sakrifays na  
mi fil fo wok' yu bin rili de ripit den wod den de lek parrot? En  
se wan oktopa we get dawt bin de kontinyu fo ol di fold den  
na yu bren so dat yu bin de se to yusef: 'Yu ful, yu sityueshon  
de wos ileksef yu de wos.' tray fo mek yusef biliv se yu go get  
"!sakrifays

."I ansa se: "Yes, indeed na dat de rili apin

advays fo pul di vaybreshon en ebi ebi bad tin den (S)  
we i de tink bot jos lek aw den de apia na in maynd, mo di  
tem we den de ripit di positiv affirmation, bikos di konshens  
maynd wit wan strong konvikshon kin inflows di sabkoshos o  
no konshens maynd, we inself, tru di lo fo magnetik resonans,  
de afekt di konshens maynd bay di pawa we abit get

A ad se: "Di affirmation fo gud tink en abit den boku tem  
te den pas en tek rut na di sabkoshos maynd na infekt fo pul

di inherit ɔ akwyred sabkɔshɔs mental bareri dem No we no  
de fɔ sakrifays as long as di tink en filin dem fɔ pwel at en  
frustrashɔn don stop na di kɔnshens ɔ sɔbkɔshɔs maynd  
Among di kondishɔn dem fɔ sakrifays na possessing kriaytiv  
abiliti, fayn fayn sikɔstems, en innate tendencies If yu ebul fɔ  
tɔch di ay kɔnshens wit in kapabiliti den we no get limit, den  
yu kin mek nyu chans fɔ da sakrifays de we stil de rɔnawe  
"pan yu en we yu no ebul fɔ ɔndastand

En a bin ebul fɔ ep (S) fɔ get ɔda wok, we big pas di fɔs  
wan Bot afta siks mont (we na bin di long tem we wi padi  
spen fɔ wok), i tel mi wan aftanun se: "Di kɔmni in sityueshɔn  
"de pwel kwik kwik wan, so duya pul mi kɔmɔt kwik kwik wan

A no pe atenshɔn to wetin i de wɔri bot, bot a aks am fɔ  
kontinyu wit in wok Afta sɔm wiks, (S) tel mi wit smayl se: "Di  
"!sekɔn wok we yu arenj fɔ mi, sa, don go wit di briz

. "A se kol at, "No worry, a go fain yu oda wok

I ansa se: "Wel, sa, as long as yu tek am pan yusef fɔ  
brin ɔda kɔmni don bikɔs ɔf mi asosieshɔn wit in ɔna dem, a  
."no get enitin fɔ agens

Tru di tray we a bin de tray tranga wan, a bin fen wan rili  
gud wok fɔ (S) na wan big kɔmni Wan ia pas en natin no apin,  
pan ɔl we (S) bin de tray evri wik fɔ kɔmɔt na di kɔmni bikɔs i  
bin de fred se den go pwel am lek di wan den we bin de bifo

Fɔ don, a aks am fɔ put in moni na in yon biznes, en i  
fred en luk mi wit soprayz, en se: "Na dis yu advays mi fɔ du?  
Yu no tink se a go los di moni we a don tek tem gɛda if a put  
"?am

I bin ashu am wit kɔnfidens se: "Yu fɔ invest yu moni en  
enaji pan gud projek, lek lokal ketening senta we no nid fɔ put  
."bɔku moni, en a get kɔnfidens fɔ yu sakrifays

Insay sɔm ia, (S) bin bi di ɔna fɔ bɔku prɔpati dɛn ɛn big  
big westɛm dɛn

Wans i bin kɔnvins se i gɛt sakrifays, i si se i gɛt  
sakrifays pan ɔl wetin i du Wan de i tɛl mi, i de laf se: "Tɛnki  
to Gɔd ɛn yu ɛp, a dɔn chɛnj frɔm wan fɔlt to sakrifays man a  
dɔn win fɔl ɛn a kam fɔ no se mi kɔntinyu fɔ fel na tru tru  
bikɔs a nɔ ɔndastand mi duty Bɔt a nɔ no aw a bin ebul fɔ  
sakrifays afta a dɔn pwɛl di wok we ɔda pipul dɛn de du di  
."vacillations we a dɔn fel

So a ɛksplen to am se: "Yu nɔ mek di pwɛl pwɛl we di  
intɛres dɛn we yu bin de wok fɔ, pwɛl Di lɔ fɔ atrakshɔn we  
de gayd pipul dɛn, bays pan di sem kayn vaybreshɔn, de  
. wok bad ɔ fayn (lɛk atrak lɛk)

Yu inherently flawed nature drew you to companies that  
were already on the verge of collaps, and vice versa So, yu  
bin de fail, and di kompini dem tu bin de on di brink of  
kollaps Akɔdin to di law of mutual attraction, yu ɛn dɛn kɔmni  
dɛn de tumble down di hill of failure ɛn krash insay di roks di  
sem tɛm

Di moral fɔ dis stori na dat tru tru sakrifays de fɔ mek  
wetin pɔsin nid tru wil pawa bay we i wek di pawa we nɔ gɛt  
limit fɔ ay kɔnshɛns Dis pawa kin wek bay we i lan di kɔrɛkt  
we fɔ tink gud wan ɛn tink gud ɛn kriyaytiv fɔ mek i gɛt  
wɛlbɔdi, sakrifays, sɛns, ɛn gladi at

Pis de fɔ una

### **Frɔm di ples dɛn we di sol de trit**

Yu no wetin mek sɔm pipul dɛn nɔ ebul fɔ gɛt  
Wetin dɛn kin luk fɔ na layf tru di rayt we, ilɛksɛf dɛn  
?tray tranga wan  
Fɔs, bikɔs bɔku pipul dɛn kin wok wit smɔl smɔl zil

Dɛn kin jɔs yuz wan pat pan tɛn pan di atɛnshɔn we dɛn  
get

So, dɛn nɔ get di pawa fɔ mek dɛn get sakrifays  
Apat frɔm dat, di tin we kin mek i apin kin bi bikɔs dɛn  
nɔ du di rayt tin

Dɛn bin de du am trade, ɛn i bin de mek dɛn sɔfa  
n ɛn fɛlɔ Wit krɛse kɛs dɛm wae de frustrash  
Bɔt yu nɔ go ɛva nid fɔ gri wit am  
Di tin dɛn we Karma nɔ ebul fɔ du ɛn di tin dɛn we i nɔ  
ebul fɔ du

Yu nɔ fɔ biliv dip dip wan se yu  
Nɔ ebul fɔ du wetin yu dɔn plan fɔ du  
We yu nɔ ebul fɔ du wetin yu dɔn plan fɔ du  
Bɔku tɛm, di rizin na fɔ mek yu biliv yusɛf  
Dat yu nɔ ebul fɔ du wetin yu want  
Bɔt we yu kɔnvins yusɛf  
Dat yu get pawa we nɔ get limit  
Yu kin ebul fɔ du bɔku big big tin dɛn  
Fɔ kɔnɛkt wit Gɔd kin chenj di vaybreshɔn we de na di  
kɔnshɛns

I de opin di maynd in rod dɛm wae de blok wae de wɔri  
Fɔ bisin tumɔs bɔt tin dɛn we pɔsin get  
I de ad spiritual dimɛnshɔn tɔ tink ɛn filin  
Dis dɔn mek di shakul dɛn we de na di wil kin brok  
ɛn wan ɔrayzin fɔ fridɔm ɛn fayn vishɔn de kɔmɔt insay  
di sol

Dis na spiritual lɔ we de wok jɔs fɔ bɛnifit ɔl di wan dɛn  
we de yuz am

We di raytin fɔ tink de fos we nɔ skata  
Gɔd in big pawa de kam  
ɛn na tɛnki fɔ da pawa de  
Yu kin get sakrifays pan Gɔd biznɛs, pan maynd, ɛn  
prɔpati

A dɔn pul da blɛsin pawa de  
Taym ɛn tɛm bak na mi layf

En a no fɔ tru se Gɔd in pawa nɔ de ɛva pwɛl  
Yu kin du di sem tin if yu want  
ɔda pawa dɛn kin briŋ sɔm sakrifays  
Na sakrifays we nɔ de las  
Bɔt we di maynd chaj wit divayn magnetizm  
Wan big layt go kɔmɔt frɔm am  
Divayn prezɛns de sho  
Di wan we nɔ gɛt ɛni ikwal  
Di wan dɛn we no se  
Wi nɔ go ebul fɔ gɛt di divayn no bay we wi de stɔdi  
skripchɔ dɛn  
Nɔto bay we i gɛt sɛns ɛn we i gɛt sɛns  
Nɔto ivin bay we dɛn de go insay filɔsofi dɛn  
Bifo dat, na bay Gɔd in spɛshal gudnɛs we pɔsin kin test  
di swit we da no de swit  
Na di wan dɛn nɔmɔ we gɛt klin at kin pik Gɔd, ɛn na in  
kin pik dɛn  
En bay In gudnɛs dɛn kin si In layt  
Di wan dɛn we de stɔdi bɔt sayɛns ɛn di wan dɛn we de  
stɔdi bɔt Gɔd biznɛs fɔ no ɛn gri wit dat  
Dat di kayn we aw Gɔd tan nɔ gɛt ɛnd  
Dɛn nɔ go ebul fɔ ɔndastand am ɔ chɛk am  
Wit di limited vision of narrow-minded tinkin  
Fɔ no Gɔd, wi fɔ ɛkspiriɛns in prezɛns wisɛf  
Gɔd de sho insɛf to di wan dɛn we lɛk am  
As filin fɔ gɛt di bɛst spiritual gladi at  
Mɔtalman kɔnshɛns kin ful-ɔp  
En i de briŋ wit am wan kɔnfimɛns we nɔ gɛt wan dawt  
fɔ se wan trut we ay pas am de  
I pas di ɛkspiriɛns we mɔtalman sabi  
No amount of lojik ɔ tioloji nɔ ebul  
Dat dis wɔndaful tɛst  
Na bikɔs di tin dɛn we pɔsin kin si pan Gɔd biznɛs kin  
kɔmɔt frɔm di we aw pɔsin kin fil insay pɔsin in at

En di intuitiv pɔsibul fɔ si wan saful dimenshɔn en wan  
layt we de shayn en we de shayn  
Fɔ gɛt da mistik ɛkspiriɛns de  
Divayn lɔv impɔtant  
Fɔ tink sirɪɔs wan bɔt Gɔd  
Insay di solitude fɔ di sol we gɛt blɛsin  
Di ocean of di sol don bi smol wef fɔ mai own psyche  
I nɔ go ebul fɔ pwɛl  
En if i bin apia na dis stej we de na dis wɔl  
ɔ i bin kam fɔ ayd afta day na di say we di kɔsmik  
kɔnshɛns de

Bikɔs mi na kɔnshɛns we de sote go en we nɔ de day  
Protɛkt insay di embras fɔ sote go en di fɔt fɔ di Suprim  
Spirit

Tide a go du sɔntin we yusful fɔ ɔda pipul dɛn  
A go du wetin a ebul fɔ di wan dɛn we angri  
A de sef en sef biɛn di wɔl dɛn na mi kɔnshɛns we gɛt pis  
Dɛn dɔn bɔn di ol daknɛs  
Na tide nɔmɔ a intres pan  
Mi na spak fɔ di layt fɔ di big big gud  
En a want fɔ bi layt  
Fɔ di sol dɛn we dɛn ship dɛn bin sink en pwɛl  
Insay di si we gɛt sɔri-at  
Tide a de fil Gɔd insay di tret fɔ pis  
We de tɔch di string dɛn na mi at, we gri wit lɔv we de  
ɔlsay na di wɔl

En na di tron we gɛt kol at en kwayɛt tink dɛn  
Mek di Gɔd we de gi pis blɛs mi wok en mek mi biznɛs izi  
Tide a go gayd mi brɔda en sista dɛn  
To di Get fɔ Pis  
We de go na Gɔd in Tɛmpl  
A go wok fɔ kɔrej di wan dɛn we de kray  
En dɛn sol dɛn satisfay  
En a go rɔsh go na di ɔrayzin dɛn fɔ fridɔm  
Na bay we yu lɛf ɔl di tin dɛn we yu want fɔ du



En fɔ ol di want fɔ kam nia Gɔd mɔ en mɔ  
We de bring kɔntemplɛshɔn to in masta wok dɛn  
En to di kɪŋdɔm we a lɛk  
A go invayt pipul dɛn we kɔmɔt na difrɛn trayb en trayb  
So dat dɛn go kam de wit mi  
Insay di layt we di divayn lɔv de gi  
Di Trɔs dɛn we De na di Ist  
Ist-West Magazin  
Golden chans dɛn  
Layf fayn fɔ liv  
I de gi pɔsin golden chans fɔ no insɛf  
Rinyu in awareness en difayn in ples na di map fɔ  
ɛgzistɛns

En fɔ wok fɔ ajɔst di rizin we mek i de  
Dis no de mek di maynd en bɔdi gɛt trɛnk  
En i de ful di at wit wan surge of vitality  
I kin ful-ɔp wit gladi at en jomp wit gladi at  
Dis na wetin di Wan we mek mɔtalman want fɔ  
mɔtalman  
Sɔm pipul dɛn biliv se layf ful-ɔp wit bore en taya  
Bɔku pipul dɛn kin bost en dɛn kin taya  
Bɔt fɔ bost min fɔ lɔs yusɛf  
Fɔ kɔnɛkshɔn en kɔmyunikeshɔn wit di layf ɔprɛshɔn  
rum

Fɔ mek yu go ɛnjoy layf  
Pɔsin fɔ pul di tin dɛn we de ambɔg am en pul am kɔmɔt  
We tinap bitwin am en in ɔganayz wanwɔd wit layf  
If yu bin fɔ ritɔn yu tinkin to di tɛm we yu bin smɔl  
Sɔntɛm yu mɛmba se na da tɛm de yu bin de  
Ful wit nyu ɛnaji en gladi at  
Yu bin rili want fɔ muf  
Fɔ jomp, ple, en du bɔku ɔda tin dɛn  
Yu bin den wan recent arrival frɔm di ethereal wɔl  
En i gɛt sɔntin fɔ du wit di at fɔ layf  
En di waya dɛn fɔ kɔmyunikeshɔn bitwin yu en layf

High digri fɔ smol ɛn efɪʃnəl pɛfɔməns  
 Bikɔs yu bin kam wit wan awareness of simplicity  
 Gladi, gladi at, ɛn fresh spiritual tin dɛn  
 We i bin dɔn big  
 Yu bin lɔs bɔku bɔku mɔni  
 Frɔm dɛn ɛnaji ɛn filin dɛn de  
 Bɔt wan wan tɛm  
 Tin dɛn we yu sabi kin kam na yu maynd  
 ɛn di briz we de blo fɔ lɔng tɛm de blo pan yu  
 I de brɪŋ bak sɔm flash dɛn fɔ mɛmba  
 Frɔm di tɛm we dɔn pas fa fawe  
 We yu wek na mɔnin frɔm pis ɛn dip slip  
 Yu kin fil fayn ɛn yu kin gladi  
 Te di tin dɛn we de ambɔg yu ɛvrɪde, atak yu  
 I de tek di big pat pan yu kɔnshɛns  
 ɛn i kin bi rial ɛn i kin bi kwik kwik wan pas ɔda wan dɛn  
 Pan ɔl di prɔblɛm dɛn, tin dɛn we nɔ gri wit dɛnsɛf, ɛn tin  
 dɛn we kin mek pɔsin fil bad  
 Pɔsin fɔ wok fɔ tɔk to insɛf  
 Rich wit bɔku bɔku prɔpati dɛn  
 Dis na wetin de mek layf gladi ɛn gɛt glori  
 Dɛn fɔ avɔyd fɔ tink bɔt tin dɛn we nɔ dia ɛn fɔ du tin  
 dɛn we nɔ dia  
 ɛn nɔ fɔ kech pan di tin dɛn we nɔ impɔtant na di wɔl  
 layf  
 Bikɔs wans i dɔn establish insay kɔnshɛns  
 I kin tay pan di bren sɛl dɛn  
 Te dɛn drɛb pis ɛn wanwɔd kɔmɔt na di sol  
 ɛn wit dɛn, rifin aydia ɛn klin vɪʃn dɛn  
 So, i nid fɔ pul dɛn ɛnaji dɛn de we nɔ gri wit dɛnsɛf  
 Frɔm we yu de tink ɛn pul di filin dɛn we nɔ fayn na yu  
 at  
 So dat di layt we de shayn go rich to dɛn  
 Kɔrɛnt fɔ wɛlbɔdi, ɛnaji chaj, ɛn blɛsin  
 Amazing paste we de mek pɔsin sɔprayz

Inspekt from di tichin den we Masta Paramhansa bin de

tich

Aydia den tan lek kle we den kin shep to dais ɔ si snek,

bot i get di had we lek flint

Olman get di pawa fo bi di posin we de kot in layf en di

posin we de mek di tin den we go apin to am

Le i tek wan anful pan dis wondrous paste en mek wan  
wondrous wok we den mek wit at, en i go get buku buku gladi  
at

I no izi fo fos di laytin we de flash ɔsay na di spes en  
chanel am to waya fo mek i shayn na os en strit, bot den don  
ebul fo du dis

I no izi fo kol en konsentret di pawa den we wi no de si na  
di yunivas insay wan sistem I de protekt mortalman from trap  
en shield den from bad, if dat posibul Pan ol we bad de en  
pawa de, layt de bak, en gud strong en i de sote go pas bad  
bikos na di trut we go de sote go en we go de sote go de  
sopot am, we na di pawa we strong pas ol na di yunivas en  
we go don win

mek wan ifektiv ɔkus pan gud, benevolent tinkin min fo  
ɔs foj wan klia chanel, bitwin di maynd en di ɔf ɔ ,konkshok  
r wan de tinkodi yunivasal positiviti, we na gudnes insaf Di m  
insay di maynd en on dem de dror in vaybreshot gud, di mob  
kuodify kom on dem ya get di pawa fodi den vaybreshob  
ɔ saykolojik en fizikal stet dem, en den so pawaful dat den de  
nsist witok on dem we nordan vaybreshok dispel diskotomat  
di di wan ol posin in saykilojik en fizikal mek-ap

We posin se, "A taya," di filin fo taya kin bi pawaful bikos  
den kin no am, so dat i kin stop di aktiviti en blok di enaji flo  
Bot if den se, "A nid fo rest," den kin opin densaf fo impotent  
korent den we kin mek den maynd en bodi refresh, en den kin  
ivin get buku enaji we den kin rest fo shot tem

Frustrashon, wae kin mek yu get pwel hat sik, yu kin  
avoyd if yu nor de pe atenshon pan am, memba wan fayn  
eksperiens, or tink bot pipul dem wae yu lek, trust, en fil fayn

wit, pan ol wae yu sho se frustrashon na som klawd wae de  
pas, ileksef i tan lek se i dense en bad bad wan

Di tranga tin dem we posin kin go tru no fo ignore o  
ondastand am Bifo dat, den fo dil wit den tin ya rial en wit  
sens bay we den de luk fo wan fayn we fo le den no grip en  
stop di ifekt dem

Dis no min fo lef di savis dem fo di tritment pipul dem we  
de gi boku en valyu savis dem tru den eksperiens en advans  
sayens we den de yuz; bifo dat, fo tink gud wan kin ep fo  
plant di sid fo men na di bodi en dis kin bi wan pan di we den  
fo trit am

abi pan di nid f os fose "A sik," di f osemweso, insted f  
n to dior resereshodi mchel Dis atitudi de mek di maynd en b  
chanel dem we o hel en eneji, i de opin di pores od dem fomst  
insay sel dem en tisu dem, i de ripet di olaf of odis eneji nid f  
rekt, en reklibrayt di bok chelth en n on dem we nondishok  
hel fo os fof ot fob osin we yus fodi in dilik mashin dem So, p  
wik en taya go si, as tem de go, se fo tink gud wan kin ep fo  
ridyus di nomba fo den episod ya, we kin mek posin fil fo get  
nyu trenk en boku boku welbodi, wit di ep we God de ep am,  
we na di Wan we de men ol di sik en sik den  
Di avest fo et

Nasi en Zakir bin et densef, en den fet-fet begin we den  
bin yong student na skul, en we den big Den enimi bin de gro,  
en den bin bi rival na di biznes fo sel shuz  
Wan tem, den bin de kompit fo get gyal in an na mared,  
en bikos Nasi bin strong pas Zakir smol, i bin bit am bad bad  
wan en lef am we i no no natin We Zakir bin get konsheens  
bak, i bin shem, i bin rigret, en i no bin lek wetin don apin to  
am

Afta som ia, Zakir bin disayd fo muf go na wan siti fo go  
wok en liv

Nasi bin don forget wetin bin don apin, bot Zakir no bin  
ebul fo pul di shem en shem we Nasi bin don mek pan am na  
in memori Bot pan ol dat, i bin de kontinyu fo ript en afem to

insef se: A go fɔgɪv Nasi ɛn a nɔ go mɛmba di bad tin we i du  
agens mi

Bɔt afta sɔm mɔnt, Zakir bin kam fɔ no se di tɛm we i  
bin de tɔk fɔ fɔgɪv am ɛvrɪde, dip in at i bin want fɔ revaŋg ɛn  
i bin de wet fɔ chans fɔ strikt bak ɛn stɔp in tɔsti fɔ blem  
Afta sɔm tɛm, Nasi fil wan strenj pul we de drɔ am go na  
di siti usay in ol rival, Zakir, bin dɔn muf I nɔ bin gɛt wan  
dawt se sɔntin de kam apin Zakir, bɔt, i bin no se Nasi de na  
di siti ɛn i bigin fɔ tek tɛm wach aw i de muv  
Wan ivintɛm, Nasi bin go waka ɛn fɔ "smɛl di fresh briz,"  
pan ɔl we di wɛda bin dak ɛn ren bin de kam  
As i de waka in wan na wan rod we nɔbɔdi nɔ de, i pas  
nia wan opin-ɛya westɛm, we Zakir bin de fala am tif ɛn tek  
tɛm We di chans kam, i disayd fɔ sɛtul di akɔn wit kɔmpawnd  
interes

I bin gladi pasmak, i fɛn wan sɔlid tayl we dɔn fɔdɔm  
frɔm wan pan di stoa rum wɔl I ol am ɛn nak in fɔs rival  
tranga wan na in ed, i nak am na grɔn, dɔn i storm bak di we  
aw i kam, i nɔ no se i de de  
Afta sɔm awa, di ren stɔp, di klawd dɛn sheb, ɛn wan  
rayt we di mun de shayn kɔmɔt na wan ol we de ɔp di wɔl,  
Nasi wek fɔ si se i ledɔm na grɔn, i wik bad bad wan  
I tray fɔ no wetin apin, ɛn we i si wan tayl nia am ɛn wan  
ol na di wɔl we de ɔp am, i kam fɔ no se we i de waka nia di  
westɛm, in bad lɔk dɔn mek da tayl de fɔdɔm frɔm di wɔl in  
ed ɛn krach dɔŋ na in ed

Di moral fɔ dis stori na dat mɔtalman kin fɔgɛt di bad tin  
dɛn we dɛn dɔn du to ɔda pipul dɛn, pan ɔl we di bad tin dɛn  
we kin apin we dɛn du sɔntin nɔ kin fɔgɛt, ɛn di tin dɛn we  
kin apin to dɛn kin rɔnata dɛn kwayɛt wan na di daknɛs we  
nɔ no natin jɔs lɛk aw kaw kin fɛn in kaw pikin wit bɔku bɔku  
ɔda pipul dɛn, na so bak di bad tin dɛn we kin apin we wi du  
sɔntin kin gɛt di pawa fɔ kɔntinyu fɔ trak wi ɛn sho wi klia  
wan ples, ivin afta lɔng tɛm

If Nasi bin get sens en tray fɔ solv di prɒbləm wit in rival  
Zakir en aks am fɔ padi fɔ am afta da tin de apin, i go dɔn  
mek in enimi in vɛks nɔ bɔku en tin nɔ bin fɔ dɔn go bifo  
Bɔt tin nɔ bin chenj, en di sid dɛn fɔ bad bad tin dɛn we  
go apin to am bin de gro en gro fayn fayn wan na di bɛɛ fɔ  
dak fiuja, en i bin de dɔn wit wan bad bad bɔn Fɔ avɔyd fɔ  
mek dɛn nɔ sɔprayz, di sid dɛn fɔ di bad bad fɛt-fɛt we de  
ayd na di grɔn na di maynd fɔ bɔn, en fɔ si tin bifo tɛm fɔ du  
sɔntin, bikɔs di lɔ we de ɔlsay na di wɔl se pɔsin fɔ ripɛnt di  
frut dɛn we pɔsin get du, ilɛksɛf na gud ɔ bad, swit ɔ bita  
Lɛ wi mɛmba se ɛvri akshɔn kin lɛf trays we dɛn kin kip  
as tendencies en inclinations na di maynd If dɛn nɔ dil wit  
dɛn tin ya wit sens en pruf, dɛn go mek dɛn get prɒbləm dɛn  
we kin mek pɔsin denja Bɔt we di faya we get sens bɔn di sid  
dɛn fɔ di bad akshɔn dɛn, dɛn nɔ go ebul fɔ gro bak  
Di minin fɔ mek pipul dɛn no bɔt dis  
fɔs layf  
Di sol de ambɔg di mashin we de na di bɔdi  
Tide i go bi tayt to am kpatakpata  
Na dat mek wi get fɔ liv  
So dat di tin dɛn we di bɔdi want nɔ go ambɔg wi  
Wi nɔ de fil se di tin dɛn we wi get fɔ du wit di tin dɛn we  
wi de du, de ambɔg wi  
Mental growth na prodakt  
Fɔ mek di bɔdi gro ɔ fɔ divɛlɔp  
Frɔm wetin di natura l evolushɔn se  
Di sem sol de kɔmɔt  
Na bay we i de go ɔp to di mental lɛvɛl  
ɔ di lɛvɛl we pɔsin kin mek tin en bɔku tin  
So dɛn de sho se dɛn get spɛshal talɛnt dɛn  
We de mek mɔtalman difrɛn  
Bɔt ɔl di ɔda tin dɛn we Gɔd mek  
Dɔn i kin go ɔp  
To di lɛvul fɔ no bɔt Gɔd biznɛs  
We de gi minin en valyu

Fɔ mek pɔsin ɡet bɔku prɔpati  
di tin dɛn we pɔsin kin du na in maynd  
Wi nɔ ɡet wan dawt fɔ se di tin dɛn we pɔsin kin du wit  
sens kin bɛnifit

Na bikɔs ɔl gud tin dɛn ɡet valyu  
ɛn smɔl smɔl wi kin no se di nɛks stej  
Na fɔ mek pipul dɛn no bɔt di bɔdi  
Fɔ mek pipul dɛn no bɔt Gɔd biznɛs  
Tru fɔ mek di bɔdi ɛn maynd bi spiritual  
Na bay we wi nɔ de west di impɔtant tin dɛn we di bɔdi

ɡet

ɛn fɔ fos di layt fɔ di maynd, di skaut  
Na di impɔtant tin dɛn  
Te dɛn bi  
Wan we we go wok ɛn we ɡet wanwɔd  
Di sol kin tru am  
we i de tɔk bɔt aw i de fil  
ɛn fɔ sho in talent dɛn  
ɛn fɔ mek in spiritual pawa dɛn wok  
Spiritual emancipation min fɔ fri di sol  
Frɔm di kech we pipul dɛn nɔ no natin  
ɛn rayz am to di lɛvul we i fɔ ɡet  
ɛn fɔ fri am frɔm di tin dɛn we de ambɔg am we i nɔ no

bɛtɛ

Bɔku tɛm, mɔtalman layf kin rili fayn  
Bɔt fɔ atak am  
I tan lɛk bɔd we de na paradays we de tay pan in kech  
So dat if yu opin di kech domɔt  
Di bɔd de shem fɔ kɔmɔt de  
Bikɔs ɔf di abit ɛn di long tɛm we dɛn spɛn insay di kech  
?Yu nɔ tink se dat de mek wi sɔprayz  
Di bɔd nɔ want fɔ kɔmɔt na in smɔl eria  
To di fridɔm we nɔ ɡet ɛnd  
?Na frɔm udat i kɔmɔt  
Dis kin apin to wi bak

Na bikɔs wi bin liv fɔ lɔng tɛm  
Na di fizik kech  
Wi de fred se i go kɔmɔt na difrɛn say dɛn  
Bɔt sɛns de tɛl wi fɔ du dat  
Fri di Bɔd we de na di Sol  
Frɔm di kech we gɛt tin dɛn we dɛn nɔ fɔ du  
ɛn fɔ fri am na di say we nɔ gɛt bɔda we de na di  
kɔnshɛns

Dɛn go test di gladi at we de insay dɛn wan tɛm bak  
Di lɔ fɔ muv de bays pan di lɔ fɔ kɔz ɛn ɛfɛkt, ɔ akshɔn  
ɛn riakshɔn

Di pɔsin we dɛn bɔn gud na dis layf bin de so insay wan  
bɔdi we bin dɔn de bifo {bikɔs ɔf wetin dɛn an dɔn put bifo}  
ɛn if i tray fɔ du gud, dɛn di skel fɔ gud go tip mɔ ɛn mɔ  
insay in favɔ (tɔ di wan we gɛt, dɛn go gi mɔ ɛn mɔ )  
Di wan dɛn we gɛt sɔm gud kwaliti dɛn nɔmɔ kin lɔs ivin  
da smɔl tin de bikɔs ɔf di bad abit dɛn we kin atak dɛn ɛn  
mek dɛn pasmak

Pɔsin we want fɔ du bad fɔ dɔn gɛt da bad abit de insay  
in layf we i bin dɔn liv bifo, ɛn dɛn bad tin ya kin mek dɛn  
strɔng ɛn kɔntrol dɛn Di wan dɛn we gɛt sɔm bad abit dɛn bin  
tan lɛk dat bifo, ɛn if di gud tin pas di bad wan, dat min se di  
gud kwaliti dɛn go drɛb di bad abit dɛn kɔmɔt na dɛn sol  
Dis na di natura wok we di lɔ fɔ kɔz ɛn ɛfɛkt (karma) de  
du Bɔt, pɔsin nɔ fɔ fil se i nɔ ebul fɔ ɛp am ɛn i trɔp if i apin fɔ  
gɛt abit dɛn we i nɔ want we i want fɔ pul kɔmɔt Naw na di  
chans fɔ win dɛn abit dɛn de bay we i de kɔltiv past resolve  
ɛn gud tinkin

Pɔsin kin fri inɛf frɔm di grip fɔ bad abit ɛn mek gud  
abit dɛn we i de tink ɛn du, we go mek i gɛt di tin dɛn we i  
want

I nɔ mata aw bad abit dɛn de insay pɔsin, dɛn fɔ mɛmba  
se dɛnsɛf mek dɛn abit dɛn de tru di rɪpit we dɛn de rɪpit sɔm  
patikyula tin dɛn ɛn du dɛn, ɛn dɛn kin rɪples dɛn bad abit



dən de wit gud wan dən bay we dən de tink gud wan ən we  
go ɛp dən

Gud ən bad tin dən we pɔsin kin tink bɔt na difrən difrən  
tin dən we mɔtalman de tink bɔt Natin nɔ de fɔ mek i drim  
fayn pas fɔ sɔfa bad bad drim dən Kɔnshɛns kin chenj ən i kin  
fil fayn; i kin tek ɛni stet we i want ɔ drim di drim dən we de  
apil to am Bɔt di prɔblɛm wit pipul dən na dat dən de alaw  
dən ɛria fɔ kɔnshɛns—we dən yon fri wil ən chukchuk—fɔ de  
gayd dən bay di deviant tendencies ən erroneous  
orientations we dən bɔn frɔm past habits So, dən pawa fɔ no  
bɔt tin dən de kɔntinyu fɔ rɔnawe ən adrift, as di  
metaphysical guardianship entrenched bihayn di fɔt dən we  
de mek pɔsin ebul fɔ no ən ɔndastand sɔntin  
We di wan dən we dɔn chak wit bad abit dən test di bita  
bita pen we layf we nɔ natin de mek, dən go tɔn to di layt fɔ  
ɔndastand ən liv rayt layf fɔ fɛn sev, ilɛksɛf dən bad abit dən  
dɔn tayt ən pwɛl

Dɔn, if dən wok fɔ gɛt ən kia fɔ gud abit dən bay we dən  
de praktis di we aw dən de liv dən layf we gɛt wanwɔd, dən  
go gɛt gladi at bak we dən gɛt insay dən at ən ɛnjoy pis as  
natin we kin apin we dən kɔntrol dɛnsɛf ən gɛt gud abit dən  
Wi de aks Gɔd ɔlmayti fɔ gi wi di ɛp fɔ fri wisɛf frɔm ɔl di  
tin dən we de ambɔg wi ən fɔ gayd wi tinkin dən na di rayt ən  
bɛnifit rod dən

Fɔ mek pɔsin no bɔt sɔntin we gɛt fɔ du wit Gɔd biznɛs

Sɔm pipul dən kin spɛn dən layf

Wit dɔl maynd ən smɔl ɔndastandin

Dən kin it ən dən kin slip

Ən dən kin ɛnjoy sɔm tin dən we dən kin ɛnjoy

Dən nɔ kin tink dip wan

Infakt, bɔku pipul dən

Dən nɔ kin rich dip we go du fɔ dən

Insay di si we gɛt spiritual aydia dən

Na bikɔs dən biliv tranga wan se di tin dən we de na di

Na ɔltin we de  
Bot dis layf  
Na jɔs wan drim we nɔ de te  
?So wetin mek di rɔsh ɛn di pant  
?En fɔ tray fɔ mek di wɔl lɛk am  
Yu nɔ tink se i bɛtɛ  
?Fɔ tray fɔ mek Gɔd gladi fɔs  
Animal dɛn nɔ gɛt fridɔm fɔ disayd fɔ du sɔntin  
Na bikɔs Gɔd bin tay am wit in instinkt dɛn  
Bot i bin mek mɔtalman gɛt sɛns  
Mɔtalman gɛt fridɔm  
I kin bi se i fɔ grap ɔ fɔ fɔdɔm  
Fɔ pik gud ɔ bad  
We dɛn dɔn put kɔnshɛns insay wata  
Insay rough sensual plez dɛn  
Na dense, dak kɔnsept dɛn de domin am  
I fɔdɔm frɔm di paradays we gɛt gladi-at  
I kin lɔs di sɛns fɔ gɛt gladi-at pan Gɔd biznɛs  
ɛn di sol in sɛns de blaynd  
I nɔ ebul fɔ fɛn in we fɔ go to Gɔd  
Bot i pɔsibul fɔ mek pɔsin kɔnshɛns bi spiritual  
Na bay we wi de tink bot Gɔd  
ɛn fɔ beg Am wit ɔl in at ɛn dip dip wan  
So dat di domɔt we gɛt blɛsin go opin  
Lid to di Kingdɔm we Layt ɛn Gladi Gɛt  
nsɛnsɔlatent in di dip rɛsɛs dɛm na di k  
Frɔm di trɔs we di ticha Paramahansa bin gɛt  
Sentiment ɛn gayd



Tichin dɛn we Masta Paramhansa Yogananda bin tich  
We di at de wit pɔsin  
I de drɔ am to am  
ɔI di kwaliti dɛn we da pɔsin de gɛt  
?Udat kin tink bɔt gud pipul dɛn  
Dɛn kin pas to am di gud we aw dɛn de du tin  
En di wan dɛn we de pe atɛnshɔn wit lɔv pan inspekshɔn  
figa dɛn  
Inspekshɔn dɛn kin kam to am  
En ɛnibɔdi we de go wit am, ivin we i de tink  
Pipul dɛn we gɛt kɔnshɛns  
nobul gud abit dɛn  
En di nobul intenshɔn  
I de sheb dɛn nobiliti ɛn dɛn gud abit dɛn  
Bikɔs tinkin de polarize lɛk magnet  
Laik de atrak laik  
Una gɛt gud de ɛn pis de pan una  
\*\*\*  
ɔIman de luk fɔ gladi at we go de sote go  
Nɔ tɔn to ashis na yu an  
Dis risach de lid to bɔku tin  
Frɔm ilyushɔn, prɔblɛm, ɛn disapɔyntment  
Mɔtalman de tray fɔ gɛt nyu gladi at  
I nɔ de dray, i nɔ de stop, ɔ i nɔ de lɔs  
En mɔtalman kin lan frɔm di tin dɛn we kin apin to am  
Gladi at na di wɔl na gladi-at

Fɔ shot tɛm ɛn nɔto fɔ ɔltɛm  
Bɔku tɛm, i kin kam fɔ no dat afta we i dɔn fɛn wetin i de  
luk fɔ

I stil nɔ satisfay wit wetin i dɔn ebul fɔ du  
Dɔn i kin tray fɔ du ɔda tin we i want  
Witout fain di gladi gladi we yu want  
Bɔt, i kin tray bak  
!Bak to skwea wan ɛn so de go  
Tru gladi at na di gladi at we pɔsin kin gɛt we i de no bɔt  
Gɔd

Di gladi at we pɔsin kin gɛt we wi de tink bɔt Gɔd ɛn tɔk  
to am

Di gladi at we pis ɛn kol at kin gɛt  
Di gladi at we Gɔd kin gɛt  
ɛn fɔ lɛk ɔda pipul dɛn wit da lɔv de  
ɛn di gladi at we pɔsin kin gɛt we i fil tranga wan ɛn we  
nɔ de shek shek

Dat di sol nɔ de day  
ɛn se in gladi at de wit am  
Ivin afta we i dɔn kɔmɔt de  
Dis tɛm we pɔsin de liv na dis wɔl

. \*\*\*

Masta, ɛp mi  
So dat a go gɛt mi gladi at pan una  
A op fɔ ɛnjɔy di wɔl  
ɛn bay we a de du mi wok dɛn na dis wɔl  
ɛn tich mi aw fɔ mek mi sɛns dɛn fayn  
So dat yu go ebul fɔ no difrɛns bitwin gud ɛn bad  
So na wetin de bɛnifit ɛn gud nɔmɔ, ɛnjɔy  
Mek a ɛnjɔy fɔ ɛnjɔy misɛf na dis wɔl  
Spiritual enjoyment nourished by yu klin gladi gladi  
ɛn ɛp mi fɔ mek yu  
Wan impɔtant pat pan mi layf  
ɛn na impɔtant tin fɔ mek a ebul fɔ du di tin dɛn we a de  
du ɛvrɪde

A fil se yu de wit mi

ɔltɛm

En pan evri levul

. \*\*\*

mɔtalman want

I de sho wetin Gɔd want

En we sɛns de gayd am

In pawa kin bi tin we nɔ gɛt limit

Divayn wil de gayd di kɔsmik ɛnaji

Fɔ bɛnifit frɔm di kɔsmik ɛnaji

We in stok nɔ de ɛva rɔn smɔl

Di tin dɛn we i de gi nɔ de ɛva dɔn

I fɔ transfa to di bɔdi

Tru di waya dɛn we de mek pɔsin tink gud wan

ɛn rial wanwɔd

Wit di divain wil

. \*\*\*

Gret ticha dɛn nɔ de advays fɔ les ɛn fɔ nɔ tek tɛm; bifo  
dat, dɛn de tich di rod fɔ balans I nɔmal fɔ mek pɔsin wok fɔ  
sɔpɔt in bɔdi ɛn fɔ gi in klos ɛn it Bɔt if dɛn alaw pɔsin in wok  
fɔ kɔntrayd ɔ fɔ agens ɔda pipul dɛn, dat min se dat nɔto tru  
tru wok

Bɔku bɔku biznɛs pipul dɛn de we de tink bɔt fɔ gɛda  
jɛntri, bɔt stil dɛn nɔ de no di pen ɛn at prɔblɛm dɛn we dɛn  
de gi dɛnsɛf If di we aw dɛn de tray fɔ gɛt lɔjishɔn de mek  
pɔsin nɔ pe atɛnshɔn to dɛn wok fɔ mek dɛn kɔntinyu fɔ gɛt  
wɛlbɔdi, dat min se i nɔto wok atɔl

Pɔsin fɔ gro insay wan we we gɛt wanwɔd ɛn balans I nɔ  
gɛt ɛni bɛnifit fɔ pe atɛnshɔn tumɔs fɔ divɛlɔp strɔng bɔdi if  
di bren insay da bɔdi de wik Di maynd fɔ divɛlɔp bak  
Enibɔdi we gɛt gud wɛlbɔdi, fayn layf, ɛn we gɛt bɔku  
trɛnk na in maynd, ɛn stil nɔ gɛt gladi at, nɔ dɔn ebul fɔ du  
am yet na layf

Enibɔdi we go se, "A gladi ɛn nɔbɔdi nɔ go ebul fɔ tek mi  
gladi at," dɔn rich di pinnakul fɔ sakrifays ɛn fɛn di blɛsin  
imej insay insɛf

Mɔtalman fɔ prawd se Gɔd mek am lɛk aw i tan Bɔt if i  
bost, vɛks, ɔ i izi fɔ mek i vɛks, ɛn luk ɔda pipul dɛn dɔŋ, ɛn if  
i kɔmɔt na di bɔdi insay da kayn maynd de, i nɔ go fil se i de  
nia Gɔd

Wan tɛm, wan pan Gɔd in man dɛn bin de was na di riva  
we wan ɔda man kam ɛn begin fɔ was in ɔs nia da man we de  
du wetin rayt, bay wilful ɛn nɔ tek tɛm splash am wit wata Di  
oli in disaypul dɛn bin vɛks ɛn dɛn bin want fɔ bit di pɔsin we  
atak am ɛn drɛb am go, bɔt dɛn ticha tɛl dɛn se, "Una nɔ du  
. "dat, bɔt lɛf am in wan

Wantɛm wantɛm, di ɔs kik in ɔna, brok ɛn nak sɔm pan  
in tit dɛn Di gud man bin kam nia am wit lɔv ɛn begin fɔ kia fɔ  
am ɛn mɛn am Na di strikt lɔ we Gɔd mek, nɔto di oli wan,  
we bin de pɔnish di pɔsin we sin

Gɔd ɛn in lɔ dɛn we de ɔlsay na di wɔl de wok tranga  
wan ɛn ɔltɛm fɔ mek ɔl di wan dɛn we de abop pan am, we  
de aks fɔ ɛp, ɛn sɔpɔt ɛn ɛnkɔrej dɛnsɛf pan layf waka {ɛn  
Gɔd rɛdi ɔltɛm fɔ ɛp in savant as long as di savant de ɛp in  
brɔda}

ɔda tin dɛn kin wet

ɔltin de bikɔs Gɔd de ɛn bikɔs i de, wi de, ɛn tank to In  
gudnɛs ɛn egzistens, wi gɛt di prɔsperiti ɛn gladi at na layf  
So, wi tɛnki to Gɔd fɔ dip ɛn wi tɛnki fɔ big, bikɔs I se, "If yu  
gladi, a go mɔs inkrisayz yu [in favɔrit]," ɛn wi fɔ tɛl Gɔd  
tɛnki witout stɔp

Di we aw Gɔd impɔtant to mɔtalman nɔ gɛt wan  
kɔmpitishɔn, bɔt stil bɔku pipul dɛn de put mɔtalman layf di  
impɔtant tin pas ɔlman ɛn dat mek dɛn nɔ rili no bɔt Gɔd  
Matirial duti ɛn soshal ɔbligayshɔn fɔ fulfil we yu de tink  
bɔt Gɔd, bikɔs di Enjɛl fɔ Day - mek yu layf long - de snɛp di  
pipul dɛn we de na di wɔl ɛvrɛde, wan afta di ɔda wan, ɛn wi  
kin gɛt fɔ kɔmɔt na dis mɔtalman os ɛni tɛm

Wi fɔ kɔndɔkt wi biznɛs na dis wɔl wit klia kɔnshɛns we  
wi de kip wi tinkin kɔnɛkt to Gɔd A de tray fɔ sav ɔlman, bɔt  
we a de mi wan de tink gud wan, a nɔ de alaw ɛnibɔdi fɔ  
ambɔg mi riflekshɔn ɔda tin dɛn kin wet, bɔt wi fɔ kip  
apɔntinment ɛvrɪde wit Gɔd, we dɔn gi wi ɔl wetin wi nid na  
dis wɔl

We In ɔna di ɔɔj bin de gi in las disishun bɔt wan dilik tin  
we min layf ɔ day fɔ ɔda pɔsin, na di sem tɛm i bin de tink  
bɔt domestik prɔblɛm dɛn we bin dɔn apin to am da de de ɛn  
!i bin vɛks bikɔs dɛn nɔ bin de du wetin i bin de rul na os  
If da kayn ɔɔj de gi ruling we nɔ rayt we go mek pɔsin  
day bikɔs i nɔ de pe atɛnshɔn to am, dat min se i go tinap fɔ  
akɔdin ɛn kɔndɛm am bifo di Suprim ɔɔj, we na di ɔɔj fɔ ɔl sin:  
di ɔl we de ɔlsay na di wɔl we nɔ no ɛnibɔdi we nɔ de tek wan  
pɔsin bɛtɛ pas ɔda pɔsin ɛn we nɔ gɛt ples fɔ nepotism  
Bɔku pipul dɛn nɔ kin ebul fɔ mek mɔni ɛn dɛn nɔ kin  
ebul fɔ du biznɛs fayn fayn wan  
Dɛn nɔ gɛt sɛns fɔ no tin bikɔs we dɛn de na dɛn  
wokples dɛn kin tink bɔt di prɔblɛm dɛn we dɛn kin gɛt na  
dɛn os, ɛn we dɛn de na os dɛn maynd kin bisin bɔt di tin dɛn  
we dɛn de wɔri bɔt na dɛn wokples  
So, pɔsin nɔ fɔ pe atɛnshɔn pan pas wan tin wan tɛm  
. \*\*\*

Wan tɛm, insay di de  
A kam na di chamba fɔ kɔnshɛns  
ɛn di wɪnda dɛn fɔ myuzik bin opin  
Di tin dɛn we yu de si, di sɛnt, di teys, di tɔch  
ɛn a bin aks fɔ di myuzik dɛn we rili dilik ɛn di kɔlɔ dɛn  
we fayn pas ɔl  
So dat i go kam swɛ bifo mi ɛn dans  
Sɔntɛnde a kin laf ɛn sɔntɛnde a kin kray  
We mi yay dɛn kin te  
Di wund dɛn we ɛksperiɛns kin gɛt kin mek a fil pen  
Klos di domɔt fɔ di sɛns dɛn  
ɛn go insay wan ples we nɔ gɛt limit

Na di wɔl fɔ slip ɛn drim  
Na de a kin ledɔm wit pis ɛn rilaks  
ɔnda di blankit we dak  
Afta a dɔn gɛt inɔf rɛst  
Frɔm we a slip, a kin opɪn ɔda domɔt  
ɛn go insay di drim rum  
So a kin wach fim dɛn we dɛn kin yuz fɔ du ɛksprɪmɛnt  
ɛn fɔ du risach

Na di sinima fɔ di wan dɛn we nɔ no natin  
Usay a de wok as a want  
ɛn a kin wev velvet drim dɛn bɔt swit mɛmɛnto dɛn  
Na silk kɔtin dɛn  
Pan am, rayt di nem fɔ di kɔsmik we yu lɛk  
Bɔt we a de na do na dɛn tu rum ya  
Sɔntɛnde, a kin kɔnshɛns fɔ go na di dip dip ples dɛn na  
di yunivas we a nɔ no  
Fɔ win di daknɛs we dak pas ɔl, we de mek pipul dɛn  
sɔfa pas ɔl

Fɔ krɔs di dip dip vali dɛn  
Fɔ rich na di shore dɛn fɔ di spɛs we go de sote go  
Na de na di wɔl we wanwɔd de  
No duos, no drim  
Nɔ anɔyɪnt, nɔ pen  
Bifo dat, na vɪshɔn we gɛt ɔltɪn  
ɛn gladi at we de chenj ɔltɛm  
ɛn di layt we de na di ɛvin ɛn di wɔl

. \*\*\*

Na di mɔ wi de liv wit pis wit Gɔd  
ɛnitɛm we wi ebul  
liv wit pis  
Wit wisɛf ɛn wit di wɔl  
Lɛ wi tray ɔltɛm fɔ dayrɛkt wi maynd  
Towards di absɔlyut ɛn ɪnfɪnɪt  
No gladi at nɔ de we pɔsɪn kin kɔmpia  
Wit gladi, a de luk fɔ Gɔd



En kontakt am  
Sɔrawnd yusef wit gud tin den we yu de tink bɔt  
Den aidia den ya go ep yu  
Fɔ kam nia mɔ en mɔ  
Na frɔm Gɔd ɔl gud en gladi-at de kɔmɔt  
Pis en lɔv fɔ ɔlman

. \*\*\*

Yunit insay di sɛns  
Frɔm in singul kɔnshɛns: di wan wan ɛsin  
Na Gɔd mek di sɛns  
I de tray fɔ get di kɔnt  
Bak to kosmik yuniti wans bak  
We di big big briz blo krɔs di si  
I de mek bɔku bɔku wef den  
We di big big briz dɔn stɔp  
Di wef den kin go dɔŋ bak insay di at na di si  
Insay di difrɛn en difrɛn difrɛn tin den we den mek  
Wan inherɛnt latent yunit de  
Jɔs lɛk aw di si na di men tin we di wef den de mek  
We famili no bɔt sɔntin, dat kin mek pipul den kam nia  
densɛf  
Kɔntri den get lida den fɔ mek den get wanwɔd en gayd  
den rod

Sɔshial grup den de we get kɔmɔn tin den  
We mɔtalman fɛn Gɔd  
I si se ɔl di pawa den get wanwɔd insay am  
I de mek in maynd get layt  
Wan nyu vishɔn bɔt layf de kɔmɔt na in kɔnshɛns  
Laif kin bi swit  
En pis de ful-ɔp di sol  
En di tin den we kin mek pɔsin vɛks na layf kin chenj  
To sɔntin lɛk drim

. \*\*\*

We di pɔsin we de luk fɔ di skul dɔn gradyuet frɔm di  
skul fɔ layf en di tɛm rich fɔ mek i muf go na ay levul, i kin

gladi pasmak, i kin no se i dɔn du gud na di fɛt fɔ layf ɛn i  
dɔn gɛt Gɔd in fayv, ɛn i kin shɔ se di mitin wit Am we de  
kam nia

Wit di yunivasal pɔsin we i lɛk, di tin dɛn we i want fɔ du  
de gro, ɛn dɛn tin dɛn de we i want fɔ du kin chenj to  
spiritual fiul we nɔ de tray fɔ kɛr am go na di say dɛn we pis,  
layt, ɛn gladi at we de chenj ɔltɛm we nɔ gɛt ɛnd  
\* \* \*

Divayn sɔri-at ren nɔ kin gɛda na di ay ay mawnten dɛn  
!we prawd, bɔt i kin flɔ izi wan dɔŋ to di vali dɛn we ɔmbul  
Ticha Paramahansa bin tɔk bɔt di swift we we, bikɔs ɔf  
Gɔd in gudnɛs, wi fri frɔm di ilyushɔn dɛn we de mek wi ful  
:pipul dɛn na di wɔl I bin se  
In dis yunivas i tan lɛk se wi de drawn insay wan si we"  
gɛt trɔbul ɛn pen, so Gɔd de shek wi fɔ wek wi frɔm dis bad  
."bad drim

:I bin ɛnkɔrej wan pan di disaypul dɛn se  
No se ɔltin we yu de luk fɔ ɛn bɔku ɔda tin dɛn de wet"  
."fɔ yu insay Gɔd

I bin tɛl wan student we bin tan lɛk se i dɔn tayt pan bad  
:abit dɛn se  
If yu nɔ gɛt wilpawa, tray fɔ divɛlɔp di pawa fɔ akshɔn"  
we yu nɔ want (dat na, di akshɔn we yu nɔ want fɔ du fɔ nɔ  
."mek mistek)

Di tin dɛn we pɔsin kin tɔk bɔt insɛf  
Tide a go brok di imej fɔ ignorance  
Dat de dɔti di oli ples we di sol de insay mi  
ɛn a go mɛmba dat na Gɔd in Oli Layt  
I de rayt ɔltɛm pan mi bɔdi  
ɛn i de pul di daknɛs we de mek a nɔ tink bɔt sɔntin  
kɔmɔt na mi maynd ɛn mi sol  
ɛn se di Wan we mek mi nɔ go lɛf mi  
\* \* \*

Onda ɛvri wef na layf  
Di bɔku bɔku si we Gɔd de de, de

Bihayn evri at bit  
Di si we nɔ ɡet ɛnd fɔ kɔsmik lɔv de insay

\* \* \*

Evri nɛt a go mek misɛf biliv se nɔto mi na di bɔdi  
Bifo dat, na di spirit we de insay di bɔdi  
ɛn se mi spiritual pɔsin nɔ de day sote go  
We a wek, a go mɛmba fɔ kɔnfɔm am bak

\* \* \*

Insay di strɔkchɔ fɔ slip, a go ɡet bak ɛn ɡet nyu trɛnk  
Bɔt dat nɔ go du fɔ am  
A nid ples we oli fɔ mek a nɔ tɔk natin ɛn fɔ tink gud wan  
Usay a kin tɔn bak ɛvride  
Fɔ fɛn ɔl di ɔrayzon dɛm fɔ mi awareness  
ɛn fɔ fɛn ɔl di sikrit dɛn we de na mi sol  
Di minin fɔ stil de  
Stillness min fɔ mek yu tink bɔt tin dɛn we de mek yu at

kol

Fɔ mek di bɔdi kol ɛn kɔntrol wetin i nid  
ɛnibɔdi we ebul fɔ du dat go ɡet kol at we go mek i fil

fayn

I go fil sublaym wev ɛn impreshɔn frɔm rifin wɔl dɛn  
ɛn ɛnibɔdi we de go dip dip wan insay stil, so  
I go diskɔba Gɔd in kɪndɔm insay insɛf  
As long as pɔsin de waka na rod  
ɛni mɔnt we i de spɛn in tɛm rili valyu  
Wi de ya na dis land (di pasej os) fɔ shɔt tɛm  
ɔltin de fɔ shɔt tɛm, bɔt di filin we Gɔd de fil nɔ de sote

go

Natin nɔ go ebul fɔ pul am kɔmɔt na di at ɛn sol  
Wi nɔ fɔ alaw di tɛmtment dɛn we de na dis wɔl fɔ mek

wi swɛ

Na bay we i de tɔn wi bak pan di men tin we wi want fɔ  
du ɛn di tin we wi want fɔ du we pas ɔl: Gɔd  
I pɔsibul fɔ mek wi no Gɔd  
Wi fɔ fɛn di masta fɔ di wan ol wɔl

Frɔm in layt di sta dɛn de shayn  
En wit In pawa at dɛn de bit  
Wi fɔ luk fɔ am na di Tɛmpl fɔ Saylɛns  
We wi de kɔl Gɔd wit lɔng ɛn want  
En we wi tink bɔt am wit bɔn lɔng lɔng  
Wi go fɛn am  
A nɔ de tɔk bɔt gɔd we wi nɔ no  
Bifo dat, i de tɔk bɔt wan Masta we a dɔn kam fɔ no  
En na tru fɔ mi  
I rial pas ɔl di tin dɛn we wi de si  
Na di divayn si we de sɔpɔt ɛn sɔpɔt di wef dɛn na wi  
mɔtalman layf  
Wi kin du witout ɔltin pas Gɔd  
Gɔd want wi fɔ gi to wisɛf  
Wi fɔ mɛmba se we wi de tray fɔ du wetin wi nid, wi fɔ  
ɛp ɔda pipul dɛn bak wit wetin dɛn nid ɛn sheb wetin wi de  
gɛt wit di wan dɛn we nɔ gɛt bɛtɛ mɔni  
Lɛ wi mɛmba se wi na impɔtant pat pan di wɔl famili ɛn  
wi nɔ go ebul fɔ liv if wi nɔ gɛt am Aw layf go tan lɛk if di  
kapɛnta, di pɔsin we mek di tin dɛn, ɔ di fama nɔ bin de? Tru  
di chenj we wi de chenj di savis ɛn ɛksperiɛns, Gɔd want wi fɔ  
tink bɔt ɔda pipul dɛn, bikɔs na big mistek fɔ liv fɔ yusɛf  
nɔmɔ  
We wi de tink bɔt wi yon gladi at, wi fɔ tink bak bɔt fɔ  
mek ɔda pipul dɛn gladi I nɔ nid fɔ lɛf ɔltin  
Fɔ di gud fɔ di famili we de ɔlsay na di wɔl, bikɔs dat nɔ  
pɔsibul Bɔt wi fɔ sɔri fɔ ɔda pipul dɛn ɛn tek wetin dɛn nid as  
wi yon  
Gɔd want wi fɔ gi wisɛf jɔs lɛk aw wi de tek frɔm wisɛf,  
bikɔs ɔda pipul dɛn na wi big pɔsin  
Ansa ɛn pul di bad bad atak dɛn we pipul dɛn kin du fɔ  
ful pipul dɛn  
As lɔng as pɔsin na pɔsin we dɛn kin vɛks, jɛlɔs, ɛn jɛlɔs,  
i nɔ fri Dɛn fɔ bi masta fɔ in filin ɛn akshɔn, ɛn fri dɛnsɛf frɔm  
di tin dɛn we dɛn kin tink bɔt we kin pwɛl dɛn, di tin dɛn we

dən kin want fɔ du we dən nɔ ebul fɔ kɔntrol, ɛn di bad tin  
dən we dən kin want fɔ du  
If yu ɔnɛs wit yusɛf, sɛns go sɔpɔt yu fɔ tink, fɔ du wetin  
rayt go gayd yu disayd, ɛn ɔndastandin go mek yu maynd  
shayn

Di sid dɛm fɔ di tin dɛm we dən bin dɔn du trade we dən  
nɔ no natin de drɛb dən fɔ "rost" insay di faya we de mek  
pipul dən tink ɛn gɛt sɛns so dat dən nɔ go ebul fɔ gro ɛn gro  
bak Dis na di we fɔ pul ɛn stɔp di bad bad atak dən we pipul  
dən kin du fɔ ful pipul dən

Di kɔsmik ilyushɔn - ɔ Setan - de ful mɔtalman wit lay  
lay prɔmis ɛn alluring tɛmteshɔn fɔ rɔnata di miraj we de  
mek i gladi ɛn i de kɔntrol in fakulti bikɔs i prɔmis am fɔ gɛt  
gladi at na di wɔl we nɔ gɛt ɛni rial tin, ɛn so i de wok tranga  
wan fɔ mek i nɔ test di frut dən fɔ tru tru gladi at we de bɔku  
bɔku wan na di gadin dən na di sol

Di wan dən we gɛt sɛns no di difrɛns bitwin tru ɛn  
ilyushɔn ɛn dən sabi fɔ no As dən de go dip dip wan fɔ tink  
gud wan, dən kin no gud gud wan se i impɔtant fɔ fri fɔ  
disayd fɔ du sɔntin ɛn i nid fɔ yuz fridɔm fɔ disayd fɔ du wetin  
rayt ɛn avɔyd fɔ du tin dən we go ambɔg dən ɛn we nɔ fayn  
fɔ du

Wan pan di disaypul dən aks di ticha Paramahansa bɔt  
wetin i tink bɔt wetin i dɔn disayd fɔ du, wetin go apin to am,  
:sɔfa, ɛn pen, ɛn i se

Mɔtalman de shep in yon destiny tru wetin dən want ɛn  
disayd wetin go apin to dən tru wetin dən want ɛn du Yu kin  
fri yusɛf frɔm sɔfa if yu pik fɔ du dat Gɔd, we in men tin na  
lɔv, nɔ want fɔ mek di pɔsin we i lɛk sɔfa di bad bad tin dən  
we de mek i fil pen as a rizulta fɔ di rɔng akshɔn ɛn fɔ tink  
we nɔ fayn I dɔn gi mɔtalman di pawa fɔ no ɛn fridɔm fɔ  
disayd Bɔt bikɔs ɔf di kɔrɛkt disizhɔn ɛn fridɔm fɔ disayd di  
tin dən we dən kin disayd fɔ du we nɔ gɛt sɛns, mɔtalman kin  
brinj sɔfa ɛn pen pan dɛnsɛf ɛn ɔda pipul dən

Yu fɔ fri ɛn nɔ alaw ɛnibɔdi fɔ tek yu disayd ɔ fɔ kɔntrol  
yu, ɛn nɔ fɔ mek di envayrɔment, kɔstɔm, ɛn rɔng tradishɔn  
stɔp yu ɛn kɔntrol di we aw yu de liv yu layf  
Du wit sɛns, lisin to di vɔys fɔ yu kɔnshɛns, tink bɔt di  
bad tin dɛn we go apin if yu du sɔntin bifo yu go bifo wit  
wetin yu want fɔ du, nɔ du bad to ɔda pipul dɛn bikɔs yu nɔ  
de biev fayn, ɛn aks Gɔd fɔ ɛp ɛn gayd yu  
Fɔ wok akɔdin to di intanɛnt gaydlayn dɛn  
Wi fɔ fɔs difayn wi gol, dɔn wi fɔ fɛn divayn gayd fɔ  
dayrɛkt wi to di rayt akshɔn we wi go yuz fɔ sho wi pɔtnɛshɛl  
Wi fɔ tink te wi maynd kol ɛn wi kin si klia wan di nɛks step  
Afta dat, wi fɔ du tin akɔdin to di insay gayd we wi de gɛt, ɛn  
di tin we wi want go apin  
We yu maynd kol, yu go ɔndastand tin kwik ɛn izi, ɛn dat  
rili fayn! Yu go ajɔst wetin yu want, ɛn dɛn go rayt sakrifays  
fɔ yu pan ɔltin insay shɔt tɛm bikɔs di kɔsmik fɔs ebul fɔ  
administret di kɔrɛkt lɔ ɛn pruv se i de wok  
Sɔm pipul dɛn se wi bren sɛl dɛn de shep sɔm abit dɛn  
we nɔ go ebul fɔ impɔtant ɔ chenj Dis nɔ kɔrɛkt Bikɔs Gɔd  
mek wi lɛk aw i tan, natin nɔ go ebul fɔ stɔp wi ɔ ambɔg wi fɔ  
go bifo If wi chɛk wisɛf, wi go no di tru tin bɔt dis, wit Gɔd in  
ɛp

Ol mɔtalman ripresent pawa we nɔ gɛt ɛnd  
Wi fɔ sho da trɛnk de pan ɛnitin we wi de du  
We wi want fɔ mek sɔntin  
Wi nɔ fɔ jɔs abop pan tin dɛn we kɔmɔt na do  
Bifo dat, wi fɔ go insay di dip dip tin dɛn we de insay  
Wi de luk fɔ di say we nɔ gɛt ɛnd  
Ol di we dɛn we pɔsin kin du fɔ wok fayn fayn wan  
Ol di tin dɛn we dɛn mek  
ɛn ɔl di fayn fayn myuzik vaybreshɔn dɛn  
Aydia dɛn we de mek pɔsin gɛt maynd  
ɛn di wok dɛn we fayn ɛn we wɔndaful pas ɔl  
Dɛn rayt am na Gɔd in rɛkɔd dɛn  
A dɔn de luk fɔ yu ɔlsay na di wɔl

Na di rod den fo di tin den we pɔsin want en di tin den we  
pɔsin want fo du  
En naw a don no se yu de insay mi  
En i de mek a fil lek se a oli pas ɔl  
No ayd from mi igen  
Bihayn di flawa den we de mek pɔsin fil bad  
Tin den en di puls we di sol get  
Adorn mi sol wit di jewels of yu waes  
En grant mi di briz of Yu bliss  
Rimov di daknes we don kɔba yu pan mi  
Rigarding mi sight en mi insight  
O Yu we de pas di sta den en di blu skay  
En pas di layers den na di atmosfes en ɔl di tin den we  
God mek en di tin den we den mek  
Aksept mi wispa den fo lov  
Immerse mi biin in yu lov, yu lait, en yu pis  
Sho mi yu fes we oli pas ɔl  
A fil yu dip insay mi tinkin  
A de fil yu prezens insay mi dip filin den  
En a de si yu de blo na di gadin we a lek  
Fil mi wit di sent we yu de get  
Mek a gladi fo yu blesin sent  
Una kam to mi from ɔdasay na di skay en di sta den  
En di tin den we pɔsin kin tink en fil  
Sho mi yu fes we oli pas ɔl  
Mek a no se yu de na mi sol  
En di wan den we de rawnd mi  
ɔlsay na di wol  
Di paregraf den we de kam bien ya kɔmɔt na di magazin  
we nem \* Inner Culture\* en den pul den from wetin Masta  
Paramhansa bin tich  
Di sikrit fo sakrifays de fo mek wi get gud maynd: fo no  
bot prɔsperiti, bɔku bɔku tin, fo get op, gladi at, en fo du tin  
Dis de bil insay wi wan fot we no go ebul fo win en we de bia  
di bad bad tin den we kin apin, we na mɔtalman mek mɔ

Wi fɔ tray fɔ gɛt pis ɛn wanwɔd, ɛn no se wi nɔ go ebul fɔ  
brɪŋ to wɪsɛf ɛnitɪn we nɔ de insay wi yet, ɛn trɔst se na Gɔd  
de pul ɔl gud tɪn ɛn gladi at, ɛn akɔdin to wi fet ɛn gud tɪn, I  
go shawa wi wit In gudnɛs ɛn ɔvawe wi wit in blɛsin dɛn  
Prɔfɛt ɛn bigman dɛn bin no di sikrit fɔ sakrifays, ɛn istri  
bin mek dɛn nem nɔ day pas di nem dɛn fɔ kɪŋ ɛn ɛmpaya  
dɛn, ɛn tɛm nɔ go ebul fɔ pul dɛn nem dɛn na di rikodɔ we de  
sho se dɛn bin de  
Istan masta dɛn dɔn tray ɔl di lɔ dɛn we dɛn sabi ɛn we  
dɛn dɔn tɛst fɔ mek dɛn gɛt prɔpati ɛn jɛntri na spirit If ɔda  
pipul dɛn dɔn lan frɔm ɛn bɛnɪfɪt frɔm dis filɔsofi fɔ chɛnj dɛn  
layf fɔ bɛtɛ ɛn tek kɔntrol pan dɛn sikɔstɛms, yusɛf kin du di  
sem tɪn

ɛnɪbɔdi we dɔti in maynd wit tink bɔt fɔ fel ɔ nid go atrak  
kɔmpɪn dɛn we dɛn tink ful wit nid ɛn fɔl, ɛn go mek wan  
ɛnvayrɔmɛnt we gɛt di sem vaybreshɔn ɛn kwaliti  
Dɛn kayn tɪn ya kin mek di pɔsin we gɛt dɛn at pwɛl, i  
kin fil bad, i kin fil bad, ɛn i kin mek i nɔ gɛt op ɪgɛn, so dat in  
kɔndɪshɔn kin wɔs ɛn in sityueshɔn kin wɔs smɔl smɔl, ɛn i  
kin sɔrɛnda to wetin i tink se na in fate ɛn destiny  
Nɔbɔdi nɔ go win pas i gri se dɛn win am as sɔntɪn we  
shɔ, ɛn if i nɔ win, di fɔlt nɔ de pan di we aw dɛn de du am ɔ  
di lɔ, bɔt na di pɔsin we nɔ yuz di lɔ di rɔŋ we  
We wi dɔn mekɔp wi maynd fɔ du sɔntɪn ɛn wi shɔ se di  
tɪn dɛn we wi want fɔ du klin ɛn di kɔrɛkt tɪn we wi disayd fɔ  
du, wi kin put di fred na sayd ɛn nɔ de fred di tɪn dɛn we de  
apɪn ɔ pe atɛnshɔn to di tɪn dɛn we de ambɔg ɛn di tɪn dɛn  
we wi nɔ ebul fɔ du we de arawnd dɛn tɪn dɛn de  
Wetin na yu nid? Na fɔ gɛt nem? ɔ pɔsin in yon  
magnetizm? ɔ pawa? ɔ sikyɔriti? ɔ wɛlbɔdi biznɛs? ɔ gladi  
?at? ɔ pis

If yu no wetin yu want, ɛn if yu no aw fɔ gɛt wetin yu  
want, ɛn if yu rɛdi fɔ yuz ɛvri rayt ɛn rayt we insay yusɛf ɛn  
rawnd yu, ɛn if yu mek fri prɔmis to yusɛf ɛn mek strɔŋg



disayd se yu nɔ go gri fɔ win, dat min se wetin yu de tray fɔ  
gɛt na yu yon, ɛn gladi fɔ ajɔst wetin yu want  
We dɛn aks di ticha Paramhansa fɔ difayn aw pɔsin kin  
:no insɛf, i bin se

Self-knowledge na di rializashɔn, wit bɔdi, maynd, ɛn"  
spirit, se wi na wan wit di totaliti fɔ Gɔd in ɛgzistens Wi nɔ jɔs  
de nia da ɛgzistens de, bɔt Gɔd in totaliti na wi totaliti bak,  
ɛn wi de nia am naw lɛk aw wi go de ɛni ɔda tɛm ɔl wetin wi  
."fɔ du na fɔ impɔtant wi no bɔt Am

I se: "ɔnɛs we wi de du smɔl smɔl wok dɛn de mek wi  
strong fɔ ol tranga disizhɔn dɛn we layf go fos wi fɔ mek wan  
."de

I bin se: "Tri kayn spiritual disaypul dɛn de: biliva dɛn we  
de go na os fɔ wɔship ɛn we satisfay wit dat nɔmɔ... biliva  
dɛn we lɛk layf we de du wetin rayt ɛn we de du wetin rayt  
bɔt we nɔ de tray fɔ no Gɔd... ɛn biliva dɛn we dɔn mekɔp  
"dɛn maynd fɔ fɛn dɛn tru tru sɛf insay Gɔd

I bin se: "Gɔd kin du ɛnitin we di wan dɛn we de wɔship  
am nid kwik kwik wan bikɔs dɛn dɔn fri dɛnsɛf frɔm di tin dɛn  
we dɛn de tink bɔt dɛnsɛf nɔmɔ we de mek dɛn nɔ ebul fɔ  
"tray ɛn mek dɛn nɔ gɛt op

Insay di dip dip ples dɛn na di mawnten dɛn ɛn di stil  
skay, insay di say dɛn we mi sol de insay ɛn di kev we de  
mek a nɔ tɔk natin, a de si Gɔd in prezɛns ɛn a de fil In blɛsin  
we go de sote go

ɛn a go drink frɔm in klin spring dɛn we nɔ de ɛva stɔp ɔ  
rɔn dray fɔ sote go A go go dip dip wan insay di si we de tink  
ɛn tink bɔt Gɔd

Tide a fɛn di pal dɛn we gɛt sɛns ɛn divayn gladi at  
Masta, gi mi spirit we gɛt fri-an  
Fɔ sheb wetin a gɛt wit ɔda pipul dɛn  
ɛn ɛp mi fɔ si insay di lek we stil de na mi maynd  
Wan spiritual mun riflekshɔn, we de shayn wit di layt we  
yu de wit

Tide a go go dip dip wan insay di si we de tink gud wan  
en tink bot God

Tide a fen di pal den we get sens en divayn gladi at  
A go lek yu, Masta, pas eni oda tin  
Bikos if yu no de a no ebul fo lek enibodi o enitin  
A go woship Yu, O Masta, we in lov no get wan  
kompitishon

Na di tron fo olman we get gud at en we get lov  
Insay layf en insay day  
Insay tem we wi at pwel en we tin tranga  
Mi fet pan yu, Masta, stil de  
Strong en i no de shek  
Fam en no de shek shek

Evri briz we a de blo fo mi long en beg  
Doa en winda den de opin insay mi sol  
From am a de pas to God in blesin  
Jos lek aw di san de shayn  
Na di rod den we buku pipul den kin pas  
Na so a go no di raytin fo di divayn lov  
Na ol di say den we pipul den kin buku  
Fo di tin den we a kin du evride  
Masta, bles mi  
Fo wek mi sol wit di dawn  
En a de bring am to yu blesin treshol

\* \* \*

God na kosmik stilnes  
We oltin de sho insef  
From am ol di aydia den we get sens de komot  
So a go tray fo praktis fo get kol at  
So dat a go fil in gladi gladi prezens  
A no se God de lisin  
Fo evri wispa fo mi long  
Na lov we olman get  
Tru di divayn lov  
A kin fen am

Tru lɔv, di pɔsin we de luk fɔ am kin kam nia Gɔd mɔ ɛn

mɔ

I de drink frɔm di oli spring dɛn we de mek pɔsin gladi

Masta, ɛp mi

Fɔ chaj mi bɔdi

Yu kosmik kad

ɛn fɔ mɛn di maynd

Wit fos ɛn optimism

ɛn mɛn di sol

Tru spiritual perceptions we dɛn bɔn frɔm

kɔntemplɛshɔn

Mek wi no, O Masta

Dat di tin dɛn we pɔsin kin gɛt we i de fil na sɔntin we de

ɔp ɛn i nɔ kin te

Wail di gladi gladi we di sol gɛt

I rial ɛn dɛn kin mek am nyu ɔltɛm

Gɔd nɔto jɔs wɔd we wi kin tɔk

Bifo dat, na di men tin we de insay layf ɛn di sikrit we de

mek pɔsin de

Sɔntɛm wi nɔ go no aw i big pasmak

Bɔt wi kin no se i de de

ɛn wi kin si se i de de

Tide a go adorn di oli ples we gɛt kol at

Wit di flawa dɛn we Gɔd want

ɛn a de kol Am, di Gɔd we gɛt lɔv ɛn gladi-at

A de aks Gɔd fɔ sho inɛf to mi

Tru mi spiritual yay dɛn

Mek a si in layt de skata

Na ɔl di kɔna dɛn na di wan ol wɔl

A go imajin di impɔtant tin dɛn we a nid

A go aktiv mi wilpawa ɛn kriaytiv abiliti

A de peshɛnt ɛn peshɛnt

So dat a go ebul fɔ rich mi gol wit Gɔd in gudnɛs ɛn ɛp

A no se na we pɔsin nɔ ebul fɔ du natin, i kin mek pɔsin

nɔ gladi

So, a go du mi bɛst  
Fɔ ɡɛt ɡladi at we go de sote go  
Na bay we dɛn nɔ alaw ɛnitin  
Na bay we i de mɔna mi ɛn ambɔɡ mi joyn fɔ ɡɛt  
sakraifays

A go drɔ maynd map fɔ smɔl smɔl tin dɛn  
ɛn a de wok fɔ ɛmbodi am  
Tide a go ebul fɔ aɟst mi big drim dɛn  
Wit In ɛp, mek dɛn es am ɔp  
Wi na raytin fɔ di Wan we mek ɔltin in layt  
Wi de liv fɔ smɔl tɛm insay bɔdi we wi de si  
Di rayt dɛn fɔ go bak usay dɛn kɔmɔt  
Dis nɔ min se di bɔdi nɔ ɡɛt ɛni valyu  
Bifo dat, wi nɔ fɔ tink  
Wi de ɔnda am ɛn di tin dɛn we i nɔ ebul fɔ du  
Gɔd nɔ de sho se i nɔ lɛk ɛnibɔdi  
Bifo dat, i de ansa tru wan lɔ we nɔ chenɟ ɛn we nɔ de  
chenɟ

ɛnibɔdi we nɔ fala Gɔd in lɔ  
I de briɟ pɔnishment ɛn sɔfa pan inɛf  
ɛn ɛnibɔdi we de liv akɔdin to da lɔ de  
Gɔd go blɛs am ɛn ansa in prea  
Tru pis ɛn ɡladi at we de insay pɔsin in at  
A go pre frɔm mi at  
A kin yuz mi wil ɔltɛm  
Te a ɡɛt ansa dɛn we satisfay ɛn we go du fɔ mi prea  
dɛn

Sɛntral fɔ Spiritual Awareness na di Frɔnt  
If a rili tray fɔ no di trut, Gɔd go mek am izi fɔ mi fɔ no  
am, ɛn a go satisfay  
ɛn ansa dɛn we go mek a satisfay to ɔl di kwɛstyɔn ɛn  
kwɛstyɔn dɛn we kin kam na mi maynd  
Di sɛnt fɔ spiritual awareness de na di fɔrɛst, bitwin di  
aybrɔw, usay di spiritual yay de, we na di ɡɛt fɔ di kinɔm fɔ  
di spirit So, a go pe atɛnshɔn pan dis pɔynt

A no se mi kɔnshɛns de chenj wit di chenj we de apin na  
mi envayrɔmənt, ɛn dat mek we mi envayrɔmənt pɔyzin mi  
wit ilyushɔn ɛn lay lay tin, a go chenj am to bɛtɛ  
envayrɔmənt

Di sikrit fɔ mek wi kɔntinyu fɔ bi padi  
Wan pan di student dɛn tɛl di ticha Paramhansa se:

."Masta, i at fɔ kip di padi biznɛs we a de mek  
:Di ticha bin ansa se

Pik yu kɔmpin dɛn fayn fayn wan Bi padi ɛn fetful to dɛn,  
bɔt ɔltɛm kip sɔm distans

Mek fɔ rɛspɛkt unasɛf bi di link bitwin yu ɛn dɛn, ɛn nɔ  
pas di say we yu fɔ du wetin rayt wit dɛn  
I izi fɔ mek yu gɛt gud padi biznɛs wit ɔda pipul dɛn, bɔt  
if yu want fɔ kɔntinyu fɔ lɛk dɛn ɛn rɛspɛkt dɛn, yu fɔ fala dis  
advays

ɛnibɔdi we rɔb di magnet na in sol agens di kɔsmik  
magnet wit dip kɔnsɛntreshɔn de bi pat pan da magnet de,  
gɛt in prɔpati dɛn, ɛn brɪŋ ɔl wetin gud ɛn rayt to insɛf

Di tin dɛn we pɔsin kin tɔk bɔt insɛf

A go mek a sabi fɔ pe atɛnshɔn ɛn tink gud wan, a go rid  
buk dɛn we go ɛp mi ɛn gud tin dɛn, ɛn a go tink mɔ bɔt aw  
ɔda pipul dɛn de fil

A go gladi fɔ ɔl di gud tin dɛn we Gɔd dɔn gi mi ɛn a nɔ  
go wet fɔ bad bad tin dɛn fɔ mek a mɛmba di bɔku blɛsin dɛn  
we di Wan we gɛt fri-an dɔn gi mi

Tide a go tray fɔ bi spiritual magnet usay a go brɪŋ gud  
to misɛf akɔdin to di trɛnk fɔ atrakshɔn we a gɛt

ɔltin we gɛt fɔ du wit di bɔdi kin rɔtin, ɛn ɔltin we gɛt fɔ  
du wit di sol nɔ de day ɛn nɔ de pwɛl So, a nɔ go tink bɔt tin  
dɛn we gɛt fɔ du wit mɔtalman fɔs na mi layf

If a luk fɔ Gɔd fɔs, ɔl wetin a want go bi, ɛn i nɔ go mata  
if a de na wan fayn fayn pales ɔ ɔmbul kɔtjɛ Mi kɔnshɛns go  
bɔku ɛn mi spiritual ɔndastandin go blo if a liv wit ɔnɛs, sinsi,  
ɛn integriti, ɛn if a kɔrej ɔda pipul dɛn ɛn gi dɛn sɔri-at,  
gudnɛs, lɔv, ɛn ɛnkɔrejment pan layf in joyn

\* \* \*

Wan pan di student den aks se: "Ticha, yu tink se sol kin  
"?lɔs sote go  
:Mista Paramhansa bin ansa se  
I nɔ pɔsibul! Bikɔs evri sol na pat pan Gɔd we nɔ go"  
ebul fɔ separet en na dat mek i de sote go, i nɔ de day, i nɔ  
."de rɔtin

Wan pan di disaypul den nɔ bin tray tranga wan fɔ fɛn  
sayn den we de sho se i de go bifo pan Gɔd biznɛs, so di  
:ticha tɛl am se  
If yu plant sid en dig am evride fɔ chɛk aw i de gro, in"  
."rut nɔ go tek ol na di grɔn en i nɔ go gro

Tek kia ɔf am di rayt we, bɔt nɔ want fɔ no mɔ

Smɔl Tin den bɔt Spiritual No

**Fɔ di ticha we gɛt sɛns**

**Paramhansa Yogananda, we de wok fɔ yu**

**ɔl di no we mɔtalman want fɔ gɛt, insay evri  
branch pan sayɛns en art, ivin di sikrit den bɔt di atɔm  
Di istri bɔt di yunivas en di mɔtalman rays, ɔl de  
insay di ɛtɛ insay di fɔm fɔ vaybreshɔn**

**Den vaybreshɔn ya de rawnd wi, en we de fɔ akses  
den dairekt Dis na tru di insayt we di sol gɛt**

**Dis na di ej fɔ lɔjik Den fɔ tek tɛm en tek tɛm luk ɔl  
ɛksperiɛns fɔ mek den ɔndastand am**

**En bay we wi ɔndastand wetin de insay, den kin  
ebul fɔ win di barɛri fɔ ilyushɔn Rizin de fɔ ɔltin, en  
insay dis tɛm we den de analays, .**

**Wi fɔ wok fɔ mek wi ɔndastand da we de**

**A kin go insay wan stet fɔ spiritual ɛkstazi bay we  
a de chant:**

**"Gɔd, Gɔd, Gɔd".**

**A kin go insay da stet de tru meditashɔn**

**ɔ bay we yu si wan fayn fayn ples we de na di wɔl**

**Ɔ bay we yu luk wan fes we de shayn wit di layt en  
lov we Gɔd gɛt**

**\* \* \***

**Wi de it di tin we wi no bay we wi ɔndastand en  
enjoy am Dɔn wi kin tɔn to fɔ fɛn di tin dɛn we wi nɔ no  
bikɔs di tin we wi no nɔ de du am**

**I de gi wi satisfay we go de sote go If i gi wi da  
satisfayshɔn de, wi nɔ bin fɔ dɔn de na dis planɛt we  
na di Wɔl fɔ lɔng tɛm so**

**Fɔ satisfay ɔltɛm wit wetin dɛn sabi we yu nɔ gɛt  
vishɔn fɔ tumara bambay, we yu nɔ tray fɔ mek yu  
bɛtɛ, en we yu nɔ gɛt di spirit fɔ du sɔntin fɔ fɛn ɔltin**

**If dɛn nɔ bin gɛt di tin we go mek dɛn tink en  
ɛksplen, di tin dɛn we mɔtalman nɔ go ebul fɔ du en  
we nɔ go ebul fɔ du natin, en bikɔs ɔf dat, dɛn go  
dɔnawe wit dɛn**

**En i de fade**

**\* \* \***

**I tan lɛk se layf na ya nɔ gɛt natin en i nɔ gɛt  
wanwɔd te wi rich na di shore usay sef de**

**Wi nɔ fɔ put wi op pan di tin dɛn we wi want fɔ du  
na di wɔl we nɔ de te en di tin dɛn we wi gɛt fɔ du wit  
tin dɛn we nɔ izi fɔ du**

**Dɛn kayn smɔl smɔl tin dɛn ya we wi nɔ kin no, kin  
mek wi fa frɔm di men tin we wi want fɔ du**

**Jɔs lɛk aw i de distans wi bak frɔm wi tru tru sɛf  
Di bi de wok tranga wan en rɛdi fɔ tranga tɛm en  
we winta kam, i kin enjoy wetin i dɔn kip frɔm di  
spring avɛst**

**En insay di sɔmma**

**So, wi fɔ lan aw fɔ gɛda di ɔni we de mek Gɔd gɛt  
pis en di ebul fɔ bia wit problem dɛn we nɔ izi fɔ wi**

**Wi kin mit dɛn na layf**

**\* \* \***

**Insay dis wɔl we de chenj chenj**

I ful-ɔp wit prɔblɛm dɛn ɛn tin dɛn we nɔ sho  
Yu fil so yu wan Na Gɔd nɔmɔ nɔ go lɛf yu  
Di op dɛn we yu gɛt nɔ go pwɛl  
Masta, blɛs mi

Fɔ mɛn di sid dɛn we de mek pɔsin gɛt trɛnk na  
Gɔd in yay ɛn fɔ mek i gɛt sakrifays

Ayd insay mi

ɛn so dat a go yuz am di we we go mek una gladi

\* \* \*

Wan wan tɛm, pɔsin fɔ lɛf ɔltin biɛn fɔ de in wan  
wit insɛf, so dat i go tink bɔt wetin mek i want  
layf

Bɔku pipul dɛn de drɛf insay wan kɔrɛnt we gɛt  
tradishɔn ɛn patɛns; fɔ tru, dɛn nɔ ɛva rili liv dɛn yon  
layf

Dɛn de liv di layf na di wɔl So wetin dɛn dɔn ajɔst,  
ɛn usay dɛn dɔn dɔn?

So, i fayn fɔ mek pɔsin pul insɛf kɔmɔt pan di wok  
ɛn "duti" dɛn we i de du ɛvrɪde wan wan tɛm fɔ mek i  
go gɛt pis

In maynd de rɔtin, ɛn i de tray fɔ ɔndastand insɛf  
ɛn disayd di gol we i want fɔ rich

\* \* \*

ɛnibɔdi we lɛk Gɔd, ɛn dat mek i lɛk ɔlman, nɔ min  
se i lɛk ɔda pipul dɛn mistek ɛn fɔlt

Di wan we lɛk Gɔd kin tinap tranga wan pan In lɔ  
dɛn We a kam fɔ no se di tin dɛn we a de du na fɔ Gɔd,  
di filin we a bin gɛt fɔ se sɔntɛm di tin dɛn we a biliv  
nɔ rayt, nɔ bin de igen

A rɛdi fɔ mek dɛn kɔrɛkt mi we a nɔ rayt, bɔt we a  
rayt, a nɔ go lɛf dat

Fɔ fil insay pɔsin in at

Da filin de nɔto bikɔs ɔf filin bɔt i kɔmɔt frɔm di  
trut, ɛn dat mek i de mek a biliv tranga wan ɛn mek a  
tinap tranga wan fɔ disayd



If pɔsin nɔ put ɔda pipul dɛn wɛlbɔdi insay in  
prɔsperiti, i nɔ go no wetin i min fɔ liv fayn layf

Wetin a min na fɔ rili want fɔ ɛp ɔda pipul dɛn so  
dat dɛn go ɛp dɛnsɛf Dɔn yu go fɛn wan tin we nɔ de  
dɔn

Gud tin dɛn we yu de du kin wok na yu layf  
Ilɛk uskayn tin yu de go tru, da lɔ de go wok fɔ yu  
ɔltɛm ɛn gi yu ɔl wetin yu nid

\* \* \*

Dip sinsiti impɔtant na di spiritual rod Bikɔs insay  
klin ɛn trut di dawn fɔ di sol de brok

\* \* \*

We yu de nia pɔsin we yu lɛk, yu kin no wetin dɛn  
de tink bɔt, bɔt yu nɔ go ebul fɔ no wetin pɔsin we de  
fa fawe de tink

I pas yu pas yu gɛt sofistikeyt sɛns fil  
Di wan dɛn we kin praktis ɔltɛm fɔ kɔnsɛntret ɛn  
tink gud wan kin fil kol ɛn dɛn kin tink gud wan bikɔs  
ɔf dat

Bikɔs dɛn de du sayɛns, dɛn kin ebul fɔ no wetin  
ɔda pipul dɛn de tink ɛn wetin dɛn want fɔ du ivin frɔm  
fa fa say

!

I bin kam bak wit ɛmti an  
Wan stori we kɔmɔt frɔm wetin Masta  
Paramhansa bin tich

We wan pan di kin dɛn in gyal pikin rich di ej we i  
go ebul fɔ mared, in papa we na di kin, bin mek wan  
kɔndishɔn we ɛnibɔdi we want in an fɔ mared fɔ mit

Di tin we i du Di kɔndishɔn na fɔ mek ɛnibɔdi we  
go want fɔ mared am go tif sɔntin we nɔbɔdi nɔ no

Di de we dɛn bin dɔn pik, di wan dɛn we de tɔk bin  
kɔmɔt ɔlsay, ɛn dɛn bin de kam wit dɛn difrɛn tin dɛn  
we dɛn dɔn tif, ɛn ɛni wan pan dɛn bin de siŋ

**Sɔm pan dɛn na di op fɔ rich di gol bay we dɛn de du di kɔndishɔn**

**Dɔn wan yɔŋ man we nɔ gɛt natin fɔ in nem kam ɛn tɛl di kin se:**

**"Yu Majesty, wetin yu dɔn aks nɔ pɔsibul fɔ ajɔst Bikɔs if a fɔ tif sɔntin ɛn nɔbɔdi na di wɔl nɔ bin no bɔt wetin a du, bɔt...**

**Aweva, a go no bɔt am, ɛn dat na sɔntin we a nɔ go ebul fɔ du".**

**Di kin bin rili gladi fɔ wetin di yɔŋ man tɔk ɛn i ansa se:**

**"Yu na di wan we fit mi gyal pikin, bikos yu don fulfil di kondishon and yu fit bi mi son-in-law and heir".**

**\* \* \***

**Possessiveness is counterproductive We wan man ɔ uman tray fɔ kɔntrol di ɔda wan, na sayn fɔ se i nɔ ebul fɔ kɔntrol insɛf**

**lɔv**

**Bɔt we dɛn sho dɛn lɔv wit rial, padi kia, tek tɛm tink bɔt aw dɛn de fil, ɛn rili want fɔ mek di ɔda pɔsin gladi**

**Lɔv kin gɛt wan fayn kwaliti, ɛn insay dis kayn rilayshɔnship wi kin si smɔl bɔt Gɔd in lɔv**

**\* \* \***

**Di rod fɔ go to Gɔd na di rod we simpul ɛn izi, bɔt stil na smɔl pipul dɛn nɔmɔ de waka pan am pan ɔl we dɛn de du di ritual dɛn**

**ɛn di bɔku bɔku fɔmaliti dɛn**

**I bɛtɛ fɔ tɔn wi at to Gɔd ɛn aks am fɔ wetin bɛtɛ ɛn we go las fɔ wi**

**Fɔ tru, Gɔd de wet fɔ wi bikɔs i want fɔ mek wi nɔ de nia wikɛd ples dɛn we wi kin du bad bad tin dɛn ɛn di bad bad tin dɛn we kin apin to wi**

**I want wi wit am na wi at en maynd bikɔs di smɔl  
smɔl tin dɛn we de na dis wɔl nɔ go ebul fɔ satisfay  
mɔtalman want ɔ ful-ɔp di spiritual void**

**Dat we i de fil dip insay in at**

**Gɔd de tɔk to wi ɔltɛm, bɔt na smɔl pipul dɛn nɔmɔ  
de yɛri in vɔys**

**Bɔku tɛm, da kwayɛt vɔys de kin drawn bikɔs ɔf di  
kray kray we pipul dɛn kin tink bɔt we de mek nɔys en  
di tin dɛn we pɔsin kin want fɔ du klia wan**

**Bɔt we di tin dɛn we wi de tink bɔt dɔn stɔp en di  
tin dɛn we wi want fɔ du, wi kin yɛri Gɔd in vɔys klia  
wan, pan ɔl we i nɔ tɔk natin en i nɔ gɛt natin**

**Fɔ tru, Gɔd de du ɔltin fɔ ɛp mɔtalman; I de opin  
domɔt dɛn en layt di rod dɛn so dat wi go si usay wi fɔ  
step**

**I de stɔp, bɔt in fut nɔ de slip; bɔt bɔku pipul dɛn  
nɔ kin no dis tru tin**

**\* \* \***

**De we lɔs na de we de pas we yu nɔ de tink bɔt  
Gɔd en luk fɔ wetin i gladi**

**\* \* \***

**Lɔv na spring we de flɔ ɔltɛm frɔm bɔku bɔku  
watawɛl dɛn en we di at in opin dɛn kin blok bikɔs ɔf di  
bad we aw pɔsin de biev**

**Wi de si am de gush bɔku bɔku wan frɔm ɔda at  
Bɔt di tink se lɔv de day na ɛni at**

**Na fɔ nɔ no bɔt di we aw lɔv de ɔlsay na di wɔl  
Chanɛl dɛn fɔ lɔv nɔ fɔ blok bay di rɔng tin dɛn we  
pɔsin de du**

**En afta dat, pɔsin kin sip di klin wata we Gɔd lɛk  
Di flɔ frɔm ɔl di gud at dɛn**

**\* \* \***

**Pipul wae dɛn dɔn kɔt dɛn finga kin fil lɛk se i stil  
de En ɔlman we dɔn lɔs wan an**

**Wi no dis filin**

wan hidden, ethereal counterpart ɔ counterpart de  
to evri ɔgan na di bɔdi Bihayn di fyzikal at de wan  
hidden hat

If i nɔ bin de, di at we wi kin si nɔ bin fɔ ebul fɔ bit  
mɔtalman gɛt ɔgan dɛm we wi nɔ de si lɛk fɔ si,  
yɛri, bren, bon dɛm, ɛn ethereal nerves dɛn ɔgan dɛm,  
we na

As tisu dɛm fɔ layt ɛn aktiviti, dɛn de mek di  
planɛt bɔdi fɔ di mɔtalman we wi nɔ de si

Di planɛt ɔ ɛtɛrik bɔdi rili fiba di fizik bɔdi we wi  
kin si Di difrɛns na dat in layt, impɔtant fɔm

I rili fayn

\* \* \*

We pɔsin sho se i gɛt rayt fɔ rul insɛf, di win we i  
win pas di win we pɔsin we de rul ɔltin win, bikɔs na  
win

I tinap lɔng bifo di kɔt fɔ kɔnshɛns

Aydia na di juri ɛn man na di difendant

Pɔsin fɔ ansa insɛf ɛvrɪde, ɛn i go si se di mɔ we in  
kɔnshɛns de kɔrɛkt am ɛn pɔnish am, na di mɔ i go  
tray fɔ mek insɛf bɛtɛ

Di mɔ we pɔsin de tɔk fayn, ɔnɛs, ɛn rayt tin, na di  
mɔ i go gɛt sakrifays ɛn win na layf

\* \* \*

Di wan dɛn we de dip dip wan fɔ fɛn ɔl di kɔsmik  
kɔnshɛns ɔtomɛtik wan de divɛlɔp spɛshal spiritual  
abiliti ɛn kɔntrol pan pawa dɛn

Natural Bɔt no pɔsin we dɔn gɛt tru tru no bɔt Gɔd  
nɔ de yuz in pawa fɔ bost ɛn sho insɛf, we nɔ gɛt sɛns  
ɔ

Bi pɔsin we gɛt sɛns

Di wan dɛn we gɛt sɛns ɔndastand se na Gɔd nɔmɔ  
de ɛgzis ɛn wit ɔmbul, dɛn de atribyut to Am di ɛkstra  
ɔdinari gift dɛn we dɛn dɔn gi

Dɛn fɔ du am

**Yu nɔ tink se ɔltin we de na mirekul? En yu nɔ tink se mɔtalman, jɔs bikɔs i de, na mirekul bak?**

**If mɔtalman nɔ satisfay wit ɔl di wɔndaful tin dɛn we Gɔd dɔn mek, wetin mek di oli wan dɛn fɔ du mɔ? Mirekul dɛn?**

**Gɔd in oli pipul dɛn we de du wetin rayt nɔ de du natin pas Gɔd tɛl dɛn fɔ du dat, en fɔ rizin dɛn we nɔ izi fɔ ɔndastand en we nɔ izi fɔ ɔndastand**

**Sɔntɛnde, fɔ ɔndastand na di men tin**

**\* \* \***

**We wi no se di abiliti dɛn we wi nid, ilɛksɛf na fɔ tink, fɔ tɔk, fɔ fil, ɔ fɔ du sɔntin, ɔl na frɔm Gɔd, en dat**

**I de wit wi ɔltɛm, inspekt en gayd wi, en wi kin get fridɔm wantɛm wantɛm frɔm saykolojik strɛs**

**Wit dis rializashɔn kin kam flash dɛn fɔ gladi, en sɔntɛnde wan dip, instantly dispelling enlightenment flood di pɔsin in bi**

**Tin dɛn we pɔsin kin tink bɔt fɔ fred**

**Gɔd in pawa tan lɛk di si, i de rɔn en i de rɔn, i de swip di at insay wan klin we i de klin, en i de pul ɔl di tin dɛn we de ambɔg am we pɔsin nɔ de tink**

**Insay dawt, fred, en fred**

**Man tink se na jɔs bɔdi we pɔsin kin si en nɔto pas dat, bɔt dis na ilyushɔn we pɔsin kin ebul fɔ win if i tɔch in tru tru sɛf**

**Spiritualiti tru meditashɔn Dɔn yu go no se di bɔdi nɔto natin pas bɔbul fɔ aktiviti we de flɔt na di si**

**Di kosmik we de na di wɔl**

**\* \* \***

**If di si we di wata de kɔmɔt nɔ bin de, di wef dɛn nɔ bin fɔ de**

**So, wi fɔ no en tɔch di divayn ocean we de sɔpɔt di wef dɛn na wi layf we de kɔmɔt frɔm am**

**\* \* \***

**Tink na pawa lek ilektrishon, en saykolojik stet den  
get fo du wit tink en di we aw posin de tink**

**Ilektrishon kin benifit en i kin ambog Enibodi we  
sabi yuz am fayn de put am na den savis, odasay i kin  
mek den get elektrik**

**Semweso, if posin de tink di rayt we, i de mek di  
posin we get am gladi; if noto dat, den kin bring bad tin  
to am**

**Plaba**

**Tink tan lek wayl os, bot stil fo tam am no posibul,  
en fo tink gud wan na wan we fo kontrol am**

**Na bay we yu tink bot am**

**Fo tink gud wan na tayt padi, en fo tink gud wan  
na enimi oltem**

**We posin tink gud wan, i kin mek pis en sef, en we  
posin no tink fayn, i kin mek aro den we kin kil den en  
we kin kam bak pan den ona tu tem**

**Den se di blesin we den go gi am, fiba di tin we  
den du**

**As long as posin de sen gud tin fo du, di tin den we  
i de tink bot go chenj to toch den we de layt di rum  
den na di sol en pul di daknes komot**

**Don i kin fil bad bad wan**

**In yay den bin de shayn wit smayl we de sho se i  
satisfay!**

**\* \* \***

**Bles wi, O Masta**

**So dat wi go opin wi at to wisef**

**Le wi mek wi no klia wan wetin wi want fo du**

**Sontem wi fit fo get Yu protekshon en kia Rivel  
Yusef, insay en na do Le wi sin Yu blesin nem Dispel di  
daknes fo ignorance wit Yu oli layt Ben di daknes from  
wi maynd**

**Wit di layt we de shayn en we de buku we yu de  
de**

Wit tru tru at den we get wanwɔd  
En di lɔng we wi sol den we get wanwɔd get  
Wi de butu bifo Yu, de aks fɔ Yu ep en gayd  
En di kɔnstant awareness fɔ yu prezens insay wi  
sol To yu wi de gi ɔl wi lɔv, ɔna, en lɔng

Bikɔs yu na wi pɔsin we wi lɛk en ɔl wetin wi get  
na dis wan ol wɔl

God dɔn gi wi spiritual lɔ den we den kɔl  
"kɔmandment" Bɔt den lɔ ya de agens en brok evride  
en evride

ples

If pipul den nɔ ɔndastand wetin i min pan God  
biznes, den go de kɔmplen bɔt am ɔltɛm en tɔn den  
bak pan am

Den lɔ ya na kɔd fɔ biev we nɔ de chenj we ɔl di  
rilijɔn den we Ebraam bin gri wit Bɔt bɔku tɛm den nɔ  
kin eksplen di skripchɔ den

Di saykolojik aspek fɔ den kɔmandment ya en di  
benifit den we get fɔ du wit fɔ fala den

Pipul den kin tek am na ples den we den kin  
wɔship bɔt den nɔ kin du wetin den se ausayd den ples  
den de, en den kin jɔstify dis bay we den kin se den

Di ruling den nɔ pɔsibul, den nɔ mek sɛns, en den  
nɔ fit di spirit we de insay da tɛm de

Bɔt, we pɔsin nɔ fala den lɔ den de, na in na di  
men tin we de mek ɔl di bad bad tin den we de apin na  
di wɔl de mek pipul den sɔfa

Pɔsin nɔ fɔ pwɛl ɔda pipul den rayt, ɔ tek in land,  
pis, lɔv, ɔ rɛspɛkt

ɔ eni wan pan den prɔpati den we pɔsin kin si en  
we pɔsin nɔ kin si

If yu nɔ fil se yu want fɔ tek wetin nɔto yu yon,  
dat min se wetin yu nid ɔ want go kam to yu

Tif kin begin fɔs na in maynd we pɔsin begin fɔ jɛlɔs  
ɔda pipul den

**Di sid den fɔ di bad tin den we pɔsin want fɔ du, fɔ  
kɔmɔt na di maynd**

**Spiritual altruism na di we den di pɔsin go  
ɔtometik atrak bɔku tin en blesin go fɔ to am frɔm ɔl  
di say den**

**I no en i nɔ no**

**Na divayn lɔ we nɔ gɛt mistek Bɔt tifman en pipul  
den we de tink bɔt dɛnsɛf nɔmɔ kin spɛn den layf fɔ  
rɔnata prɔpati, den yay de pan ɔltɛm**

**Wetin ɔda pipul den gɛt, ilɛksɛf den kɔf ful-ɔp wit  
gold**

**If den nɔ lɛf fɔ bisin bɔt prɔpati, di wɔl nɔ go ebul  
fɔ no gladi at**

**\*\*\* .**

**If yu na pɔsin we lɛk Gɔd en yu want fɔ ɛksperiɛns  
in prezɛns, yu fɔ put yu maynd en bɔdi insay In pis, en  
I go smayl pan yu**

**Laif de impɔtant fɔ yu pan bɔku we den**

**Pɔsin we gɛt kol at nɔ kin mek mistek, en i kin win  
usay bɔku bɔku ɔda pipul den nɔ kin ebul fɔ du am**

**Di wan den we nɔ de tink bɔt Gɔd ɔ bisin bɔt am  
kin gɛt pwɛl at en den kin sɔfa; den kin vɛks en tɔn to  
sɔntin we tan lɛk mashin**

**Animayt we den mek**

**Di san we gɛt sɛns en pis go kɔmɔt na di skay we  
gɛt kol at en i go was yu bɔdi wit in raytin we de mɛn  
as lɔng as yu de tray tranga wan**

**Na spiritual tin, en gi Gɔd fɔs ples na yu at**

**\* \* \***

**Pɔsin nɔ fɔ pwɛl ɔda pipul den rayt, ɔ tek in land,  
pis, lɔv, ɔ rɛspɛkt**

**ɔ ɛni wan pan den prɔpati den we pɔsin kin si en  
we pɔsin nɔ kin si**

**If yu nɔ fil se yu want fɔ tek wetin nɔto yu yon,  
dat min se wetin yu nid ɔ want go kam to yu**



**Tif kin bigin fɔs na in maynd we pɔsin bigin fɔ jɛɔs  
ɔda pipul dɛn**

**Di sid dɛn fɔ di bad tin dɛn we pɔsin want fɔ du, fɔ  
kɔmɔt na di maynd**

**Spiritual altruism na di we den di pɔsin go  
ɔtomɛtik atrak bɔku tin ɛn blɛsin go flɔ to am frɔm ɔl  
di say dɛn**

**I no ɛn i nɔ no**

**Na divayn lɔ we nɔ gɛt mistek Bɔt tifman ɛn pipul  
dɛn we de tink bɔt dɛnsɛf nɔmɔ kin spɛn dɛn layf fɔ  
rɔnata prɔpati, dɛn yay de pan ɔltɛm**

**Wetin ɔda pipul dɛn gɛt, ilɛksɛf dɛn kɔf ful-ɔp wit  
gold**

**If dɛn nɔ lɛf fɔ bisin bɔt prɔpati, di wɔl nɔ go ebul  
fɔ no gladi at**

**\* \* \***

**Oh, Masta**

**Na di layt we mi fambul in slɛnd kandul gɛt**

**Rid yu gold buk**

**Kipa in di vault fɔ mi sol**

**Tru di ej ɛn tɛm**

**Yu oli lɔv bin de, O Gɔd, ɛn i go de sote go**

**Di kandul we wi nɔ de si we de mek pis**

**We de pul mi daknɛs**

**En yu sho mi de sikrit lain dem**

**Dɛn rayt am na di pej dɛn na mi at**

**\* \* \***

**Ful di vessel na mi maynd wit yu divain waes**

**Fil di bɔtul fɔ mi imɔshɔn dɛn wit yu sɔri-at**

**Ful di basket fɔ mi sol wit di frut dɛn fɔ Yu blɛsin  
no**

**Yuz di vessel na mi layf fɔ ful am wit yu lɔv**

**ɛn tɔn am insay ɔda pipul dɛn sol Mek mi  
awareness flɔ ɔlsay**

**Fɔ solv insay Yu big ɛgzistens**

**Na di rays fɔ dawn fɔ mi lɔv  
Fɔ lɔng tɛm fɔ yu de kɔmɔt frɔm di krak krak krak  
dɛn na mi at we dɔn brok**

**Fɔ mit di san fɔ yu lɔv we de shayn pan ɛgzistens  
ɛn tɛnki fɔ yu lɔv we de shayn  
Mi daknɛs dɔn chɛnj to layt ɛn kol at**

**\* \* \***

**O sta we de shayn  
ɛn di pɔsin we de wispa di aydia dɛn we gɛt  
wanwɔd**

**ɛn di pɔsin we lɛk am kɔmɔt frɔm gud at  
A nɔ de aks fɔ natin pas yu lɔv  
Na bikɔs na mi rayt ɛn na mi duty fɔ lɛk yu  
Yu na di fɔs tin we a de put fɔs na mi layf  
ɛn di fɔs tin we a want na mi at we a want, na fɔ  
yu**

**A bin fɛn mi gladi at tru yu  
ɛn fɔ mek yu gladi na di big tin we a dɔn du na mi  
layf**

**Frɔm di hymn fɔ divayn lɔv**

**\* \* \***

**We pɔsin fayn fayn wan in maynd wayales divays,  
afta dat i kin transmit ɛn gɛt mɛsej dɛn we i de tink  
bɔt**

**Di trɔbul we pɔsin kin gɛt na in maynd, we i kin fil  
bad bad wan, ɛn we i kin gri fɔ kɔntrol di sɛns ɛn wetin  
dɛn want ɔl dɛn tin ya kin ambɔg pɔsin**

**I de ambɔg di maynd wayales, pan ɔl we dip kol  
at, kwayɛt, fɔ pe atɛnshɔn, ɛn fɔ du ɛksɛsayz na  
impɔtant tin dɛn fɔ mek pɔsin gɛt pafɛkt wanwɔd**

**Jɔs lɛk aw vɔys dɛn de travul na di ɛtɛ, na so wi  
tink dɛn de travul tru di ɛtɛ we de na di kɔsmik  
kɔnshɛns we de rawnd wi ɛn ɔltin we de insay**

**Ɛgzistens Fɔs ɛn di men tin, pɔsin fɔ gri wit Gɔd,  
ɛn di fɔs mɛsej we dɛn fɔ tɛl am fɔ bi:**

**"A lɛk yu, mi Masta, wit lɔv we nɔ ikwal".**

**\* \* \***

**O divayn pɔsin we de mek kle**

**Na di wil fɔ layf, dɛn de mek bɔku bɔku mɔtalman  
bɔdi dɛn we difrɛn ɛn we nɔ fiba: dɛn kin mek dɛn bɔdi  
we nɔ gɛt bɛtɛ trɛnk**

**Fɔ di mɔtalman sol we nɔ de day**

**Yu ayd krieshɔn faktri de mek ɔltin: ɔl di fɔnicha  
ɛn fɔnishin dɛn we yu mɔtalman pikin dɛn nid fɔ dɛn  
os**

**Na bɔdi, maynd, ɛn spiritual tin dɛn**

**Yu na di pɔsin we mek, prodyuz, ɛn sho di tin dɛn  
we nature de mek insay dɛn sizin!**

**Yu na di Masta we de na ɛvin we rili valyu di tray  
we dɛn de tray fɔ gɛt valyu tin dɛn we gɛt fɔ du wit  
Gɔd biznɛs**

**Ɛn i impɔtant fɔ liv fayn layf**

**Yu kɔpɔraytiv plan de sho se man fɔ wok fɔ fit ɛn  
ɛnjɔy Yu blɛsin dɛn; i fɔ gi**

**Mɔni ɔ wok na di grɔn fɔ gɛt it we gɛt fayn fayn tin  
dɛn ɛn fɔ tek tɛm ɛn fɔ mek yu gɛt mɔdareshɔn fɔ mek  
yu gɛt wɛlbɔdi**

**Jɔs lɛk aw i fɔ pe mɔni fɔ stɔdi ɛn fɔ kɔrɛkt insɛf fɔ  
gɛt inɔf kɔrɛnt fɔ layt ɛn trɛnk fɔ in os**

**Kɔrej we i kam pan Gɔd biznɛs**

**I fɔ tray tranga wan ɛn aktiv wan bak fɔ go insay  
in insay fɔ fɛn di spring dɛn we Gɔd lɛk we de mek i nɔ  
tɔsti ɛn klin am**

**Di dɔst ɛn dɔti we de na di wɔl**

**Yu kin bay ɛn sɛl tin dɛn we yu gɛt, bɔt yu blɛsin  
dɛn rili valyu**

**I nɔ de fɔ sɛl ɔ bay!**

**Eni wan pan wi go wan de kam to in sɛns ɛn go  
bak to in divayn sɛf, no in oli ples usay i go kɔba am  
wit Yu gladi-at**

**Di wan we dɛn gi am wit fri-an we go de sote go!  
Frɔm "Whispers frɔm Eternity" we di sɛj  
Paramhansa Yogananda rayt**

**\* \* \***

**We wi ebul fɔ mek ɔda pipul dɛn biliv se wi lɛk dɛn  
ɛn we wi kin shɔ tru di prɔblɛm dɛn we tɛm ɛn ɔda  
tɛst dɛn kin gɛt**

**Sɔmbɔdi rili lɛk wi wit ɔl in at  
ɛn wi kin fil di sem we to da pɔsin de  
Nɔto fɔ yusɛf, bɔt jɔs fɔ fil di puls fɔ padi biznɛs  
Wi de si di riflɛkshɔn fɔ Gɔd ɛn wi de fil di prezɛns  
fɔ Gɔd**

**ɛn wi de yɛri Gɔd in vɔys insay da blɛsin padi  
biznɛs de**

**\* \* \***

**Sɔntɛnde, i kin tan lɛk se ɔltin de go fayn, so wi  
kin tink se di wɔl fayn ɛn wi de du tin fayn fayn wan**

**Bɔt, tɛm kin kam we wi kin fil se ɔltin de agɛns wi,  
ɛn dis na lɛsin fɔ mek wi mekɔp wi maynd mɔ ɛn fɔ  
mek wi no di tin dɛn we wi nɔ ebul fɔ du**

**Frɔm di say dɛn we i ayd**

**Bɔt bifo dat, wi kin fil bad bikɔs sɔntin dɔn mek wi  
nɔ ebul fɔ du wetin wi want Wi kin fil bad bikɔs wi nɔ  
ebul fɔ du am**

**Di tin dɛn we wi want kin mek wi fɔdɔm pan fit fɔ  
vɛks, ɛn wi maynd kin kɔnfyus Wi kin fɔgɛt wi ples ɛn  
lɔs wi sɛns, ɛn we wi de du sɔntin**

**If wi nɔ diskriminayt, di tin we kin apin na mistek  
ɛn sɔfa**

**If wi nɔ gri fɔ vɛks bikɔs ɔf di tin dɛn we kin apin  
na layf ɔ di wan dɛn we kin mek wi vɛks, wi kin si tin  
klia wan ɛn dil wit dɛn fayn fayn wan**

**Bete**

**\* \* \***

**God, insay in sori-at we no get end, de gi wi in  
gladi at en inspekshon**

**En i de gi wi rial layf**

**Tru tru sens**

**Tru gladi at**

**Tru ondestandin**

**Bot God in glori de sho nomo pan di spiritual kol at  
we di sol de fil en we di maynd de tray tranga wan fo  
mek i gri wit am**

**Na de wi tinap fes to fes wit di trut Na do,  
ilyushon tu strong, en na smol pipul den nomo ebul fo  
brok tru den**

**Fo pul di inflens we di eksternal envayroment get  
Di wol de kontinyu wit in komplisiti den we no get  
end en boku boku eksperiens den**

**God in voys de bien di we aw layf de apia, i de kol  
wi oltem en tok to wi from flawa en oli buk den en from**

**Wi konsheens, en tru ol di fayn fayn tin den we de  
mek layf fit fo liv**

**\* \* \***

**Klin wi metal, O alchemist we de na evin! Transform  
wi wickednes to trenk**

**En transform wi mistek den to rial we fo si di trut  
Transform di hideous debul den we wi selfish ambitions**

**To lofty, winged aspirations en wi penful  
ignorance, to oli sens en di bays raw matirial fo wi  
indolence**

**Fo klin gold from sublaym spiritual ajostment den**

**From ya en de**

**Di Sin fo di Wan den we Get Ekstatik**

**As di ticha Paramhansa Yogananda bin tok**

Trade trade, wan hermit bin de liv na Gɔd in domɔt I nɔ bin de prich ɔ gayd ɛnibɔdi, ɛn i nɔ bin de tɔk bɔt ɛnitin pas di divayn lɔv, we na in wangren tin we i bin de tink bɔt

ɛnisay we i go, i bin de prich se Gɔd in lɔv de bɔn dip insay am I bin de tɔk nɔmɔ we nid de, ɛn in wɔd dɛn nɔ bin de pas tu ɔ tri, bɔt stil bɔku bɔku pipul dɛn bin de fala am fɔ yɛri am de siŋ wit lɔng lɔng tɛm, dɛn bin want fɔ gɛt mɔ

O mi Masta, Yu na mi gol, ɛn mi lɔv fɔ Yu na mi ban

Mi sol ɛn mi at de want yu O ɔlɪmat gladi at fɔ mi

Wan tɛm, we i bin de waka na di vilej dɛn de siŋ in simpul siŋ, di man ɛn uman dɛn lɛf dɛn wok ɛn fala am, bɔt wan afta di ɔda wan bin fɔdɔm biɛn te i nɔ si dɛn igen

Dɔn i kam na wan big fam usay i si wan man de avɛst gren, ɛn i grit am se, "O harvester, O harvester" Di harvester ansa se, "Lɛf mi, man, nɔ tɔk to mi, bikɔs a bizi as yu si mi Go away frɔm mi, yu madman".

Bɔt i tɛl am se: "A nɔ de aks yu fɔ tɔk to mi, ɔl wetin a de aks yu na fɔ mek yu gladi fɔ mi ɛn jɔyn mi fɔ siŋ Yu go duya mek a gladi bay we yu rɪpit wit mi di nem fɔ mi divayn pɔsin we a lɛk, dɔn a go kɔmɔt?!"

Di pɔsin we de avɛst begin fɔ siŋ wit am, "O Masta, Yu na mi gol... ɛn mi lɔv fɔ Yu na mi ban..." I bin gladi, ɛn di sik fɔdɔm frɔm in an, ɛn i waka biɛn di madman, de siŋ wit gladi ɛn zil... ɛn ivin di bɔd dɛn fil gladi ɛn begin fɔ ala ɛn siŋ di antɛm fɔ lɛk Gɔd

As dɛn kɔntinyu fɔ waka, di uman we de avɛst in wɛf kam ɛn begin fɔ blem in man, se: "Wetin bad wit yu? Wetin dɔn go insay yu we yu de fala dis madman?" Bɔt i ansa se: "Se ɛnitin we yu want bɔt mi, bɔt siŋ wit mi, ivin jɔs wan tɛm" So i begin fɔ siŋ, ɛn dɛn tri siŋ togɛda wit zil ɛn gladi at

We dēn de siŋ, sōm vilej pipul dēn pas ēn jok bōt di tin we apin, se, "Na so bōku madman dēn de dis tēm!" Di hermit se to dem, "Una peshēnt, pipul dēm, fō jōj wi te una test wetin wi fil a de beg una, jōyn wi fō siŋ, dōn pas jōjment".

Dēn pipul ya bin jōyn dēn fō siŋ, ēn dēn bin gēt divayn lōv, ēn dēn begin fō siŋ di blēs in siŋ frōm di dip dip pat na dēn at ēn wit di rili want

Nyus bōt dēn bin skata ɔlsay na di rijōn, ēn wan ɔndrēd, tu ɔndrēd, tri ɔndrēd, ēn fayv ɔndrēd bin fala dēn, dēn bin de tray fō stōp ēn drēb dēn go, bōt ɔlman in at bin de ēko wit gladi at we pasmak ēn di lōng we bin de gro:

O mi Masta, Yu na mi gol, ēn mi lōv fō Yu na mi ban

Mi sol ēn mi at de want yu O ɔltime gladi at fō mi

Mek Gōd blēs una ēn mek una at gladi

Pis de fō una

## **Di Sēvin Filōsofa Dēn Diskōs bōt Mōtalman**

Di fōs pōsin we sabi bōt sayēns bin tōk se:

Man na di pinnacle of history, di ultimate gol of poem, ēn di liv, fri bond we de konekt nature to God

Di sēkōn masta sabi bukman bin tōk se:

Lē wi nō put mōtalman dōŋ ɔ put in rēspēkt dōŋ, bikōs pan ɔl we i dōn kam dōŋ frōm di ay ay ples dēn we pipul dēn kin si tin to di dip ples dēn we smōl pas ɔl, i stil de kēr insay in sol trays dēn fō da fōs glori ēn suprēm splēndo de – bikōs pan ɔl we i tan lēk di pila dēn we dōn brok brok na wan ol tēmpul, di fayn fayn tin dēn we di tēmpul gēt de sho ivin insay di ruins we lēf

Di tɔd masta sabi bukman bin tɔk se:

Man po ɛn jɛntri!

I rili sɔri ɛn i gɛt glori!

I rili kɔmpleks, ɛn i rili simpul!

Di nɔmba 4 masta sabi bukman bin tɔk se:

Mɔtalman na bɔku bɔku chaos, kɔntradikshɔn, ɛn pawa dɛn we de agens Pan ɔl we dɛn na ples fɔ kip di trut ɛn dɛn de gayd di sɛns we go de sote go, dɛn kɔba dɛn wit dawt ɛn dɛn vishɔn de klawd wit kɔnfyushɔn Pantap dat, dɛn de fred ɔltɛm fɔ di tin dɛn we dɛn nɔ no Dɛn na di prayz ɛn shem fɔ di wan ol wɔl di sem tɛm

Di nɔmba fayv man we sabi bɔt sayɛns bin tɔk se:

Di tin dɛn we mɔtalman want nɔ no usay, ɛn no bɔku jɛntri, ilɛksɛf i big, nɔ go ebul fɔ fulɔp am Pɔsin nɔ go gɛt stebul ɔ pis na in maynd te i no in gol, we na fɔ gri wit di Wan we mek am ɛn ɛnjoy fɔ de nia Am insay ɛvri mɔnt na in layf

Di nɔmba siks masta sabi bukman bin tɔk se:

Pɔsin nɔ de difayn bay wetin i want, bɔt bay di wok we i de wok tranga wan fɔ gɛt di bɛst pan am Nɔto bay di bɔku tin dɛn we i want, bɔt bay we i de difrɛns di gud frɔm di bad ɛn ajɔst wetin gud ɛn bɛnifit fɔ insɛf ɛn in kɔmyuniti

Di nɔmba sɛvin man we sabi bɔt sayɛns bin tɔk se:

Man na bɔbul we de flɔt na di safa fɔ di kɔsmik riva we de flɔ ɔltɛm na Gɔd in wɔl Sɔm bɔbul dɛn brayt pas ɔda wan dɛn, bɔt dɛn ɔl go dɔn bɔs ɛn mɛlt insay di riva we de go sote go to di kɔsmik si we nɔ gɛt sho

Pis de fɔ una



## **Mi gift to yu fo di Nyu la**

Yu get wan ambishon insay yu we yu op fo ajost?

If den gi yu di chans fo begin layf bak tide, wetin yu go du?

Laif de gi yu dis choice, en di malleable seramic dough of taim de fo yu han fo shep as yu want

Boku tem, di tin den we posin kin du we i tan lek se i at kin nia fo bi tin we mek sens en we rili apin Wetin yu bin tink se yu no go ebul fo du begin fo du am naw! Put di say den we di abit den we yu don put pan yusef no ebul fo du, en lisin to di wispa we yu voys we de insay yu de wispa

Laif de ol fayn fayn soprayz fo di wan den we de dig dip dip wan insay di wel fo densaf

No gol no go ebul fo rich insay wan de Di men tin na fo begin naw, noto tumara

Begin wit God in blasin! Dis majik moment na di ki fo wan kev we get chans den we ful-op wit trs

Opin di rizova fo yu kriaytiv, we oltem en sote go de it from sos den we no get end we den welspring no de eva dray en we den saplai no de eva stop

Abiliti min risponsibiliti, en layt talent na fruitful sid we layf don trs to yu fo kia No mek i dray en day na di barent gron we de prokrastin

Laif de aks yu fo ones fo ripent wetin i don plant na yu fil Ol di tul den we yu nid de na yu an So, mek God gayd yu, no den tul den de wit yay we get sens

No wok wit tensi tray we get fo du wit di want fo ajost,  
bot wok wit kol at, komfyut, en gladi

Yu no want di gol pas aw yu want fo wok fo rich am

Wit maynd we get maynd en an we lov de muv, wev  
patens fo sakrifays wit di gold tred den we de naw

Bot if yu no ebul fo tray tranga wan, no fil bad en no mek  
yu at pwel

Bot wit at we get boku ondastandin

En wan an nimble wit fleksibiliti

En wan klia yay wit klia vishon

Start bak en get fet

Di flawa de na di at fo di sid, bot yu tink se di sid no usay  
i begin o di end?

Bot as i de geda boku wam en mos as i ebul

Di at fo in bodi de boku fo sho wan flawa we get layf

Smayl to di san en grit am wit di gladi at we yu get na  
layf en di gladi at we yu get fo du scontin

En na layf de kol yu fo bi padi wit yu de enkrej yu fo  
wok

Yu go lisin to in kol en ansa di enkrejment we i de gi yu?

En naw yu ton yu fes to di layt

Mek God layt yu fes wit in layt

Mek yu drim kam tru insay di nyu ia

Api nyu ia!

Ist-West Magazin

Transleshɔn: Mahmuud Abas Masoud

Udat bin tɔk dat?

Lɔng de mek mi at, bɔt a de ayd am

En if a de fa, a kin tɔk to am tru mɛmori

Di at de bit, en di tin dɛn we pɔsin kin want fɔ du kin  
mek i bit am

A bin fɛn dɛn vas ya na wan pan mi notbuk dɛn

a no memba udat se am a bin sech onlain fo fain out hu  
na

A bin want fɔ se na in mek am, bɔt a nɔ bin ivin ebul fɔ  
fɛn am na di Intanɛt

I bin mek a pe atɛnshɔn to am bikɔs ɔf di tru tru lɔv we i  
bin gɛt

En wan patikyula longing en wan klia loyalty

Wan dip filin go dɔn mek wi pɔyt in at bɔn

I layt bin de shayn di dip dip tin dɛn we de na in sol

I kɔrɛnt bin de flɔ saful wan en i bin de shek shek

Insay di sɛnsitiv rod dɛn we in sol de yuz

I shek am, mek i gladi, en mek i fil bad

Dɔn i bin mek insɛf strɔng en tɔn wan klin, klia wata we  
gɛt fayn fayn filin dɛn

En i bin chenj to wɔd dɛn we dilik lɛk briz we de blo na di  
mɛdɔ

En wan melodious, ethereal chant we de stir di dip dip  
filin

Na ya wi de si fayn fayn kɔɔ dɛn we gɛt bɔku bɔku tin  
dɛn we pɔsin kin tink bɔt

En wi kin si tɔch dɛn we de shayn insay in bɔdi we gladi  
ɛn we i want

En wi nɔ fɔ lɛf fɔ test wit am sɔm bita sɔri-at

Bɔt, i tan lɛk se i lɛk da sɔri-at de

We i bin de sɛlibret ɛn kraft frɔm di men tin we i bin de  
fil

En na ya wi de tɔk bɔt di ɛksperiɛns we wi pɔyt we wi nɔ  
no bin gɛt

In vas dɛn bin mek wi pe atɛnshɔn bikɔs i bin put dɛn  
insay

Frɔm in at, di men tin

En i lɛf sɔntin we de sho inɛf na in wɔd dɛn

Mek at dɛn ful-ɔp wit lɔv ɔltɛm ɛn puls wit lɔyalti

Pis de fɔ una

### **Wan dayalɔg bitwin wan bɔy pikin ɛn in papa**

Di pikin aks in papa se: "A si smayl na yu yay, Papa  
wetin na in sikrit?"

I ansa se: Na bikɔs a rili fil fri

I se: Tɔk! Wetin rili de apin?

I ansa se: Pis de siep insay mi at, ɛn wan smayl de sho  
na mi yay bifo i apia na mi fes

I se: Na dat nɔmɔ?

I ansa se: Mɛmori dɛn kin wek

I aks se: Us kayn mɛmori dɛn de?

I ansa se: I swit ɛn i de mek di sɛl dɛn wok

I se: Aw dat kin apin?

I ansa se: Tin, mi pikin, na pawa lɛk ilɛktrishɔn, ɛn saykilɔjik stet na bikɔs ɔf tink ɛn di we aw pɔsin de tink

I se: Wetin yu min we yu se "pawa lɛk ilɛktrishɔn"?

I ansa se: Ilɛktrishɔn de bɛnifit ɛn i de ambɔg ɛnibɔdi we yuz am fayn go si se i yusful, ɔdasay i go mek ilɛktrik

I se: Wetin na di bɛnifit fɔ kɔmpia?

I ansa se: Tink bak, if yu dayrɛkt am di rayt we, go mek yu gladi, ɔdasay i go bring yu sofa

I se: Aw a go gayd am we i tan lɛk wayl ɔs?

I ansa se: Dis nɔto tin we nɔ pɔsibul, bikɔs if yu gɛt ɛksperiɛns wit di kayn we aw ɔs dɛn tan, dat min se yu go mek dɛn manej dɛn fayn ilɛksɛf dɛn wayl ɛn dɛn nɔ de kɔntrol dɛn

I se: Dɛn kin se padi na wan pan di pipul dɛn we de nia pɔsin pas ɔlman, na tru dis?

I ansa se: Fɔ tru

I se: So tink na padi bikɔs i rili klos to mɔtalman

I ansa se: Yes ɛn nɔ

I se: Aw dat de?

I ansa se: Fɔ tink gud wan na tayt padi, ɛn fɔ tink gud wan na ɛnimi ɔltɛm

I se: Aw dat de?

I ansa se: Fɔ tink gud wan de mek pis ɛn sef, we di tink we nɔ fayn de faya aro dɛn we de kil ɛn we de ribɔnd pan dɛn ɔna tu tɛm – mek Gɔd bɔku yu gud tin dɛn – ɛn na dat mek dɛn se di blɛsin na di sem kayn tin we yu du

I se: ɛn aw dɛn go avɔyd dat?

I ansa se: As lɔng as yu want gud fɔ ɔda pipul dɛn ɛn aks Gɔd fɔ ɛp ɛn gayd dɛn, yu tinkin go tɔn to tɔch we de layt di rum dɛn na di sol ɛn drɛb di hip daknɛs dɛn

I se: ɛn wetin go apin da tɛm de?

I ansa se: Dɔn yu go fil dip kɔmfɔt ɛn yu yay go smayl!

Mek di smayl we de na una yay ɛn na una fes las sote go, mi padi dɛn

Pis de fɔ una

## **Welkam gɔst**

Dis fayn gɔst

Di yay nɔ de si am, bɔt di at de fil am

Lɛk gladi ɔ fridɔm we de pul kɔnfyushɔn

ɛn i kin kɔrej pipul dɛn at we dɔn brok

I de gi di ɔndastandin fɔ dil kɔrɛkt wan wit impɔtant tin dɛn we kin apin

Di filin we da gɔst de gɛt gɛt fɔ du wit we i opin di domɔt fɔ am ɛn invayt am fɔ kam insay

Di invitesheɔn fɔ bi tru tru ɛn kɔmɔt frɔm di rial want fɔ  
gɛt

I gɛt sɔntin we pɔsin kin want we i want we i want we i  
want

We di "Qassad" ɔ mawnten siɔda bin fil we i tɔk am wit  
zil:

(I bin ɔna mi wit wan visit ɛn brok wit tradishɔn mi at  
dɔn opin in domɔt fɔ yu frɔm insay)

Tru gladi at nɔto tin we pɔsin in maynd ɔ imajin

Na transparent, ethereal element wit sɔs

Dat sɔs we de ridyus insɛf nɔ de ɔnda dipleshɔn

Nɔbɔdi nɔ de we nɔ test at least smɔl doz pan am

Di digri we dɛn fil am dipen pan di trɛnk we pɔsin kin  
aksept am ɛn di kapasiti fɔ ɔndastand

Na si we nɔto ɔl di tin dɛn we Gɔd mek kin it

Bikɔs in sɔs nɔ de ɔnda finitude bɔt i kɔnɛkt to di absɔlɔb  
ɛn infinit

Dɛn bin kɔmpia fri-an ɛn pipul dɛn we gɛt fri-an to am

Dis mek a mɛmba di stori bɔt da po man de we bin fala  
sɔm pɔyt dɛn

Dɛn bin de go to di Kalif na Ijpt, we bin dɔn kɔl dɛn fɔ gi  
gift to dɛn Di po man bin gɛt wan jɔg wit am As dɛn go insay  
di Kalif in pales ɛn tinap bifo am so, i begin fɔ sheb fri gift to  
dɛn Dɔn i luk di po man we wɛr in klos we dɔn rɔtin ɛn aks  
am:

ɛn wetin briɲ yu kam to wi, ɛn wetin yu nid fɔ wi?

I bin ansa se:

We a si di pipul den de pak den tin den

A kam na yu si we ful-ɔp wit mi jɔg

Di Kalif se: Ful di jɔg wit gold ɛn silva

Dat kalif nɔto bin si we yu kɔmpia am to di si we ɔlman  
gɛt fri-an, bɔt na bin wan drop pan am

If wan vas pan poem bin mek i gɛt fri-an ɛn muv am to  
da kayn we de, ɛn i na jɔs mɔtalman, den fɔ tru, ɛni tru tru  
apil to di say we fri-an kɔmɔt ɛn di si we di divayn bɔnti de  
kɔmɔt, den go aksept am ɛn fulfil am ɛn giv go ripit te den  
satisfay

{ɛn yu Masta go mɔs gi yu, ɛn yu go satisfay}

{ɛn if yu fɔ kɔnt di fayv den we Allah de gi, yu nɔ go  
ebul fɔ kɔnt den}

Mek Gɔd gladi fɔ una at

Pis de fɔ una

## **Di spayda we nɔ de tɔk ɛn we de peshɛnt**

Mi dia padi, di brilliant Prɔfɛsɔ Fahmi Al-Mashaykhi, we  
na di prɛzɛnt fɔ di program "Self-Leadership," bin aks mi fɔ  
translet sɔm poem dɛm we di big Amerikin poet Walt  
Whitman rayt fɔ rɛspɛkt in kayn rikwest, a dɔn pik dis poem  
ɛn a go lɛk fɔ dediket dis transleshɔn to am ɛn to ɔl di wan  
den we lɛk rifin litrechɔ ɛn sublaym inspekshɔn

Na di bich rɔk wit di smɔl bɔmp we de kɔmɔt na do

Usay di spayda bin tinap in wan



A bin put mak fɔ mak usay i de

Di rizin we mek dɛn mek da mak de

Fɔ no di we aw dɛn go fɛn am

Di big big say dɛn we de rawnd am bitwin di big big ɛmti  
ples we de na di ples

Dɔn i fri wan tint waya frɔm insɛf, dɔn ɔda waya, dɔn i fri  
ɔda waya

I kontinyu fɔ pul in spɔl we gɛt yan wit spid we mek i  
sɔprayz

Witout fɔ ɛksperiɛns taya

ɛn yu, mi sol, yu we tinap rawnd wan ol we nɔ gɛt ɛnd

Frɔm wan big ples we nɔ gɛt bɔda, ɛn we nɔ gɛt ɛnd

ɛn yu de put yusɛf dɔŋ ɛn nɔ de ambɔg yu fɔ tink ɛn  
ɔndastand

A si yu de bigin fɔ du advantej dɛn

Yu de pul aydia ɛn ɛnaji dɛn

Yu de luk fɔ wɔl ɛn tin dɛn we de na ɛvin

Mek yu gɛt strong tayt padi biznɛs wit am

So dat yu go bil di brij we yu nid

Yu ship na di anka we de mek yu ship sef

Til yu tin thread we yu rilis away from yu

Frɔm we yu ol sɔntin

sɔmsay

Oh mi sol!

Walt Witman bin de tɔk bɔt am

Transleshɔn: Mahmuud Abas Masoud

kɔnstɛleshɔn we dɛn kɔl kɔnstɛleshɔn

Na wan grup we gɛt sta dɛn we gɛt fayn fayn fɔmɛshɔn  
dɛn

Dɛn sabi am pan astronomik wit difrɛn nem dɛn lɛk  
Ghoul's Head

Di Igul we de Flay, di Igul we de fɔdɔm, ɛn Bɛtɛlj

Di palm we dɛn day wit hena ɛn di Yemeni sta

Di wɛl ɛn di pawaful man ɛn ɔda pipul dɛn mɔt

Di kɔnstɛleshɔn de mek pipul dɛn pe atɛnshɔn to am

Sɔntɛm na bikɔs i de fa frɔm di Wɔl

Sɔntɛm na bikɔs ɔf di sikrit ɛn sikrit dɛn we de arawnd  
am

Sɔntɛm na bikɔs i nɔ tɔk natin sote go

I strenj flash

ɛn sɔntɛm

Na bikɔs i de mek pɔsin es dɛn yay ɔp frɔm grɔn

Mek i want fɔ gɛt wetin ay ɛn swit!

Di wod "constellation" na fayn fayn wod we de evoke in  
swit

Frɔm da astronomical phenomenon de

Wit wan radiant prezɛns ɛn spaklin biuti

ɛn na so una de, mi padi dɛn

Wan grup we gèt sta dèn we de shayn

Na di skay na mi layf

Gritin to yu enisay we yu de

En lov fròm di dip dip te to di crayzin

Muvment kin bi blésin ɔ disasta

A ad di wɔd “distrukshɔn” to di prɔvab we bɔku pipul dèn sabi, as i bin tan lɛk to mi se nɔto ɔl di akshɔn dèn gèt blésin, en sɔm pan dèn de mek tin dèn we nɔto jɔs nɔ gèt blésin bɔt dèn gèt pwel pwel ifɛkt pan pas wan levul

Mɔtalman muvmənt nɔ de apin bay insɛf, pas sɔm muvmənt dèn we kin apin we pɔsin de slip ɔ we i de slip, we di wan dèn we nɔ no natin de gayd am ɔdasay, na in intenshɔn en wil fɔ rich wan patikyula gol de drɛb am

dis muvmənt nɔ de nɔtrəl insɛf biɔs na jɔs wan tul we nɔ de kɔnsis we de wok fɔ ansa di kɔmand dɛm we di mɔtalman mɔtalman sistəm de gi, we in tɔn de gèt kɔmand fròm di maynd en ɛksekyut dɛm

We dèn de yuz muvmənt fɔ ɛp ɔda pipul dèn

En pul dèn lod

Yuz di tin dɛm wae de mek yu fil fayn fɔ mek di kɔndishɔn bɛtɛ

Na ɔl tu di tin dèn we dèn gèt en di we aw pɔsin fɔ biev

En fɔ brinj ɔltin we go brinj kɔrej to di sol dèn

En pis de na di at

I de gi wi di tin dèn we pɔsin nid fɔ liv, nɔto fɔ mek pɔsin gèt fayn fayn tin dèn

Na blésin fróm Gód, di enjél dên, én di prófét dên

Bót if dên yuz di muvmént fò mek pòsin fil pen

En di bad tin én di at pwél

Fò yuz di tin dên we òda pipul dên ebul fò du fò gèt sèns  
ò fò gèt tin dên

If i nò gri fò du dat ò i nò gri fò du dat

Di tin we go apin nò go bi blésin

En wi kin se afta dat

"Muvmént de lid to pwél pwél".

Blésin de fò di wan we de yuz di tin dên we i de du fò  
mek i gèt gud én fò mek di Wan we mek am gladi:

So dên Masta ansa dên se, "A nò go éva alaw fò lós di  
wok we éni wokman pan una de du, ilèkséf na man ò uman"  
(Al Imran)

En insay di nobul hadith:

"Tri tin de fala di man we dón day, tu de kam bak, én  
wan de wit am In famili, in pròpati dên, én in du dên de fala  
am, in famili én in pròpati dên de kam bak, én in du dên stil  
de"

Imam Ali, mek Gód òna in fes, de sheb wit wi sèns fróm  
di stoa fò in no, se:

( *Big difrèns de bitwin tu kayn wok* : wok we in gladi at  
nò de te bót we in kònsikuns stil de, én wok we in spèns nò  
de igen bót we in blésin stil de)

Mek Gód aksept wi gud tin dên, mi padi dên

Pis, sòri-at én blésin fò Gód de pan una

## **Di bar en di os we dɔn pwɛl**

I se: Wan tin de we de mɔna mi en a want eksplen fɔ am

I ansa se: Wetin na am?

Im se: A de si pipul de waka fo rong rod we "fancy" and reveling, and gud pipul we no get eni shea of sakes

I ansa se: Bɔku tɛm pipul dɛn kin mek mistek we dɛn de jɔj di wan dɛn we de du wetin rayt en di wan dɛn we wikɛd, bikɔs dɛn de jɔj bay di we aw dɛn de luk, dɛn nɔ ebul fɔ si insay ɔda pipul dɛn at fɔ no di tru we aw enibɔdi tan en fɔ no di tin dɛn we dɛn ayd en di tin dɛn we dɛn de du Bɔt na Gɔd de chɛk wetin dɛn want en na in de sho di sikrit dɛn; Na in wangren de jɔj en difrɛns gud en bad So, i nɔ go izi fɔ mek pɔsin we pipul dɛn tink se wikɛd go bi pɔsin we de du wetin rayt, en pɔsin we dɛn tink se rayt, go bi wikɛd

I bin se: We de fɔ mek wi no difrɛns di rayt we pan dɛn tin ya?

I ansa se: We wi de jɔj gladi at en misɛf, if wi nɔ du tin kɔrɛkt wan, wi kin tek am se di pɔsin we gladi na di wan we de enjɔy jɛntri en prɔsperiti, gɛt prestij, gɛt pipul dɛn rɛspɛkt, en indulj insay layf in enjɔymɛnt en gladi at Wi nɔ de tink bɔt di insay trɔbul we dɛn kin de gɛt bikɔs ɔf dɛn sin, bad tin, en injɔstis towards others Dis insay nɔr gladi en sik dɛm wae nɔr kin mɛn kin mek dɛn layf bita en dɛn yay nɔr kin rɛst as a rizulta fɔ dɛn licentious desires en crushing selfishness Dɛn kin bit bak wit devastating calamities en crushing misfortunes we rili nɔr kin enviable

I se: En usay di gladi-at fɔ di wan dɛn we de du wetin rayt de?

I ansa se: Fɔs, di pɔsin we de du wetin rayt nɔ de rɔsh fɔ fɛn di tin dɛn we de na dis wɔl I satisfay wit di we aw i de fil se i satisfay, di we aw i de trit pipul dɛn fayn, di pis we in kɔnshɛns gɛt, ɛn in spiritual gladi at we de kɔmɔt insay ɛn we de nyu ɔltɛm, mɔ we i tink se Gɔd go blɛs am insay di layf we i dɔn day ɛn gi am layt we go de sote go insay di ples fɔ wetin i mis na di ples we dɛn go dɔnawe wit am

I se: Wetin mek di wan dɛn we de du wetin rayt, ɔ sɔm pan dɛn, de sɔfa ɛn gɛt prɔblɛm dɛn na dis wɔl?

I ansa se: Sɔntɛnde Gɔd kin tɛst di wan dɛn we i lɛk wit difrɛn kayn pen ɛn sɔfa, nɔto fɔ pɔnish dɛn, bɔt fɔ mek dɛn klin na di faya we de mek dɛn sɔfa lɛk gold Di prɔblɛm dɛn we kin apin to dɛn kin mek dɛn strɔng, sho se dɛn fit fɔ biev fayn, ɛn mek dɛn lɛk dɛn Masta ɛn fɔ pipul dɛn klin, klia, ɛn tinap tranga wan

Mek Gɔd mek pipul dɛn we de du wetin rayt ɛn gud pipul dɛn bɔku na dis wɔl

Pis de pan una, mi padi dɛm

## **Di ɔganayz Pɛl**

Nɔto fɔ sakrifays prinsipul dɛn fɔ mek ɔda pipul dɛn gladi

I se: A yɛri se fɔ gɛt gud padi biznɛs wit ɔda pipul dɛn na tin we pɔsin kin want, ɛni ɔda tin de we nɔ de?

I ansa se: Fɔ gri wit ɔda pipul dɛn nɔ min fɔ gri wit dɛn pan ɔltin, ɔ sakrifays yu prinsipul dɛn fɔ dɛn, bikɔs dis stayl fɔ gri nɔ fayn ɛn i nɔ gri wit wetin rayt

I se: Yu lɛk fɔ kɔnfrɔnt pas agrimɛnt?

I ansa se: No nid fɔ dat Yu kin gɛt wanwɔd wit dɛn we yu nɔ go kɔz ɛni trɔbul ɔ distɔblɛshɔn Rifɔma ɛn big big pipul

dən nɔ bin de gri wit bɔku pipul dən we bin de rawnd dən, yet dən bin de kip dən ideal bikɔs dən bin no se wetin dən de du na rili rayt

I se: Wetin yu tink bɔt sɔntɛnde fɔ bɛn ideal fɔ fit di sityueshɔn?

I ansa se: Pɔsin nɔ fɔ kɔmprɔmis pan prinsipul, ɔ yuz ulterior motives fɔ rich wan gol, bikɔs dis kayn bihayvya nɔ fayn fɔ di wan dən we de fala prinsipul If yu ebul fɔ liv di we we go mek Gɔd gladi ɛn nɔ du ɔda pipul dən bad, dat min se yu nɔ gɛt natin fɔ fred

I se: Wetin i min fɔ de wit ɔda pipul dən ɛni we?

I ansa se: Fɔs, na fɔ gri wit Gɔd, dɔn wit yu kɔnshɛns, dɔn wit pipul dən

I bin se: Wetin fɔ du if di we aw a de tɔk to ɔda pipul dən nɔ satisfay?

I ansa se: I go du fɔ mek yu gɛt pis insay yusɛf ɛn yu go fil fayn insay yu at we go mek yu nɔ gɛt ɛnitin fɔ du wit ɔda pipul dən, as lɔng as da gri de nɔ gri wit wetin yu biliv pan di tin dən we yu dɔn disayd fɔ du

I se: Yu advays mi fɔ aks ɔda pipul dən fɔ chenj dən bad layf?

I ansa se: No nid fɔ fos pipul fɔ aksept yu kɔrɛkt we fɔ si tin If dən nɔ want fɔ adopt yu we fɔ si tin, lɛf dən fɔ bi ɛn wish dən gud If dən de mɔna yu wit wɔd dən we de mek yu fil bad ɛn kɔmɛnt dən we de mek yu fil bad, i fayn fɔ distans yusɛf frɔm dən, at least fɔ sɔm tɛm Bɔt ɔltɛm rɛdi fɔ sheb yu ɔndastandin ɛn ɛkspiriɛns wit dən ɛn if yu gɛt bɔku bɔku no, ɔf am to di wan dən we tɔsti fɔ am, so dən kin drink am wit gladi at ɛn satisfay, bikɔs ɔf Gɔd we gɛt pawa pas ɔlman in spɛshal gudnɛs, ɛn yu blɛsin de wit am

Pis de fɔ una

A de si yu de blem di de dɛn

I dɔn lɛf smɔl fɔ lɛ a si yu, mi padi

Yu want fɔ gɛt wan oasis we go mek yu yay gladi

ɛn fɔ rɛst we go mɛn yu at we taya na in tik dɛn

A de si yu de luk di fa fa say we de fa ɛn we nɔ gɛt natin

Tray fɔ rɔnawe pan di dip dip daknɛs ɛn wɔri

To wan klia skay

Mɔ fit fɔ yu transparent sol

ɛn a ebul fɔ kɔntrol di tin dɛn we yu sol we gɛt zil de  
want

ɛn tru di yay fɔ imajineshɔn, a de si yu de blem di de  
dɛn

I bin aks bɔt di planɛt we dɛn bin dɔn de wet fɔ fɔ lɔng  
tɛm we gɛt gud chans

I tan lɛk se a de yɛri wan want we yu want fɔ du sɔntin  
de stɔp dip insay yu

A de yɛri di ikɔ dɛn we in bɛl dɛn de mek tru di ɛtɛ we di  
sol de mek

A bin si di ship we yu want fɔ du we dɛn ankɔ na di fa fa  
fa say

Sigul dɛn we gɛt mɛmori dɛn de rɔn rawnd am

ɛn di planɛt dɛn de luk am wit padi biznɛs



A de si se yu want, mi padi, fɔ wan ritrit we yu want

Mek yu pierce tru di klawd

En i de go insay wan wɔl we den kɔl

I ful-ɔp wit sɔri minin en swit swit wish den

Laif dɔn fulfil wetin yu want

En di pwɛl pwɛl we yu bin de mek yu wan nɔ bin de igen,  
bin pul am kɔmɔt na yu dilik sol

En i bin mek am jɛntri wit di tɛst den we fayn pas ɔl

En di vishɔn den we swit pas ɔl

Pis de pan yu, mi padi!

Mahmoud Abbas Masoud bin de tɔk bɔt am

Di filɔsofi fɔ bay en di stori bɔt di fɔks en di krawd

- .

I aks, en se: Wan filɔsofi de fɔ bay we a go ebul fɔ adopt  
na mi layf?

I ansa se: Sɔm pipul den kin adikshɔn fɔ bay tin den we  
den nɔ nid, en dis kin mek den west den mɔni pan lɔjishɔn  
den we nɔ nid

I se: Wetin na yu advays?

I ansa se: Tek tɛm en gɛt sɛns we yu de go bay tin If yu  
gɛt sɔm mɔni, kip am en nɔ pe atɛnshɔn to di advatayzment  
den we de tray ɔltɛm fɔ tɛmpt yu fɔ bay tin den we yu nɔ nid  
fɔ mek yu go giv ɔp yu mɔni we yu dɔn wok tranga wan fɔ  
mek nyu tin den ɔ "guaranteed-profit" investment Enitɛm we  
pɔsin tray fɔ win yu wit swit tɔk en ɛnta ɔf, mɛmba di stori  
bɔt di fɔks en di krawd

I se: "Yu go duya ripit am fɔ mi?"

I ansa se: Wan tɛm, wan krawd bin de kɛr wan pis chiz na in mɔt we wan fɔks in saliva drɔp pan am, ɛn i bin want am fɔ insɛf Bikɔs di fɔks na masta sabi fɔ kɔni kɔni ɛn ful, i tɛl di krawd se, "A wish se yu go siŋ mi wan tiun, Mista Krɔ, bikɔs a dɔn yɛri se yu vɔys na melodious ɛn i gɛt nem fɔ in swit" Di kraw, we di kɔmpliment flat, opin in mɔt fɔ siŋ, bɔt jɔs lɛk aw i du, di pis chiz slip kɔmɔt na in mɔt ɛn fɔdɔm na grɔn Di fɔks pik am kwik kwik wan ɛn kɔle insɛf fɔ in izi prayz So, tek tɛm wit di wan dɛn we de tray fɔ inflows yu saykolojik wan, bikɔs dɛn want sɔntin frɔm yu ɛn nɔ alaw ɛnibɔdi fɔ ɛksplɔyt yu bay we yu de flat ɔ faw oba yu fɔ mek yu want sɔntin we nɔ nid fɔ mek yu gɛt sakrifays ɛn fɔ mek yu gɛt tru tru gladi at

I se: We de fɔ mek pɔsin ebul fɔ du wetin i want?

I ansa se: Simplify yu layf so dat yu nɔ go abop pan pasmak prɔpati Otomatik ɛn ɔltɛm fɔ indulj yu want, de drɛb satisfay ɛn mek yu nɔ gladi ɛn mek yu nɔ gladi If yu kɔmplikt yu layf wit tumɔs tin, yu nɔ go ebul fɔ ɛnjoy ɛni wan pan dɛn Bɔt if yu chɛk yu layf gud gud wan, yu go fɛn bɔku we fɔ ridyus yu lɔjishɔn dɛn we yu nɔ fil se yu nɔ gɛt ɛnitin fɔ du wit yu

I se: Wetin yu tink bɔt fɔ bay insay instɔlmɛnt?

I ansa se: Fɔs, sev fɔ wetin yu nid ɛn bay wetin yu nid wit kɔsh, witout di hassle of instɔlmɛnt, ay interest rɛyt, ɛn ed-aks Na tru se bɛnifit de fɔ dil wit di wan dɛn we want fɔ sɛl dɛn guds fɔ gɛt mɔni fɔ liv, bɔt nɔ alaw yusɛf fɔ liv pas wetin yu ebul fɔ liv, bikɔs if yu du dat, yu go lɔs ɔltin, Gɔd nɔ fɔ gri, we yu gɛt siriks kraysis ɔ shap tɔn in di rod, ɛn di "tempting lure" go de wet

I aks se: Wetin na yu difinishɔn fɔ sev?

I ansa se: Fɔ sev na art ɛn i nid fɔ sakrifays Bɔt if yu ikɔnomi pan tin dɛn we yu de bay ɛn liv simpul wan, yu go ebul fɔ sev sɔm mɔni ɔltɛm, ɛn mɛmba di pɔpul wɔd we se, "Drop by drop, a stream will become a pond," wit di ɛp we di ɔlmayti go ɛp yu

Mek Gɔd ɛnrich una frɔm in bɔku bɔku gudnes, mi padi dɛm

Pis de fɔ una

### **Fɔ tink bɔt yusɛf ɛn fɔ gɛt sakrifays**

Im se: Na tru se pesin we de aks imself kweshon na kain self-introspection process?

I ansa se: Na so i bi

I se: If a want fɔ yuz dis kayn introspekshɔn, wetin yu go advays mi fɔ aks misɛf?

I ansa se: Aks yusɛf bɔt di rizin fɔ yu layf Yu na di wan we dɔn evolv pas ɔlman, ɛn Gɔd dɔn put insay yu wan nobul sol we na yu ɛsin

I se: Wetin go chenj if a no dis tru tin?

I ansa se: Yu go gɛt sakrifays we nɔ gɛt limit, yu go test gladi gladi we yu gɛt, ɔl yu fayn fayn tin dɛn we yu want go apin, yu go win ɔl yu prɔblɛm dɛn, ɛn di wɔl nɔ go ebul fɔ trap yu wit in trap dɛn ɔ mek yu ful wit in ilyushɔn dɛn

I bin se: Bɔt layf ful-ɔp wit prɔblɛm dɛn ɛn i ful-ɔp wit tin dɛn we kin mek pɔsin fil pen

I ansa se: Yes, mɔtalman layf na opin ɛn ɔltɛm kɔnfrɛns wit prɔblɛm, ɛn ɔlman gɛt in yon prɔblɛm Bɔku bɔku pipul dɛn ɛn bɔku bɔku prɔblɛm dɛn de we dɛn fɔ dil wit ɛvride

Sɔm kin sɔfa wit at prɔblɛm, sɔm kin kɔmplɛn bɔt kol, sɔm kin ful-ɔp wit mɔni, sɔm kin rili lɛk po, ɛn ɔda wan dɛn nɔ kin bost fɔ tink ɛn dat mek dɛn nɔ kin no bɔt prɔblɛm, bikɔs as lɔng as dɛn bɛlɛ ful-ɔp, di wɔl pafɛkt fɔ dɛn Bɔt udat na di pipul dɛn we rili gladi na layf, ɛn udat na di wan dɛn we gɛt sakrifays?

I bin se: Fɔ bigin, wetin na di standad fɔ sakrifays?

I ansa se: Gladi at na di tru tin we de sho se pɔsin gɛt sakrifays, ilɛksɛf yu gɛt wok ɔ yu gɛt na soshal say Di tin we pipul dɛn kin tink bɔt fɔ gɛt bɔku prɔpati na fɔ gɛt jɛntri, padi, ɛn fayn fayn tin dɛn—we sɔm pipul dɛn kin kɔl layf we gɛt bɔku prɔpati Bɔt tin dɛn we pɔsin kin du nɔ kin ikwal to tru tru sakrifays

I aks se: Wetin na di rizin?

I ansa se: Bikɔs tin ɛn sikɔstɛms kin chɛnj Tide pɔsin kin gɛt tin, ɛn tumara i nɔ de so, nɔ tink se fɔ bi milyɔnaria de gi garanti fɔ sakrifays Pɔsin kin tray ɛn wok tranga wan fɔ ripɛnt di blɛsin fɔ sakrifays na in fil, bɔt dɛn kin sɔprayz fɔ si se in layf nɔ gɛt balans ɛn dɛn nɔ gɛt fridɔm fɔ ɛnjoy di tin dɛn we i want fɔ du Bifo dat, dɛn kin wɔri, ɛn dɛn kin strɛs ɛn wɔri te dɛn wɛl bɔdi kin pwɛl ɛn dɛn kin fɔdɔm pan pwɛl hat So, di ilɛkshɔn sakrifays kin dɔn, ɛn dɛn kin fil se dɛn dɔn west dɛn layf ɛn ɔl dɛn drim dɛn dɔn lɔs

I bin se: Yu tink se wɛlbɔdi min fɔ gɛt sakrifays?

I ansa se: Pɔsin kin gɛt strong bɔdi (lɛk ɔs) bɔt i nɔ gɛt bɛtɛ jɛntri fɔ sɔpɔt insɛf, ɛn so i kin fil bad ɛn bita fɔ we i nɔ gɛt di tin dɛn we i nid ɛn di bɛsis tin dɛn na layf ɔ i kin gɛt wɛlbɔdi ɛn jɛntri bɔt i nɔ kin satisfay Fɔ it di bɔdi ɛn satisfay fɔ natin nɔ kin mek di ɔmbul sol gladi ɛn i kin fil se i nɔ gɛt ɛnitin fɔ du wit am ɛn yet i kin fil se i nɔ gɛt wanwɔd pipul dɛn we po

I se: En di konklushon?

I ansa se: If posin no get gladi at na in at, den no go ebul  
fo tek am se i don get sakrifays

I se: I pas dat?

I ansa se: Dis na inof fo tide Mek God inkrisayz yu no en  
mek yu gladi na ol tu di wol

Pis de fo una

### **Di sori we oda pipul den de sori**

I rayt fo mek a si oda pipul den kray wata?

Witout fil sad tu?

En a kin fil di sori we den de sofa?

Witout tray fo ridyus am?

A get di abiliti fo si wata we de fedom?

If yu no sheb di filin wit di posin we get am?

Yu tink se di papa de yeri in pikin de kray?

Witout fo sori fo am?

Mama kin yeri in pikin in kray?

En di filin fo fred we de mona am

Witout se yu go afekt am?

No No Dis no posibul!

Nɔ ɛva ɛva dat nɔ pɔsibul!

Nɔ tink se Gɔd nɔ no

Na lɛk wan singl sigh wi de sigh

Nɔ tink se wi shed wan kray wata

Witout di Wan we mek wi nɔ si am

Gɔd de gi wi gladi-at

Sɔntɛm we wi du dat, wi sɔfa go dɔn

I de go wit wi wit in sɔri-at ɛn sɔri-at

Te wi sɔfa go dɔn

Wi sɔri-at go dɔn

Spiritual bekon dɛn

[wwwswaidayogakom](http://www.swaidayogakom) na di wɛbsayt

Sho mi Yu mɛsej, O Masta, we dɛn rayt wit lɛta dɛn we  
gɛt layt na mi at pej dɛn, ɛn mek a yɛri Yu wispa na mi  
kɔnshɛns in tɛmpul, ɛn ful-ɔp di bɔtul na mi maynd wit Yu no,  
Yu sɔri-at, ɛn Yu pis

Wok impɔtant ɛn na pawaful tin we de mek mɔtalman  
gɛt sɛns ɛn ebul fɔ mek tin dɛn Bɔt if di gol fɔ wok na fɔ jɔs  
gɛda jɛntri, i de lɔs in valyu ɛn impɔtant wok Wok fɔ de fɔs fɔ  
savis, ɛn di prɔdak we dɛn de sɛl fɔ gɛt ay kwaliti ɛn bɛnifit  
ɔda pipul dɛn

\* \* \*

Gɔd de gi mi layt, layf, trenk, sɛns, sɛns, ɛn spiritual  
gladi at A go put misɛf insay di si we Gɔd lɛk tru di gladi gladi  
we a de tink bɔt ɛn a go briŋ di divayn prezɛns na mi maynd  
fɔ solv layf in prɔblɛm dɛn (2)

O Masta, bay di layt fɔ mi slɛnd kandul fɔ lɔv, a go rid Yu  
gold buk we dɔn de insay mi frɔm sote go Yu lɔv, O Masta,  
na di layt fɔ pis we de pul mi daknɛs ɛn layt mi rod (2)

\* \* \*

Di bɔku bɔku wata we de mek pis na spirit de swip di  
fred ɛn bɔku bɔku wɔri we dɔn gɛda frɔm di sol  
A go luk fɔ Gɔd na di solitude na mi sol ɛn a go pre dip  
te mi at bit wit In lɔv ɛn a gɛt In ansa  
Masta, a de aks fɔ mek yu miks di layt fɔ mi sol wit yu  
kɔsmik layt Mek a no se yu sɛns de layt mi maynd, yu trenk  
de sɔpɔt mi, ɛn flɔ tru mi veins

\* \* \*

A go ful mi maynd wit di pawa we fet gɛt ɛn abop se  
natin nɔ go ambɔg mi bikɔs Gɔd de protɛkt mi ɔltɛm  
O Masta, mek di embers fɔ mi longing ɔltɛm bɔn brayt  
wit Yu blɛsin prezɛns Mek Yu sɛns gayd mi ɛn Yu prezɛns bi  
di big big gladi at na mi layf

\* \* \*

Di tru sayɛnsman difrɛns bay wan wɔndaful kwaliti: opin-  
maynd ɛn brayt we fɔ si tin I begin wit simpul, bɛsik  
infɔmeshɔn, smɔl smɔl i de wok in we fɔ sho di lɔ dɛn na di  
nature ɛn aw dɛn de wok I dɔn prɛzɛnt di rizɔlt dɛn fɔ in  
risach to di wɔl, ɔltɛm rɛdi fɔ kontinyu fɔ fɛn di kayn ɛn di  
men tin we tin dɛn de du Na di tray we dɛn sayɛnsman ya  
dɔn tray fɔ fɛn di natura lɔ dɛn, we dɔn bɔku bɔku bɛnifit dɛn  
we mɔtalman de ɛnjoy Smɔl smɔl, wi kin lan aw fɔ yuz dɛn lɔ  
ya difrɛn we dɛn ɛn we de ɔlsay, lɛk aw wi kin si am pan di  
tin dɛn we wi kin yuz fɔ liv ɛvrɛde

Di gladi at we Gɔd de gi nɔ gɛt ɛni gladi at we de na di  
wɔl we nɔ gɛt wan kɔmpitishɔn Gladi we de na di wɔl nɔ gɛt  
ɛnd, ɛn we ɔl ɔda tin de dɔn ɛn nɔ de igen, da gladi at de de  
ɔltɛm ɛnibɔdi we want fɔ gɛt da gladi at de fɔ dediket in tɛm  
fɔ tink gud wan, fɔ tink bɔt Gɔd, ɛn fɔ alaynɛd wit Am, bikɔs  
spiritual alaynɛshɔn wit Gɔd de gi tru tru gladi at

## Nyu Ia Gadin

Di ɛko dɛm fɔ di ia we dɔn pas, wit in sɔri ɛn laf, dɔn dɔn  
ɛn naw di ɛko fɔ di Nyu Ia antɛm de sin fɔ ɛnkɔrej, de tɛl op,  
:ɛn wispa

."Rishep yu layf pafɛkt wan, lɛf di gras dɛm fɔ ol fred"  
Frɔm di gadin we nɔ gɛt pipul dɛn we bin de trade, gɛda  
ɛn kip ɔl di sid dɛn we de mek yu gladi, di tin dɛn we yu dɔn  
du, di op dɛn, di gud tin dɛn we yu de tink ɛn du, ɛn di fayn  
fayn tin dɛn we yu want Insay di fresh grɔn fɔ ɛvri nyu de,  
plant dɛn pawaful sid dɛn de, wata dɛn, ɛn kia fɔ dɛn te dɛn  
gro ɛn yu layf go blo wit di fayn fayn tin dɛn we nɔ bɔku we  
de mek yu blo

:Di nyu ia de wispa

Wek di spirit, we dɛn kapchɔ to abit dɛn, ɛn ɛnkɔrej am"  
fɔ du nyu, bɛnifit ɛfɔt dɛn Nɔ ɛva stɔp fɔ tray ɛn nɔ ɛva rɛst  
te yu gɛt fridɔm we go de sote go ɛn win karma (di ɔltɛm  
."chasing ɛn pursue kɔnsikuns fɔ past akshɔn dɛn)  
Wit maynd we dɔn rɛf ɛn we wi dɔn chak wit gladi at we  
de nyu ɔltɛm, lɛ wi gladi togɛda ɛn waka an to an go na di os  
we de na ɛvin usay wi nɔ go ɛva kɔmɔt igen



\* \* \*

If yu memba Gɔd ɛn mek am di sentrom na yu layf, ɛn if  
yu pre to am wit ɔl yu at ɛn dip wan, yu go mɔs get ansa  
from am, bikɔs prea we yu de pre wit ɔl yu at ɛn wit ɔl yu at  
de toch Gɔd in at RE-123

Na di watawɛl we de shayn we get sɛns ɛn inspekshɔn,  
di sent we de komɔt na di gadin dɛn we get at dɛn we get lɔv  
ɛn gud at, di smel we de komɔt na ɛvin ros ɛn tin dɛn we de  
blo, di lɔv we de mek wi lek wi ɛn we de flo tru wi at

\* \* \*

Yu bɛst padi na di wan we ɔmbul fɔ tɔk bɔt aw yu go  
mek yusɛf bɛtɛ, bikɔs fɔ de rawnd yusɛf ɔltɛm wit pipul dɛn  
we de mek yu fil fayn ɛn we de mek yu fil fayn, dat de mek  
yu nɔ ebul fɔ gro pan Gɔd biznɛs Wi fɔ valyu di kompin we di  
wan dɛn we de tɔk tru ɛn ɛp wi di bɛst we we pɔsibul

\* \* \*

Bɔku tɛm mama ɛn papa dɛn kin fɔget bɔt dɛn pikin dɛn  
fɔlt ɛn disayd nɔ fɔ pe atɛnshɔn to dɛn If dɛn nɔ ebul fɔ si dɛn  
pikin dɛn fɔlt, wi nɔ get wan dawt se sɔntin de we nɔ fayn wit  
dɛn lɔv Mama ɛn papa fɔ lan lɔv we nɔ get kɔndishɔn so dat  
dɛn go si dɛn pikin dɛn mistek ɛn ɛp dɛn fɔ kɔrɛkt dɛn ɛn go  
na di rayt rod

\* \* \*

If yu want fɔ gladi ɔltɛm, nɔ alaw yusɛf fɔ bi komplayn ɔ  
les, ɛn nɔ ignore di matiral tin dɛn we de stop yu fɔ gladi Du  
yu bɛst fɔ win dɛn prɔblɛm dɛn de ɛn du ɔl di wok dɛn we yu  
nid fɔ du wit at we rɛdi ɛn maynd we de pe atɛnshɔn

\* \* \*

Masta, Lɛ wi luk gud kwaliti nɔto wit fred ɛn fred, bɔt wit  
lɔv ɛn rɛspɛkt Lɛ wi ɔndastand se if wi fala Yu gud abit dɛn, i  
go krawn wi wit di laurels fɔ Yu gudnɛs Yu dɔn komand di  
presept dɛn fɔ piety fɔ protɛkt wi gladi at Lɛ wi lɛf di rod dɛn  
fɔ sin, we kin mek wi fil pen ɛn sofa ɔltɛm, ɛn Lɛ wi no se gud

kwaliti den kin mek wi enjoy pas gud kwaliti den we no get  
wan valyu Ep wi fo ondestand se bad tin, we fcs i kin tan lek  
se i fayn en i kin mek possin gladi, kin chenj smol smol to  
pozyn we kin kil possin, en da gud de we kin te fcs, i kin bi  
!swit nektu

\* \* \*

Fo wori no get wan yus; den kin jcs de lod di at wit mo  
wori We yu don yu evride wok, avoyd fo de pan den o ker den  
go na os wit yu Wori de mek wan tik layt we get dak, klawd  
klawd rawnd yu maynd, we de ambog yu fo si di rod klia wan  
en izi wan Wi fo lan fo abop pan God mo en mo  
Laif fo de pan savis, bikos if dis mortalman ideal no de, di  
konshens we God gi mortalman no go rich in ful potneshel We  
wi de sav oda pipul den en forget wi smol smol ego den, wi go  
fil di divayn prezens

\* \* \*

Gud pas bad na dis wol bikos na God na di pawa we pas  
o Bot we bad tin apin to wi, boku tem wi kin fil se wi no get  
pawa fo kontrol o win am Di big big briz we de mek bad bad  
tin no go ebul fo avoyd, bot wi kin win di tin den we de apin  
to wi en rayz pas den

We di disaypul test di swit we di divayn lov de gi, i kin fil  
wef we no get end we de koba am, en i kin fil wan big big en  
blazing longing fo God, so i kin pre wit dip konsentreshon en  
beg God from di dip dip pat na in at te I ansa am

\* \* \*

We di boring rutin, sexual obsession, material  
attachment, emotional agitation, exploitation, en di shift we  
kin chenj wantem wantem from klos to aversion tek ples fo  
lov, den lov kin don from at en bi tin we bin don pas

\* \* \*

Insay di vaylin in kray en di flut in kray, di ogan in  
myuzik en di oud in strumming, a yeri God in voys Insay di at

fɔ di sol lay di gladi at we mi sol de luk fɔ A dɔn fil In blɛsin  
wantɛm wantɛm, we dɛn dɔn kip na di hayv fɔ mi silɛns A go  
swɛt di hayv ɛn test di nɛktɔ fɔ gladi we go de sote go  
Fɔ want Gɔd min fɔ lɛk am Fɔ want Gɔd fɔ bi tru, klin,  
dip, ɛn layt If wi want fɔ gɛt ansa frɔm am, wi fɔ sɔrɛnda wi  
at to am ɛn beg am frɔm di dip dip pat na wi at te wi gɛt da  
blɛsin ansa de  
Divayn lɔv strɔng pas day ɛn i de sote go pas ɛnitin we  
de sho se pɔsin de liv fɔ shɔt tɛm

\* \* \*

Waka di rod dɛm fɔ layf wit stedi we nɔ de shek we nɔ  
no fɔ go bak ɔ fɔ go bak, ɛn wit strɔng fet se Gɔd in pawa we  
de mek ɛn we nɔ gɛt ɛnd de go wit yu ɛn sɔpɔt yu ɔltɛm  
Gɔd de ansa di beg we da trut disaypul de beg am wit ɔl  
in at we de sho se i want ɛn want am ɛn aks am fɔ ɛp am wit  
kɔnfidɛns ɛn op, ɛn i go mɔs kam to am fɔ sev am ɛn fri am  
frɔm di prɔblɛm dɛn we i gɛt  
:Di blankit we de flɔt, as di sɛj Paramahansa bin tɔk se  
Wan tɛm, tu padi dɛn bin de waka na wan riva bank we  
dɛn si wetin tan lɛk blankit we de flɔt Wan pan dɛn trowe  
insɛf na di riva ɛn swim go na di "blanket" Bɔt, i bin de tek  
lɔng tɛm fɔ go bak na di bank In padi notis se i de gɛt  
prɔblɛm wit di "blanket" ɛn na di rizin we mek i delay, so i kɔl  
:am

"?Wetin mek yu nɔ lɛf am ɛn go bak"

:In padi ansa se

Na dat a de trai fo du, bot di blanket de klin mi and no"

."go let mi go kom bak

I bin sɔprayz bad bad wan we i kam fɔ no tu let se wetin

i tink se na blankit nɔto natin pas bea we de swim

.[!Tink bɔt aw yu fut de bifo yu tek wan stɛp]

Bɔku pipul dɛn kin mek rizɔlt bɔt dɛn nɔ kin ebul fɔ du  
am, ɛn as a rizulta, dɛn kin fɔdɔm frɔm di mak we dɛn kin gɛt

sakrifays ivin as den de drim fo klaym to di mawnten Di wan  
den we de swela den wil pawa kin si se di mo we den de tray  
fo get sakrifays, na di mo den kin sink insay di kwagmaya we  
kin mek den no ebul fo du wetin den want Di wan den we get  
strong wilpawa, bot, no kin eva stop fo tray, il eksemp den tray fo  
du am gol den we rayt

\* \* \*

O Yunivasal Dokto, le a drink te a donawe wit di swit  
wata we de men yu pis, so dat a go fil yu gladi at we de mek  
a fil fayn en yu trenk we wik en taya no toch

\* \* \*

Di divayn voys de tok to ol di trut at den we de reason wit  
ay vaybreshon Di voys we get sens de pas na di ete fo fen tin  
den we get wanwod we de luk fo pis, gladi at, en oli no

\* \* \*

Mortalman de gi wi in advays en afta dat i de lef wi fo  
avest di frut we wi du [we kin bi di rizolt fo in rong advays]  
Bot God de gi wi gayd en in we de mek wi get gladi at en gud  
tin oltem

Le wi liv insay God in layt en no se bien dis bad bad drim  
na dis wol, wan wek we go de sote go Le wi fil di divayn  
prezens bien evri dak shado

\* \* \*

Jos lek aw di bi kin luk fo swit flawa den oltem, na so God  
in lov go kam na wi layf we den ful-op wit gud tin den en gud  
tin den fo du

\* \* \*

We yu ful-op wit gladi at fo mek oda pipul den gladi, trit  
den fayn en mek den fil sef en get pis, yu kin mek God gladi  
en den kin tek yu as posin we get sakrifays na layf

\* \* \*

We wi mit problem wit wi padi o pipul den we wi lek, wi  
fo tray fo solv di tin kwik kwik wan I no get wan minin en i no

mek sɛns fɔ mek di tin go bifo wit blem, agyument, ɛn ala,  
ivin if na di ɔda pɔsin gɛt fɔlt Wi kin ɛp di wan dɛn we wi lɛk  
fɔ mek dɛn biev fayn ɛn kɔrɛkt dɛn mistek tru wi fayn  
ɛgzampul, pas fɔ yuz bad bad kɔndɛm ɛn wɔd dɛn we de  
mek wi fil bad

\* \* \*

Masta, a de aks fɔ mek mi sol gɛt pis ɛn si di rayt we de  
sho op biɛn di klawd dɛn we nɔ bisin bɔt ɛnitin Mek di mun  
we sho se a go rayz na di skay na mi at, so dat a go fil kol ɛn  
pis na mi maynd

Naw a fil se yu de shayn na di ɔrayzin na mi maynd, ɛn  
di klawd dɛn we de mek a nɔ no natin de kɔmɔt bikɔs ɔf yu  
blɛsin layt ɛn yu kɔmfɔt ɛn blɛsin prezɛns

\* \* \*

Di at fɔ di pɔsin we de luk fɔ di tin dɛn we rili want fɔ du  
:sɔntin kin mek i tɔk ɔltɛm se

Mi Gɔd ɛn mi Lɔv, a nɔ want fɔ mek di trap ɛn ilyushɔn"

dɛn na dis wɔl tek mi, ɛn a jɔs want fɔ wek Yu lɔv na pipul  
dɛn sol Mi at, mi sol, mi bɔdi, mi maynd, ɛn ɔl wetin a gɛt na  
Yu yon" Dis kayn lɔv de fɛn in we to Gɔd, ɛn da kayn pɔsin de  
we de luk fɔ am kin kam fɔ no Gɔd

Mi Gɔd we a lɛk, a no se Yu de ɔlsay jɔs lɛk aw prɛshɔ ɔyl  
de ayd insay ɔliv we dɛn nɔ prɛs, na so bak di ɔyl fɔ Yu blɛsin  
prezɛns de distil insay di prɛs fɔ tink bɔt Yu ɛn di lɔng we de  
ɔltɛm fɔ Yu

\* \* \*

Tɛmtshɔn na wan we we de ful pɔsin, we de agɛns  
dɛnsɛf, ɛn we pɔsin kin tɔk bifo tɛm, we kin mek pɔsin gladi  
Di ɛnaji we dis aidia de mek, dɛn fɔ yuz am fɔ fɛn di trut we  
de brinj gladi at, pas fɔ du tin dɛn we nɔ rayt we kin mek  
pɔsin wɔri ɛn sɔfa

Tru eksperiens, fɔ kɔrɛkt wisɛf, ɛn sɛns, wi kin lan fɔ  
difrɛns bitwin di smɔl smɔl lay lay tin dɛn we de na dis wɔl ɛn  
di big ɛn infinite biuti ɛn gladi at we Gɔd gɛt

\* \* \*

Di fet we de na mi at bɔn frɔm intuitiv perception I de \*  
ɛnkɔrɛj mi ɛn wispa to mi fɔ dig fɔ di trɔs fɔ divayn lɔv insay  
mi

Fɔ tink bɔt Gɔd na di big big mɛrɛsin fɔ di wɔri we dis wɔl  
de wɔri, ɛn na dat mek a go praktis am wit ɔl mi at, dip wan  
ɛn ɔltɛm

O Masta, tɔch di yay we a de tink bɔt so dat i go tɔn \*  
insay ɛn si di san we gɛt spiritual gladi at we de bɔn na mi at

ɛn ɛp mi fɔ opɪn di domɔt dɛn fɔ kol at fɔ gɛt di hiling  
rayt dɛn fɔ yu blɛsin layt

A go ban di pwɛl at ɛn du mi bɛst fɔ fil Yu prezɛns, O  
Masta, fɔ tink gud wan, ɛn a go luk fɔ Yu wit ɔl mi at ɛn mi an  
te Yu sho Yusef to mi

If pɔsin kɔnfyus in tinkin to tin dɛn ɛn kɔndishɔn dɛn we  
de pas ɛn we de chenj, dat go mek i nɔ no bɔt tin dɛn we de  
na do Bifo dat, i fɔ pe atɛnshɔn pan di tin dɛn we de sote go,  
di tin dɛn we nɔ de chenj, ɛn mek i bi di sɛnt fɔ pe atɛnshɔn  
ɛn tink Di wan dɛn we de du dat go gɛt spiritual magnetism  
ɛn layt we kɔmɔt frɔm Gɔd go mek dɛn shayn

\* \* \*

Mek yu sɛnt, O Masta, kɔmɔt na mi sol in flawa ɛn drɔ  
sol dɛn to di tɛmpul we yu de  
Mek yu lɔv blo na mi at, so dat i go bit insay wanwɔd ɛn  
gri wit ɔlman

Bles mi tinkin, O Masta, so dat a go bring di wan den we  
tɔsti na mi sol to di watawel fɔ Yu pis Bi mi gɔst we go de  
sote go en de na di tempul we a get kol at en gladi at

A nɔ go eva fɔget yu, en a nɔ go eva waka na layf we yu  
no de  
Gi mi ɔvawel at fɔ want, en insay di layf eko fɔ devoshɔn  
to yu, le a yeri yu blesin vɔys  
Evride a go luk fɔ gladi at mɔ en mɔ insay mi maynd en  
smɔl en smɔl tru tin den we a want  
A de butu to Yu, Masta, fɔ tɛl tɛnki en tɛl tɛnki, bikɔs bay  
Yu gudnes, mi spiritual tin den en di gud tin den we a de du  
go win di bad tin den we de apin na layf en di bad tin den we  
a de du Ep mi fɔ mek a get mɔ maynd fɔ lef di bad abit den  
we de bring bad tin en fɔ mek a get bɛnifit abit den we de bring  
gud rizɔlt En ep mi fɔ kip di faya we de mek op de bɔn na mi  
at as a de travul fɔ go to Yu  
\* \* \*

Mɔtalman wil nɔ fɔ bi slev bay wetin i want, wetin i want,  
en bad bad abit den Dis nɔ min fɔ avɔyd fɔ yuz di wil, bɔt fɔ  
yuz sɛns fɔ yuz am so dat i go alayned wit wetin Gɔd want  
Enibɔdi we want fɔ get gladi at en sakrifays fɔ get strong  
fet pan Gɔd, fɔ mek i no mɔ to di levul we pis en kol at de  
insay, fɔ pe atɛnshɔn pan maynd en maynd, fɔ get pawa fɔ  
want en fɔ mekɔp in maynd, en fɔ du in wok wit kol at en wit  
kɔnfidɛns  
\* \* \*

A rɛdi fɔ gi mi wan ol layf to wan pɔsin we get trut, bɔt a  
de avɔyd ipokrit en pipul den we nɔ get wanwɔd we a nɔ de  
flat ɔ ful enibɔdi, en na so wi fɔ liv na dis wɔl  
\* \* \*

Wi fɔ get maynd, bi sinsi, en rawnd wisɛf nɔto jɔs wit di  
wan den we wi kin inspekt, bɔt bak wit di wan den we kin  
inspekt wi

\* \* \*

A kin du ɔl mi wok dɛn nɔmɔ bay we a lɛnt mi trɛnk frɔm

God So, di fɔs tin we a want na fɔ mek i gladi God na di fɔs  
lɔv we de na mi at, di big big tin we a want fɔ du insay mi, ɛn  
di men gol fɔ mi wil ɛn maynd

Balans na fayn tin ɛn i fɔ bi di fawndeshɔn ɛn kɔna ston

fɔ wi filin ɛn tink

\* \* \*

Di pɔsin we lɛk fɔ du wetin i want, we lɛk fɔ nɔ bisin bɔt

insɛf nɔmɔ, nɔ de alaw fɔ mek i bisin bɔt insɛf nɔmɔ, bikɔs i

nɔ pɔsibul fɔ gɛt klin gladi at pas pɔsin gɛt brayt maynd ɛn  
gɛt gud at, we de luk fɔ ɛn want gladi at fɔ ɔda pipul dɛn ɛn  
fɔ insɛf Dis na prinsipul we de ɔlsay ɛn we nɔ de chenj

\* \* \*

A stil mɛmba we a bin gɛt sɔntin we a nɔ bin de ɛkspekt;

frɔm biɛn di klawd dɛn we de tink gud wan, di dawn fɔ  
spiritual gladi at bin kɔmɔt wantɛm wantɛm ɛn kɔba mi bɔdi

Da blɛsin ɛkspiriɛns de pas ɔl wetin a bin de op fɔ A fil  
wan gladi at we a nɔ go ebul fɔ tɔk bɔt, ɛn di layt fɔ gladi-at  
bin de shayn ɛvri dak kɔna na mi kɔnshɛns, i bin de pul di  
shado dɛn we bin de mek a kɔnfyus ɛn kwɛstyɔn dɛn Da layt  
—lɛk ɛkstrem rayt—bin de pas na rɔf say dɛn ɛn sho tin dɛn  
we de pas di ɔrayzin fɔ ɔdinari vishɔn

\* \* \*

Di bit we yu at de bit we nɔ de stɔp de prich saful wan

se pawa we nɔ gɛt ɛnd de de pas di get dɛn we yu no Di  
saful saful pulseshɔn dɛn we de na layf we de kɔba ɔltin de  
:wispa to yu

Nɔ jɔs gɛt wan smɔl smɔl strim na mi layf, bɔt mek di"  
skɔp fɔ yu sɛns ɛn mek a put yu blɔd, bɔdi, maynd, sɛns, ɛn  
."sol insay di puls fɔ mi kɔsmik layf

\* \* \*

Masta, mek a fil Yu prezɛns pan ɛvri akshɔn we a de tek

Ɛp mi fɔ pul di shado fɔ fred we de mek di layt we Yu de



gayd mi nɔ klia ɛn mek di flawa dɛn we a want fɔ blo blo na  
di gadin na mi at as a de wet fɔ di dawn fɔ Yu kam

\* \* \*

Banish di tin dɛm wae yu de tink bɔt fɔ fel wit fayn fayn  
tin dɛm wae yu de tink bɔt fɔ gɛt sakrifays ɛn gɛt op, ɛn pul  
di frayd dɛm bay wae yu nɔr de tink bɔt dɛm  
Pul sɔri-at wit di layt fɔ gladi at, ɛn tek in ples fɔ tɔk we  
nɔ gɛt natin wit lɔv ɛn kɔtisti  
Rimov tin dɛm wae nɔr fayn na di tron fɔ wɛl bɔdi ɛn  
riple dɛm wit fayn fayn tin dɛm ɛn wɛl bɔdi filin dɛm  
Riliv yu at frɔm trɔbul ɛn wɔri, ɛn dreb di klawd dɛn we  
nɔ no natin frɔm di ɔrayzin na yu layf

\* \* \*

Di pɔsin we win di fɛt fɔ layf kin kɛr in sɔfa as badge fɔ  
ɔnɔ na in chest

\* \* \*

Bles mi, O Masta, so dat a go si gud nɔmɔ, tink gud  
nɔmɔ, ɛn jɔyn gud ɛn gud pipul dɛn nɔmɔ ɛn mek a tink bɔt  
Yu, O Yu we na di sɔs fɔ ɔl gud ɛn rayt

Kip di daknes gɔst dɛn fa frɔm mi, ɛn luk mi frɔm di at na  
di skay ɛn frɔm di get dɛn na mi at ɛn mi filin, ɛn apia to mi  
na di tɛmpul we a lɛk yu

\* \* \*

Wi fɔ du wi bɛst fɔ kɔntrol wi filin ɔltɛm, so dat wi go  
ebul fɔ kɔntrol wi filin ɛn kɔntrol wisɛf ɛnitɛm we wi mit pipul  
dɛn we gɛt bad abit we lɛk fɔ ambɔg ɔda pipul dɛn pis ɛn  
pwɛl di atmospɛs we de rawnd dɛn

Di fɔs tin we pɔsin fɔ tink bɔt na di we aw pɔsin de biev  
na fɔ mek insɛf bɛtɛ Gud pɔsin, tru in fayn fayn we aw i de  
biev, i kin ɛp di wan dɛn we de arawnd am fɔ chenj fɔ bɛtɛ

\* \* \*

Fɔ bisin bɔt wetin pɔsin want kin mek pɔsin in maynd  
blaynd, ɛn we di fɔg we di tin dɛn we i want kin du kin mek i  
nɔ ebul fɔ tink, dɛn kin lɔs dɛn insay balans ɛn du sɔntin we  
dɛn nɔ kin no, bikɔs dɛn no se di sɛns we dɛn bɔn wit na di  
tin we de drɛb ɛni sawnd akshɔn ɛn tin we pɔsin kin du tin  
tret We di stiarin we pɔsin in maynd gɛt brok, i nɔ go ebul fɔ  
avɔyd fɔ dɔn na di bad bad tin we kin mek i fil pen ɛn sɔfa

\* \* \*

I nɔ go te igen, di lay lay tin dɛn we pipul dɛn kin tink  
bɔt na layf go dɔn, ɛn di rizin we mek i go klia We di tin dɛn  
we pipul dɛn kin tink bɔt we dɛn smɔl ɛn we dɛn yɔŋ kin dɔn,  
wetin kin lɛf? Wi kin jɔs gɛt tru tru gladi at we wi de nia Gɔd  
ɛn we wi fil in prezɛns, we de ful di sol wit kol at ɛn pis

\* \* \*

Wi fɔ bi rial tin dɛn we wi de op fɔ ɛn aks Gɔd fɔ fulfil wi  
impɔtant nid dɛn nɔmɔ, ɛn fɔ no di difrɛns bitwin di rial nid ɛn  
di tin dɛn we wi nɔ nid Di bɛst we fɔ no difrɛns bitwin wetin  
nid ɛn wetin nɔ nid na fɔ yuz lɔjik ɛn rizin ɛn nɔ want fɔ gɛt  
tin dɛn we nɔ gɛt stɛriyl we nɔ de bɛnifit wi ɛn we bɛtɛ if wi  
nɔ gɛt am

\* \* \*

Sɔntɛm a kin travul pas di planɛt ɛn sta dɛn we de fa pas

ɔl

Bɔt a go lɛk yu ɔltɛm

Di wan dɛn we de fala yu kin kam, ɔ dɛn kin go dɛn yon

we

Bɔt a go de wit yu ɔltɛm ɛn lɛk yu

I kin bi se wev dɛn we gɛt bɔku bɔku bɔdi dɛn kin tos mi

A kin fil lɛk se na mi wangren de ɛn a kin fil lɛk se na mi

wangren de

Bɔt, a go lɛk yu ɔltɛm

Di wɔl we gɛt maynd kin fɔgɛt yu

Bɔt a go mɛmba yu ɔltɛm

Mi vɔys kin dɔn ɛn mek a nɔ ebul fɔ du natin

:Bɔt insay mi sol in wɔd dɛn a go wispa

. "A go lek yu oltem"

Di problem den we a kin get, sik den, en day kin mek a  
skata

Den bin de sif mi bodi, bot as long as i de na mi memori

Wan smol op stil de; luk insay mi yay we de day

:Tru den a go tel una se

A go lek yu sote go

!En a go kontinyu fo de bien yu oltem

\* \* \*

We yu se "God de wit mi," na gud nomo go kam to yu

from di tin den we oda pipul den de tink Scrawnd yusef wit

God, bikos In nem we oli pas ol na pawa we pas ol, shild we  
posin no go ebul fo pas insay we ol di bad vaybreshon en tink

den go ben en deflekt agens

Spiritual gladi-at de insay fo tink bot God oltem en fo

want am oltem, en tem go kam we di maynd no go shek o

shek shek igen bikos of wori Don, no bodi problem o

saykolojik kraysis no go ebul fo pul di konsheins komot na di

prezens fo di God we de alayv

I rili fayn fo fil se wi de nia God, fo tink bot am, en fo fil

!se i de wit am oltem

\* \* \*

Yu fo tray fo rich yu rayt gol wit op en gladi at, en di jos

ekspekt fo rich am fo bring gladi at to yu sol Yu fo gladi bak we

yu rich da gol de bikos na ajostment we fit fo mek yu gladi

\* \* \*

Den se di bi so lek di sent we di lotus get dat i kin de na

di flawa in at fo long tem, i kin sok di nekt We i de du dat, di

lotus petal den kin lok pan am, en i kin mit in day insay di

lotus Don di dia den we de na di not pat de, we den don chak

wit di myuzik we di flut de mek We di posin we de contin de

ple di flut, di dia kam to am en mit in fatal fate Som elifant

dɛn de bak we dɛn kin mɛn na os; di uman ɛlifant dɛn kin yuz  
fɔ mek ɛn kech ɔda ɛlifant dɛn Insay dis kɔntɛks, wan  
:bigman we sabi bɔt sayɛns bin tɔk sɔntin we i du fɔ

Di bi kin kɔle di sɛnt  
ɛn di dia de mek sawnd we de mek pɔsin wispa  
Di ɛlifant we dɛn kapchɔ de fɔdɔm  
Na bikɔs ɔf di tɔch we de mek pɔsin wek

Bɔt wetin wi go se bɔt mɔtalman we gɛt ɔl dɛn sɛns dɛn  
de? Di filɔsofa in advays to am na: "Nɔ bi slev to yu sɛns, ɛn  
."nɔ mek ɛnitin ɔ ɛnibɔdi kɔntrol yu  
As fɔ mi, a se: "Mɛmba se dɛn dɔn put ɔl yu sɛns dɛn na  
yu savis ɛn yu fɔ lisin to yu kɔmand dɛn ɛn fala wetin yu  
"want

\* \* \*

Wata ɛn ays na tin dɛn we de sho tu tin dɛn we wi nɔ de  
si, ɔksijen ɛn haydrojɛn, ɛn dɛn ɛgzistens na jɔs wan we nɔ  
gɛt fɔm ɛn we de shot tɛm Semweso, mɔtalman maynd ɛn  
matirial na tin dɛn we de sho di wan ol maynd, we gɛt wan  
limited, rilitiv ɛgzistens nɔmɔ, bikɔs fɔ tru, na di yunivasal  
maynd nɔmɔ rili de atɔl

\* \* \*

Pipul dɛn de we nɔ de abop pan ɛnibɔdi ɛn we de dawt if  
pɔsin go ebul fɔ fɛn tru tru padi dɛn; sɔm kin ivin bost se dɛn  
ebul fɔ du tin we dɛn nɔ gɛt padi Bɔt di wan dɛn we nɔ ebul  
fɔ sho lɔv ɛn padi biznɛs to ɔda pipul dɛn nɔ de pe atɛnshɔn  
to di lɔ we de mek di spirit go bifo, we di sol de yuz fɔ mek in  
ɔrayzin dɛn big ɛn go bak to di we aw di divayn spirit de tek  
am

\* \* \*

We pɔsin de analays inɛf, i fɔ gɛt strong want fɔ pul in  
wikɛd tin dɛn ɛn mek inɛf bi wetin i fɔ bi, ɛn nɔ fɔ mek di

pwel at mek in maynd wik we i no di folt den we ɔnes we fɔ  
analayz insef de sho layt pan

\* \* \*

Di tu tin den we kin mek pɔsin gladi: fɔ liv simpul layf en  
fɔ tink gud wan

We a bin smɔl, a bin de rayt leta to Gɔd a bin yɔŋ en a  
nɔ bin sabi rayt, bɔt a bin de tel am bɔku tin den we a nɔ bin  
de aks fɔ enitin fɔ misef, bɔt a bin de aks am fɔ tich mi sɔntin  
bɔt insef, en evride a bin de wet fɔ mek di pɔsin we de post di  
postman kam wit di ansa to mi leta

A nɔ eva dawt na mi at En wan de a get di ansa na wan  
vishɔn, we a si di leta den fɔ wan blesin mɛsej we de shayn  
wit gold layt a nɔ bin ebul fɔ rid am fayn, bɔt a ɔndastand di  
mɛsej lek dis: "Mi na Layf en mi na Lɔv, en a de kia fɔ yu tru  
yu mama en papa!" Dɔn a ɔndastand en fil di we aw Gɔd de  
de

\* \* \*

A go wok fɔ fɔget di prɔblem den we a bin get trade, a go  
fes di prɛsen wit maynd, en a go wet fɔ tumara bambay wit  
kɔmplit kɔnfidens pan Gɔd

A no se ɔl di gud tin den we a de fil na mi at go bi tru we  
Gɔd ep mi

A go du mi bɛst fɔ impɔtant misef fɔ mek a ɔndastand  
mɔ bɔt di minin fɔ layf, en a go tray mi bɛst fɔ get sens, wek  
di sens fɔ di sol, en fɔ jɔyn wit di trut we pas ɔl

\* \* \*

O Masta, a go gladi fɔ di layt en lɔv we kɔmɔt frɔm Yu  
bɔku bɔku gudnes, en a go rayz to Yu vas den fɔ tel tenki en  
tel tenki fɔ sho se yu du gud

A go adopt sincerity in tinkin, wɔd, en du, en a go tray fɔ  
mek ɔda pipul den gladi bikɔs mi gladi de kɔmɔt frɔm den  
gladi, en a go solv mi smɔl sɛf insay di sɛf fɔ di ɔl di yunivasal  
sɛf

Lɔv na di puls fɔ ɔl di tin den we Gɔd mek  
Lɔv na tɔk we tu at den de tɔk kwayɛt wan

Lɔv na Gɔd in kɔl to ɔl di tin dɛn we Gɔd mek  
So dat i go go bak na in os we de na ɛvin we na di os  
usay wanwɔd de na di wɔl  
Lɔv de bɔn na di gadin dɛn we gɛt sol dɛn we de blo Na  
di nɛktɔ we ol pas ɔl ɛn we swit pas ɔl, we dɛn kip insay di  
vayl dɛn we gɛt loyal ɛn tru tru at  
Di wan dɛn we no dɛnsɛf ɔndastand se ɔl di pawa we  
dɛn nid fɔ du di wok dɛn de kɔmɔt frɔm Gɔd Di wan dɛn we  
gɛt spiritual tranquility (peace of mind) kin gɛt nyu gladi at  
insay dɛn at, ilɛksɛf dɛn de du dɛn wok na dis wɔl Dis kayn  
pɔsin de liv ɛn kɔndɔkt in layf akɔdin to wetin Gɔd want

\* \* \*

Mental disturbans disrupt ɛn distract di maynd, wan  
volatile mood de obscure klia vishɔn, ɛn emotional outbursts  
de mek pipul dɛn nɔ ɔndastand Bɔku pipul dɛn nɔ de du tin  
wit ɔndastandin ɛn deliberation, bɔt akɔdin to dɛn mood Dɔn  
bak, biases ɛn prejudices klaud di lens of discernment,  
disstort understanding, ɛn prevent klia ɛn unambiguous  
perception So, insight must be purified of all sources of  
kɔnfyushɔn, agyument, ɛn di we aw pipul dɛn kin tink bɔt ɔda  
pipul dɛn we kin mek dɛn nɔ ebul fɔ jɔj fayn ɛn fɔ no di rayt  
tin

\* \* \*

Wan Masta de fɔ dis yunivas we dɔn gi mɔtalman  
indipɛndɛns, abiliti, ɛn sɛns Mɔtalman kin fɛn Gɔd tru di gift  
fɔ rizin, bɔt if dɛn west dɛn tɛm pan frivoliti we dɛn nɔ mek di  
tray we dɛn nid fɔ fɛn di minin fɔ layf ɛn fɔ no di Wan we mek  
dɛn, dɛn de spɛnd di valyu ɛnaji we Gɔd gi dɛn ɛn dɛn nɔ go  
ɛva fɛn tru tru gladi-at

Pan ɔl we a de du bɔku tin, a nɔ de fil se wetin a de du,  
bikɔs a no se dis wɔl nɔto mi os

\* \* \*

Di fɛn we wi de luk fɔ Gɔd nɔ de ɛkskyuz wi fɔ nɔ pe  
atɛnshɔn to wi matirial, intɛlektual, ɛn soshal wok dɛn we wi  
de du we wi de strɛch na layf Na di ɔda say, di pɔsin we rili  
de luk fɔ spiritual tin dɛn kin lan fɔ kɔrɛkt insɛf ɛn kɔntrol di  
we aw dɛn de fil, di abit dɛn, ɛn wetin dɛn want fɔ mek dɛn  
fri di tɛmpul na layf frɔm di daknɛs we de mek dɛn nɔ no  
natin so dat dɛn go ebul fɔ no di divayn prezɛns Jɔs lɛk aw  
jɔlɔs dɛn na dak os nɔ go ebul fɔ bi si, so tu spiritual  
awareness nɔ kin ebul fɔ ɛksperiɛns as long as di fɔs dɛm fɔ  
ignorance ɛn saykolojik dissonance de hold sway pan pɔsin  
\* \* \*

Di si kin want fɔ tɔn insɛf insay kɔp, bɔt di kɔp kin jɔs ol  
in yon Semweso, di trut na fɔ ɔlman, bɔt di wan dɛn we nɔ no  
bɛtɛ nɔ de go dip dip wan fɔ fɛn ɛn fɛn ɔltin, ɛn dɛn nɔ de  
bost fɔ dayv ɔnda di wata; so, dɛn nɔ kin ebul fɔ fɛn di trut  
Wi fɔ du ɔl wetin wi ebul fɔ du dip risach ɛn fɔ pul di valyu tin  
dɛn  
\* \* \*

I lɛk fɔ rijek ɛni bad tin we de tray fɔ kam insay in  
kɔnshɛns we i de pe atɛnshɔn pan sirɔs tin ɔ impɔtant tin  
Bɔku pipul dɛn kin tink bɔt ɔda tin dɛn we dɛn de du  
impɔtant tin Fɔ ɛgzampul, we di jɔj bin de gi in las jɔjment  
pan wan dilik tin we gɛt fɔ du wit layf ɔ day fɔ ɔda pɔsin, i bin  
de tink di sem tɛm bɔt di bad tritment we i bin dɔn gɛt frɔm  
in wɛf da sem de de, ɛn i bin vɛks se in ruling pan dɛn nɔ bin  
de fos fɔ os

If dis jɔj mek di rɔng disizhɔn ɛn sɛntɛns pɔsin we nɔ du  
natin fɔ day bikɔs i nɔ de kɔnsɛntret, insɛf go tinap fɔ akɔdin  
ɛn kɔndɛm am bifo di big big jɔj, we na di yunivasal lɔ we nɔ  
no ɛnibɔdi ɔ nepotism  
\* \* \*

Di briz we yu inspekshɔn de blo dɔn pul ɔl di klawd dɛn,  
ɛn di skay fɔ mi tinkin naw klia ɛn klin, ɛn wit klin yay a de si

yu ɔlsay Di rayt fɔ yu blɛsin san de go insay di dip dip ples  
dɛn we a bi, ɛn wit di angri we jɛnɛreshɔn dɛn de angri a de  
it wit yu blɛsin layt

\* \* \*

Insay dis wɔl we de chenj chenj, we gɛt prɔblɛm, ɛn we  
nɔ shɔ, yu kin fil se yu wangren de atɔl Na Gɔd nɔmɔ nɔ go  
ɛva lɛf yu ɔ mek yu nɔ gɛt op igen  
Blɛs mi, Masta, so dat a go gɛt di sid dɛn fɔ spiritual  
trɛnk ɛn sakrifays insay mi, ɛn so dat a go yuz da trɛnk de di  
we we go mek Yu gladi

\* \* \*

O Masta, insay di solitude of mi tinkin, a de wet fɔ yɛri  
Yu vɔys Banish frɔm mi di wɔl vɔys dɛn we de nest insay mi  
mɛmori A de long fɔ yɛri Yu serene vɔys we de resɔn dip  
insay mi sol Tek ol mi bi ɛn mek a fil Yu blɛsin prezɛns insay  
mi ɛn ɔlsay rawnd mi

\* \* \*

I izi fɔ no if pɔsin gɛt sɛns bikɔs pis de ɔ usay dɛn de  
agyu

\* \* \*

Di frayd we pɔsin kin fred insay pɔsin in maynd, di  
prɔblɛm we i kin gɛt na in maynd, ɔ wɔri we kin kɔmɔt frɔm  
we i de wit di rɔng kayn padi ɛn fambul dɛn, ɔl kin mek pɔsin  
in maynd kɔnfyus ɛn gɛt prɔblɛm wit in maynd Di wan dɛn  
we gɛt kol at ɛn pis, na di ɔda say, kin ɛp fɔ mek pɔsin gɛt  
wɛlbɔdi ɛn magnetik maynd

\* \* \*

Gɔd de tɛst wi fɔ mek wi strɔng, nɔ fɔ brok wi Ignorance  
destroy wi if wi put ɔl wi trɔst pan di bɔdi Di wan dɛn we de  
kɔntinyu fɔ luk fɔ trut de fɛn layf we go de sote go Dis wɔl na  
faya we de bɔn we wi sol dɛn fɔj insay, we de kɔmɔt as stɛl  
we gɛt sɛns ɛn spiritual trɛnk



Mortalman get pɔtnɛshɛl we dɛn nɔ tap—ɔl di pawa we  
dɛn nid Gɔd dɔn gi dɛn di pawa fɔ rizin fɔ fri dɛnsɛf frɔm di  
tin dɛn we de ambɔg dɛn na di wɔl we de tay dɛn ɛn kip dɛn  
kapchɔ to abit ɛn tin dɛn we dɛn want Di wan dɛn we dɔn  
disayd tide fɔ nɔ alaw di prɔblɛm dɛn we de na layf fɔ brok  
wetin dɛn want ɛn ambɔg dɛn prɔgrɛs, dɛn go gi dɛn di pawa  
fɔ win dɛn

\* \* \*

Nɔ sho ɔl yu sikrit to ɔda pipul dɛn insay di nem fɔ ɔnɛs  
If yu sho yu wikɛd tin to di wan dɛn we nɔ de tek tɛm, dɛn go  
tek di chans fɔ provok yu we dɛn want fɔ du yu bad Wetin  
mek fɔ gi dɛn sɔntin we dɛn go yuz agɛns yu ɛn mek yu fil  
?pen

\* \* \*

O drink we de mek a fil fayn, a de drink yu bak ɛn bak,  
yet di bɔtul we de na mi kɔnshɛns de kɔntinyu fɔ ful-ɔp ɔltɛm  
A nɔ no di nem fɔ dis blɛsin drink, bɔt a no se na di nɛktɔ fɔ  
divayn lɔv we de gi mi nyu spiritual gladi  
Spiritual gladi at de nyu ɔltɛm bikɔs i nɔ bɔn am frɔm di  
tin dɛn we pɔsin want we nɔ de te I kin sho insɛf pan di sol  
we want fɔ du sɔntin insay dɛn tɛm dɛn de we di maynd wɔri  
kin mɛlt ɛn di bad abit ɛn di tin dɛn we kin mek pɔsin wɔri kin  
dɔn ɔnda di tɔch we di pis we de insay pɔsin kin tɔch we kin  
kɔmɔt na di dip dip tin dɛn we di sol get

\* \* \*

Wi nɔ go kɔmpia di jɛntrɪman dɛn na di wɔl ɛn di wan  
dɛn we jɛntri na di spirit, bikɔs di wan dɛn we jɛntri na di  
spirit na di wan dɛn we jɛntri pas ɔl di wan dɛn we jɛntri na  
Gɔd in yay

Tide, a dɔn mekɔp mi maynd se a nɔ go sɔfa fɔ pwɛl at,  
fɔ fil bad, ɛn rigrɛt fɔ di op dɛn we a dɔn lɔs ɛn drim dɛn we  
nɔ dɔn apin Bifo a alaw misɛf fɔ kɔntinyu fɔ de na say we dɛn  
de kip mi ɛn di tin dɛn we a nɔ ebul fɔ du, a go liv akɔdin to  
di tin dɛn we sɛns de tɛl mi, a no se we a du dat, a go get di  
gladi at we a de luk fɔ

\* \* \*

Tenki, Masta, fɔ mɛmba mi ɔltɛm, ivin we a nɔ mɛmba  
yu, ɛn fɔ ful mi wit tenki fɔ di blɛsin dɛn we yu dɔn gi mi Blɛs  
mi so dat a go liv wit mɛmba yu ɔltɛm

\* \* \*

We di kɔnshɛns klin frɔm di bad we aw pipul dɛn de tink  
ɛn fri frɔm ilyushɔn, wi go gɛt ɔndastandin we de inspekt wi  
nɔto jɔs pan patikyula tɛm dɛn bɔt ɛvrɪde na wi layf bay we  
wi de ridyus di vitality ɛn yɔŋ we wi bɔdi gɛt, mek wi tink  
strong, ɛn chaj wi sol wit kɔrɛnt dɛn we gɛt sɛns ɛn gladi at

\* \* \*

Gɛt di abit fɔ tɔk di tru ɛn nɔ tɔk wetin nɔ nid, ɛn nɔ tɔk  
ɛnitin we go ambɔg ɔda pipul dɛn ɔ we nɔ de sav di trut

\* \* \*

Bɔku pan di biznɛsman dɛn nɔ kin sabi fɔ mek mɔni, ɛn  
dɛn nɔ kin gɛt sakrifays fɔ manej dɛn biznɛs, ɛn dɛn nɔ kin bi  
man dɛn we gɛt sɛns, bikɔs we dɛn de na dɛn ɔfis dɛn kin  
bisin bɔt dɛn prɔblɛm dɛn na dɛn os wit dɛn wɛf dɛn, ɛn we  
dɛn de na os dɛn maynd kin dɔn wit dɛn wok prɔblɛm dɛn  
Pɔsin nɔ fɔ tray fɔ pe atɛnshɔn pan mɔ pas wan tin wan tɛm

\* \* \*

If pɔsin we nɔ rayt disayd fɔ rifɔm insɛf ɛn mek in  
kɔndishɔn bɛtɛ bay we i de miks wit gud pipul dɛn, i go chɛnj  
fɔ bɛtɛ, we pɔsin we de du tin wit Gɔd biznɛs go lɔs in  
spiritual layf ɛn go bak wit di wan dɛn we gɛt rɔng rizin ɛn  
bad abit dɛn

\* \* \*

Mɛmba se di want fɔ kam nia Gɔd na di big ɛn nobul we  
yu de yuz di pawa we yu want, bikɔs na Gɔd nɔmɔ de sote go  
ɛn i de sote go, ɛn na frɔm am ɔl gud tin de kɔmɔt Klovayt yu  
wil pawa ɛn avɔyd di bad tin dɛn we yu want; nɔ yuz yu wil  
pawa fɔ du dɛn, bikɔs na fɔ natin tray ɛn west yu ɛnaji Ful yu  
wok dɛn na dis layf di bɛst we yu ebul, ɛn di sem tɛm yu de  
si layf as drim we nɔ de te Shap yu disayd ɛn grɔn yu wil  
insay di no bɔt Gɔd

\* \* \*

If pɔsin liv in layf wit sɛns ɛn sɛns, i go si se day na  
blɛsin ɛn i go chenj to bɛtɛ stɛt na bɛtɛ wɔl

\* \* \*

Masta Paramahansa bin gi wan pan in disaypul dɛn dis  
:advays

Nɔ bi wan-sayd; bifo dat, liv layf we ɔda ɛn balans, put  
yu wok dɛn fɔs Diuti na wok we yu du wit ɔl yu at ɛn wit tru  
tru want, nɔto wit vɛks ɔ fil se yu fɔ du sɔntin Pan ɔl we fɔ no  
bɔt spiritual ɛn gud abit fɔ bi di tin we impɔtant pas ɔl, yu nɔ  
fɔ fɔget bɔt matirial duty, bikɔs i rili impɔtant ɛn i fɔ mek yu  
get mɔ pawa wit sɔshal, nashɔnal, ɛn intanashɔnal  
ɔbligayshɔn dɛn

\* \* \*

."ɛn pas ɔl, bi ɔnɛs wit yusɛf"

Dis frayz de krawn wan list fɔ fayn fayn advays dɛn we  
dɛn gi Polonius insay Shekspia in Hamlet, ɛn i min, pan ɔda  
tin dɛn, fɔ bi tru to yusɛf ɛn nɔ fɔ du wetin pɔsin fil dip dip  
wan na rɔng Fɔ tru, klia ɛn layf kɔnshɛns de gi di pɔsin we  
get am gladi ɛn trɛnk we pas ɔl di valyu ɛn impɔtant tin dɛn  
we de na di yunivas

\* \* \*

Di pawa we di supɛm kɔnsɛntreshɔn get de mek di big  
big briz we de mek pɔsin wɔri, nɔ de wɔri, i de stɔp di tin dɛn  
we pɔsin kin want we i nɔ ebul fɔ kɔntrol, ɛn i kin mek Gɔd  
get sɛns we nɔ de chenj ɔ chenj

\* \* \*

Saksɛs nɔ de dipɛn pan fate ɔ lak, bɔt na fɔ alaynɛshɔn  
fɔ yusɛf, tru kɔntɛmplɛshɔn, wit di lɔ dɛn na di yunivas

\* \* \*

Nɔtin ɛn nɔbɔdi nɔ fɔ alaw fɔ tek di tron na di at, we fɔ  
dediket to Gɔd nɔmɔ

\* \* \*

Di we aw pɔsin kin biev kin mek i fil kol ɛn i nɔ kin  
ɔndastand, ɛn dis kin mek i nɔ kin izi fɔ mek i gɛt gud padi  
biznɛs wit ɔda pipul dɛn  
\* \* \*

Layf na os fɔ bi paradays, bɔt bad wamat kin tɔn am to  
ɛlfaya Man kin kam bak na os frɔm wok fɔ si in wɛf in at pwɛl  
ɛn vɛks, we kin mek i nɔ ebul fɔ tɔk to am ɔ i kin go bak na  
os wit bad maynd, we kin mek i nɔ ebul fɔ tɔk to am So, bɔku  
prɔblɛm kin apin to ɔda pipul dɛn bikɔs ɔf wamat we nɔ fayn

We pɔsin na yu famili de sidɔm wit vɛks ɔ nɔ bisin bɔt  
yu, di we aw i de biev kin afɛkt yu wantɛm wantɛm ɔ yu kin  
go to pɔsin we gɛt ay spirit, na fɔ si se i de fil bad ɛn i kin  
agyɔ, ɛn i kin tɔk wɔd dɛn we kin mek yu fil bad we kin mek  
yu nɔ gladi wantɛm wantɛm, ɛn dis kin mek yu want fɔ  
distans yusɛf

Nɔ pe atɛnshɔn to ɔda pipul dɛn abit ɛn nɔ mek dɛn  
inflows yu  
\* \* \*

A dɔn gɛt bɔku prɔblɛm dɛn na layf, ɛn di wan dɛn we at  
pas ɔl na wit pipul dɛn we nɔ jɔj mi fayn A dɔn si pipul dɛn  
we a lɛk ɛn gi mi at fɔ misɔndastand mi ɛn tɔn agɛns mi Bɔt  
dis nɔ mek bita bita na mi sol bikɔs bita klawd de ɔndastand  
A nɔ de alaw ɔda pipul dɛn fɔ mek a fil bad we dɛn nɔ  
ɔndastand mi, bɔt bifo dat, a kin tray fɔ ɛp dɛn if dɛn gri wit  
mi ɛn sɛn gud tin dɛn fɔ dɛn ɛn du gud tin dɛn fɔ du to dɛn  
\* \* \*

Rayt tin dɛn tan lɛk fɔ sip di swit, fayn fayn nɛktɔ fɔ  
gudnɛs, we bad tin dɛn na tin we de agɛns dɛnsɛf, lɛk fɔ it  
ɔni we gɛt pɔyzin Akshɔn ɛn bihayvya dɛn we de ambɔg  
wɛlbɔdi ɛn mek pɔsin gɛt prɔblɛm wit in maynd ɛn nɔ no  
natin fɔ avɔyd ɔltogɛda Unjustified indulgence in harmful  
substances of all kinds is the gateway through which

psychological troubles, illnesses, and physicality pen den kin  
kam insay

\* \* \*

O mi divayn pɔsin we a lɛk

Yu na di wɛl spring fɔ lɔv we de flɔ frɔm di at fɔ padi  
biznɛs, ɛn di ayd rayt fɔ wam we de opin di bɔd den fɔ filin na  
di at fɔ padi den

En poem den we gɛt sɛns we de gi glori to pipul den we  
gɛt ay pozishɔn, we de biɛn pɔsin, ɛn we de gi in layf to Gɔd

\* \* \*

Di mɔ we a de sɛn mi sɔri-at ɛn gudwil to ɔda pipul den,  
na di mɔ a de opin spiritual chanel den we Gɔd in lɔv de flɔ to  
mi Divayn lɔv na di magnet we de atrak ɛn briŋ di big big  
gud

\* \* \*

I impɔtant fɔ mek pɔsin disayd fɔ mek i kɔntinyu fɔ gɛt  
pis ɛn kolat we de insay in at, ilɛksɛf i de liv wit in fambul  
den we gɛt prɔblɛm, i de wok fɔ pɔsin we de wok fɔ am we  
gɛt bad at, i de dil wit di wan den we i de tek as ɛnimi, ɔ i de  
gɛt ɛni prɔblɛm na in layf If i kɔntinyu fɔ bia wit dis disayd na  
in ɛvrɪde layf ɛn nɔ in at pwɛl afta sɔm dez we den dɔn gɛt  
den kayn ɛkspiriɛns den de, i go gɛt balans insay in at ɛn gɛt  
gladi at na in maynd

\* \* \*

Iv ɛn sin nɔ de insay mɔtalman in nature, bɔt den kɔmɔt  
na do ɛn put am insay insɛf

\* \* \*

Gold we den bɛr ɔnda dɔti nɔ de lɔs in men tin; i de  
shayn wit in natura klin wans den dɔn pul di dɔti Semweso,  
gudnɛs de insay mɔtalman sol pan ɔl we di layers fɔ  
ignorance we de kɔba ɛn ɔbskɔr am lɛk aw di gold fɔ di sol  
dɔn dɔti bay di tik, hardened mud fɔ ignorance, wi nid fɔ jɔs  
was da dɔti de wit di wata we gɛt sɛns fɔ sho di fayn fayn  
layt we di sol in tru tru gold de shayn

\* \* \*

Boku tem, pipul den kin pe atenshon fo kondem densesf,  
en na dat mek den no kin notis di gud kwality den we di oda  
posin get  
\* \* \*

Ignorans de ikwal na Is en West We di wan den we no no  
natin from Is en West mit, den kin agyu en no kin gri, de sho  
se den de glori fo prawd en fo du wetin rayt fo densesf we den  
no de lisin o respekt oda we den fo si tin, ivin if den korekt Bot  
we di sensman den we komot na Is en West mit, den kin chek  
tin den wit objektiv wan en wok fo mek olman wok togeda we  
go benifit olman  
\* \* \*

God don gi wi sol, maynd, en bodi, en wi fo plant den gift  
ya di we we get wanwod en balans Wi no fo alaw wisef fo bi  
slev to wi envayroment o prizina den we wi get abit  
\* \* \*

Mama en papa den we don go bifo pan God biznes kin ep  
di wol bay we den de men pikin den wit di abit den we get fo  
du wit God biznes en bay we den de liv den layf we no get  
wanwod we den kin tink bot en korekt densesf  
\* \* \*

Wan wish na wan want we no get di abiliti fo fulfil, we di  
intenshon strong pas wan wish Wilpawa, na di oda say, na di  
drevin fos bien da want, kopl wit di aktif enaji fo mek i bi frut  
Dis kin min se den fo pe atenshon en kontinyu fo tray te di  
want no kam Aw smol pipul den rili want en ajost wetin den  
want fo ajost! Na tru se posin no fo yuz di pawa we i want fo  
du tin den we de mek i shem en we posin kin kondem, bikos  
dis de agens di tru tin we mek i want fo du kontin en i de bring  
bad en bad bad tin den we motalman want fo du fo get sens  
en sens fo gayd am, we go mek i get sens en nia God  
\* \* \*

Boku tem, den kin ayd oltin we fayn en we get valyu na  
dis layf na mayn den we den koba wit mister i at fo fen jwel

dən we nɔ bɔku, ɛn dən fɔ dig ɛn pul valyu tin dən we gɛt  
valyu na Gɔd in yay wit di tul dən fɔ ɔndastand ɛn fɔ gɛt sɛns

\* \* \*

Fɔ brɪŋ gladi at to ɔda pipul dən tru fayn wɔd ɛn tru tru  
advays na di mak dən fɔ tru tru bigman Di ɔda we, fɔ mek  
ɔda pipul dən fil bad wit sɔri-at, fɔ luk dən bad, ɛn fɔ tink bɔt  
yusɛf nɔmɔ na sayn fɔ mek yu fil bad Wan luk we de mek yu  
fil bad ɛn briz we yu vɛks wund mɔ dip pas panch ɔ blo we  
de mek yu fil pen Fɔ provok ɛn provok de sho di spirit fɔ defy  
ɛn vɛks pan pipul dən we de du bad, we yu de mek padi wit  
padi advays dən kin mek pɔsin fil bad ɛn wɔnda

\* \* \*

Sɔntɛnde Gɔd kin sho insɛf to di wan dən we lɛk am as  
big layt, ɔ as kɔsmik vɔys, ɔ as gladi at we nɔ gɛt bɔda, ɔ as  
lɔv fɔ swit pas ɔl, ɔ as ɔndastandin, sɛns, ɛn no In layt de go  
ɛn spre lɛk kɔsmik wing ova sote go, ɛn sɔntɛnde a kin si dis  
wɔl lɛk drim na di at fɔ da layt de, ɛn na so a kam fɔ no se di  
wɔl na drim

\* \* \*

Wi fɔ du ɔl wetin wi ebul fɔ klin wi at wit sɛns ɛn klin am  
wit Gɔd in lɔv, ɛn fɔ no se wi ɔl na brɔda ɛn sista, we de waka  
togɛda fɔ go na wi os na ɛvin

\* \* \*

Yu big gladi at de pan yu rɛdi ɔltɛm fɔ lan ɛn du tin  
kɔrɛkt wan Di mɔ yu de impɔtant yusɛf, na di mɔ yu de ɛp fɔ  
mek ɔda pipul dən we de arawnd yu bɛtɛ Di pɔsin we de  
impɔtant insɛf de gladi ɔltɛm, ɛn di mɔ yu gladi, na di mɔ yu  
de mek ɔda pipul dən we de arawnd yu gladi

\* \* \*

Lɛ wi wok togɛda fɔ fid di wan dən we angri, gi klos ɛn  
mɛrɛsin to di wan dən we nid ɛp, kɔrej di wan dən we de  
kray, was di kray wata we di wan dən we nɔ gɛt bɛtɛ tin fɔ it,  
mek dən sol gladi, ɛn put smayl na dən fes

\* \* \*

If Gɔd nɔ bin put in lɔv na mama dɛn at, dɛn nɔ bin fɔ  
ebul fɔ lɛk dɛn pikin dɛn Divayn lɔv de flɔ tru mama dɛn at Di  
os ful-ɔp wit gudnɛs bikɔs di yunivasal Mama de insay di fɔm  
fɔ mɔtalman mama, ɛn wi fɔ kip di faya we mama in lɔv gɛt  
layf insay wi at

\* \* \*

Layf ya tan lɛk se i nɔ gɛt natin ɛn i nɔ gɛt wanwɔd te wi  
rich di shores fɔ sef Wi nɔ fɔ pin wi op pan di wɔl gol dɛn we  
de pas ɛn fraylayz matirial atakshɔn Dɛn kayn flimsy  
kɔnekshɔn dɛn ya we wi nɔ no de distans wi frɔm wi ɔltime  
purpose, jɔs lɛk aw dɛn de distans wi frɔm wi tru tru sef

\* \* \*

Gɔd in vɔys de biɛn di we aw layf de apia, i de kɔl wi  
ɔltɛm ɛn tɔk to wi frɔm flawa, oli buk, ɛn wi kɔnshɛns, ɛn tru  
ɔl di fayn fayn tin dɛn we de mek layf fit fɔ liv In glori de sho  
insay di spiritual kwayɛt we di sol de fil ɛn insay di rial tray  
we di maynd de tray fɔ gri wit am

\* \* \*

Masta, mek mi bi igl we de go bifo pan spiritual tin dɛn  
we de flay ay ɔp di dɔti rod dɛn we gɛt smɔl smɔl maynd ɛn  
we de ɛgzajarayt opinion ɛn biliv  
Kɔl mi to layers we de ay ɛn ay, pas di wɔl we de shek  
shek ɛn di klawd dɛn we de blok di san layt  
Mek a rayd di wing dɛn we balans to dɛn ay ay skay dɛn  
we gɛt ay sɛns

Apat frɔm ɔl di big big briz ɛn ebi ebi ren, a go go fɔ go  
luk fɔ di nɛst we de na ɛvin

Masta, mek mi bi igl we de go bifo pan spiritual tin dɛn,  
we de luk fɔ yu ɔltɛm wit lɔng ɛn want

O Masta, rɛfresh wi wit di swit briz we Yu de blo, ful wi  
wit longing fɔ Yu glori prezɛns, ɛn mek wi biɛns rich wit Yu  
divayn sɛns Lɛ wi fil Yu oli layt de pas ɔlsay na wi layf, strɔng  
wi maynd, pul wi daknɛs, ful wi wit pis ɛn optimism, ɛn gi wi  
di ɛnaji fɔ du gud tin dɛn

\* \* \*



Enibɔdi we de ɛp ɔda pipul dɛn wit in maynd ɛn tin dɛn  
we gɛt at we ful-ɔp wit gudnɛs ɛn fri-an, go si se wetin i de gi  
de kam bak to am, ɛn dis na di lɔ fɔ du sɔntin we de apin to  
at

\* \* \*

Wetin pɔsin de fil to ɔda pipul dɛn de mek di ɛtɛr de  
shek shek ɔltɛm, ɛn i de mek i gɛt sɔri-at ɛn du gud to am di  
rayt we Di wan we fɔgiv di wan dɛn we dɔn du am bad go  
mek dɛn fɔgiv am ɛn fɔ gri fɔ insɛf

\* \* \*

Jɔs lɛk aw pɔsin nɔ kin ebul fɔ tɔk tru fon we dɔn brok,  
na so bak pɔsin nɔ kin ebul fɔ brodkas prea dɛn fayn fayn  
wan tru in maynd we di hama blo dɛn we de mek i wɔri, wɔri,  
nɔ satisfay, ɛn we i de atak di glori dɛn we de pas na di wɔl  
we nɔ de wok fayn Bifo dat, dɛn kin mek da maynd de bak  
tru dip kol at ɛn kol at, ɛn dis kin mek i ebul fɔ transmit  
spiritual kol dɛn ɛn gɛt blɛsin ɛn sublaym insayt dɛn

\* \* \*

Insay dis wɔl we de chenj chenj, we gɛt prɔblɛm, ɛn we  
nɔ sho, yu kin fil se yu wangren de atɔl Na Gɔd nɔmɔ nɔ go  
ɛva lɛf yu ɔ mek yu nɔ gɛt op igen

\* \* \*

O Masta, mek a transparent wit klin so dat a go riflɛkt Yu  
hilin layt insay mi  
Kol di miro na mi maynd, we de shek wit wɔri, so dat i go  
sho yu fes we nɔ gɛt ɛnd  
Opin di winda dɛn fɔ fet na mi sol so dat a go blo di sɛnt  
fɔ yu pis

O Yu We de shayn insay Yusɛf! O Yu We gɛt majesty pas  
diskripshɔn! Luk insay mi yay we de want fɔ du sɔntin, so dat  
!a nɔ go si natin na di wɔl pas Yu

\* \* \*

difren sawnd dem get difren ifekt pan di nev sɛstem  
Dissonant sawnd dem get iritatin ifekt pan di nev dem, we di  
t di rilaks ɛn atrofi tisu dem nachamonik sawnd dem de aktib  
sɔdi nev sɛstem bay we den de wek in vital f  
So, wan fayn ɛn saful wɔd, wan siŋ we de mek pɔsin get  
maynd, ɛn wan vɔys we get sɛns we de wispa na di oli ples fɔ  
di sol, ɔl dis kin rili afekt mɔtalman sol we pɔsin nɔ go ebul fɔ  
imajin

Laif tan lek shot waka [insay fɔrɛst] No sooner we den  
pripia lanch ɛn put am na tebul, na so wan animal bɔs insay,  
fos ɔlman fɔ kɔmɔt Mɔs pipul den de liv lek dis Den de wok  
tranga wan fɔ gɛda sɔm mɔni ɛn get sɔm gladi-at ɛn sikyɔriti,  
na in nɔmɔ di wayl animal we sik ɛn ɔda bad bad tin den kin  
bit den, den at kin stɔp, ɛn den kin fos den fɔ kɔmɔt Pipul den  
nɔ nid fɔ liv lek dis, alaw wok den we nɔ get ɛnd fɔ tif den tɛm  
ɛn mek den bi slev Bɔku ia dɔn pas dis kayn we Di wan den  
we disayd nɔ fɔ mek prɔblɛm den stɔp den, den go gi den di  
trɛnk fɔ win den

\* \* \*

As wan jeneral lɔ, den kin yuz di wɔd "fud" nɔmɔ we i  
kam pan di it we pɔsin kin get na in bɔdi, bɔt ɔda kayn it den  
de, lek fɔ du tin wit intelektual, fɔ pe atɛnshɔn pan di maynd,  
ɛn fɔ get sɛns pan spiritual tin Di fɔs kayn (fud) de gi di bɔdi  
tin fɔ it, di sɛkɔn kayn (fud) de gi di maynd tin fɔ it, ɛn di tɔd  
kayn (spiritual wisdom) de gi di sol it

\* \* \*

Yu dɔn ɛva tray fɔ ɔndastand da "ɔda tin" we nɔ izi fɔ si,  
da mire we de chenj ɛn we de lɔs ɔltɛm na di dɛzat, we yu  
stil de fil ivin afta yu dɔn du ɔl wetin yu want? Mɔtalman kin  
want sɔntin te den get am, bɔt wans i dɔn de insay den an,  
den nɔ go ebul fɔ taya wit am ɛn want ɔda tin lvin if layf gi  
pɔsin ɔl wetin in at want—jɛntri, pawa, padi—den go dɔn fil  
se den nɔ satisfay ɛn begin fɔ fɛn mɔ Bɔt wan tin de we pɔsin  
nɔ go ɛva taya pan, ɛn wans i dɔn fɛn am, i nɔ go want ɛni

ɔda tin ɛn i nɔ go ɛva chenj am fɔ ɛnitin ɔda tin: di klin gladi  
at we di sol gɛt, we de na di dip dip ples dɛn we di sɛf gɛt

\* \* \*

Di wɔl dɔn shek ɛn nɔ gɛt wanwɔd ɔlsay na di istri Insay  
wɔ, di wɔl kin bi ples we bɔku bɔku pipul dɛn kin sɔfa ɛn fil  
pen Tru ɛn gladi at we go de sote go de pan fɔ ɛksperiɛns di  
divayn prezɛns, ɛn no gladi at ɔ bɛnifit nɔ de we pas fɔ gɛt  
da gladi at de

\* \* \*

Wetin mek pipul dɛn kin du tin dɛn we nɔ kin mek dɛn  
?gladi ɛn we kin mek dɛn gɛt bɔku prɔblɛm

Di ansa na "habit," we na di tin we de disayd fɔ mek  
mɔtalman destiny Bɔku pipul dɛn kin kɔntinyu fɔ du bad tin  
dɛn pan ɔl we dɛn no di pen ɛn damej we dɛn kin mek, bikɔs  
ɔf di ayɛn grip we dɛn kin gɛt Di abit Di kamɛl kin it bush we  
gɛt chukchuk pan ɔl we i kin pul blɔd na in mɔt Di pɔsin we  
de luk fɔ gladi at kin put insɛf pan in gladi at pan ɔl we dɛn  
kin du bad tin to in wɛlbɔdi Di rɔm kin drink te i day, i nɔ no  
bɔt di spiritual gladi we de insay, we dɛn nɔ go ebul fɔ  
kɔmpia to ɛni ɔda gladi-at Di pɔsin we gridi kin pwɛl in gladi  
at bay we i nɔ de taya fɔ rɔnata prɔpati, i nɔ no se if i tink fɔ  
sɔm tɛm, i go gɛt gladi at we gold nɔ go ebul fɔ bay

\* \* \*

Insay yu oli layt a go wek sote go, ɛn ɛnjoy fɔ si yu blɛsin  
fes sote go

A bin de luk fɔ lɔv tru di filin dɛn we nɔ de te, ɛn afta a  
dɔn waka waka na di dɛzat dɛn we mɔtalman nɔ lɛk, a bin  
rich fɔ fɛn di ples usay Gɔd lɛk am  
Di Tin dɛn we Yu De Tink bɔt di Spiritual  
Fɔ di ticha we gɛt sɛns Paramhansa Yogananda

Gɔd na di say we Gɔd de kip di sɛns we i gɛt, we in brayt  
nɔ gɛt limit ɛn di tin dɛn we de insay de nɔ de dɔn, ɛn  
mɔtalman sol na di say dɛn we da sɛns de de pas

Waid, opin chanel den de en smol, rōsti wan den Di mo di  
chanel big, na di mo di divayn gres de flo mo en boku

\* \* \*

Pen get fayn lesin fo di wan den we get sens en we redi fo  
lan, bot pen kin ton to wan bad bad posin we de mek den  
sofa fo di wan den we de komplem en we no gladi  
Pen kin tich wi almost enitin In lesin den de enkorej wi fo  
get sens, kontrol wisef, fo lef fo du tin, fo get gud abit, en fo  
no mo bot scontin  
Fo egzampul, bele pen de tel wi se wi no fo it pasmak en  
tek tem wit wetin wi de it  
Di pen we posin kin fil we i los in propati o posin we i lek,  
kin memba wi bot di we aw oltin na dis wol we pipul den kin  
tink bot tin den kin apin fo shot tem nomo  
Di bad tin den we kin apin we wi du bad tin kin mek wi  
no difrens bitwin wetin rayt en wetin roj  
Bot wetin mek pipul den no de lan from sens? Don den no  
go put densef onda di wan we de trit den bad en we no nid fo  
!korekt den

\* \* \*

O mi divayn posin we a lek  
Yu de na ol di kona den na di wan ol wol  
I de ayd insay di at fo flawa en ros den  
I de luk mi from di mun in winda  
From bien di kotin fo di tin den we God mek  
En di ilyushon den bin ayd from mi  
No neglek mi fo ivin wan blink na yu yay

\* \* \*

Pipul tink se asceticism na fo depriv yusef, bot dat noto  
ol tru a giv op smol smol want fo di big big trōs we de

\* \* \*

Insay di we aw i de luk fo gladi oltē – tru we den we  
posin kin kondem o we rayt – motalman infakt de luk fo gladi  
at na God in yay  
Tu kayn gladi at de: lay lay gladi gladi en tru tru gladi-at

Lay lay gladi gladi kin afta dat, sɔri ɛn pen kin kam, ɛn di  
ɛnd fɔ rial gladi at kin gladi ɔltɛm, ilɛksɛf di biginin we i bigin  
bin sɔri ɔ i kin mek pɔsin in at pwɛl

God na di gladi at we go de sote go, ɛn we di pɔsin we  
de luk fɔ am go fɛn am, i go fɛn da ɔda tin de we i dɔn de luk  
fɔ ɛn luk fɔ we i nɔ stɔp, ivin afta we i dɔn rich dɛn tin dɛn de  
we i bin tink se go mek i gladi

Insay dis gladi at we de chenj ɔltɛm, di pɔsin we de luk  
fɔ am go gɛt ɔl di gladi at we i bin de luk fɔ pan ɔl ɔda tin dɛn

\* \* \*

Tumara na tide de disayd, so a go analayz mi layf ɛn  
ɔndastand wetin i bi, dɔn a go devays we fɔ mek i bi wetin i  
fɔ bi

Tide a go kɔltiv di spirit fɔ initiativ, bikɔs di wan we tek  
initiativ tan lɛk wan piercing meteor, we de mek sɔntin frɔm  
natin

I de mek i tan lɛk se di tin we nɔ pɔsibul pɔsibul tru di  
pawa we di big spirit fɔ mek tin dɛn gɛt

\* \* \*

God in pawa de insay ɛvri atɔm na mi bɔdi, insay ɛvri sɛl  
we gɛt layf, ɛvri nerv, ɛn insay di bren ɛn tisu dɛn  
A fayn bikɔs da blɛsin pawa de de ɔlsay na mi bɔdi

\* \* \*

Enibɔdi we ebul fɔ kip in pis ɛn du in wok wit kol at, dɔn  
kɔnɛkt insɛf to di yunivasal spirit we in pis de ful-ɔp di  
ɛgzistens

I nɔ mata aw di tin dɛn we kin apin na layf kin tranga, ɛn  
ilɛk aw i kin tan lɛk se di tin dɛn we kin apin to pɔsin tranga,  
di saykolojik stet fɔ sho se i gɛt kol at ɛn di maynd fɔ  
kɔntinyu fɔ balans

Nɔto bad bad tin we pɔsin nɔ ebul fɔ du nɔ fɔ shek di  
fawndeshɔn dɛn na di sol, ɛn di sakrifays we pɔsin kin gɛt fɔ  
mek i gladi pasmak

Enibɔdi we sho se i kol ɛn gɛt kol at – fɔ tru, nɔto fɔ mek  
lɛk se i de mek lɛk se i de – dɔn rich di shore fɔ tru tru

kwayet en pis we pɔsin nɔ go ebul fɔ ambɔg wit di tin den we  
de apin na do  
Enibɔdi we want fɔ chenj fɔ bɛtɛ, fɔ gɛt strong, kwayet,  
kol wil en nɔ fɔ giv ɔp pan gud disizhɔn  
I fayn fɔ tink bɔt Gɔd we wi de du tin den en fɔ mek dis  
tin bi pat pan evride

\* \* \*

Sɔm pan di wan den we kin want fɔ lan kin waka na di  
rod fɔ shɔt tɛm, dɔn den nɔ kin gɛt zil igen, chenj di say we  
den de go, en fɔgɛt wetin den dɔn disayd fɔ du  
ɔda wan den kin du ɔl wetin den ebul fɔ kɔntinyu fɔ  
travul, pan ɔl we wan wan tɛm den kin lɛf fɔ du di ol abit den,  
bɔt pan ɔl dat den kin kɔntinyu fɔ waka en tray tranga wan,  
so den abit den kin rili fayn, en den kin strong, gɛt wɛlbɔdi, en  
gɛt trɛnk as di de den de go

\* \* \*

Pozitiv tinkin de mek wi si di divayn pawa we wi nɔ de si  
we kin mek smɔl smɔl intelektual ɔutlet en limited sɛns sɛns,  
en witnɛs flash den fɔ di big big gud, en opin wan big winda  
we nɔ gɛt limit wit we yu kin si di divayn prezɛns insay ɔl in  
spɛshal en divayn bɔku bɔku tin den ɔlsay  
Tranquility na wetin di wan ol wɔl nid, mɔ di wan den we  
de waka di rod fɔ tink gud wan en we want fɔ rich ay ay  
spiritual horizons

Spiritual tray we den kin du kwayet wan en pis kin wok  
fayn en kin gɛt frut, bikɔs we di bɔdi nɔ kin muv, di tin den  
we pɔsin kin tink bɔt kin bi aktif en di spiritual enaji den we  
nɔ de slip kin wek

\* \* \*

Wi nɔ fɔ fil se wi at pwɛl ɔ wi at pwɛl bikɔs wi de mek  
mistek, bɔt wi fɔ de luk di brayt say na wi ɛksperiɛns ɔltɛm en  
lan frɔm den En enitin we apin, wi fɔ tɔn to Gɔd fɔ ɛp en gayd  
wi

\* \* \*

Wan nyu disaypul bin tink se i go ebul fɔ ɔndastand  
spiritual tichin dɛn tru tiori stɔdi nɔmɔ, ɛn pan ɔl dat, i bin rili  
want fɔ tich ɔda pipul dɛn bak, so di ticha Paramhansa bin tɛl  
:am se  
Spiritual awareness nɔto ɛksternal graftin (lɛk plant) bɔt"  
."na fɔ gro ɛn divɛlɔp frɔm insay

\* \* \*

Di mɛsej we de kam biɛn ya, Masta Paramhansa  
Yogananda bin adɛs in student dɛn insay Janwari 1944 we i  
bin de rayt in buk, Autobiography of a Yogi , we dɛn dɔn  
translet insay 35 langwey dɛn ɛn we dɛn kɔntinyu fɔ print ɛn  
pɔpul frɔm we dɛn pul am lɛk 70 ia so dɔn pas  
:Mi dia padi dɛn  
Fridɔm fɔ pik bɔku pan ɔl kayn tin we pɔsin want, wetin i  
want, wetin i want fɔ du, ɛn wetin i want Bɔt dɛn fɔ mek  
difɛrens bitwin di rial fridɔm fɔ disayd fɔ du sɔntin ɛn di smɔl  
tin dɛn we i de sho  
Wi tray, wi trɛnk, ɛn ɔl wi bɔdi, gud abit, ɛn spiritual  
akshɔn dɛn kin begin ɛn wok ɔltɛm tru wil pawa  
Wilpawa na kɔntinyu saykl dɛm we nɔ de shek shek  
ditarminieshɔn ɛn aktiviti dɛm we de sɛntɛɾɛd rawnd wan  
want, te i rich wan digri fɔ trɛnk we go mek i gɛt di rizɔlt we i  
want  
A lan wan big lɛsin frɔm di buk we a de rayt, lɛk aw a bin  
de rayt we a nɔ de rivyu wetin a rayt, bɔt a bin gɛt fɔ rivyu  
ɛvri paregraf na mi ɔtobayografi ɛn a bin ɛnjoy fɔ go bak to  
dɛn fayn fayn tɛst dɛn de we a de browz di buk bak  
A dɔn gɛt bɔku advantej dɛn na dis layf we a dɔn gi  
lɛkshɔn, bil bildin dɛn, ɛn peint, ɛn di sikrit fɔ mi sakrifays na  
di pawa we a want ɔltɛm  
ɔl wetin a bin tray fɔ du wit pawa fɔ du sɔntin dɔn apin,  
ɛn a de mek una no se if una mekɔp una maynd fɔ du sɔntin,  
God go ɛp una fɔ du am  
Wi fɔ sheb divayn gladi at wit ɔda pipul dɛn Natin nɔ de  
we fayn pas fɔ tɔk frɔm wi at bɔt God

If yu ebul fɔ mek pɔsin biliv se di rod we sin de mek i go  
na di vali we de mek pɔsin day ɛn di rod fɔ tink gud wan ɛn  
fɔ fala di lɔ dɛn we Gɔd gi de mek i gɛt layf we go de sote go,  
yu go dɔn mek in layf jɛntri pas if yu bin dɔn gi dɛn wan  
milyɔn dɔla

Mɔni nɔ de te, bɔt di no bɔt Gɔd de wit wi ɛn i de go wit  
wi fɔ go na di nɛks wɔl So, a kin fil big big gladi ɛnitɛm we a  
si pɔsin de tray ɛn du ɔl wetin i ebul fɔ no Gɔd  
Pan ɔl we a de plan ɛn du bɔku tin na di wɔl, a de du am  
fɔ mek Gɔd gladi lvin insay di midst fɔ wok ɛn di hustle and  
bustle of demands, a de wispa, "Wea yu de, Lord?" ɛn di wan  
ol wɔl de chenj ɛn a de si wan big layt  
!Mi na smɔl bɔbul na da si we de shayn, ɛn a rili gladi

\* \* \*

Wi nɔ fɔ kip wi tinkin nɔmɔ pan di sɔri ɛn bad bad tin dɛn  
na dis layf Waiz nid fɔ mek wi dayrɛkt wi tink ɛn filin to di  
pawa we Gɔd de gi sote go we nɔ de chenj ɔ chenj  
Nɔ tek yusɛf wik ɛn wik, bikɔs yu bren de kip bɔku bɔku  
ɛnaji we go ebul fɔ gi pawa to wan big siti fɔ tu ful dez, ɛn  
!?pan ɔl dat yu se yu dɔn taya

We yu tray fɔ mek yu gɛt sakrifays, yuz ɛni chans we yu  
gɛt ɛn nɔ krawd ɔda pipul dɛn

Wan tɛm a bin de waka na wan strit na Bɔston ɛn di  
sayd we di strit we dɛn dɔn pik fɔ pipul dɛn we de waka na  
rod we a bin de waka pan bin ful-ɔp wit pipul dɛn we de  
waka ɛn ɔlmost ɔl dɛn bin de bifo mi, so dat i nɔ bin izi fɔ pas  
ɛnibɔdi Bɔt pan ɔl dat, a disayd bitwin misɛf se a go de bifo  
di krawd we a nɔ de push ɛnibɔdi

A begin fɔ luk fɔ chans ɛn luk ya ɛn de fɔ gap bitwin di  
pipul dɛn we de waka, we a de yuz te a rich wetin a want ɛn  
bi di fɔs pɔsin pan di krawd we a nɔ krawd ɛnibɔdi

Dɔn a se, "I nɔ bad, dɛn kin go bifo mi naw afta a dɔn

."ajɔst wetin a bin want

\* \* \*



Na God de gi welbodi, prosperiti, sɛns, ɛn gladi at sote

go

We wi kɔnɛkt wit Am, wi layf kin kɔmplit, ɛn if i nɔ de,

layf kin stil nɔ kɔmplit

Lɛ wi pe atɛnshɔn to da pawaful pawa we God gɛt we de

gi wi layf, abiliti, ɛn sɛns

Lɛ wi pre mek dis big trut flɔ insay wi layf

ɛn so dat dis pawa we go de sote go flɔ tru wi bɔdi

ɛn so dat gladi at we nɔ go ambɔg go kam na wi at

\* \* \*

Biɛn di daknɛs we di yay dɛn we dɛn lɔk gɛt, di wɔndaful

pawa dɛn we de na di wan ol wɔl, ɔl di gud sol dɛn we gɛt

blɛsin, ɛn di layf we go de sote go we nɔ gɛt limit ɔ ɛnd

Tru kɔntɛplɛshɔn wi kin kam fɔ no di absolyut trut ɛn

witnɛs in ayd wok dɛn na wi layf ɛn insay ɔl di wɔndaful tin

dɛn we God mek

If di disaypul si se i nɔ de go bifo lɛk aw i want, i fɔ tinap

wit insɛf, chɛk wetin i de tink, ɛn no di tin dɛn we de ambɔg

am

Bɔku tɛm, di rizin na we pɔsin nɔ de tray tranga wan ɛn

we in maynd de ambɔg am Bɔku tɛm, di tin dɛn we de

ambɔg am kin kɔmɔt frɔm di abit dɛn we dɔn dip dip wan we

dɛn fɔ pul kɔmɔt na di gadin fɔ layf so dat di rut dɛn fɔ gladi

at go gro ɛn gro fayn fayn wan na di grɔn na di sol

Nɔ rɔsh fɔ du big tin jɔs bikɔs yu want fɔ divɛlɔp yu wil

pawa

Fɔ mek yu go bifo, yu fɔ tɛst yu wil pawa fɔs wit sɔm

smɔl smɔl tin dɛn we yu bin tink se yu nɔ go ebul fɔ du If yu

tray tranga wan, sakrifays go bi yu yon

A stil mɛmba ɔl di gol dɛn we mi padi dɛn ɛn ɔda pipul

dɛn bin tɛl mi se a nɔ go ɛva ebul fɔ du, bɔt stil a bin ebul fɔ

du dɛn

Dɛn pipul ya we gɛt "gud intenshɔn" kin kɔz big bad tin

wit dɛn opinion; mek God protɛkt wi frɔm dɛn ɛn dɛn advays

Kompaniship get di big impak pan wil pawa Fɔ go na pati  
den we de mek nɔys instead fɔ tink gud wan na di say we  
den de kip kol at, dat kin dɔti di maynd wit di dɔst we di wɔl  
de shek shek so dense dat i nɔ kin izi fɔ pul den kɔmɔt  
I nɔ go ebul fɔ avɔyd se pɔsin in wil kin strong ɔ wik  
bikɔs in kɔmpin den kin afɛkt am  
Fɔ divɛlɔp wilpower tru fɔ tray yusɛf nɔmɔ rili at Yu nid  
gud egzampul fɔ falamakata If yu want fɔ bi peinta, liv rawnd  
gud peint ɛn padi biznɛs wit peinta If yu want fɔ bi spiritual  
pɔsin, bi padi spiritual pipul den we get nobul abit

\* \* \*

Di mɔtalman we pas ɔlman we bin no aw fɔ ɛkstɛnd in  
kɔnshɛns ɛn chɛnj am to di absɔlɔb we nɔ get ɛnd kin si  
krieshɔn as kɔsmik drim, jɔs lɛk aw i kin se wit sɔm no se  
matirial nɔ de  
Tru lɔng stej dɛm fɔ kɔrɛkt yusɛf ɛn bay we yu fala di rod  
fɔ tink gud wan ɔ ɔda we den fɔ no di spiritual rializashɔn lɛk  
lɔv, savis, altruism, ɛn muv away frɔm selfishness, di wan we  
de luk fɔ Gɔd wit ɔl in at, de solv tu tin den ɛn no di wanwɔd  
we go de sote go fɔ egzistens

\* \* \*

Lɔv nɔto jɔs we pɔsin de fil; na rial tin we rili impɔtant ɛn  
we den de dayrɛkt am wit kɔnshɛns, i de fɛn in we—we nɔ  
get mistek—to in gol  
Lɔv na big pawa bak Di pɔsin we de luk fɔ am kin tray  
bɔku we fɔ fɛn Gɔd, bɔt i nɔ go fɛn am pas i sho se i rili want  
ɛn i rili want

\* \* \*

Pɔsin kin bi wetin in maynd kɔnvins am fɔ bi If yu wil  
strong, yu go win di fɛt fɔ layf  
Di mɔ di maynd de pe atɛnshɔn pan tin den we de pas,  
na di mɔ in pawa den de wik, ɛn di mɔ i de afɛm di spiritual  
we aw di sol tan, na di mɔ i de bi spiritual ɛn in pawa den de  
nyu

\* \* \*

Di wɔl go kontinyu fɔ go ɔp ɛn dɔŋ ɛn chenj chenj, so  
usay wi go tɔn fɔ gayd ɛn dayrɛkshɔn? Nɔto to wi bias ɛn  
prejudiced kɔnsɛpt dɛm, bɔt to di vɔys fɔ tru ɛn gayd insay  
wi

\* \* \*

Matter ɛn maynd, di yunivas wit in sta ɛn planɛt dɛm, di  
dense surface waves, di subtle transparent ɔndakɔrɛnt dɛm  
fɔ matirial krieshɔn, di mɔtalman pawa dɛm fɔ filin, wil ɛn  
kɔnshɛns, layf ɛn day, de ɛn nɛt, wɛlbɔdi ɛn sik, sakrifays ɛn  
fayl, na rial tin dɛm akɔdin to di lɔ fɔ rilitiviti we de gayd dis  
kɔsmik drim

ɔl di tu tin dɛn we di lɔ fɔ rilitiviti si na rial tin fɔ di  
mɔtalman we de drim we de ple in smɔl pat pan di big  
kɔsmik drim

Fɔ mek mɔtalman ebul fɔ rɔnawe pan di grip fɔ ilyushɔn  
- di lɔ fɔ rilitiviti - i fɔ wek frɔm di drim to wek we go de sote  
go

Wi nɔ kin chenj di drim bay we wi de imajin ɔ bay we wi  
dinay se i de, ɔ bay we wi aksept "layf" bɔt nɔ gri wit "day," ɔ  
bay we wi gri wit wɛlbɔdi bɔt nɔ pe atɛnshɔn to sik  
ɛni kes na impɔtant pat pan in ɔpɔzit, jɔs lɛk di tu say  
dɛn na wan klos

Dualities na tu sayd na di sem kɔyn, ɛn di pɔsin we de  
luk fɔ trut nɔ de tray fɔ separet dɛn na in maynd, bɔt i de  
rayz oba dɛn wit sɛns ɛn sɔm no

\* \* \*

God in lɔv de ɛlevɛt wi ɛn mek wi ɔndastand mɔ A nɔ  
ebul fɔ tink bɔt misɛf as pɔsin we de na dis bɔdi nɔmɔ, bikɔs  
a fil se a de insay ɔl bɔdi

Jɔs lɛk aw a kin fil mi yon kɔnshɛns na ɛvri pat na mi  
bɔdi, a kin fil se una ɔl na pat pan mi, ɛn a kin fil se ɔl di tin  
dɛn we gɛt layf de insay mi kɔsmik bɔdi, ɛn a kin ɛkspiriɛns  
ɔlman in sɛns

Dis nɔto fɔ no ɔ imajin, bɔt fɔ no yusef Dis ɔwe na pas fɔ  
chenj yu maynd; na fɔ no ɔlman in filin, ɛn dɛn kɔl da stet de  
kɔsmik kɔnshɛns

We da awareness de dawn insay yu, di awareness of di  
"self" de fade away, ɛn yu fil se ol di beings de permeated  
by one divine life

\* \* \*

Dis wɔl na strenj, as ɔltin we de insay de chenj ɛn chenj,  
ɛn fɔ dis rizin, pɔsin nɔ fɔ ankɔ di bot fɔ in gladi at na di  
shore na dis wɔl

Ilɛksɛf yu de sɔfa na dis layf ɔ yu de ɛnjɔy fɔ gɛt bɔku  
prɔpati ɛn pawa, yu kɔnshɛns nɔ fɔ chenj If yu ebul fɔ gɛt  
balans pan yu maynd, natin nɔ go ebul fɔ du yu bad  
Di layf fɔ ɔl big pipul dɛn de sho se dɛn dɔn rich da  
blɛsin stet de Di wan dɛn we de pin dɛn op fɔ gɛt gladi at na  
di wɔl go si bɔku prɔblɛm dɛn we de wet fɔ dɛn, bikɔs bɔku  
tɛm, bad bad drim kin kam wit fayn fayn drim dɛn  
If yu tek di drim se na jɔs drim, nɔto igen, ilɛksɛf i fayn ɔ  
i de mek yu fred, yu go fil pis, ɛn we yu no se dis layf na drim  
bak, yu go fri frɔm in bad bad drim dɛn

\* \* \*

Pɔsin fɔ gladi bikɔs i kin rayz pas di tin dɛn we nɔ  
impɔtant ɛn di bad tin dɛn we de na layf, ɛn bikɔs i kin – wit  
fayn fayn tin dɛn fɔ tink bɔt – fɔ mek di rayt kɔndishɔn dɛn  
we de atrak di tin dɛn we de mek pɔsin gɛt sakrifays  
We pɔsin de fil bad ɛn we nɔ de chenj, i tan lɛk kansa we  
de it di pis we de na di sol, ɛn di wan dɛn we de sɔfa wit di  
we aw pɔsin de fil we nɔ gɛt bɛtɛ maynd nɔ ebul fɔ pul dɛn  
prɔblɛm dɛn

Bɔt wi kin ebul fɔ win bad abit ɛn prɔblɛm dɛn wit kol at  
ɛn tink gud wan We pɔsin we gɛt bad abit sho am, i de gri se  
i nɔ ebul fɔ du am

\* \* \*

O Masta, a dɔn kɔmpia di tɛmteshɔn dɛn we de na di wɔl  
wit Yu divayn lɔv ɛn a dɔn si se Yu lɔv strɔng pas ɛni  
tɛmteshɔn ɔ sɛdikshɔn  
\* \* \*

Jɔs lɛk aw ɔyl de mek di faya bɔn brayt brayt wan, na so  
wamat de it di wamat ɛn i de mek i vɛks mɔ ɛn mɔ, ɛn di we  
aw dɛn de trit ɔda pipul dɛn rud rud de ɛnkɔrej dɛn fɔ  
kɔntinyu fɔ biev bad bad wan ɛn mek dɛn traɲa ɛn strɔng  
Pɔsin we gɛt kol at ɛn we ɔmbul kin win wamat wit kol  
at, i kin mek di big big briz we de mek pipul dɛn nɔ gɛt  
wanwɔd kol bay we i de yuz fɔ sɛt mɔt, ɛn i kin pul di  
wanwɔd ɛn kɔnflikt wit swit, saful wɔd dɛn ɛn fɔ tink bɔt di  
we aw ɔda pipul dɛn de fil  
\* \* \*

:Ticha Paramahansa bin tɔk bɔt di trut se  
I de ivin if nɔbɔdi nɔ biliv am, we di tiori dɛn nid fɔ sɔpɔt"  
."wit aydia ɛn wɔd  
\* \* \*

Lɔv fɔ bi di masta fɔ di wɔl  
\* \* \*

To yu a de kam wit siɲ dɛn we de mek a gladi  
ɛn a dɔn briɲ jɛntri fɔ una frɔm di trɔs na mi sol  
ɛn insay di dip pat na mi at, a de gɛda fɔ yu di nɛktɔ we  
God want

A dɔn dray wit tɔsti na di dɛzat usay lay lay op dɛn de  
Bɔt naw, di tin dɛn we a want fɔ du dɔn dɔn sote go  
Na bikɔs i de pul frɔm yu bɔku bɔku spring dɛn  
Wispa dɛn bɔt yu oli sɛnt de flɔ to mi  
Mi kandul fɔ gladi gladi de shayn wit di layt we yu gladi  
I bin lɛf smɔl fɔ lɛ a day midul di mirej we de na di wɔl  
we dɛn kɔl oases

ɛn naw, yu spirit de mek a fil bad  
Oh, if a bin ebul fɔ drawn insay yu divayn si ɛn liv sote

go

\* \* \*

San mental horizons get ɔltra vayolet rayt we de pul ɔl di  
saykolojik baktri dem Nɔ blok den rayt ya wit glas bareri we  
get smɔl en smɔl we fɔ si tin

\* \* \*

Nɔbɔdi nɔ fɔ sheb na Gɔd in os

\* \* \*

Wi lov fɔ ɔda pipul den de mek am pɔsibul bay di pawa  
fɔ fil lɔv we wi de get frɔm yu fri an, O Masta  
!So, inspekt wi fɔ gi yu wi best lɔv en bɔn lɔng lɔng  
Yu dɔn gi wi papa en mama, brɔda en sista, bɔy pikin en  
gyal pikin, kɔzin, en layf patna  
Pikin en padi dem, sɔntɛm wi kin lan aw fɔ lɛk yu wit  
difrɛn eksprɛshɔn en subtil natura difrɛns fɔ ɔl kayn  
mɔtalman rilayshɔnship

O Wan we get lɔv sote go, O Wan we de nia pas ɔlman!  
Tich mi fɔ wev wan bɔkul we get ɔl di flawa den we mɔtalman  
lɛk en put am as ɔfrin na Yu blɛsin tɛmpul  
Bɔt if, bikɔs ɔf di bɔku bɔku pipul den we de biɛn mi, a  
nɔ ebul fɔ gi yu di wan ol bɔkul, a go pik wan flawa, di flawa  
den we fayn en we fresh pas ɔl, en put am na yu fut, a op se  
!yu go tek am frɔm mi

\* \* \*

di we aw pɔrsin de luk, mɔ di yay, de sho roughly aw  
pɔrsin bin de trade Di insay insɛf de inflɔws di ɔda fɔm strong  
wan

Pɔsin in yay na in bɔdi impɔtant pas ɔl, en pɔsin fɔ tray  
?fɔ mek in yay fayn Aw den go du dis  
Wi yay de sho klia wan aw wi de insay wi, en wan we fɔ  
mek di yay den we de na wi yay luk fayn en di we aw wi de  
sho na bay we wi de tink en fil fayn fayn wan insay wi at  
Sɔm yay den kin rili kruk, en sɔm kin sho se den get bad  
at ɔ den de tink bɔt dɛnsɛf nɔmɔ  
I nɔ mata aw pɔsin in wɔd den kin tan lɛk se i swit en aw  
di tin den we i de du kin wɔndaful, yu kin no gud gud wan

wetin na den tru tru we aw den de sho den yay, bikos den no  
kin ebul fo ayd bien den tu winda den de we opin  
So, posin fo tink fayn en kriyaytiv tin den En bikos God  
mek am lek aw i tan, i no get rayt fo koropt in insay layf  
Nays yay we de sho pis, kol at, en tru tru lov fo get tru di  
development fo kol, lov, en pis  
Na tru dis we nomo den go ebul fo get spiritual  
magnetizm we strong pas ol di tin den we de ambog en we  
posin no ebul fo luk

\* \* \*

We wi disayd fo du sontin tranga wan, afta wi don stodi  
gud gud wan bot wan problem en no di gud en bad tin den we  
get fo du wit da problem de, en we wi de aktiv wi wil, wi kin  
mek buku chenj den na wi layf we i go tan lek se i no posibul  
fo chenj

Fri wil de, en if i no bin de, nobodi no go ebul fo ronawe  
pan di inflens den we di intanent en eksternal envayroment  
get, di growth go stop, di skop fo kriyaytiv aktiviti den go  
smol, en i no go posibul fo mek motalman develop en rayz op  
di primitiv level

Di konsept fo nyu soshal sistem en progresiv aydia den  
we get fo du wit indipendent institushonal wok, di we den we  
den yuz fo advans sayens diskvayri, di difren fil dem fo risach  
en stodi, en kriyaytiv literari aktiviti dem, ol de konfom di ebul  
we motalman ebul fo yuz fridom fo pik pan evri fil wit God in  
ep en di pawa fo wil

\* \* \*

Fo tok fayn en fo fri fo veks en no veks kin mek posin  
kontrol insef en respekt am na in os Dis kin min fo dil wit sens  
en rizin wit famili cham-mot o fo mek oda pipul den kol wit  
fayn wod den

Na sayn fo win en ivin bi heroism, ivin akodin to di wan  
den we de agens densef

\* \* \*

Ɔndastandin na di valyu tin we pas ɔl na layf Na wan  
vishɔn we de insay wi, we wi kin no di tru bɔt wisef en ɔda  
pipul den en aw fɔ dil wit ɔl di tin den we kin apin to wi, jɔs  
lek aw i kin ep wi fɔ ajɔst wi abit en akshɔn den as den nid am  
Insay dis wɔl, bɔku tɛm wi nɔ kin ɔndastand bɛtɛ, en we  
wi maynd kin klawd, i nɔ kin izi fɔ si tin den bifo tɛm en no  
wetin go apin to wi

Bikɔs wi nɔ kin ebul fɔ si di bad tin den we go apin to wi  
we wi du sɔntin, bɔku tɛm wi kin disayd fɔ du di rayt tin  
Fɔ mek wi go liv wit pis na dis wɔl, wi fɔ rili no bɔt di say  
we wi de en di tin den we de arawnd wi, en no us dairekshɔn  
wi de go

Wi fɔ gɛt da sɛns we de insay wi we de tɛl wi aw wi layf  
go tan lek tumara bambay bay di tin den we wi de du naw  
\* \* \*

Di maynd fɔ plɔg wit di plɔg fɔ kɔrɛkt sɛns bikɔs in grɔn  
dray en harsh, en in grɔn fɔ wet wit op en opin, en den fɔ  
plant di sid den fɔ fet insay am en wata di sid den wit di wata  
den we gɛt gud wil we go gri wit wetin Gɔd want  
\* \* \*

Wan pan di disaypul den aks di ticha Paramahansa bɔt  
wan prea we go brin di pɔsin we Gɔd lek to am wit big spid,  
:en di ticha se  
Gɔd jɔs want di hiden gems fɔ prea dip insay di mayn"  
."na yu at  
\* \* \*

Udat gi wi di pawa fɔ lek pɔsin? Gɔd  
So udat fit fɔ mek wi lek am pas eni ɔda tin? Gɔd  
Tru tru lɔv nɔ de if Gɔd nɔ de bikɔs Gɔd na lɔv  
\* \* \*

Wi nɔ fɔ fɔgɛt se Gɔd na di pɔsin we de gi wi en tru tru  
prɔsperiti nɔ de bay wetin wi gɛt bɔt na wetin wi kin ebul fɔ  
du tru wil pawa



Gladi at, wi nid fɔ tray tranga wan fɔ ridyus di tin dɛn we  
pɔsin want ɛn fɔ mek i ebul fɔ du di tin dɛn we i nid, ɛn fɔ gɛt  
op se di tin dɛn we de apin go bɛtɛ if Gɔd ɛp wi pan ɔl we ɔl  
di tin dɛn we de ambɔg ɛn tin dɛn we de ambɔg am, ilɛksɛf i  
tan lɛk se i at

\* \* \*

Di vɔys fɔ sɛns de tɔk to ɔl di gud at dɛn we de gri wit ay  
spiritual vaybreshɔn, ɛn de waka waka na di ays fɔ luk fɔ  
aydia dɛn we gɛt wanwɔd we de luk fɔ pis, lɔv, ɛn sublaym  
no

\* \* \*

Wi at na di bidz, ɛn lɔv na di string fɔ di divayn rosary  
we de ol wi at togɛda

\* \* \*

No mek yu prɔpati dɛn tek yu

\* \* \*

A stil mɛmba di bɔku student dɛn we bin kam to mi ticha  
ɛn lɛf am leta bikɔs dɛn nɔ bin ɔndastand di rayt we  
A se to misɛf, "Bɔku kin kam ɛn bɔku kin kɔmɔt, bɔt a go  
."tinap tranga wan te di ɛnd

Mi ticha na bin strikt man ɛn pɔlitiks man, ɛn bɔku pipul  
dɛn nɔ bin ebul fɔ bia di layt we in brilliant sɛns bin gɛt ɛn  
:dɛn kɔmɔt na di monasti, bɔt a tɛl am wan de  
."Sɔmbɔdi de we nɔ go ɛva lɛf yu, ɛn da pɔsin de na mi"

A gladi we a kip mi prɔmis bikɔs in spiritual gayd bin  
opin mi yay ɛn layt mi maynd wit Gɔd in layt

\* \* \*

Mɛmba se Gɔd in gladi-at na di tin we pas ɔl If di wan ol  
wɔl gladi fɔ yu, bɔt yu nɔ gɛt Gɔd in fayv, yu tan lɛk pɔsin we  
de ol briz ɔ blo pan ashis Bɔt if di wan ol wɔl vɛks pan yu ɔ  
agens yu, yet yu gɛt Gɔd in fayv, dat min se yu de kontrol ɛn  
na yu rili gladi fɔ gɛt ɔltin

\* \* \*

Wi layf dipen ɔl pan Gɔd, ɛn if wi tɔn to am ɛn abop pan  
in ɛp, i go sho wi di we ɛn gayd wi fɔ di rayt we fɔ dil wit wi  
prɔblɛm dɛn ɛn pul wi prɔblɛm dɛn

\* \* \*

Divayn Skulptɔ  
Mek ɛvri bit na mi at bi  
."Wan nyu wɔd na di poem "Mi Eternal Lɔv fɔ Yu  
ɛn lɛ ɛni sawnd we mi lip dɛn de tɔk, kɔmɔt  
Blɛsin vaybreshɔn frɔm yu oli vɔys  
Mek ɔl di tin dɛn we a de tink bɔt, ful-ɔp wit di gladi at  
we yu gɛt we yu de de  
Mek mi wil bi chaj wit yu divain vitality  
Adorn ɔl mi tinkin, ɛksprɛshɔn, ɛn aspireshɔn wit Yu gris  
O divayn skapultɔ we oli pas ɔl  
Shep mi layf di we aw yu si se i fayn  
Akɔdin to di spɛshal we aw yu mek am

\* \* \*

Gɔd de ansa wi we wi tray tranga wan, ɛn da tɛm de wi  
go no se i rili de, i de yɛri wi prea, ɛn gi wi wetin wi want Di  
wan dɛn we de tink bɔt am ɔltɛm ɛn tink gud wan bɔt am go  
fil in oli prezɛns ɛn si in blɛsin layt  
ɛnibɔdi we rili want ɛn we dɔn mekɔp in maynd fɔ du  
sɔntin, nɔ go ɛva ebul fɔ rich in gol ilɛksɛf i mek mistek dɛn  
we i dɔn mek trade, bɔt fɔ kɔntinyu fɔ du dɛn mistek dɛn de  
na big sin agɛns inɛf, bikɔs ɛnibɔdi we mek mistek de mek i  
nɔ gɛt tru tru gladi at  
Man gɛt di pawa fɔ du bad ɔ bɛnifit inɛf, ɛn na in yon fɔ  
disayd fɔ kip di ant dɛn we nɔ no natin fa frɔm am so dat dɛn  
nɔ go bit am ɛn mek i vɛks  
If pɔsin nɔ want fɔ gɛt gladi-at, nɔbɔdi nɔ go ebul fɔ mek  
i gladi, ɛn i nɔ fɔ blem Gɔd fɔ we i nɔ gladi  
If Gɔd nɔ bin gi wi di fridɔm fɔ yuz wetin wi want, na in fɔ  
dɔn mek wi sɔfa, bɔt na in gi wi da fridɔm de, ɛn na wi de  
shep wi layf as wi want

\* \* \*

:Di dip minin fɔ stil de

We big big animal den we de fred, sik, en ɔda problem  
den de ɔnata di disaypul, i de luk fɔ di say we oli we gɛt kol  
at insay insɛf

Di pɔsin we wek pan Gɔd biznɛs de liv de en nɛt na wan  
fɔt we gɛt kol at we nɔ de mek pɔsin wɔri en sɔri, en di bad  
bad tin den we de apin na di wɔl nɔ go ebul fɔ brok am  
Di wan den we de go insay di oli ples we pipul den nɔ de  
tɔk, kin tɔk to ɔda sol den we lɛk Gɔd, jɔs lɛk aw den kin  
ɔndastand di langwej we ros en ɔl di tin den we gɛt layf kin  
tɔk

Di mɔ di disaypul in stil de dip, na di mɔ i go gɛt gladi-at  
Di gladi at we de ayd biɛn di winda den fɔ tink, we nid fɔ  
fɛn en pul am na di dip say we pipul den nɔ de tɔk, na big  
gladi at we nɔ de tɔk bɔt am

\* \* \*

A de si sivilizayshɔn lɛk gadin usay a de si ɔlkayn  
mɔtalman kwaliti den de gro en blo  
Lɛk bi, mi maynd de luk fɔ di flawa den we gɛt gud  
kwaliti den

Di bi kin jɔs go to flawa den we i kin avɛst di bɛst kayn  
ɔni frɔm

Semweso, wi fɔ falamakata di bi, we jɔs de drink di nɛktɔ  
we swit pas ɔl Dis min se wi fɔ tray fɔ tek di gud kwaliti en  
gud kwaliti den we wi de si pan ɔda pipul den  
Gɔd na di blɛsin ɔni we de flɔ insay sol den we de tek  
tɛm en ful-ɔp den wit gud en swit

\* \* \*

Enibɔdi we want fɔ mek in maynd bɔku, fɔ rayz pas fɔ no  
bɔt sɛkt, kɔlɔ, rays, en blaynd fanatiks, en praktis fɔ kɔntrol  
insɛf, fɔ bi gud en padi, en fɔ bi mɔdaret pan it, drink, en ɔda  
tin den we de mek i gladi

I fɔ du tin den we in kɔnshɛns gri wit en we de mek i gɛt  
kolat na in maynd, tɔk di tru, nɔ fɔ tif, nɔ fɔ ful ɔda pipul den,  
nɔ fɔ ɛnjoy insɛf we de ambɔg in wɛlbɔdi en we de mek i nɔ

gæt bætε trenk igen, en i fɔ de fa frɔm fred, vɛks, gridi, jɛlɔs,  
en tin dɛn we de ambɔg am

En fɔ mek i tren insɛf fɔ bia wit ɔt, kol, en ɔda prɔblɛm  
dɛn we nɔ go mek i vɛks en fɔ mek i abop pan Gɔd mɔ en mɔ,  
we na di big say fɔ rɔnawe pan ɔl di fred en bad tin dɛn

\* \* \*

Di rilayshɔn bitwin mi en mi ticha bin pafɛkt en wɔndaful  
Di rilayshɔn bitwin spiritual gayd en disaypul na lɔv insay in  
ay sɛns

Wan tɛm a bin lɛf di monastik layf en tink se a go ebul fɔ  
fɛn Gɔd mɔ sakrifays na di Himalayas, bɔt a bin rɔng en a bin  
fil dat jɔs afta a kɔmɔt de

We a kam bak afta sɔm dez, mi ticha trit mi lɛk se a nɔ  
ɛva lɛf am Insted fɔ kɔl mi, i grit mi lɛk aw i kin du en se wit  
."kol at, "Lɛ wi si wetin wi go pripia fɔ wi brɛf dis mɔnin  
So a tɛl am se, "Bɔt yu nɔ vɛks pan mi, sa, bikɔs a dɔn  
"?lɛf

I ansa se: "Fɔ tru nɔtɔ so, a nɔ de ɛkspekt enitin frɔm  
ɔda pipul, en na dat mek dɛn want nɔ go kɔnflik wit mi yon a  
nɔ go yuz yu fɔ mi yon bɛnifit, en natin nɔ de mek a gladi pas  
."yu gladi at

!Na di fɔs tɛm dis we a fil se sɔmbɔdi rili lɛk mi  
If a bin de manej mi papa in biznɛs biznɛs en lɛf mi wok,  
i bin fɔ dɔn vɛks bad bad wan pan mi Fɔ ɛgzampul, we a nɔ  
gri fɔ gi mi wok we go mek a gɛt bɔku mɔni (na wan kɔmni  
usay mi papa na bin ɛgzibitɔ), i nɔ bin de tɔk to mi fɔ sɛvin  
dez

Mi papa bin lɛk mi wit tru tru papa in lɔv, bɔt na bin  
blaynd lɔv, as i bin tink se mɔni go mek a gladi, bɔt mɔni go  
pwɛl mi gladi at

Som taim afta, wen a foun mi skul fo intagreted  
edukeshɔn, mi papa chenj in maynd en se, "a gladi se yu no  
."aksept dat wok

Difren from dat, di we aw mi ticha bin de biev bin rili  
difren, bikos pan ol we a bin komot na di monasti, di lek we i  
lek mi no bin chenj, en i no bin de kondem mi  
\* \* \*

A don de tu long na di bed fo di past, presen, en fiuja fo  
yu krieshon, O Masta, en mi – di pikin we go de sote go – don  
fil wori

A bin de tray tranga wan tem en bak, bot natin no bin ep  
mi Bot, a bin don ebul fo jomp komot na di bed we bin de  
rawnd di bareri den we de mek a no get wanwod, en yu tek  
mi na yu an en rok mi to di tiun den we de mek pis we go de  
sote go

Mi na pikin we go de sote go – yu sote go, O Masta  
A de rest mi ed pan di chest fo yu total egzistens  
\* \* \*

Mi na bod we de na paradays: bod we de na evin we yu  
blesin an den mek

I bin de mek mi fayn wit gudnes en fayn fayn kol den:  
wit di donj we i get sori-at en di gold feda den we get spiritual  
flawa den

A bin de flay ay ay wan na di daknes en kray kray  
atmosfes na layf fo fen paradays we get gladi-at, en mi brayt  
feda den bin get dak dak spat den we de sho se a no get op  
Kam, mi God, en was di bod na yu paradays wit rayt en  
klin swit wata we get pis  
\* \* \*

Wan kayn baktri de we den kin bon, boku, en day insay  
jos tu awa

Dis kayn test kin bi insay af de o smol pas wetin  
motalman nid fo test fo long tem we kin go te to et ia  
Di sevinti o et ia we wi de liv na jos wan tem we no de  
don From we wi si am, oltin we kin apin to wi kin apin di sem  
spid we i kin apin to di baktri dem we wi don tok bot Insay eni  
tem we no de don, boku ia kin pas akodin to motalman kont  
So, tem tu valyu fo west

\* \* \*

Pɔsin nɔ fɔ du wetin in kɔnshɛns nɔ gri wit, ɛn i fɔ bi in  
yon masta We i dɔn no se na masta fɔ wetin i de tink, fil, ɛn  
du, natin nɔ go ebul fɔ kɔntrol ɔ inflɔws am

\* \* \*

Pan ɔl we di maynd kin rili afɛkt di bɔdi, i nɔ mek sɛns fɔ  
lɛ wi nɔ pe atɛnshɔn to di bɔdi  
Pɔsin fɔ it di rayt it we gɛt wɛlbɔdi, ɛn i fɔ lɛk am pas it  
we nɔ fayn

If yu sikɔstɛms mek yu fɔ liv wit pipul dɛm wae de mek  
yu nervɔs, i fayn fɔ chɛnj yu envayrɔmɛnt wan wan tɛm Bɔt  
ivin bɛtɛ pas dat na fɔ chɛnj yu saykilɔjik stɛt so dat yu nɔ go  
bost wit di akshɔn dɛm we ɔda pipul dɛn de du Chɛnj yusɛf,  
ɛn yu go dɔn ebul fɔ liv wit pis ɛn gladi at ɛnisay

\* \* \*

Di wɔl as a ɔl tan lɛk mental asylum Sɔm pipul dɛn kin  
sɔfa wit jɛlɔs ɛn jɛlɔs, ɔda wan dɛn kin sɔfa wit wamat, et, ɛn  
want want Dɛn kin sɔfa wit dɛn abit ɛn filin Bɔt yu kin mek  
pis de na yu envayrɔmɛnt

\* \* \*

Imɔshɔn kin gɛt difrɛn tin dɛn we kin apin to di maynd  
ɛn bɔdi Envy ɛn fred kin mek di fes tan lɛk se i nɔ gɛt wan  
bɔt, we lɔv kin mek i shayn

\* \* \*

We yu ebul fɔ gɛt kol at, yu go gladi ɔltɛm  
We yu disayd fɔ chɛnj fɔ bɛtɛ, mɛmba se gud kɔmpin ɛn  
nobul inflɔwɛns rili impɔtant ɛn impɔtant fɔ mek yu ebul fɔ  
du wetin yu dɔn plan fɔ du

Di inflɛns we di envayrɔmɛnt gɛt – gud ɔ bad – strɔng  
pas di wil, so tek dat na kɔna we yu de dil ɛn intarakshɔn wit  
ɔda pipul dɛn

Self-analysis nid fɔ de bak fɔ mek yu ebul fɔ impɔtant

yusɛf

If yu ebul fɔ analizy yusef wit maynd ɛn nɔ fred, yu go  
ebul fɔ bia wit di analisis we ɔda pipul den de du ɛn di we aw  
den de kɔrɛkt yu nɔ go afɛkt yu

\* \* \*

Sɔmbɔdi kin se: "A nɔ bisin bɔt gladi at ɔ gladi at, a de  
."liv fɔ akɔmplit sɔntin fɔ ajɔst sakrifays, fɔ ɛgzampul  
Wan ɔda pɔsin kin se: "A want fɔ du gud na dis wɔl, ivin  
."if a de midul pen ɛn sɔfa

Bɔt we wi chɛk wetin den de tink, wi go si se den ɔl tu de  
tray fɔ gɛt gladi at Yu tink se di fɔs pɔsin we want fɔ gɛt  
sakrifays nɔ gɛt gladi at? Yu tink se di ɔda wan de wish gud  
fɔ di wɔl we i nɔ gɛt gladi at insɛf bikɔs ɔf dat? Fɔ tru, nɔto so  
Den nɔ kin bisin bɔt di pen na den bɔdi ɛn di sɔfa we ɔda  
pipul den kin sɔfa pan den maynd ɔ we kin kɔmɔt frɔm di tin  
den we kin apin to den fɔ mek den gɛt sakrifays ɔ fɔ ɛp ɔda  
pipul den, bikɔs di fɔs wan kin gɛt bɔku gladi at fɔ gɛt  
sakrifays ɛn di ɔda wan kin ɛnjoy fɔ ɛp ɔda pipul den ɔlsay  
pan ɔl we ɔl di bad tin den kin apin

Ivin bɔku pan di tin den we kin mek pɔsin nɔ bisin bɔt  
insɛf nɔmɔ ɛn di tin den we pɔsin kin want fɔ du wit ɔl in at,  
ɔn kɔmɔt frɔm di tin den we pɔsin kin want fɔ du fɔ kam nia  
gladi at

Bɔt da gladi at de nɔto fɔ di wan den we want fɔ gɛt  
chans ɛn di wan den we gɛt smɔl maynd, bɔt na di gladi at  
we di pɔsin we gɛt fri-an ɛn we gɛt ay pozishɔn gɛt bɔku  
maynd ɛn we gɛt fri-an ɛn big sol  
So, di pɔsin we de du tin fɔ insɛf nɔ de alaw fɔ mek i jɔs  
bisin bɔt insɛf nɔmɔ, bikɔs i nɔ pɔsibul fɔ fɛn da klin gladi at  
de pas di pɔsin gɛt bɔku maynd ɛn gɛt gud at, so dat i go de  
luk fɔ ɛn want gladi at fɔ ɔda pipul den ɛn fɔ insɛf  
Dat na prinsipul we de ɔlsay na di wɔl we nɔ de chɛnj ɔ  
chɛnj

\* \* \*

I nɔ nid fɔ no ɔl pipul den pasɔnal ɛn lɛk den gud gud  
wan fɔ sho se yu bisin bɔt den ɛn du den savis

Wetin nid na fɔ rɛdi ɔltɛm fɔ gi padi biznɛs savis to  
ɔlman we krɔs yu rod ɛn we rili nid da savis de  
Dis nid fɔ tray tranga wan na in maynd ɛn rɛdi fɔ du am  
wit ɔl in at ɛn nɔ kɔmplɛn In ɔda wɔd, i nid fɔ sakrifays  
Di san de shayn ikwal pan dayamɔn ɛn wan kol, bɔt di  
dayamɔn dɔn divɛlɔp ɛn gro sɔm tin dɛn we de mek i ebul fɔ  
gɛt san layt ɛn riflɛsɛ am wit brayt brayt ɛn spak, pan ɔl we  
di kol nɔ ebul fɔ sho di sem layt  
Wi fɔ tan lɛk dayamɔn we wi de trit pipul dɛn ɛn sho di  
layt we Gɔd lɛk wi wit spɛshal ɛn klin  
\* \* \*

We Masta Paramahansa bin de tɔk to in disaypul dɛn, i  
:bin se  
A nɔ ebul fɔ tɔk wit wɔd di dip we a gladi fɔ yu wɔd dɛn  
we de sho aw yu de fil to mi  
A rili gladi fɔ di trut we una gɛt, di trɛnk we una gɛt wit  
spirit, ɛn di wɔd dɛn we de kɔmɔt na una at  
A gɛt ɔnɔ fɔ de wit una, ɛn i fayn fɔ mɛmba mi big wok  
ɔltɛm to mi brɔda ɛn sista dɛn na dis wɔl  
\* \* \*

Di man we bin de bit in bɔs dɛn  
We yu want fɔ mek nyu abit ɛn pul bad abit, pe atɛnshɔn  
pan yu maynd, kwayɛt wan ɛn nɔ gɛt strɛs, pan di sɛnt fɔ wil  
pawa ɛn spiritual awareness we de na di fɔrɛst bitwin di  
aybrɔw, ɛn afɛm tranga wan di gud abit we yu want fɔ  
establish Semweso, we yu want fɔ pul wan bad abit,  
kɔnsɛntret pan da sem pɔynt de ɛn afɛm tranga wan se ɔl di  
nyural rod dɛn na di bren usay di bad abit de kɔnsɛntret dɔn  
ɛras

A go tɛl una tru tru stori bɔt wan man we bin sabi fɔ slap  
in bɔs dɛn na wokples we i lɔs in wamat As a rizulta, i bin lɔs  
wok afta wok bak bikɔs i bin lɔs kɔntrol pan insɛf kpatakpata  
we i gɛt fit fɔ vɛks, ɛn i bin de bit ɛnibɔdi we de agɛns am wit  
ɛnitin we i ebul fɔ gɛt in an pan



I kam to mi de luk fɔ ɛp, so a tɛl am se: "Nɛks tɛm we yu  
."fil vɛks, kɔnt frɔm wan to wan ɔndrɛd bifo yu du ɛnitin  
I tray di we bɔt i kam bak to mi ɛn se: "Mi vɛks kin bɔku  
we a du dat, ɛn a kin blaynd bay we a de vɛks we a de kɔnt  
bikɔs ɔf di long wet we a dɔn wet" In kɔndishɔn bin tan lɛk se  
i nɔ gɛt op

Dɔn i aks am fɔ tink ɛn fil se Gɔd in layt de flɔd in bren,  
de mek in vɛks kol, i de mek in nerv dɛn kol, i de mek in filin  
dɛn sof, ɛn i de pul ɔl di tin dɛn we de sho se i vɛks pan insɛf,  
ɛn as a rizulta wan de i go pul di bad bad we aw i de vɛks  
I nɔ tu te i kam bak to mi bak, ɛn dis tɛm i tɛl mi se: "A  
."dɔn fri misɛf frɔm di abit fɔ vɛks, ɛn a gladi fɔ dat  
A disayd fɔ tɛst am, so a aks sɔm bɔbɔ dɛn fɔ tray fɔ tiz  
am, ɛn a ayd na ples usay a kin si am bɔt i nɔ ebul fɔ si mi Di  
bɔbɔ dɛn tray bɔku tɛm fɔ mek i vɛks, bɔt i kɔntinyu fɔ de  
kwayɛt ɛn nɔ ansa

\* \* \*

Mek di prɔmis fɔ sote go ful wi at ɛn maynd  
ɛn lɛ di chaptɔ ɛn tin dɛn we de apin na layf mɛmba wi  
se di shado fɔ day nɔ de mek di pikin dɛn we gɛt layt fred we  
no se di sol de sote go ɛn di tayt we i gɛt fɔ du wit di Wan we  
mek am

Lɛ wi no se layf ɛn day na tu wev dɛn na Gɔd in si, ɛn di  
sol, we na wan drɔp frɔm di kɔsmik si, de tek dɛn tu wef ya  
we in impɔtant nature nɔ chenj ɛn we nɔ separet frɔm in sɔs  
we go de sote go

Lɛ wi wok fɔ pul wi tru tru nature kɔmɔt na di dungeons  
fɔ ignorance ɛn insay di piks fɔ layt ɛn no

We wi fri wi kɔnshɛns frɔm di tin dɛn we de ambɔg wi  
bɔdi, di bad tin dɛn we wi de tink bɔt, ɛn di tin dɛn we nɔ  
fayn, wi go tɔch wi spiritual nature ɛn no se wi na di rayt we  
de sote go frɔm di divayn san we nɔ de ɛva go dɔŋ

\* \* \*

Di wan dɛn we kin rich wan stet fɔ samadha ɔ cosmic  
ecstasy kin si se solid dɛn kin tɔn to likwid

Likwid to gas, gas to enaji, en enaji to kosmik konsheens,  
en i kin fil wan ovawel gladi we defy diskripshon en eksperiens  
difren stet den fo konsheens from nyu gladi o sens we no get  
end o suprem pis o filin fo total prezens o di melt fo inself insay  
di kosmik spirit

\* \* \*

Di nerve we de kam bak  
We posin de tink dip dip wan kwayet wan, di layf pawa  
kin komot na di bren to ol di ogan den, spak layt kin komot na  
di tisu den, en di impotent korent kin komot na di spayna en i  
kin sheb fo koba ol di bodi in sel den, i kin ful-op wit di enaji  
we de flo fo men, en di nev den kin get nyu layf bikos of dat

\* \* \*

:Di kayn magnet den we den kin yuz  
From odinari magnet den wi kin si se di trenk we magnet  
atrak de dipen pan di kwaliti we di magnet inself get  
Smol magnet kin atrak smol tin den, en strong magnet  
kin atrak big tin den  
So, mortalman magnet kin atrak akodin to di pawa we i  
get fo atrak

Boku kayn we den de bak we mortalman get fo du wit  
magnet; som kin atrak tin den we posin kin si, som tin den we  
kin mek posin get maynd, en som kin mek posin get benefit  
den we i get pan God biznes—den kin get benefit den we boku  
tem kin ayd o we posin kin foget  
Unearth di precious gems in di mayn dem fo di sol, en yu  
go bi di wina Pursue yu gol we yu want, en mek sho se oli  
magnetism go dro God to yu—di sos fo ol pawa en gudnes, en  
di big big benefit na layf

Affirmation: A go yuz di blesin spiritual magnetism fo  
atrak to misef ol gud tin en di raytin fo ol di no

\* \* \*

God na mi layf Na in na mi lov Na in na di tempul we mi  
at de kol fo wship

God na mi gol, bikɔs a nɔ go ebul fɔ du mi wok if i nɔ ɛp

mi

Na dat mek a bin de luk fɔ am at ɛn sol te a fɛn am

If yu nɔ gɛt divayn, blazing lɔv ɛn absolyut

ditarminieshɔn, i at fɔ fɛn di cosmic beloved

\* \* \*

Wan de go kam we pɔsin go kɔmɔt na dis wɔl Sɔm go

mɛmba am fayn ɛn kray fɔ am, ɛn ɔda wan dɛn go mɛmba

am bad, bɔt ɔl in bad ɛn gud tin dɛn go de wit am

So, na pɔsin in wok fɔ wach aw i de tink, tek tɛm luk

wetin i de du, kɔrɛkt di mistek dɛn we i de mek, ebul fɔ chɛk

insɛf, ɛn du ɔl wetin i ebul

Nɔ pe atɛnshɔn to wetin pipul dɛn de tɔk bɔt yu as lɔng

as yu de tray fɔ du di rayt tin

A kin du mi bɛst fɔ mek a nɔ et ɛnibɔdi, ɛn insay mi at, a

no gud gud wan se a dɔn du mi bɛst fɔ bi gud ɛn tru to ɔlman

Bɔt a nɔ bisin bɔt di we aw pipul dɛn de tink bɔt mi,

ilɛksɛf na fɔ prez mi ɔ fɔ kɔndɛm mi, bikɔs God de wit mi ɛn

mi de wit am, ɛn na dat impɔtant pas ɔl

\* \* \*

We padi biznɛs de bitwin tu pipul dɛn ɔ wan grup fɔ pipul

dɛn we gɛt fɔ du wit God biznɛs nɔmɔ, we nɔ gɛt ɛnitin fɔ du

wit dɛn yon ɛn gol dɛn, da klin padi biznɛs de de mek ɛni

wan pan dɛn padi dɛn de in sol klin

At we klin bay padi biznɛs kin bi opin domɔt fɔ wanwɔd

ɛn tayt padi biznɛs

Tru dis at, i kin bi pɔsibul fɔ mek dɛn atrak mɔ gud sol

dɛn fɔ go insay di strɔkchɔ fɔ brɔdaship lɔv ɛn ɛnjoy kol at ɛn

pis

\* \* \*

A bisin mɔ bɔt ɔda pipul dɛn biznɛs pas mi yon, bikɔs a

de du ɔl wetin a de du fɔ God in sek, ɛn a de du am wit mɔ

want ɛn zil pas if dɛn akshɔn dɛn de na mi yon

If di rizɔlt dɛn de agɛns ɔ nɔ satisfay, a nɔ bisin ɔ vɛks

bikɔs a fil se a dɔn du mi duty to God, we na mi purpose ɛn

di wan we de bien di intenshon, en bikos a don du mi best en  
a go ripit di tray wit big gladi en ditarminieshon, bot a no go  
atak di tray o di autkam

If a bin de wok fo misef nomo, a go de oltem bi prey fo  
wori en wori Bot as long as mi gol na fo mek God gladi, di  
rizolt na fo Am en noto fo mi Dis na di we aw a de du layf, en  
insay de a de fen mi komfort en fridom  
:Step den na di lada fo sakrifays

Had wok -

Krio abiliti fo mek tin den -

Di korekt ruling

Fo sev en avoyd fo west

Fo mek yu tray en tray bak afta yu no ebul fo du am -

Fo korekt yusef en fo mek yusef bete

Aktivet krietiv enaji dem -

Fo ep oda pipul den

Pantap dat, wi fo tink bot God, di say we ol gud tin -

komot en usay ol di sakrifays en blesin komot

\* \* \*

A de sij to una wan sij we den no eva tok bifo, en to una  
a de dediket mi tru tru myuzik we mi at de ple dip insay en  
pan in string den

A don mek dis fos im fo mi en na ya a de gi una as klin  
ofrin

A no go prezent una wit dray, intelektual myuzik o fayn  
fayn tiun den we oda pipul den mek

A no go gi yu natin pas di simpul, naiv myuzik den we mi  
at de mek

A no go prezent una wit ros we den plant na grin haus en  
we ful-o wit imoshon en pawa, bot bifo dat, a go gi una wayl  
flawa den we jos don gro na di fil dem we a want en di medo  
dem na mi layf

\* \* \*

I izi fo mek posin analays en klas oda pipul den akodin to  
patikyula kwaliti den

Bɔt i nɔ kin izi fɔ pɔsin fɔ ɔnɛs ɛn tru fɔ shayn spɔtlayt  
pan insɛf Bɔt dis na di rayt tin we i fɔ du fɔ ɔndastand di  
impɔtant tin dɛn ɛn chɛnj dɛn we i nid  
Di rizin we mek wi no wi yon kwaliti dɛn na fɔ ɔndastand  
aw wi de afɛkt ɔda pipul dɛn  
Pipul dɛn kin gɛt impreshɔn bɔt pɔsin in nature, we dɛn  
no ɔ we dɛn nɔ no, ɛn di we aw dɛn kin biev we di  
vaybreshɔn we de kɔmɔt frɔm am na sɔntin we nɔ klia to di  
wan dɛn we gɛt fɔ du wit am, ɛn di wan dɛn we gɛt sɛns kin  
ɔndastand di sayn  
\* \* \*

:Di tin dɛm we de ambɔg di saykilɔjik divɛlɔpment na  
Fɔ lɛk yusɛf (we pɔsin de tink bɔt insɛf nɔmɔ), fɔ natin, fɔ  
gridi, fɔ vɛks, fɔ et pɔsin, fɔ jɛlɔs, ɛn ɔda dak kwaliti dɛn we  
de mek pɔsin nɔ no natin pas aw i bi  
Wetin nid na fɔ fala di rod we de mek pɔsin gɛt fridɔm,  
bikɔs di tin dɛn we mɔtalman want na di abit dɛn we de nyu  
ɔltɛm ɛn we nɔ kin ɛva dɔn ɔ stɔp pan wan limit  
Dɛn abit ya kin put di sol na jɛl ɛn kip am kapchɔ, ɛn dis  
kin mek i nɔ pɔsibul fɔ mek di pɔsin we gɛt am waka di rod fɔ  
fri ɛn fridɔm  
\* \* \*

:Di rod fɔ layf na dis  
Na wan say, di dak vali de we pipul dɛn nɔ no natin, ɛn  
na di ɔda say, na di brayt layt we gɛt sɛns  
We wi de du tin wit sɛns, wi de step sɛf wan na di rod fɔ  
fridɔm ɛn gɛt wetin wi nid  
\* \* \*

Di wan ol yunivas na di krieshɔn fɔ di divayn wil, ɛn we  
wi alaynɛd wisɛf wit da blɛsin wil, wetin wi nid de kam to wi  
we wi nɔ tray fɔ du am  
\* \* \*

We pipul dɛn de tray fɔ dil wit di kɔmpleks mashin we  
mɔtalman de fil, we dɛn nɔ tren bifo tɛm, bɔku tɛm di tin we  
kin apin kin mek dɛn fil pen

Na smol pipul den nomo no se gladi at de we posin  
ondastand di lo we de sho aw mortalman de biev  
Dis na di rizin we mek som pipul den kin agyu boku tem  
wit den padi en fambul den; den no de ondastand oda pipul  
den en den no de si den yon folit den  
I important fo le wi no wok togeda wit di bad tin den we di  
wan den we wi lek de du, bot wi fo kwayet wan agens den tin  
den de wit tin den we go ep wi fo lan bot God  
I important bak fo mek wi no yuz bad bad we fo dil wit di  
bad we aw di wan den we wi lek de biev  
\* \* \*

Di koni continman bin ful wi Wi de flot na wata we shalo  
fo mek wi fil se wi get lay lay sef we wan net we de kil pipul  
den we no no natin de lok wi  
We den de trowe fishin net evride, boku pan den kin  
kech en na smol wan den nomo kin sev  
O sori-at we no get end, sev wi from di trap den we de kil  
wi we de mek wi want fo du sontin, di tin den we wi want fo  
du we wi no ebul fo kontrol, en di tin den we wi de du we de  
!mek wi swela na di wol  
Le wi go insay di dip dip ples den na di kwayet si na di  
sol usay divayn union de, en le wi brok fri from di shakul den  
!we den de kip wi na slev en di chen den we den get fo bi slev  
\* \* \*

Masta Paramahansa bin enkorej wan pan in disaypul den  
:se  
If yu ebul, tru yu ones, sinsi, en lov fo God, fo tel am yu  
prea den, den i no mata if yu mistek den dip pas di si en ay  
pas di Himalayas  
God go pul den tin den de we de ambog yu na yu rod, fri  
yu from di ebi ebi lod den we yu bin get trade, en di we aw yu  
bin want fo ripit di mistek den we yu bin don mek trade go  
don  
Sontende, yu kin si yusef onda wan tik layt we get  
daknes, bot yu stil de bi spak we di faya we de sote go get

Yu kin ayd di spak, bɔt yu nɔ go ebul fɔ pul am kɔmɔt

\* \* \*

Fɔ mek ɔda pipul dɛn gladi tru fayn wɔd dɛn we dɛn mek  
wit gud intenshɔn ɛn tru tru advays na wɔndaful tin ɛn na  
sayn fɔ nobul we de sho big sol dɛn

As fɔ du bad to ɔda pɔsin bay we yu de bit pɔsin, wɔd  
dɛn we de mek yu fil bad, we yu de luk am wit asid, ɔ we yu  
de tɔk bɔt am wit asid, dɛn tin ya na we dɛn we de mek pɔsin  
shem ɛn we de mek pɔsin vɛks, we pipul dɛn we gɛt gud at  
nɔ kin yuz

Sarkasm de ɛp fɔ sho di spirit fɔ tɔn agens ɛn vɛks pan  
di pɔsin we du di bad, ɛn padi wɔd dɛn de mek i fil bad, we  
min se di pɔsin no in mistek dɛn ɛn nɔ de rɪpɪt dɛn igen

\* \* \*

Wan pan di student dɛn se, "Ticha, a nɔ ɛva ebul fɔ biliv  
"?se na ɛvin Da ples de rili de  
:Di ticha Paramahansa bin ansa se

Yes Di wan dɛn we lɛk ɛn trɔst Gɔd kin go na da"  
paradays de we day kam to dɛn Insay da ethereal wɔl de,  
pɔsin gɛt di abiliti fɔ materialize ɛnitin we i want wantɛm  
."wantɛm, bay di pawa we i de tink  
Di ethereal bɔdi na layt we de shayn Insay dɛn wɔndaful  
eria dɛn de, sawnd ɛn layt dɛn de we di pipul dɛn we de na  
di wɔl nɔ no

\* \* \*

I fɔ de luk fɔ gladi at mɔ ɛn mɔ insay insɛf, ɛn smɔl ɛn  
smɔl pan tin dɛn we pɔsin gɛt  
Gladi na yu maynd so dat tin dɛn we de na do nɔ go  
ambɔg yu pis ɛn trowe yu ɔf balans  
Gladi at we pɔsin kin gɛt insay pɔsin in at na di wangren  
tin we pɔsin want fɔ tray fɔ gɛt na dis layf, ɛn fɔ kɔntinyu fɔ  
bia ɛn fɔ mekɔp in maynd fɔ gɛt am  
Gladi at na Gɔd in tron insay mɔtalman

\* \* \*

Bɔku pipul dɛn kin tink se dɛn de wek, bɔt dɛn nɔ de wek

Dən kin məs nə no natin Yu fə dən yeri bət pipul dən we  
de slip ən ala "Faya! Faya!" ɔ tək ən gi ləkshən  
Məs pipul dən tan lək dat Fə tru, a nə min di wan dən we  
rili want fə wek dən kənshəns frəm in slip we i nə no na Gəɖ  
in yay

Wi fə wok fə wek di wan dən we dən bər dənsef ɔnda di  
rəb we de na di rəng we ən we de liv di rayt we  
Fə mek wi ebul fə du dat, wi fə fəs briŋ wi kənshəns layf  
frəm di katakəm dən we nə no natin to di layt fə di divayn no  
\* \* \*

Padi biznəs na Gəɖ in ləv we de shayn frəm wi ləv pipul  
dən yay, ən na In kəl fə wi fə go bak na di os we de na əvin fə  
test di swit swit we de mek wi gət wanwəd we go de sote go  
wit ləv we de ɔlsay na di wəl

Padi biznəs na oli vɔys we de kəl sol fə brok fri frəm di  
kənshəns fə ego ən selfishness we de separet wi frəm Gəɖ ən  
mətalman

Tru padi biznəs na bləsın bond bitwin sol dən we gət  
kənshəns we, tru dən padi biznəs, de sho di klin ləv we Gəɖ  
gət ən di oli kwaliti dən we di kəsmik spirit gət

Tru padi biznəs kin bəku ən i kin gət ɔlman  
Fə lək wan patikyula pəsın fə insef nəmɔ ən fə mek ɔda  
pipul dən nə de wit ɔda pipul dən, na big tin we de ambəg  
padi biznəs

Di bəda dən fə ləv fə big fə inklud famili, neba, ən di wan  
ol wəl

Di padi we de ɔlsay na di wəl gət bəku maynd, i lək di tin  
dən we Gəɖ mek, ən i kin fri fə mek pipul dən no bət in ləv  
ənısay we i go ən ənısay we i tən

ɔl di big big pipul dən bin de liv dən fayn fayn prinsipul  
dən ya ən dən bin de sɔpət dən

Famili ləv na di fəs trenin fə le di fawndeshən fə mek  
padi biznəs wit Gəɖ

Na di sem bləɖ de rən na ɔl di pipul dən we kəmɔt na  
difrən trayb dən veins



Pan ol we wi komot na difren kontri den en difren trayb  
den, wi get wanwod bikos of di bond we wi get na di wol bikos  
wi de na di sem divayn sos  
\* \* \*

Den no go ebul fo put di sol bien di bar den we motalman  
mek bikos i komot olsay en i de olsay na di wol  
\* \* \*

If wi go eva enjoy layf atol, di tem na naw, noto tumara o  
neks ia  
Di best we fo pripia fo bete layf neks ia na fo get wanwod,  
balans en gladi layf dis ia  
Wan layf we wi go get tumara bambay (insay di layf we  
wi don day) we ful-op wit gladi-at en gladi-at, dipen pan wi  
layf, di we aw wi de tink, en aw wi de biev en biev na dis layf  
Tide fo bi di de we impotent pas ol en we get minin na wi  
layf  
\* \* \*

Meditashon na di tul we den kin yuz fo pul di layers we  
de koba en dak di fes fo konshens, en bay we den yuz am di  
spring we de flo oltem fo di divayn gladi at de bos  
Meditashon en rilaks kompli wan, o pul di tinkin  
konshens wan from di konfyus sens dem, na di rial en ifektiv  
we fo no God If wi bin ebul fo du oltin pas fo tink gud wan, wi  
no bin fo get gladi at we ikwal to di gladi at we kin kam we  
tin den stil de (insay it is tranquility from your Lord) en we gri  
wit divayn pis (Pis I leave for you)  
Dis divayn ekstazi kin bi bay we yu yuz di korekt we fo  
konsentret en tink gud wan  
\* \* \*

If yu luk fo di domot na di siling na yu rum, yu no go fen  
am ileksef yu luk fo buku ia pas yu yuz di korekt we fo fen di  
domot en luk di wol  
\* \* \*

Di de go kam we a go tel dis wol fayn fayn wan, bot as  
long as a de na dis wol, di gladi at we a pas ol na fo tok bot

God in wɔndaful tin dɛn to di wan dɛn we abop pan mi, ɛn di tin we a want na fɔ mek dɛn bɔku mɔ ɛn mɔ fɔ da divayn layt we dɔn gi mi kɔmfɔt, fridɔm, ɛn sef we a nɔ go ebul fɔ tɔk bɔt

\* \* \*

Di istri bɔt di yunivas, insay ɔl in smɔl smɔl tin dɛn, dɛn  
kip am na di vault dɛn we go de sote go—dat na ɔda  
dimɛnshɔn Na dis wɔl we nɔ gɛt bɛtɛ tin fɔ it, wi de si long,  
waid, tik, ɛn ayt, bɔt ɔda lɛvul de usay dɛn dimɛnshɔn ya nɔ  
de ɔltin de transparent insay da ethereal plen de; ɔltin na  
kɔnshɛns ɛn awareness Di sɛns fɔ te na sɛns, lɛk di sɛns fɔ  
smɛl Wi filin, tink, ɛn bɔdi na ɔl kɔnshɛns ɛn jɔs lɛk aw wi kin  
si, yɛri, smɛl, test, ɛn tɔch na drim, na so bak wi kin  
ɛkspiriɛns ɔl dɛn sɛns ya wit klin, transparent kɔnshɛns ɔ filin  
na di ay eria dɛn

Dis na di ekzak tin we a de si rayt naw as a de tok A nɔ  
de insay dis bɔdi, bɔt bifo dat a de pat pan ɔl wetin de ɛn di  
tin dɛn we a de si na rial to mi lɛk aw yu rial to mi  
Pɔsin fɔ wek fɔ mek i go si God ɔlsay ɛn fɔ no di difrɛns  
bitwin drim ɛn rial tin

Bɔku tɛm a kin si tin we nɔ gɛt ɛnd na di ples usay a de,  
ɛn a kin si da ples de we nɔ gɛt ɛnd ɔltin de borrow layf frɔm  
da sɔs we de sote go

We a bin smɔl, a bin de sidɔm ɛn pre de ɛn nɛt, bɔt  
nɔbɔdi nɔ bin de ansa ɔ ansa

Na wan say a si mɔtalman, ɛn na di ɔda say sote go we  
nɔ de tɔk to mi

Pan ɔl we a bin tink se na mi wangren de ɛn ɔlman dɔn  
lɛf mi, God nɔ bin lɛf mi bikɔs I bin de wit mi ɔltɛm sikrit wan,  
biɛn mi tink ɛn filin

ɛn we a begin fɔ si di layt we de insay mi, mi sol bin ful-  
ɔp wit di blɛsin divayn sɛnt we nɔ izi fɔ ɔndastand  
A bin de si di tik dɛn rut ɛn di wata we de flɔd tru dɛn, ɛn  
a bin de fil se a de nia God we bin de kɔrej mi ɛn mek mi at  
kol

A bin de pre en kol am tem en tem bak, de en net, en we  
tin den los den layt en minin fo mi, a bin de lef di wol en ol  
wetin de insay, inklud gladi-at, bikos a bin de fred se i go bi  
matirial gladi-at, en a bin fen God we de wit mi naw oltem  
Di wol kin lef mi, bot God no go eva lef mi fo wan mont  
God na oltin Dis ol en di yunivas we de rawnd am de flot  
lek muv imej den na di kotin na mi konsheens  
A no de luk en si natin pas di klin spirit, di transparent  
layt, en di saful konsheens  
Mi bodi, una bodi, en ol di tin den na di wol na  
emaneshon from da wan divayn layt de We a si da layt de, a  
no de si eni oda tin  
We yu luk di skrin, yu si pikcho den we de muv, bot we  
yu luk bak (na tradishonal sinima), yu jos si wan layt we de  
shayn pan di skrin I de sawnd we yu no go biliv, bot na tru  
A bin de tok bot den tin ya, bot naw a no de tok to di wan  
den we no bisin o we no bisin bot God don alaw mi fo tok to  
una dis tem Oltin de shotin Pre fo wetin de sote go

\* \* \*

Bikos wi komot na dis wol usay wi no no, na normal tin fo  
le wi de wonda bot wetin mek layf begin en wetin mek wi de  
liv wi layf  
Wi de yeri bot wan posin we mek dis wol, wi de rid bot  
am, en di wan ol wol de prich se in divayn maynd de  
jos lek aw di smol en presis pat en divays den we de na  
smol wach kin mek wi lek di posin we mek wach  
jos lek aw big en kompleks faktri mashin den kin mek wi  
soprayz en mek pipul den lek di posin we mek den, na so bak  
we wi si di wondaful tin den we de na di wol, wi kin soprayz  
:wit di sens we ayd bien den, en wi kin wonda  
"?Udat gi di flawa in vibrant, san-fes shep"  
Usay in sent en fayn fayn tin den komot? En aw den bin  
mek in petal den wit dis kayn fayn fayn presishon en day wit  
?den kayn wondaful kol den ya we de mek posin gladi

\* \* \*

A fil yu insay di dip dip tin den we a de tink bot, a de si  
yu prezens insay mi dip filin den, en a de si yu de blo na di  
gadin we a lek  
Ful mi wit di sent we de na yu fes, so dat a go enjoy yu  
blesin smel

Kam to mi from odasay na di evin, di sta den, di tin den  
we yu de tink bot, en di filin den Sho mi yu fes we oli pas ol  
en mek a no yu prezens na mi sol, rawnd mi, en ol say  
A don de luk fo yu ol say na di ej en tem, na di rod den we  
a want en ambishon, en naw a don no se yu de insay mi sol  
en inspekt mi mos oli filin den  
No ayd from mi igen bien di flawa den fo filin, tink, en di  
puls fo di sol

Dekor mi sol wit di jolos den we Yu sens de gi, en blo  
insay mi di briz we de mek yu gladi, en pul di daknes we don  
koba Yu from mi yay en mi sens  
O Yu we pas di sta en di blu skay, en pas di layers na di  
atmosfes en ol di tin den we de na di wol en di tin den we de  
apin, aksept di wispa den we mi lov de mek en put mi bien  
wit Yu lov, Yu layt en Yu pis

\* \* \*

If yu fil ivin smol smol lov we God gi yu, yu go get gladi  
at we yu no go ebul fo tok bot en we rili pasmak, we yu no go  
ebul fo stop

So dat i no go izi fo yu fo kontrol am  
We wi gri wit God, di we aw wi de si tin no kin get limit  
en i kin join to di dip dip tin den we de na di si we de ol say  
Wi kin get big gladi at en di best lov we God get

\* \* \*

Som pipul den kin adikshon fo rid trajik novel den en den  
kin tek am se den lek fo rid, en den kin fil se den go kontinyu  
fo enjoy den te den layf don  
Bot if den stodi densef, den go si se buku tem den kin get  
pwel at en veks bikos den kin rid da kayn buk de oltem

Bikɔs ɔf dis pwel hat, den kin want fɔ lɛf da abit de en  
bifo dat, den kin want fɔ rid buk en tin den we gɛt fɔ du wit  
Gɔd biznɛs we de mek den tink en gi den filin wit fayn fayn  
aydia den

If den mek da chenj de, den go si se den layf dɔn chenj  
fayn fayn wan bikɔs den gɛt sɛns en den dɔn mekɔp den  
maynd fɔ du sɔntin

Na tru se wi kin chenj wisɛf kwik kwik wan if wi want, bɔt  
fɔ chenj di we aw wi de du tin en di abit den we wi de du fɔ  
long long tɛm, wi nid fɔ rili tray en gɛt strong wil  
Fɔ pul wan ol abit we gɛt dip rut, ɔl di pawa den we de  
mek pɔsin disayd fɔ du sɔntin fɔ de na di ɔda say te di bad  
abit nɔ de igen en in pawa nɔ de igen

Bɔku pipul den nɔ gɛt di peshɛnt en fɔ bia we den nid fɔ  
dis Bɔt pɔsin fɔ no se wetin i dɔn mek ɔ du, den kin pul am ɔ  
nɔ du am  
\* \* \*

Lɛ wi lɛf di bɔda den fɔ ego en waka waka na di big,  
sprawling meadows fɔ spiritual prɔgrɛs  
En lɛk di karavan fɔ tɛm, we de travul ɔltɛm na di rod  
den na layf, na so bak di karavan fɔ di sol fɔ travul na di rod  
den we di big big ekspɛnshɔn de go to di ɔdasay den na di  
divayn spirit  
Bɔku tɛm, di spirit fɔ du di tin den we impɔtant pas ɔl na  
layf kin kɔntinyu fɔ bɛr ɔnda di rɔb en dɔti tin den we  
mɔtalman gɛt  
Pɔsin fɔ fri insɛf frɔm di pawa we den abit den de gɛt we  
de mek i nɔ gɛt maynd en begin fɔ plant di sid fɔ di sakrifays  
we i rili want na di grɔn na in layf  
Laif kin gɛt valyu en impɔtant we wi du di wok we wi fɔ  
du kwik kwik wan en we impɔtant pas ɔl: fɔ fɛn di tru minin  
en valyu fɔ wi egzistens  
Mɔtalman fɔ no se den muv kɔsmik imej ya we de sho  
layf nɔ de sho if den nɔ gɛt rizin

Evride wi de si nyu tin den fo si, en evride de bring nyu  
lesin den we wi fo lan bay we wi de pe atenshon pan di ay  
rizin we mek mortalman de: fo no di suprem posin we ayd  
bien di kotin fo layf

\* \* \*

Insay God yu go si di lov we ol at get, di fulfilment fo di  
long we yu want, en di rializashon fo di tin den we yu want  
Oltin we di wol de gi yu en afta dat i de tek, lef yu insay sori,  
pen, o frustrashon, yu go si insay God insay fa fawe pas dat  
en witout di disapoyntment en sori-at we de wit yu

\* \* \*

Som pipul den se wi fo abop pan rizin nomo Oda pipul  
den biliv se wi fo satisfay wi sens Den tu pozishon ya na  
ekstrem

Wan tiori se, i fayn fo mek yu go chek yu motoka oltem  
fo mek sho se di bodi get welbodi en welbodi, jos lek aw den  
kin inspekt yu motoka wan wan tem Dis kin mek sens Bot  
mortalman noto mashin If yu maynd welbodi dipen pan yu  
bodi, i no go te igen di maynd go bi slev fo wetin di bodi de  
aks fo, we go mek ol kayn en kwantiti meressin en oda  
tritment den we yu de gi yu bodi ineffective Dis de eksplen  
wetin mek wi de sofa wit sik den we no go men Wikednes na  
wi bodi don begin fo gro bikos di maynd no gri fo bi di masta  
fo di bodi

I bete fo begin wit modareshon If yu get smol kot, put  
smol ayodin, bot no abop pan di meressin nomo Tek rizin fo  
tek tem te yu ebul fo abop mo en mo pan komon sens smol  
smol

Di big big ticha densef bin de yuz meressin den we den  
bin mek fos wit oyl en kemikal den we God mek  
I no nid fo tek meressin en drugs fo posin we de tich bot  
God biznes, bot fo mek i go sho se God in pawa de wok pan  
boku boku we den, sontende i kin disayd fo yuz som tin den  
we i de du fo men pipul den

Eni we aw i bi, di win de pan di pawa we di maynd get  
We yu rich di strong konvikshon se yu kin du am witout ol di  
meresin den we no get eni bad bad tin, yu kin win en get  
masta sabi buk pan yu bodi  
\* \* \*

Di padi biznes we wi de gi oda pipul den fo komot na di  
at, en wi no fo sho lov en wok togeda pan ol we di insay de  
sho oda tin

Di lo we get fo du wit God biznes rili korekt en i get pawa,  
en wi no fo agens di prinsipul den we get fo du wit God biznes  
So, i rili important fo le wi no ful wi padi den o komot bien  
wi padi den en wi no fo pas di say den we padi biznes get  
Padi fo no bak ustem i fo wok togeda wit in padi en  
ustem i fo yuz wetin i want en no fo wok wit am  
\* \* \*

ch;ode fil di sens dem we yu de t odi say we di skin de n  
den kayn tin den de kin rili apin na di bren, en posin no kin  
ebul fo test, toch, smel, yeri, o si pas tru in maynd  
Wi kin si teist na di say we wi toj de te, bot fo tru, na di  
bren de rejista da teist de Semweso, we wan pat na di bodi  
wund, di pen kin fil mo na di maynd, noto na di ogan we di  
sik afekt

sens di pen: di nev en di bren owi get tu mekanism f  
myunikeshn bitwin dick ostem Sens de apin we di bren alaw f  
de ono di pen, di pen n onev en di bren stem If di bren n  
We posin de onda di inflens fo klorofom o anestezi, i no  
de fil pen bikos di sens no de rich na di bren Na di nerve  
endings, fayn fayn ia den de we de pas tru we di pen signal  
den de transmit to di bren Di anestetik de mek den no  
transmit den pen signal ya  
di sensol di bo gan na di maynd, eno di bren na di sens  
dem de transmit to di maynd tru di nev dem en di bren insaf  
p en intaprit denonekt to di bren, i de resoBikos di maynd k  
sens dem ya

Maynd wae get trenk wae porsin de tink fayn fayn wan  
nɔr kin afekt di sens dem wae de mek porsin gladi en fil pen I  
no bot den sens dem ya bot i nɔr de tay am  
\* \* \*

:Archives - From di Abys to di Pik  
Wan sakes stori as di sage Paramhansa Yogananda bin  
tel am

Dis na tru tru stori we den translet bot porsin we bin de)  
fel oltem, bot bay we i bin de praktis fo tink gud wan en fo  
afem fayn fayn wan, i bin ebul fo win di rizin den we mek i no  
bin ebul fo du sɔntin en i bin ebul fo yuz sakrifays to wetin i  
(want

Jɔs lek aw pipul den de we kin get sakrifays bay we den  
bɔn den, na so pipul den de bak we no kin ebul fo du den wok  
bay den abit

Mi padi en student (S) bin fel from we den bɔn am Na tru  
se in na bin bɔbɔ we get sens, we de wok tranga wan en we  
want fo get moni, bot jɔs lek aw i tink bot wok ɔ wok, di tin  
den we de mek i no ebul fo du sɔntin bin de rawnd am from  
di beginin

Wan de, i kam to mi emti an, pipul den we get det bin de  
ɔnata am, in padi den bin lek am, en aks mi fo advays

:A aks am bot di rizin we mek i get problem den, en i se  
Sir, a bi fail Fo som rizin a no sabi, as soon as a stat"

wok, a los am, and di ples we a de wok fo tu de harm Di  
employa de los im biznis jos afta im employ mi So, a don de  
fred fo luk fo wok bikos a de fred se a go disrupt di intres of  
di employa dem we go employ mi, bikos of mi failing  
instability a sure se a go inevitably los mi wok bikos di  
kompini." dat go employ mi go deklare bankruptcy en klos in  
doa, en dismis mi as a rizulta So, a no get rait fo mek dem  
."destroy oda pipul biznis jos bikos of mi konekshon to dem  
A bin ebul fo fen am wok na wan smol kɔmni en aks am  
fo ripit dis affirmation to insef evri ivintem, bifo i go slip en  
:bak we i wek



De afta de and evride a de bi moch moch sakseshul fo"

."mai fild of wok

Wan mont pas, en (S) won mi se: "So, di komni we yu bin  
de wok fo no de stebul en in sityueshon no de promis A de  
beg yu fo pul mi komot pan am bifo i fedom kpatakpata,  
bikos a go los mi wok eni we we di komni no wok Bot mi  
risayn naw kin mek di komni no get enitin fo du wit di fate we  
no go ebul fo avoyd en we go mek a sofa bikos of mi onaful  
"vacillations

A laf, a no pe atenshon to wetin (S) tok, en insted a aks  
am fo kontinyu fo eksplen in poynt en kip in wok Wik afta dat,  
:i kam to mi wan ivintem en se wit wan sigh  
."Wetin a bin de fred don hapun ekzakli"

"?I aks am se, "Wetin apin

Im se, "Di kompini kollaps jos laik a tel yu and as a

."predikt

A se to am, de protest se: "Noto tru se we yu bin de mek  
sho se, 'De afta de en evride a de bi mo en mo sakrifays na  
mi fil fo wok' yu bin rili de ripit den wod den de lek parrot? En  
se wan oktopa we get dawl bin de kontinyu fo ol di fold den  
na yu bren so dat yu bin de se to yusef: 'Yu ful, yu sityueshon  
de wos ilaksef yu de wos.' tray fo mek yusef biliv se yu go get  
""!sakrifays

."I ansa se: "Yes, indeed na dat de rili apin

advays fo pul di vaybreshon en ebi ebi bad tin den (S)

we i de tink bot jos lek aw den de apia na in maynd, mo di  
tem we den de ripit di positiv affirmation, bikos di konshens  
maynd wit wan strong konvikshon kin inflows di sabkoshos o  
no konshens maynd, we insef, tru di lo fo magnetik resonans,  
de afekt di konshens maynd bay di pawa we abit get

A ad se: "Di affirmation fo gud tink en abit den boku tem  
te den pas en tek rut na di sabkoshos maynd na infekt fo pul  
di inherit o akwyred sabkoshos mental bareri dem No we no  
de fo sakrifays as long as di tink en filin dem fo pwel at en  
frustrashon don stop na di konshens o sabkoshos maynd

Among di kondishon dem fo sakrifays na possessing kriaytiv  
abiliti, fayn fayn sikostems, en innate tendencies If yu ebul fo  
tuch di ay konshens wit in kapabiliti den we no get limit, den  
yu kin mek nyu chans fo da sakrifays de we stil de ronawe  
"pan yu en we yu no ebul fo ondastand

En a bin ebul fo ep (S) fo get oda wok, we big pas di fos  
wan Bot afta siks mont (we na bin di long tem we wi padi  
spen fo wok), i tel mi wan aftanun se: "Di komni in sityueshon  
"de pwel kwik kwik wan, so duya pul mi komot kwik kwik wan  
A no pe atenshon to wetin i de wori bot, bot a aks am fo  
kontinyu wit in wok Afta som wiks, (S) tel mi wit smayl se: "Di  
"!sekon wok we yu arenj fo mi, sa, don go wit di briz  
."A se kol at, "No worry, a go fain yu oda wok

I ansa se: "Wel, sa, as long as yu tek am pan yusef fo  
bring oda komni don bikos of mi asosieshon wit in ona dem, a  
."no get enitin fo agents  
Tru di tray we a bin de tray tranga wan, a bin fen wan rili  
gud wok fo (S) na wan big komni Wan ia pas en natin no apin,  
pan ol we (S) bin de tray evri wik fo komot na di komni bikos i  
bin de fred se den go pwel am lek di wan den we bin de bifo  
Fo don, a aks am fo put in moni na in yon biznes, en i  
fred en luk mi wit soprayz, en se: "Na dis yu advays mi fo du?  
Yu no tink se a go los di moni we a don tek tem geda if a put  
"?am

I bin ashu am wit konfidens se: "Yu fo invest yu moni en  
enaji pan gud projek, lek lokal ketening senta we no nid fo put  
."boku moni, en a get konfidens fo yu sakrifays  
Insay som ia, (S) bin bi di ona fo boku propati den en big  
big westem den

Wans i bin konvins se i get sakrifays, i si se i get  
sakrifays pan ol wetin i du Wan de i tel mi, i de laf se: "Tenki  
to God en yu ep, a don chenj from wan folt to sakrifays man a  
don win fol en a kam fo no se mi kontinyu fo fel na tru tru  
bikos a no ondastand mi duty Bot a no no aw a bin ebul fo

sakrifays afta a dɔn pwɛl di wok we ɔda pipul dɛn de du di  
."vacillations we a dɔn fel

So a eksplen to am se: "Yu nɔ mek di pwɛl pwɛl we di  
interes dɛn we yu bin de wok fɔ, pwɛl Di lɔ fɔ atrakshɔn we  
de gayd pipul dɛn, bays pan di sem kayn vaybreshɔn, de  
. wok bad ɔ fayn (lɛk atrak lɛk)

Yu inherently flawed nature drew you to companies that  
were already on the verge of collaps, and vice versa So, yu  
bin de fail, and di kompini dem tu bin de on di brink of  
kollaps Akɔdin to di law of mutual attraction, yu ɛn dɛn kɔmni  
dɛn de tumble down di hill of failure ɛn krash insay di roks di  
sem tɛm

Di moral fɔ dis stori na dat tru tru sakrifays de fɔ mek  
wetin pɔsin nid tru wil pawa bay we i wek di pawa we nɔ get  
limit fɔ ay kɔnshɛns Dis pawa kin wek bay we i lan di kɔrɛkt  
we fɔ tink gud wan ɛn tink gud ɛn kriyaytiv fɔ mek i get  
wɛlbɔdi, sakrifays, sɛns, ɛn gladi at

\* \* \*

Windo we get layt

Trade fa fawe, a bin get sikrit flashlayt ɛn a bin de waka  
wit tɛm insay di kwayɛt we daknɛs de insay  
ɛn we a sɛn wan bim we ayd tru di daknɛs, a si smɔl fish  
dɛn we get inspekshɔn aydia dɛn we di layt we de flash bin  
sho

A bin de yuz dɛn fish dɛn de as bet fɔ kech di fish dɛn  
we a get mɔ kɔnshɛns, bɔt bɔku pan dɛn bin rɔnawe ɛn lɔs  
biɛn di smɔl sɛklɔ we get layt

ɛn frɔm yu loyal ɛn tru tru pipul dɛn we de fala yu, we  
rich wit silva sij ɛn gold drim, a bay wit di kɔrɛnt fɔ lɔv wan  
layt net fɔ di sol in sɛns ɛn kɔnɛkt dɛn togɛda A swip di si fɔ  
yu sɛns ɛn kech smɔl fish ɛn ship dɛn we get gladi at ɛn  
prɛshɔ gem dɛn we get oli memori dɛn we a bin dɔn lɔs ɛn  
mis fɔ long tɛm, ɛn a bin get bak wetin di di jɛntri dɛn na di  
wɔl nɔ go ebul fɔ ikwal

\* \* \*

Insay dis wɔl, i tan lɛk se wi dɔn go insay wan si we gɛt  
problem dɛn  
Gɔd de tɛst wi bɔku we dɛn I de sho wi wi wikɛd tin dɛn  
so dat wi go no dɛn ɛn tɔn dɛn to trɛnk  
Sɔntɛnde, I kin sɛn wi big big problem dɛn we kin tan lɛk  
:se wi nɔ ebul fɔ bia, bɔt di disaypul we gɛt sɛns kin se  
A want yu, Masta, ɛn natin nɔ go ambɔg mi fɔ luk fɔ yu"  
:Mi at in prea dɛn na  
No test mi by mek a foget yu prezens and neglek fɔ"  
."menshon yu  
Dɔn Gɔd kam ɛn wek wi frɔm dis drim we de mɔna wi, ɛn  
i nɔ go te igen ɛnibɔdi we de luk fɔ wi go gɛt da wɔndaful tɛst  
de

\* \* \*

Pɔsin kin gi insɛf fayn fayn advays dɛn we go afɛkt di  
sabkɔshɔs maynd fayn fayn wan, we insɛf kin afɛkt di  
kɔnshɛns maynd  
Negatif advays, ilɛksɛf na insɛf sɛf ɔ na ɔda pɔsin, kin  
ambɔg di bren ɛn dɛn fɔ avɔyd am  
Dak spirit (gɔst) dɛn de we de waka waka na di spes fɔ  
fɛn maynd ɛn bɔdi we dɛn kin yuz fɔ rich wetin dɛn want ɛn  
gol  
So, pɔsin fɔ tek tɛm wit di pawa we dɛn kayn spirit dɛn  
de gɛt bay we i de tink bɔt gud tin dɛn ɛn gud tin dɛn  
Di maynd nɔ fɔ lɛf ɛmti Dis na, fɔ tru, difrɛn frɔm fɔ  
pripia di maynd fɔ gɛt inspekshɔn ɛn ay vaybreshɔn we yu de  
tink gud wan

\* \* \*

We dɛn tek mɔni as sɔntin we de sho se pɔsin gladi, i kin  
rili mek pipul dɛn nɔ gɛt gladi at, bikɔs i kin mek pipul dɛn na  
di sem famili jɛlɔs, gridi, ɛn nɔ gɛt wanwɔd  
Laif bin fɔ bɛtɛ fɔ ɔlman if i bin simpul Na dat mek ticha  
dɛn kin ɛnkɔrej fɔ liv simpul layf

If i pɔsibul, i fayn fɔ de fa frɔm big siti dɛn, bikɔs bɔku  
tɛm pipul dɛn we de na siti kin gɛt nɔys, we pɔsin kin fil fri ɛn  
gɛt trɛnk na smɔl kɔmyuniti dɛn

I sɔri fɔ no se bɔku pipul dɛn we de na siti nɔ de wok  
tranga wan fɔ mek dɛn gɛt ɛn kia fɔ dɛn spiritual tin dɛn, ɛn  
sɔm kin gɛt smɔl smɔl maynd ɛn liv lɛk mashin layf Bɔt sɔm  
pipul dɛn de we kin mek siti layf ɛn spiritual tin dɛn gri if dɛn  
want

If pɔsin nɔ brɪŋ Gɔd kam na in layf ɛn mek i balans fayn,  
prɔblɛm dɛn go kam to am ilɛk uskayn layf i bi

\* \* \*

Pɔsin kin gɛt gladi at na smɔl smɔl ɔs, ɛn i kin fɔdɔm pan  
wɔri ɛn sɔfa ivin na fayn fayn pales  
Bɔku tɛm, fɔ gɛt bɔku bɔku tin dɛn fɔ it ɛn fɔ ɛnjoy fɔ gɛt  
bɔku bɔku tin dɛn, dat kin mek pɔsin nɔ gɛt gladi at frɔm di  
sol instead fɔ mek i gɛt am  
ɛnibɔdi we dipen fɔ satisfay wetin i want fɔ in gladi at nɔ  
go ebul fɔ gɛt da gladi at de, bikɔs gladi at insay dis kes de  
dipen pan sɔntin we i de op fɔ gɛt tumara bambay  
I kin ple wit gladi at ɛn tray fɔ win am ɛn nɔ ɛva gɛt am,  
lɛk pɔsin we de rɔnata wata we de rɔn na di dɛzat

\* \* \*

If pɔsin slip fayn, i kin ɛp fɔ mek di bɔdi gɛt trɛnk, pan ɔl  
we if pɔsin slip pasmak, i kin mek di bɔdi taya te i nɔ want fɔ  
wok ɔl di de, bɔt i kin si se i de drɛg insɛf  
Wan we fɔ pul di taya na fɔ gi ɔksijen na di bɔdi, dat na  
fɔ gi am ɔksijen

We yu fil taya, instead fɔ go na di kichin fɔ it snek, go na  
do fɔ tɛn ɔ fayvtin minit ɛn blo dip dip wan, pul di briz ɛn blo  
Ripit dis bɔku tɛm Nɔ blo kwik ɔ fos, bɔt na fɔ blo fayn,  
slo, ɛn dip Afta dis tɛm we yu spɛn na di opin ɛj, yu go fil  
trɛnk ɛn si se di taya dɔn dɔn

\* \* \*

Gadin fɔ Layf

A go yuz ɔl di pawa we Gɔd gi mi di rayt we ɛn we go

bɛnifit mi

Gɔd go ɛp mi if a ɛp misɛf, pre to am fɔ krawn mi tray

wit sakrifays

A dɔn kɔba ɛn bɛr fɔl na di grev yestede Tide a go til di

gadin na mi layf wit mi nyu kriet ɛfɔt, ɛn a go plant insay in

grɔn di sid dɛn fɔ sɛns, wɛlbɔdi, prɔsperiti, ɛn gladi at

A go wata di sid dɛn wit di wata we de mek a gɛt fet pan

Gɔd ɛn we a gɛt kɔnfidɛns pan misɛf, ɛn a go wet fɔ di Wan

we gɛt fri-an fɔ gi mi bɔku avɛst

Ivin if a nɔ avɛst di avɛst, a go stil gladi fɔ di

satisfayshɔn we a gɛt we a tray mi bɛst

A go tɛl Gɔd tɛnki se a ebul fɔ tray bak ɛn bak te a gɛt

sakrifays wit in ɛp, ɛn a go tɛl am tɛnki fɔ we i du wetin a lɛk

pas ɔl ɛn wetin a want

\* \* \*

If man ɛn uman nɔ ɔndastand dɛnsɛf, dɛn go mek dɛnsɛf

sɔfa wit bad bad pen na dɛn maynd

Eni wan pan dɛn fɔ du ɔl wetin i ebul fɔ mek balans

bitwin rizin ɛn filin so dat dɛn go bi pɔsin we sabi du tin fayn

fayn wan

\* \* \*

Dɛn bin de gi mɔtalman sɛns fɔ protɛkt di bɔdi If pɔsin

nɔ fil, i kin gɛt siriks injuri ɔ bɔn we i nɔ no

Animal nɔ dɔn gɛt dis kayn pawa we mɔtalman gɛt, ɛn

dat mek dɛn nɔ kin fil pen; if nɔto dat, di kruk we dɛn kin du

to dɛn tru sɔm we dɛn fɔ kil ɛn kil nɔ go ebul fɔ bia Dɛn kin

!trowe krab insay wata we de bɔl, i de alayv

Bikɔs ɔl tu di pen ɛn gladi at na tin dɛm we di maynd

mek, di pen we de na di bɔdi kin stɔp bay we i de praktis fɔ

kɔntrol di maynd Dɔn pɔsin kin gɛt sɛns as tin we de sho se i

gɛt abnormal kɔndishɔn, we i nɔ kin fil pen

If pɔrsin fil pasmak pan ɔl tu di gladi at ɔr pen kin mek

dɛn ifɛkt strong, pan ɔl we wae pɔrsin nɔr kin fil fayn kin mek

i nɔr de fil pen ɛn i nɔr kin put insɛf dɔŋ ɛn bi slev to di tin  
dɛm wae de mek i fil fayn  
A bin tren mi bɔdi ɛn maynd fɔ mek a nɔ gɛt bɛtɛ sɛns to  
di tin dɛn we de mek a want fɔ du sɔntin, ɛn a bin si se a nɔ  
gɛt ɛnitin fɔ du wit di tin dɛn we de ambɔg mi sɛns Dis trenin  
na di rod fɔ fri frɔm di grip we di sɛns dɛn gɛt ɛn di tin dɛn  
we dɛn de aks fɔ we nɔ gɛt ɛnd  
Wan pan di dɔktɔ dɛn bin gɛt so trɛnk na in maynd dat i  
!bin ebul fɔ du ɔprɛshɔn pan insɛf we denja  
Na tru se dis nɔ pɔsibul fɔ maynd we di bɔdi gɛt slev Bɔt  
we dɛn tren am, di maynd kin gɛt pawɑ ɛn i kin mek pɔsin  
fred Di mɔ we pɔsin de tren ɛn rifin in maynd, na di mɔ i go  
ebul fɔ kɔntrol am  
Pikin we dɔn pwɛl ɔ we dɛn de pamper kin rili fil bad if  
ivin di smɔl bad tin we i du, bɔt pikin we dɛn tren fɔ bia ɛn  
ebul fɔ bia, nɔ kin shrin bak ɔ tɔn bak we i de fil pen we i gɛt  
sirɔs injury

**Pulses frɔm di dip dip ples dɛn na di sol**

**Ticha na: Paramhansa Yogananda**

**Transleshɔn: Mahmuud Abas Masoud**

O kwayɛt we go de sote go

Protɛkt mi frɔm fit dɛn we de mek a vɛks bad bad wan  
we de shek mi nerv dɛn ɛn mek mi bren sɛl dɛn wam

Mek a lɛf di abit fɔ vɛks, we kin mek mi ɛn mi padi dɛn  
nɔ gɛt gladi at

Masta, lɛ a nɔ put misɛf pan misɛf provokeshɔn we de  
distans mi frɔm di lɔv we di wan dɛn we a lɛk gɛt

Mek a nɔ mek a vɛks ɛn vɛks mɔ bay we a de gi dɛn ɔltin  
we go mek dɛn gɛt mɔ trɛnk bay wilful

O Masta we get oli kol at, we wamat en veks don it mi,  
put bifo mi di miro we de korekt mi, usay a go si mi og, we  
den don wit filin we de mek a swela, we de mek a veks!

A no want fo luk ogly bifo oda pipul den, wit fes we don  
chenj bikos a veks bad bad wan

A go solv di problem den we de na layf wit tin den we a  
de tink en du fo lek posin, noto wit et en veks

Bles mi so dat a go men di wund den we de mek a veks  
insay mi wit di balm fo respekt misef, en men di wund den we  
de mek oda pipul den veks wit di balm fo saful, gudnes, en  
kol at

Fo mek di tin den we de apin na di wol bak

Mek di rayt dem fo Yu lov, O Masta, shayn ikwal pan ol di  
memba dem na Yu kosmik famili witout eksepsion

Mortalman don los in transparency, don slo fo ondastand,  
no ebul fo get yu layt, en na in yon felt Ep wi fo was di fog fo  
mistek from di miro fo wi tru ondastandin

Wi spiritual resistans wik en wik, so sen, O Masta, Yu  
trenk insay wi memba dem so dat wi go pul di tik, dak vapour  
dem we don koba wi transparency en mek Yu hiling layt no fri

Oh, if wi bin fo don bi klia, brayt miro den we de sho yu  
klin, brayt imej!

Mek a fain mi sef fo evribodi

Mek a no se if yu no bin get Yu gudnes en sens, a bin fo  
don kripul, lepros, o blaynd En pan ol we na dat a bin fo don  
fit fo get, a bin fo don rili want fo men en a bin fo don luk fo  
am wit zil



Oli Mama, we a si pipul den we den an en fut no fayn o  
we get lod wit sori-at, mek a fil se na yu spirit we de calsay de  
sofa na den bodi en sol

Bles mi so dat a go fil di we aw ol mi broda den de fil, en  
so dat a go tray fo fri den from den sofa jos lek aw a de tray  
fo fri misef

As a de want oda pipul den, de tray tranga wan, kray, en  
smayl fo oda pipul den, a fo fen misef insay olman

Bi layt fo mi sens

If di bot na mi maynd de nia di denja rok den we gridi  
want, we di big big briz we no no natin de dreb, den won mi,  
O yu we na di layt fo di divayn sens

A de luk oltem fo di shores fo yu rayt en di sef ples fo yu  
sef!

enjel den myuzik den

Di majik stik fo tink gud wan bin toch ol di sawnd den en  
chenj den to di orijinal sawnd we Om de rosh tru di rod den  
we di sta den de pas, akodin to di wol en midul di wata den

O Spirit, sho yusef to mi wit di voys fo Om: di yunivas in  
kol fo woship en tink gud wan

Ol di tisu den na mi bodi en ol di waya den na mi nerv  
den de sij di enjel myuzik den we Om de ple wit wanwod

Prea evride fo get oli gayd

Masta, a go yuz mi wil en wok ones en tru, bot a go  
dayrekt mi sens, mi wil, en akshon den na di rayt say so dat a  
go du ol wetin a fo du

Di sent we de mek posin respekt

A kin kam nia yu wit mi an den we den tay, ed we butu,  
en at we ful-ɔp wit di sent we de sho rɛspɛkt

From di at fɔ di wan den we de wɔship yu a pul di men  
tin we de mek pɔsin want fɔ gɛt fayn fayn sent en miks am  
wit dyu drɔp den na mi yay

Wit dat oli wata a go was yu pink fut

Yu na mi papa en mi mama, en mi na yu pikin

Yu na di mentɔ we de gayd mi we a de lisin to in wɔd  
den en we a de obe in kɔmand den wit ɔl mi at

Kam, O divayn gladi at

O Yunivasal Mama, bi di wangren faya na wi at en pul di  
daknɛs na wi sol

En insay di kray wata we wi lɛk fɔ yu, was wi lɔv fɔ di tin  
den we de na di wɔl

En insay di gladi at we wi gri wit yu, pul wi sɔri-at en  
sɔri-at wans en fɔ ɔl

Mek wi smɔl at den bi big at we go ebul fɔ akɔmod yu  
total prezɛns

En insay di miro fɔ yu blɛsin nature, lɛ wi si wisɛf pafɛkt  
en klin

Mek di faya we de mek wi lɛk yu, go ɔp pas di faya we  
de mek pipul den want na dis wɔl

Bɔku bɔku tɛmteshɔn den kin mek lɛk se den tan lɛk yu  
en ful wi ɔltɛm

Kam, O klin gladi at! Mek ɔl mi at we a want fɔ yu, kam  
insay

Bi di kol planet na mi dak net den we a no no natin, en  
tek mi an en bring mi bak sef wan na yu sef en sikrit ples!

Di disaypul in swε

A go win prawd wit ɔmbul

En et wit lɔv

Eksaytment tru kol at

Di we aw pɔsin de tink bɔt in sef nɔmɔ, na fɔ get fri-an

En bad tin wit gud

We pɔsin no no natin, .

En wɔri, insay di pis we yu de tink bɔt, pan yu, O mi Gɔd

Kip mi fa from bad

O Masta, protekt mi so dat a no go yeri bad, ɔ si bad, ɔ  
tɔk bad, ɔ blo bad, ɔ tɔch bad, ɔ fil bad

A no de tink bad, en a no de drim bad

Prea fɔ di Gret Rayd

O Masta fɔ Majesty, O Esens fɔ Egzistens en Spirit fɔ di  
Yunivasiti, O Padi fɔ Padi! Rivɛl to mi di sikrit den fɔ mi bi  
Tich mi aw a go wɔship Yu wit kwayɛt, kwayɛt, en wach

Insay di kwayɛt we mi sol get, put mi insay so dat a go  
no se yu de sote go insay mi en rawnd mi

A rili want fɔ no yu, O yu we no get eni kɔmpitishɔn, O yu  
we no get wan kɔmpitishɔn, O wan we speshal en get glori we  
fit fɔ get ɔl di respekt en tɛnki!

Nostaljia bɔd den

We yu kam, di bɔd dɛn we a want fɔ du go blo to fresh  
flawa dɛn

O Masta, mek di de kwik we a go wev wan grɔn bɔkul  
pan dɛn flawa dɛn de ɛn put am na yu fut

Prea bifo yu it

O Masta, aksept dis it, mek am oli, ɛn nɔ alaw fɔ it fɔ dɔti  
am

Di it kɔmɔt to wi frɔm yu ɛn i min fɔ sɔpɔt yu bɔdi we wi  
gɛt Blɛs am wit yu spirit so dat i go bi spirit we de sɔpɔt ɛn  
trɛnk wi

Yu na di pafɛkt divayn ros, we ful-ɔp wit layf, gris, ɛn  
biuti, ɛn wi na in peta dɛn Ful wi sol wit di sɛnt smel we yu  
gɛt fri-an

Wi briz we de blo we wi want fɔ blo

Opin di bɔd dɛn na wi at ɛn rilis dɛn sɛnt we dɛn dɔn  
prizin biɛn di bar dɛn we gɛt pink lif dɛn so dat di briz we wi  
de blo na wi spiritual sɛns go kɛr di sɛnt dɛn we gɛt sɛnt ɛn  
transpɔt dɛn to yu oli tɛmpul

O Yu we fit fɔ mek ɔlman wɔship ɛn rɛspɛkt!

Wi want wi briz we de blo fɔ blo pan yu blɛsin fut dɛn

Wispa frɔm di tɛm we go de sote go

Di vɔys we go de sote go adrɛs mi wit saful, lɔw tɔyn, ɛn  
se:

"A dɔn wispa na yu yes ɔl yu ej fɔ slip: 'Awake!' ɛn naw  
yu dɔn lɛf yu slip a de tɛl yu se: Wek yu brɔda dɛn Wok wit  
mi, so dat ɔlman go yɛri mi wɔd".

So a prɔmis, ɛn se:

"A go du mi bɛst fɔ spre yu kɔl ɛn sheb yu mɛsej, ɛn we a kɔmɔt na mi wɔl fɔm a go borrow yu ɔl-prɛzɛnt vɔys fɔ wispa to wanwɔd at: Lisin to in divayn im dɛn fɔ spiritual kɔmfɔt, bikɔs i de ɛva kɔl yu".

A go wet fɔ ɔl mi bɔku bɔku brɔda ɛn sista dɛn as dɛn de mach smɔl smɔl insay wan lɔng, lɔng prushɔn fɔ go na di blɛsin gol fɔ no dɛnsɛf, ɛn tru 'Whispers from Eternity' a go wispa to dɛn se: 'Wek, mi brɔda ɛn sista dɛn, ɛn lɛ wi fala In vɔys we de kɔl wi we nɔ de stɔp, ɛn lɛ wi go bak togɛda na di os we de na ɛvin'.

Yu na di watawɛl fɔ lɔv

Na yu de mek pipul dɛn lɛk yu na ɛvin ɛn na dis wɔl

Yu na di papa we de protɛkt in pikin dɛn ɛn di mama we de shaw dɛn wit sɔri-at we nɔ gɛt ɛnd

Yu na di smɔl pikin we de lis we i de tɔk wɔd dɛn we de sho se i lɛk in mama ɛn papa

Yu na di pafɛkt harmoni ɛn devoshɔn bitwin pipul dɛn we lɛk dɛnsɛf

Yu de mek di savant klin bay we yu de sho rɛspɛkt to in masta ɛn mek padi dɛn gɛt tayt padi biznɛs wit dɛnsɛf

Yu dɔn was mi wit di wata we gɛt lɔv insay ɔl in fɔm dɛn, so a dɔn kam fɔ lɛk yu wit ɔl di filin dɛn we de na mi sol ɛn wit ɔl di lɔv ɛn lɔng we de na mi at, O yu we fit fɔ gɛt ɔl lɔv, wɔship ɛn rɛspɛkt!

Di Siŋ fɔ Lɔv we De Sote Go

A kin tyu di string dɛn na mi at in lay fɔ ple bak wan ol siŋ: Di Stori bɔt Mi Fɔs Lɔv

O Divayn Spirit, to yu a de ofa nyu melodi frɔm di Virgin Soul: ɔtɛnɛtik medleys to di tiun dɛm fɔ mi eternal lɔv fɔ yu

Wev dɛn fɔ mi im dɛn de dans to di kɔsmik ritm fɔ yu si  
we nɔ gɛt ɛnd, ɛn push mi oba wef dɛn we gɛt bɔku bɔku  
gladi at to yu fa fa say dɛn

O melody of the sies, so serene and calm, sing to mi wit  
low voice di sing of longing for di divain mama we go de sote  
go

O sinj we gɛt lɔv we go de sote go! Rɔk mi na di bed fɔ  
myuzik ɛn mek slip fayn na mi yay as a de ɛnjoy pis na mi  
divayn mama we lɛk mi in bɔdi

Frɔm di vault fɔ mɛmori, a pul di oli trɔs, inklud di  
dɔkyumɛnt ɛn prɔmis dɛn we yu gi mi, ɛn chenj dɛn fɔ di gold  
fɔ lɔv Wit am, a bil, pan wan big big ples na mi sol, wan fayn  
fayn pales we fit fɔ yu glori tron ɛn naw a de wet fɔ yu kam

O majestic ɛn gloriful divain ges, naw a fil yu aprɔch to  
di tron na mi at, studded wit di biggest gladi

Fragment dɛn pan mi dayamɔn drim dɛn we dɔn brok  
brok, we dɛn bɛr ɔnda mawnten dɛn we gɛt daknɛs trade  
trade, de shayn frɔm di layt we yu go gɛt

Frɔm mi gladi gladi, silent hymns fɔ tɛl tɛnki de flɔ insay  
wan kontinyu strim

Duya una aksept di wreaths of welkam we a spɛshal wev  
fɔ una frɔm di flawa ɛn ros dɛm fɔ mi devoshɔn we go de  
sote go!

Na di gadin we de na mi at

Mi maynd in bi de flay go na di gadin we nɔbɔdi nɔ de na  
mi at, i de flɔt wit di briz we mi lɔv de blo ɛn i de drɛs wit di  
pal dɛn we yu swit dyu de mek

A dɔn kɔltiv fɔ una wɔndaful lili dɛn we gɛt spiritual sɛns  
ɛn yɔlɔ dafɔdil fɔ kontinyu mi kray wata fɔ ripɛnt, dilik vayɛl

dɛn we de drim fɔ ɔmbul, ɛn brayt dɛzi fɔ di we aw di sol de  
si

To yu, di tik dɛn we a de tink bɔt de gi fayn fayn frut dɛn  
we gɛt fayn fayn beg dɛn, wit ɔmbul an dɛn we gɛt branch  
dɛn we gɛt dɔti ɛn dyu

ɛn insay di gadin na mi at, wan bi we de tink bɔt mi de  
flay, we dɔn chak, midul ɔfrin dɛn we gɛt klin nɛktɔ to yu

Opin domɔt dɛn

O Masta, we a bin blaynd a nɔ bin ebul fɔ fɛn wan domɔt  
we de go to Yu

Yu dɔn mɛn mi yay, ɛn naw a de fɛn opin domɔt dɛn  
ɔlsay:

Insay di at fɔ flawa dɛn, midul di sawnd dɛn we padi  
biznɛs de mek, ɛn di mɛmori fɔ di prɔblɛm dɛn we a rili lɛk,  
we gɛt ay pozishɔn, ɛvri wispa we a de wispa mi prea, de  
opin nyu pasej to di tɛmpul we yu de wit yu we nɔ gɛt bɔda!

Sɔng fɔ mi sol

Insay di kray we di vaylin de kray, di hap in buz, ɛn di  
wispa we mi budding tinkin dɛn de mek, a yɛri di ikɔ fɔ yu  
myuzik So a drɔ di kɔtin we gɛt dense sawnd dɛn na di wɔl  
ɛn lisin, drɔnk, to yu ethereal vɔys, O divayn sɪŋda

Oh, mi majik sol in melody, a don fainali lisin to yu

Yu dɔn wek mi frɔm mi ol slip

ɛn na ya a de put pan yu oli ɔlta bɔkul dɛn we gɛt mi  
lɔng myuzik ɛn tiun dɛn we de want yu

Pis de fɔ una

**Spiritual sakes par excellence**

"Yu de neglek di filozofi kos dem fo yu teksbuk I luk laik se yu de dipen pan 'insight' to helep yu pas egzam we yu no put di efot we yu nid Bot unless yu stodi fo praktis and ifektiv we, a go pesonali mek sho se yu fail dis sobjek".

Prófeso Joshai, we na prófeso na Serampur Kolej (India), bin adres mi wit den strong wɔd ya We a nɔ bin ebul fɔ atɛnd in las egzam we i rayt, dat min se a nɔ bin ebul fɔ atɛnd di las egzam den na Kalkata Yunivasiti, we bin dɔn inkɔrpoɾet Serampur Kolej as wan pan in branch den Di lɔ we den dɔn mek na Indian yunivasiti den na dat, student we nɔ ebul fɔ du ɛni sobjekt na di fainal egzam fɔ di umanitis, fɔ ripit di neks ia pan ɔl di sobjekt den

Mi prófeso den na Serampur bin de trit mi fayn ɛn wit wan tɔch fɔ laf, se, "Mukanda (Paramhansa) tu drɔnk smɔl wit spirituality" Dis bin mek a nɔ shem fɔ ansa kwɛstyɔn den na klas, as den bin gɛt kɔnfidɛns se di las rayt egzam den go inof fɔ pul mi nem kɔmɔt na di list fɔ ɔndagraduate aplikɛnt den Mi kɔmpin student den, na di ɔda say, jɔs niknem mi "di ekstatik ermit".

A tek wan klewa step fɔ mek Prófeso Joshail Lee in tretin fɔ fel mi pan filɔsofi jɔs bifo den anɔys di las rizɔlt, a aks wan pan mi koleja den fɔ go wit mi na di prófeso in ɔfis, ɛn i se:

"Kam wit mi, bikɔs a want witnes, ɛn a go disapɔynt if a nɔ rili win di prófeso".

Di prófeso shek in ed afta a aks am us gred i gi mi ansa den, ɛn tɔk wit kɔnfidɛns, triumph tɔyn as i de luk insay di big pila we gɛt pepa den we de na in dɛsk: "Yu nɔ de pan di wan den we dɔn sakrifays, as yu pepa nɔ de bitwin di pepa den In ɛni kes, yu fail bikɔs yu nɔ atɛnd di egzam".

A smayl ɛn se:



"Sar, a don tek di egzam, yu go alaw mi fo luk fo mai pepa mi sef?"

Di prɔfɛsɔ, we bin de fred, gi mi permishɔn, ɛn a prodyuz mi pepa kwik kwik wan, we a bin tek tɛm pul ɔltin we go sho mi aydentiti pas di paswɔd Bikɔs di prɔfɛsɔ nɔ bin notis mi nem, i gi mi ansa dɛn ay mak, pan ɔl we dɛn nɔ bin gɛt ɛnitin fɔ du wit tɛksbuk!

As i rialize mi trik so, i ala se, "Damn dis rud lak!" Den im ad op wit op se, "Yu go fail yu fainal exam".

As fɔ di egzam dɛn na di ɔda sɔbjɛkt dɛn, a bin gɛt sɔm ɛp, mɔ frɔm mi kɔzin ɛn mi dia padi Prabhas a bin stres, pan ɔl we i bin de mek a fil pen, insay di ɔda fainal egzam dɛn we lɛf ɛn a bin gɛt di minim pas gred

Naw, afta 4 ia na kɔleji, a bin fit fɔ sidɔm fɔ mi bachɛlɔ digri egzam, we na wan ɔnɔ we a nɔ bin dɔn tink bɔt Di fainal egzam dɛn na Serampur Kɔlej bin rili izi we yu kɔmpia am to di strong egzam fɔ go na Kalkata Yunivasiti we dɛn bin nid fɔ gɛt digri Infakt, di tɛm we a bin de go to mi ticha, Sri Yuktiswar ɛvrɪde, bin lɛf mi smɔl tɛm fɔ apia na di yunivasiti hal dɛn Mi prezɛns bin rili sɔprayz to mi klasmet dɛn pas we a nɔ de!

Di tin we a bin de du we a bin de du ɔlmost ɛvrɪde na fɔ rayd mi baysikul arawnd 9:30 oklɔk mɔnin go na mi ticha in ɛmitaj, ɛn kɛr wan ɔfrin fɔ Sri Yuktiswar: sɔm flawa dɛn frɔm di ɔstɔl in gadin Mi ticha bin de grit mi wit wam wan ɛn invayt mi fɔ it lɛnch, we a bin gladi fɔ aksept, we a bin rili want fɔ rɔnawe pan di tin dɛn we a bin de tink bɔt na yunivasiti ɛn mi kɔs wok Afta sɔm awa wit Sri Yuktiswar, we a bin de lisin to in yon rare wisdom or performing the hermitage's duties, I would reluctantly depart around midnait, returning to my quarters Sɔntɛnde a kin spɛn di wan

ol net wit mi ticha, gladi gladi fo de insay in tok den we de mek a no mo, a no kin notis di chenj from daknes to do

Arawnd ilevin oklok wan net, we a bin de kam komot na di sel, di ticha aks mi sirios wan se:

"Wetin di bachelor's exams de stat?"

A ansa se: "Fayv dez from naw, sa".

I se, "A op se yu redi fo am".

A bin de fil bad bad wan en a bin de fred, so a bin de protest se:

"Sar, yu sabi gud gud wan se a bin de spen mi de wit yu, noto wit yunivasiti profeso dem, so aw a go put misef onda di fars fo atend fainal egzam we at fo du?"

Sri Yuktiswar gi mi wan shap luk en se kol bot fain se: "Yu mos atendi di egzam so dat wi no giv yu papa en oda pipul chans fo kritik yu se yu prefer di monastik laif pas yunivasiti Promis mi se yu go atendi di exam en du yu bes fo ansa di kweshon dem".

Kray wata we a no bin ebul fo ol bin de ron na mi fes, en a fil se di ticha in rikwest no mek sens en in konsyuson kam tu let Bitwin sigh en sob, a se:

"A go atend if na dat yu want, bot noto inof tem lef fo pripia fayn fayn wan" En a ad to misef se: "A go ful di pej den wit yu tichin den fo ansa di kwestyon den!"

We a go insay di say we oli lek aw a kin du di naks de, a prezant di bokul we get ros wit sori-at en wit sori-at, en Sri Yuktiswar laf di misef stet en se:

"God don eva disapoynt yu pan egzam o pan eni oda tin?"

A ansa wit zil, as fayn fayn memori dem bot divayn ep de flash na mi maynd: "Nɔ, bay Gɔd, sa".

Di ticha kontinyu fo tok se: "I nɔ bin bi les, bot na bin wan bon divayn long we mek yu nɔ ebul fo fen yunivasiti ɔna".

Afta we i nɔ tok natin, i kot se: "Enibɔdi we abop pan Gɔd, i go du fo den" "Una fo luk fo Gɔd in Kingdom en wetin i want fɔs, en Gɔd go mek in blesin den bɔku pan una en gi una ɔl wetin una nid"

A fil di wet fo wɔri kɔmɔt na mi sholda we di ticha de bifo We wi don wi lanch ali, di ticha se wi fo go bak na di in, en i se:

"Yu padi Romesh stil de na di hostel?"

A se, "Yes, sa".

Im se, "Kontakt am and God go inspire am fo helep yu wit di exams".

A ansa se, "A go du am, sa, bot Romesh na unusually bizi Na in na di ɔna student na wi grup en i get ebi akademik lod pas di ɔda student den".

Di ticha nɔ tek mi objeshɔn en se, "Romesh go fen tem fo yu Naw go, wit Gɔd in blesin".

A go insay mi baysikul en rayd bak Di fɔs pɔsin we a mit na di ɔstɔl kot na di ed student, Romesh I tan lek se i get di tem fo ep mi, i gri wantem wantem we a aks fo am, en i se:

"Rest assured, Mukanda, a de na yu savis".

I bin spen bɔku awa da aftanun de en insay di ɔda de den fo tren mi bot di difren tɔpik den, don i advays mi, en se:

"A tink se plenti kweshon fo English literature dis yie go bi about Childe Harold, and wi shud get atlas kwik-kwik".

A rōsh go na mi ɔnkul in os en lēnt wan atlas usay Romesh bin dɔn mak pan wan map fɔ Yurop di ples dēn we Bayron in lɔv travulman bin go

Wan grup we wi bin de wok wit bin gēda rawnd wi fɔ lisin to di lēsin, en wan pan dēn bin dɔn tɔk se:

"Romesh de gi yu di rong advais, bikos na onli 50% of di kweshon dem de olwes bi about buk, and di oda haf na about di laif of di author dem".

Bɔt we a sidɔm di nēks de fɔ di English litrēcha egzam en luk di kwēstyɔn pepa fɔ di fɔs tēm, kray wata fɔ tēl tēnki bin kɔmɔt na mi yay en sok di pepa Di invigilator kam nia mi en aks mi wit sɔri-at bɔt di rizin, so a ēksplen se:

"Mi big ticha bin predikt se Romesh go fit helep mi Luk, di kweshon we Romesh saje to mi na di sem wan dem we de fo di exam pepa Laki fo mi, na smol kweshon de dis yie about English author we dia laif bi klos sikrit to mi!"

We a kam bak, di ɔstɔl bin ful-ɔp wit nɔys, en di sem yɔŋ man dēn we bin de provok Romesh in we dēn bin de kɔle mi naw i bin dɔn lēf smɔl fɔ mek a nɔ yeri Insay di wik we dēn bin de du egzam, a bin spēn bɔku bɔku awa wit Romesh, we bin de rayt kwēstyɔn dēn we di prɔfēsɔ dēn go mɔs put insay De afta de, Romesh in kwēstyɔn dēn bin de apia na di egzam pepa dēn, en i bin de yuz ɔlmost di sem ēksaktɔl wɔd dēn

Di wɔd bin skata ɔlsay na di yunivasiti se sɔntin we fiba mirekul de apin, en di sakrifays we di absent-minded "ecstatic hermit" bin gēt naw na rial pɔsibul a nɔ bin tray fɔ ayd di trut, en di lokal prɔfēsɔ dēn nɔ bin gēt pawa fɔ chenj di kwēstyɔn dēn we di Yunivasiti ɔf Kalkata bin sēt

We a tink gud wan bɔt mi Inglish litɛcha egzam, a kam fɔ no wan mɔnin se a dɔn mek sirɪɔs mistek Wan pan di kwɛstyɔn dɛn bin gɛt tu pat: (a) ɔ (b) ɛn (c) ɔ (d) Instɛd fɔ ansa wan kwɛstyɔn frɔm ɛni pat, a bin dɔn ansa ɔl tu di kwɛstyɔn dɛn na di fɔs pat, a nɔ bin pe atɛnshɔn to di sɛkɔn pat atɔl Bikɔs di ay mak we a bin ebul fɔ gɛt pan da pepa de na bin 33, we na bin tri mak shɔt pas di gred we a pas pas ɔl of 36, a rɔsh go to di ticha, de kray fɔ mi bad lak, ɛn se:

"Mi masta, a dɔn kɔmit sin we a nɔ go fɔgɪv, ɛn a nɔ fit fɔ gɛt di divayn blɛsin dɛn we kam to mi tru Romesh".

Di ticha ansa mi se: "Rɛst assured, Mukanda, ɛn bi at ease".

Sri Yuktiswar in tɔyn bin gladi ɛn nɔ bin de wɔri I dɔn es in an to di skay ɛn se, "Di san ɛn mun we de chenj dɛn rod na di spes, i go mɔs bi se yu nɔ gɛt yu yunivasiti digri".

A kɔmɔt na di monasti ɛn fil mɔ fri, pan ɔl we i bin tan lɛk se sakrifays nɔ pɔsibul pan matematiks I pas wan tɛm, a luk di skay wit fred ɛn si di Ledi fɔ di De we i dɔn tayt tayt wan na di ɔbit we i kin go ɔltɛm!

We a rich na di hostel, a yɛri wan kɔleja se, "Dɛn tɛl mi wantɛm wantɛm se dɛn dɔn put di pas gred na Inglish Literature dɔŋ fɔ di fɔs tɛm dis ia".

A rɔsh go insay di yɔŋ man in rum wit wan stet we a de agyu ɛn dimand fɔ no di tru tin bɔt di tin wit big imɔshɔn I egzamin mi ɛn ansa mi, i laf:

"O, long-haired wan, wai ol dis sudden intres fo akademik mats? And wai ol dis exsayment fo las minit? Yet di pas gred don olredi ridyus to onli 33".

Sera in ɛnaji we nɔ gɛt bɔda kɛr mi bak go na mi rum, usay a nil dɔŋ ɛn tɛl Gɔd tɛnki fɔ In pafɛkt akɔntin ɛn gris we

nɔ ɡɛt bɔdɑ A fil wan spiritual pawa we de ɡayd mi klia wan tru Romesh Wan impɔtɑnt tin we apin we i kam pan mi Bɛŋɡali ɛɡzɑm Romesh, we nɔ bin ɛp mi wit da tɔpik de, bin aks mi fɔ go bak wan mɔnɪn ɑs ɑ bin de kam kɔmɔt na di ɔstɔl fɔ go na di ɛɡzɑm hal

Wan pan mi kɔleja dɛn ɑlɑ pan mi se: "Romesh de kɔl yu, nɔ kam bak ɔ wi go let".

A nɔ bin lisin to da kɔleja de in advays ɛn rɔʃh go bak usay Romesh bin de, ɛn i tɛl mi se:

"Di Bɛŋɡali ɛɡzɑm na Bɛŋɡali student dɛn kin pas ɑm izi wan, bɔt i kam na mi maynd se dis iɑ di prɔfɛsɔ dɛn ɡɛt di intenshɔn fɔ 'slaughter' di student dɛn wit kwɛstɪjɔn dɛn frɔm di buk dɛn we dɛn dɔn prɛskrib" Dɔn mi padi ɛksplɛn to mi fɔ ʃɔt tɛm tu tin dɛn we apin frɔm di layf we Bahrul Uloom Vidya Sagar, di big ɛn renowned ɯmanitarian insay di nayntin sɛntiwɔd, bin liv

A tɛl Romesh tɛnki ɛn rayd mi baysikul go na di kɔleji kɔt Di Bɛŋɡali ɛɡzɑm pepa bin jɔs tan lɛk ɑw i bin dɔn tɔk, i bin ɡɛt tu sɛkʃɔn Di fɔs pat aks se: "Rɛkɔd tu akt dɛn we dɛn kɔl Bahrul Uloom Vidya Sagar fɔ du gud" Aftɑ ɑ dɔn transfa dis nyu tin we ɑ dɔn fɛn (frɔm Romesh) pan di pepa, ɑ tɛl ɡɔd tɛnki fɔ we ɑ lisin to ɑm di las tɛm we ɑ nɔ no bɔt Bahrul Uloom in ɡudnɛs to mɔtɑlman (ɛn ɑ de wit dɛn naw, fɔ tru!), ɑ nɔ bin fɔ ɛbul fɔ pas di Bɛŋɡali ɛɡzɑm

Di sɛkɔn kwɛstɪjɔn we bin de na di pepa na bin: "Rayt wan ɛsay insay Bɛŋɡali bɔt di layf fɔ di pɔsin we inspɛkt yu pas ɔl" A nɔ nid fɔ tɛl yu, mi dia rida, udat ɑ pik fɔ mi sɔbjɛkt ɑs ɑ de ful-ɔp pej aftɑ pej wit prez fɔ mi tichɑ, ɑ smayl, ɑ no se mi yon wɔd dɛn na tru: "A go ful di pej dɛn wit yu tichin dɛn!"

A nɔ bin fil di nid fɔ aks Romesh fɔ ɛp wit filɔsofi A bin gɛt kɔnfidɛns pan mi bɔku trenin ɔnda Sri Yuktiswar, a bin gɛt kɔnfidɛns fɔ nɔ tek di tɛksbuk ɛksplen dɛn, ɛn filɔsofi na bin di ay gred we a bin gɛt Mi kɔmbayn mak dɛn na di ɔda sɔbjɛkt dɛn bin inɔf fɔ pas

I fayn fɔ tɔk ya se mi dia padi Romesh bin pas di ɛgzam wit difrɛns

Mi papa in fes bin de shayn wit smayl we a gradyuet, ɛn i admit se, "A nɔ bin fɔ dɔn imajin yu sakrifays, mi pikin Yu de spɛn bɔku tɛm wit yu ticha" Fɔ tru, mi ticha bin no bɔt di kɔmɛnt we mi papa nɔ bin tɔk

Fɔ bɔku ia a bin de dawt if di de go kam we a go ad di taytul fɔ Bachelor to mi nem A nɔ bin de yuz da taytul de we a nɔ tink se na oli gift we dɛn gi mi fɔ mistirioz rizin Sɔntɛnde a kin yɛri pipul dɛn we dɔn gradyuet frɔm yunivasiti de tɔk se na smɔl pat pan di no we dɛn bin gɛt bin lɛf wit dɛn afta dɛn dɔn gradyuet Dis aknɔwshment frɔm dɛn kin kɔrej mi bak fɔ mi akademik we a nɔ ebul fɔ kɔndɛm tin dɛn we nɔ fayn

Na da de de insay Jun 1914, we a bin gɛt mi digri frɔm di Yunivasiti na Kalkata, a butu bifo mi ticha fɔ tɛl am tɛnki fɔ di blɛsin dɛn we bin de flɔd frɔm in layf ɛn kɔba mi sol I ple ple ɛn es mi ɔp ɛn se:

"Gap, Mukanda Gɔd bin si am izi fɔ mek yu bi kɔleji graduet pas fɔ arenj bak di kɔs fɔ di san ɛn mun!"

's Diary: Wan ɔtobayografi

Prɔvab, poem ɛn stori fɔ di ticha  
Paramhansa Yogananda, we de wok fɔ yu



Dat pawa we Gɔd gɛt  
I go sɔpɔt yu ɛn mek yu gɛt trɛnk  
Jɔs lɛk aw i bin de sɔpɔt mi ɔltɛm ɛn gi mi trɛnk  
A kin tɔk dɛn tru tin ya frɔm mi yon ɛksperiɛns  
If a nɔ bin dɔn ɛksperiɛns dɛn tin ya na mi layf  
We a bin ebul fɔ tɔk bɔt am  
A de liv bay fet pan Gɔd  
Gɔd na mi trɛnk  
A nɔ biliv ɛni ɔda pawa pas Gɔd in pawa  
ɛn we a de pe atɛnshɔn pan da blɛsin pawa de  
Yu mit mi ɛn wok tru mi  
Naytingal we de na di skay  
lɛk ɛvin



Mi na yu nayten, we de go ɔp na di evin fɔ yu kɔsmik

prezens

Insai de luk fɔ di drop dem fɔ yu trut ol taim

A dɔn pre to yu wit dip trɔst

So dat yu go sɛn shawa fɔ yu sɔri-at frɔm di harsh klawd

dɛn we de kwayɛt

En bikɔs a bin tɔsti pasmak

A bin rili want fɔ tek ɛni oli pɔynt we a bin no bɔt yu

!Oh, a bin rili want fɔ fil yu prezens insay mi ɛn rawnd mi

Mi kronik tɔsti bin jɔs dɔn we yu tɔch am kol

Mi sol we nɔ de rɛst ɛn mi we a de bɔn wit zil

Di sizin we pipul dɛn nɔ gɛt op ɛn we nɔ gɛt op dɔn pas

Di dray we di trɔbul dɛn bin dray bin dɔn wit di ren we

bin de kam na yu pis

En naw a de flay kwayɛt wan ɛn flay ɔp, de siŋ siŋ dɛn

we de mek a satisfay ɛn satisfay

Mi na yu nayten we de drink di wata nɔmɔ we de mek yu

kɔrej yu

Di we aw yu de kam dɔŋ we yu nɔ de ambɔg am frɔm di

ayt dɛn we yu de

\* \* \*

."Di ki wod fɔ most pipul fɔ dis laif na "mi

Pɔsin we gɛt spiritual abit ɛn tin dɛn we i kin want fɔ du,

kin tink bɔt ɔda pipul dɛn jɔs lɛk aw i de tink bɔt insɛf

Di wan dɛn we de tink bɔt dɛnsɛf nɔmɔ kin mek ɔda

pipul dɛn et dɛnsɛf ɛn mek dɛn vɛks

Di wan dɛn we de arawnd dɛn Bɔt di wan dɛn we de tink

bɔt aw ɔda pipul dɛn de fil ɛn wetin dɛn lɛk, kin si dat

ɔda pipul dɛn kin tink bɔt dɛn ɛn tink bɔt aw dɛn de fil

If na wan ɔndrɛd pipul dɛn de na wan tɔŋ, ɛn ɛni wan

pan dɛn want fɔ tek frɔm

Di ɔda wan go ɛni wan gɛt nayntin nayn ɛnimi Bɔt if ɛni

wan

If pɔsin tray fɔ ɛp ɔda pɔsin, dat min se ɛni wan pan dɛn

go gɛt nayntin nayn padi dɛn

A dɔn liv da we de ɛn a nɔ lɔs natin bay we a de sheb  
wetin a gɛt wit ɔda pipul dɛn  
Fɔ tru, ɔl wetin a gi dɔn kam bak to mi tu tɛm, bikɔs ɔf  
Gɔd in gudnɛs ɛn naw a nɔ gɛt ɛnitin fɔ du wit am  
Fɔ natin, bikɔs wetin a gɛt dip insay mi, big ɛn valyu pas  
ɛnitin we a go ɛva imajin  
Di wɔl de gi mi Wetin man de tray fɔ gɛt na fɔ gɛt gladi  
at

Wans pɔsin dɔn gɛt gladi at, di nid fɔ di tin dɛn we de  
mek i gladi nɔ de igen  
Mi onli garanti fo dis wold na di gud filin we pipul get fo  
mi Tru richli de fo liv fo di hat of pipul we dem laik and padi  
dem

Wi fɔ tray fɔ kɔnɛkt wit Gɔd na dis layf Dɛn dɔn gi wi  
mɔtalman ɛgzistens, sɛns, ɛn fridɔm fɔ disayd fɔ du sɔntin,  
ɛn na dat mek wi fɔ yuz dɛn gift ya fɔ fɛn Gɔd  
We wi de tink bɔt ɔda pipul dɛn, wi kin gladi ɛn if wi fala  
dis rod, ɔda pipul dɛn go afɛkt  
ɔda pipul dɛn we de arawnd wi kin biev lɛk wi ɛn tray fɔ  
falamakata wi Dis fɔ dɔnawe wit am  
Fɔ bisin bɔt yusɛf nɔmɔ na di men tin we kin mek ɔl di  
bad tin dɛn we pɔsin kin du ɛn di bad tin dɛn we kin apin to  
pɔsin

?Aw ɛn wetin mek prɔblɛm dɛn kin bigin  
ɔl mɔtalman de tray – we i no ɔ we i nɔ no – fɔ rich in  
yon kɔnvikshɔn se i nɔ go ebul fɔ win ɛn i nɔ de day Insay ɔl  
di tin dɛn we dɛn want fɔ du na do, ilɛksɛf na tru sayɛns,  
kɔmishɔn, mɛɛsin, ɔ ɛni ɔda tin na layf, dɛn de tray fɔ gɛt  
pis ɛn sikyɔriti, fridɔm frɔm sɔfa, ɛn gladi at we go de sote go  
Dat na fayn tin, infakt na in rayt ɛn in natura I ɛritaj we  
di Wan we mek am want fɔ am, if i want dɛn sem blɛsin dɛn  
de bak fɔ ɔda pipul dɛn jɔs lɛk aw i want am fɔ insɛf  
Na wan say, bɔku pipul dɛn kin tray fɔ gɛt da prɔpati we  
nɔ gɛt limit ɛn we nɔ gɛt ɛnd bay we dɛn de yuz smɔl ɛn we  
nɔ gɛt ɛnd

Di tin den we mortalman don du go bete en i go fit fo get  
mo if, apat from we posin de fen di wol, i tray bak fo fen di  
!spiritual potneshel en pawa den we de insay insaf  
Wi no get wan dawt fo se di progres we posin get na  
sontin we wi fo admaya, bot ileksef posin get sakrifays we i  
get na do nomo, dat go gi posin di satisfayshon en sikyocriti  
we i de tray tranga wan fo du  
Sayns don ep fo pul boku sik den we bin de ambog di  
jenereshon den we bin don de bifo en i don ep fo mek advans  
we den fo mek tin den we go ebul fo pul angri en po Bot fo  
mek den get welbodi balans na dis wol we den jos de du tin  
den we den don du, no izi  
Posin kin go bifo pan wan patikyula wok, bot i kin  
soprayz we problem den we i no bin de tink se kin apin we kin  
ambog di tin den we i de du  
Dis no min se posin no fo tray fo fen solv fo in problem  
den tru oda we, bot wetin den min na fo balans en no fo  
ledom to wan say pan di oda say  
God don gi mortalman rizin en pawa we i want, en den fo  
yuz den tin ya fo mek in kondishon bete na di wol Pan ol we  
den de tray gud wan, den fo no di tin we de insay di pawa en  
sens en mek i gri wit da sos de, bikos we posin no gri na in na  
di rizin we mek mortalman get problem en mistek den  
Yu no go jos sidom rawnd en ekspekt sakrifays fo fodom  
na yu lap Afta yu don chet yu kos en aktiv yu wil, yu fo put di  
prektikal efot, en yu go si se ol wetin yu nid fo sakrifays go  
kam to yu smol smol, en oltin go push yu na di rayt  
dairekshon Yu wil, we ful-op wit divayn wil, go ansa yu prea  
den, bikos we yu yuz da wil de, yu go opin di domot we yu go  
gri fo mek yu beg fo yu  
Mortalman don get eksperiens pan sayens, teknojji,  
meresin, en oda tin den, we don mek i ebul fo gi komfort en tin  
den we izi fo du Bot dis no min se i go ebul fo lef di Wan we  
mek am If noto dat, den tin ya we den don du go los den  
valyu, en soshal, famili, politikal, en envayroment problem

dən go bigin fɔ kɔmɔt ən skata Dis na bikɔs, bay we  
mɔtalman de dipen ɔlsay pan tin dən we de na do, mɔtalman  
kin lɔs di sɛns fɔ manage the immense potential it has  
unleashed through scientific methods and means Fɔseka dat,  
layf kin so kɔmpleks dat i kin at fɔ bia wit, ən ivin kin mek  
pipul dən wɔri ən nɔ kin sho

\* \* \*

Pɔsin fɔ liv wit ɔl in tinkin, filin, ən sɛns, ən fɔ de wach ən  
pe atɛnshɔn to ɔltin we de arawnd am, jɔs lɛk pɔsin we sabi  
fɔ tek pikchɔ we de tek di chans dən we fit pas ɔl fɔ tek di  
fayn fayn pikchɔ dən we de sho di ples we fayn pas ɔl  
Tru tru mɔtalman gladi at de pan pɔsin we rɛdi ɔltɛm fɔ  
lan ən fɔ du tin di rayt we ən fɔ rɛspɛkt am Di mɔ we pɔsin de  
mek insɛf bɛtɛ, na di mɔ i de ɛp fɔ mek di wan dən we de  
arawnd am go bifo ən gɛt gladi at  
Na smɔl pipul dən nɔmɔ de we de stɔdi wetin de apin to  
dən ən disayd if dən de go bifo ɔ go bak  
As mɔtalman we gɛt sɛns, sɛns, ən ɔndastandin, wi big  
wok na fɔ yuz dən kwaliti ya kɔrɛkt wan so dat wi go no if wi  
de go bifo ɔ bak lvin if wi mit fɔdɔm bɔku tɛm, wi nɔ fɔ gɛt  
pwɛl at ɔ lɔs op Fɛl fɔ bi sɔntin we de mek wi gro, nɔto sɔntin  
we de ambɔg wi, fɔ mek wi gro na wi bɔdi ən spirit

\* \* \*

Trɔbul ən prɔblɛm dən kin apin we pɔsin nɔ no bɔt di tin  
dən we i dɔn du trade, we i dɔn du na wan patikyula tɛm ən  
ples Di sɔfa we dən de sɔfa naw kɔmɔt frɔm di tin dən we dən  
de tink ən du we dən dɔn tɔk, we dɔn tek rut na di grɔn we  
dən de tink, we dɔn gro to plant ən bia frut we tan lɛk dən tin  
dən de we dən de tink ən du

\* \* \*

Di bɛst we fɔ pripia fɔ gɛt bɛtɛ layf  
If wi want fɔ rili ɛnjoy layf, di tɛm na naw—nɔto tumara,  
nɔto nɛks ia, ivin insay sɔm layf afta layf Di bɛst pripia fɔ  
bɛtɛ layf nɛks ia na fɔ liv layf we gɛt prɔdakshɔn, we gɛt  
wanwɔd, ən we gɛt minin dis ia Wi biliv pan layf tumara

bambay we go get mo tin fo du en get mo gladi at no get wan  
valyu pas wi translet am to akshon naw Tide fo bi di de we  
important pas ol en we get minin na wi layf

\* \* \*

Di wan den we want fo mared fo lan fo kontrol di we aw  
den de fil en di tin den we den want fo du, en di skul den fo  
tich dis skil, wit fo mek den get kol at en fo pe atenshon Boku  
os den we no gladi en famili den we don brok de bikos den no  
de tek tem wit dis important tin, na os en na skul Aw tu pipul  
den we no ebul fo kontrol di tin den we den want fo du en di  
?tin den we den want go liv togeda wit pis en kwayet  
We di mared begin, den kin ker di nyu mared pipul den  
get wan wef we get filin en gladi at Bot afta som tem, as den  
filin ya kin begin fo don, di tru tru we aw di man en in wef kin  
begin fo komot, wit agyument, no gri, agyument, en  
disapoyntment Di at nid tru tru lov en padi biznes, en pas ol, i  
nid fo get kol at en pis We pis kin brok bikos of di bad bad  
filin den, wan important pila na di mared kin wik

\* \* \*

get helth nev cdi nid fogan dem en di filin dem na di bo di  
kip di on, en sensitiviti Fomenten den helth, vitesh system f  
m diofri yusef fr on, i important fondishonerv sistem in gud k  
fred, veks, gridi, en jelos bad bad filin dem lek f

\* \* \*

Yu gladi at na yu sakrifays, so no mek enibodi tek yu  
gladi at komot pan yu  
Protakt yusef from di wan den we de tray fo mona yu We  
a bin yon, a bin rili veks pan di wan den we bin de tok lay lay  
tok bot mi, bot leta a kam fo no se mi yon konshens important  
pas di we aw pipul den gri wit mi  
Konshens na tin we posin kin no bot we kin fetful en  
korrekt wan fo rayt wetin posin de tink en wetin i de du We in  
konshens klia en posin no se i de du wetin rayt, natin no go  
ebul fo mek i fred Klin konshens na testament fo God in fayv

Di wan den we get klin konshens kin get gladi at na den layf  
en get God in blesin en fayv

\* \* \*

Eni wɔd we pɔsin tɔk kin lɛf impak we go de sote go pan  
in bren en maynd We pɔsin in sol kɔmɔt na in bɔdi we i day,  
fɔ go insay ɔda eria go dipen pan di jɔjment we den karma  
(di bad tin den we kin apin we den du) we kin kɔmɔt frɔm  
gud ɔ bad wɔd den go gi am

Gud wɔd den we kɔmɔt frɔm wan nobul maynd go gi gud  
rizɔlt fɔ di sol, we bad wɔd den we bad abit den de drɛb go  
gɛda bad karma ɔ bad rizɔlt fɔ di sol

Di wɔd get tri vaybreshɔn: wan kɔz ɔ intelektual  
vaybreshɔn, wan kinetik ɔ planet vaybreshɔn, en wan fizik ɔ  
apɔrint vaybreshɔn

:Di wɔd "pis" get tri difren vaybreshɔn den

Wan we we pɔsin kin tink ɔ we i want we den de tɔk di 1

."wɔd "pis

d dɛm, ɛnɔkal kɔenɛji na di bren, di v ɔn fɔdi vaybrɛsh 2

dɔns di wɔng, we den de drɛb bay wil, we den de pronɔdi t

.""pis

shal ifekt we yuɔd dɛm en fɔdi vokal k ɔn fɔVaybrɛsh 3

."d "pisɔns di wɔde pron

So, ɛvri wɔd, gud ɔ bad, de lɛf in vaybreshɔn—dat na, di

ifekt den we i get—pan di bɔdi ɔ di bren, en pan di layf ɛnaji

en intelekt insay di fɔm fɔ inklin en want Pan dis bies, di

vaybreshɔn fɔ ɔl di tɔk de lɛf gud ɔ bad abit den na di maynd

Di wan we pul di rizin den we mek i de chenj di trut, de

mek wan big trɛnk insay insɛf so dat i nɔ go de witnes lay lay

tin den en ɔl wetin i tɔk na tru

O Masta, gi mi di trɛnk fɔ yuz mi vɔys fɔ sav di trut bay

we a de tɔk swit, bɛnifit, en rifresh wɔd den Ple Yu myuzik

den we nɔ de day na di flut na mi layf so dat a go blɛs wit di

vaybreshɔn den we Yu oli tiun den de mek

\* \* \*

blankit we de flɔt

Wan tɛm, tu padi dɛn bin de waka na di riva bank we  
dɛn si wetin tan lɛk blankit we de flɔt Wan pan dɛn trowe  
."insɛf na di riva ɛn swim te i rich na di "blanket  
Bɔt i bin let fɔ go bak na di bank, ɛn in padi notis se i nɔ  
izi fɔ dil wit di "blanket" ɛn na di rizin we mek i delay fɔ kam  
:bak, so i ala pan am, se

?Wetin mek yu nɔ lɛf am ɛn go bak  
In padi ansa se: Na dat a de tray fɔ du, bɔt di blankit de  
tay mi ɛn i nɔ go mek a go ɛn kam bak  
I bin sɔprayz bad bad wan we i kam fɔ no tu let se wetin  
i tink se na blankit nɔto natin pas bea we de swim  
A fain dis stori miniful ɛn aplikebul to plenti aspek na  
mɔtalman layf A biliv se in mɛsej na wan fɔ prudɛns ɛn kɔt fɔ  
rɔsh fɔ du akshɔn dɛn we kin gɛt kɔnsikuns we nɔ fayn  
Dis blankit kin bi jɔs wan kɔnsept we de flɔt na di riva fɔ  
tink we, we dɛn dɔn, i kin tɔn to wan ɔvawɛl ɔbseshɔn we at  
fɔ kɔntrol

Ɔ i kin bi bad abit we, wans i tek rut na di bren, nak in  
fawndeshɔn ɛn ɛkstɛnd in rut, bi wan impɔtant pat pan pɔsin  
in bi, so dat i go bi prizina we i ol  
Ɔ i kin bi difrɛn kayn tɛmteshɔn wan investismɛnt we nɔ  
de insay di rayt tɛm ɔ we nɔ fayn ɛn we kin mek pɔsin lɔs  
bɔku tin, pan prɔpati ɛn gud abit  
Ɔ i kin bi wan aydia we tan lɛk se i mek sɛns ɛn i pɔsibul,  
so di pɔsin tek am ɛn no, afta i dɔn go insay in bi, se in rialiti  
rili difrɛn frɔm di we aw i tan  
Ɔ i kin bi tin we de apin ɔ we de drɛf wit bad tin dɛn we  
wi nɔ bin dɔn tink bɔt  
Ɔ fɔ jomp insay daknɛs  
So, dɛn bin se: Tink bɔt di pozishɔn we yu fut de bifo yu  
tek wan stɛp

\* \* \*

Di ɛnd fɔ di Joyn  
Fɔ lɔng tɛm, a bin de stɔp pan di rod dɛn we de rɔn  
rawnd we a bin de dawt

A bin krɔs vali dɛn we a bin de imajin we bin de separet  
mi frɔm una fɔ lɔng lɔng tɛm  
A krɔs bɔku bɔku dɛzɔt dɛn  
A bin de du bɔku tin dɛn we a bin want fɔ du  
Fɔ dɔn, a fri misɛf  
Frɔm di whirlpools fɔ sɔri ɛn gladi-at  
So a dɔn mi waka ɛn rich di ɛnd pan mi rod  
ɛn naw a de luk wit gladi at pan di pen dɛn we a bin de  
fil trade  
Frɔm ɛni rɔk we a bin de sɔfa trade trade  
Wan yay de bɔs wit kray wata fɔ gladi  
ɛn insay dɛn oli wata dɛn de  
Tru di kray wata we a de kray fɔ mi lɔv fɔ yu, a de klin  
misɛf ɛvrɪde

\* \* \*

A bin de get sikrit lamp  
ɛn a bin rili want fɔ sɛn wan bim we nɔ de te rawnd mi  
insay di kwayɛt we de na di daknɛs we de insay  
Bɔku tɛm a bin de si smɔl fish dɛn as tin dɛn we a kin  
mek

I bin kech insay di brayt we bin de shayn wantɛm  
wantɛm

A bin de yuz dis as bet  
fɔ kech big big pipul dɛn we de na di dip dip tin dɛn na  
mi kɔnshɛns

Bɔt bɔku pan dɛn bin rɔnawe  
Bihayn di smɔl sɛklɔ we get layt  
Frɔm yu devoted followers  
Rich wit silva siŋ ɛn gold drim  
Wit di mɔni fɔ lɔv, a bay nɛt dɛn we de shayn ɛn we de  
shayn fɔ di we aw di sol de si tin  
ɛn frɔm am i mek wan pawaful nɛtwɔk we get klos we de  
shayn  
A bin swip krɔs di si we yu get sɛns fɔ luk fɔ yu



Di fish dɛn we dɛn bin kech bin bɔku ɛn dɛn bin gɛt  
!valyu

A bin gɛt bɔku bɔku gud ɛn gladi filin dɛn  
ɛn valyu tin dɛn we gɛt oli memori dɛn we dɔn lɔs  
,Dɔn

Aibin fain yu  
!ɛn a dɔn kech yu, O jɛntri we gɛt bɔku prɔpati  
\* \* \*

Insay di sɔma de dɛn na layf  
A kin gɛda di nɛktɔ we de mek pɔsin fil bad  
Frɔm di flawa dɛn we gɛt swit gud kwaliti dɛn  
We de gro na di gadin dɛn fɔ gud sol dɛn  
ɛn a bin kip am na mi at  
jus we dɛn dɔn distil  
Frɔm di ay ay flawa dɛn we de mek pɔsin bia wit ɔda  
pipul dɛn  
ɛn di bɔd dɛn we de mek pɔsin ɔmbul wit dɛn saf sɛnt  
ɛn di rare flawa dɛn we gɛt tɛnda lotus aydia dɛn  
ɛn we i de tɔn dɔŋ pan mi  
Snow, kol winta ɛkspiriɛns dɛn  
ɛn di pen we dɛn bin de separet na dis wɔl  
A kin luk fɔ wam ɛn kɔrej  
Insay di nɛktɔ we dɛn dɔn kip na di sɛl na mi at  
Insay da blɛsin sɛl de, insay yu fes  
Bɔku tɛm a kin fɛn di divayn bi  
Sip di swit we mi ol longings de mek  
A kin fil fayn, gladi, ɛn kɔrej mi  
\* \* \*

A biliv se mɔtalman gɛt brɔda ɛn sista, a biliv se ɔlman  
gɛt lɔv, ɔndastandin, ɛn wok togɛda bitwin pipul dɛn fɔ mek  
dɛn nɔ gɛt bɔku prɔblɛm dɛn na layf fɔ dɛnsɛf  
Dɛn fɔ put nobul glob ɔl gol dɛn na dis wɔl, ɛn dɛn fɔ  
adopt ideal dɛn we go ɛlevɛt mɔtalman to ay levul, rifin in  
tinkin, kɔba wetin i want, ɛn ɔn in nobul talɛnt

Dis kin apin tru spiritual egzampul en fayn prinsipul den,  
nɔto tru brut fɔs en wɔ we de pwel pipul den Pɔlitikal pawa  
denja if yu nɔ gɛt spiritual prinsipul den fɔ gayd en rul am  
We a de tɔk bɔt spiritual prinsipul den, a nɔ min  
patikyula tichin, sɛkt, ɔ biliv afilieshɔn, bɔt a min di lɔ den we  
de ɔlsay na di wɔl: di lɔ den bɔt wetin rayt en gud kwaliti den  
we de apin to ɔlman en we de briŋ gudnes, wɛlbɔdi, en pis to  
den

\* \* \*

Wetin mek mɔtalman de spɛn in tɛm fɔ luk fɔ krɔs pan  
mɔtalman lɔv en wan anful mɔni en dis tin ɔ dat, we i kin fɛn  
?ɔltin insay Gɔd we na di sɔs fɔ ɔ lɔv en trɛnk  
Wi nɔ fɔ luk fɔ Gɔd bikɔs wi want fɔ gɛt pawa, bɔt bikɔs  
wi want fɔ lɛk wi Dɔn wi go fɛn di big trɔs We wi lɛk Gɔd wit  
dip lɔv we de na wi at, I de ansa wi, en wi de fil se in lɔv de  
bit na wi at  
Layf kin swit we pɔsin de tink bɔt Gɔd Di mɔ we i de tink  
en kɔntinyu fɔ pe atɛnshɔn pan di spiritual stet we i de du  
sɔntin, na di mɔ pɔsin kin ebul fɔ smayl A de na da eria de  
naw en ɔltɛm—insay divayn kɔnshɛns we gɛt gladi at Natin  
nɔ de afɛkt mi llɛksɛf na mi wan ɔ wit ɔda pipul den, di gladi  
at we Gɔd de gi de kɔntinyu fɔ de insay mi ɔltɛm  
A bin ebul fɔ kip mi smayl en den sem smayl den de de  
insay yu bak di sem gladi en gladi at we di sol gɛt de insay  
yu Yu nɔ nid fɔ gɛt den, na fɔ gɛt den bak Yu lɔs den fɔ sɔm  
tɛm tru sɛlf-rializashɔn wit di sɛns, en yu kin gɛt den bak  
ɛnibɔdi we biliv se tin den we pɔsin kin ɛnjoy bay we i de  
si, yɛri, test, smɛl, en tɔch, de briŋ klin gladi at, i rili mistek  
Di sɛns nɔ de gi gladi; bifo dat, den de pul wi pan am If yu sɛt  
kɔndishɔn fɔ yu gladi at, lɛk fɔ se, "A nɔ go ebul fɔ gladi pas  
a si da fes de," yu nɔ go ɛva gɛt klin gladi at we nɔ gɛt ɛnitin  
fɔ du wit am, bikɔs di gladi at we pɔsin kin gɛt we i de fil kin  
te

De ɛn ia kin tek in toll pan di bɔdi fayn fayn wan ɔltin na  
di matirial wɔl de ɔnda di lɔ fɔ chenj So, ivin if pɔsin ebul fɔ si

ɔl di fayn fayn fes na di wɔl, yeri evri sawnd, en tɔch ɔltin we i  
want, i nɔ go stil get tru tru gladi at Bɔt stil, den kin ful dɛnsɛf  
fɔ tink se i gladi

Sɔntɛnde, afta pɔsin dɔn tray tranga wan fɔ get sɔntin, i  
nɔ kin get ɛni gladi at pan di tin insɛf Bɔt pan ɔl dat, i kin get  
sɔm satisfayshɔn frɔm di tray we i spɛn, ɛn dat mek i biliv se  
i gladi Bɔt dis kayn satisfayshɔn na fɔ shɔt tɛm nɔmɔ ɛn i nɔ  
kin te

So i na fɔ natin fɔ fɛn gladi at na di sɛns dɛn we pɔsin kin  
get ɛn sho am wit spiritual gladi at We pɔsin du dis, ivin smɔl  
smayl go kɔba ɔlman we de rawnd am wit in blɛsin  
magnetism, ɛn ɔda pipul dɛn go fil gladi  
Bɔt na Gɔd nɔmɔ go ebul fɔ chenj at Wi nɔ fɔ atribyut to  
wisɛf di ebul fɔ du gud Di wangren tru tru pɔsin we de du  
gud we de na Gɔd Dis wɔl na In yon If yu fil in prezɛns ɛn no  
se na in de kɔntrol ɔltin, ɛn if yu trɔs ɔltin to Am—gud tin dɛn  
ɛn ivin bad wan dɛn—yu go sɔprayz fɔ si se ɔl di tin dɛn we  
yu de du go chenj to gud tin dɛn

\* \*

Di moment we wi tink gud wan bɔt ɔda pɔsin, wi  
awareness de expand ɛn wi horizons brok We wi tink bɔt wi  
neba ɛn sho sɔri-at to dɛn, wan pat pan wi bi de go aut to  
dɛn wit da tink de, ɛn nɔto jɔs di tink sɛf nid, bɔt na di rɛdi fɔ  
put da tink de insay akshɔn  
Wi nɔ fɔ pul ɛnibɔdi kɔmɔt na wi sɛklɔ fɔ lɔv {ɛn yu neba  
tan lɛk yusɛf} {yu neba den yu neba den yu neba}  
Mared na lɛsin fɔ altruism Tu pipul dɛn kin sheb layf wit  
dɛnsɛf, dɔn pikin dɛn kin kam wit dɛn ɛn di mama ɛn papa  
kin sheb layf wit dɛn Bɔt na selfish fɔ tink bɔt di famili we de  
nia wi nɔmɔ bikɔs di wan dɛn we wi lɛk go lɛf wi wan de, ɛn  
dis na mɛmba se di rizin fɔ mɔtalman rilayshɔnshɩp na fɔ  
mek pipul dɛn no mɔ bɔt sakrifays fɔ ɔda pipul dɛn ɛn fɔ sheb  
wit dɛn tin dɛn we wi get ɛn di filin we wi get wit padi biznɛs

\* \* \*

We yu de slip, yu kin mek yu no tink en fil fayn, bot we  
yu kin mek yu tink en fil fayn bay we yu de tink gud wan, di  
fos tin we yu kin get na we yu get pis, en di mosul den na yu  
fes densef kin mek yu smayl we de sho di pis we de na yu at  
Bot yu fo luk bifo di stet we pis de fo mek yu si di klin we

yu sol klin

Dat klin, we no get wan bot en we no chenj bay di tin den

we de mek posin fil o otometik riakshon

Di rizulyt na tinkin wae get fo du wit di sens dem en di  
stet wae yu de eksperiens da tem de na wan blesin we de nyu  
oltam

Profet en oli pipul den get dis gladi at na den at oltam

Den de fil blesin sef en kwayet, den no de shek en no de win  
wit big big briz we de mek den veks, en wori en fred no de  
tuch den Yuz di skelpel fo rizin o sens, den kin dissect den yon  
tink o di tin den we oda pipul den de tink na di opreshon tebul  
na di maynd we den de kip den kompazishon en kol at

Insay di gladi at we di sol get, pwel at kin donawe wit am

kpatakpata, en spiritual sens kin komot na di biin fo di gladi  
disaypul, we kin mek i strong mo en mo pan di ay sef

\* \* \*

Tru tru smayl na smayl fo spiritual gladi at we posin kin

get we i de tink gud wan en tink bot God en fil se i de wit am

Mi smayl komot from wan dip gladi at we de insay mi—

gladi we olman kin ebul fo get I tan lek di sent we de komot  
na di at fo wan ros we de blo Dis big gladi at de invayt oda  
pipul den fo put densef insay di oli wata we get gladi at

:Fo tin den de we di odinari posin sabi

I kin fil gladi we sontin we i want don apin

I no kin gladi if den mek i no ebul fo du dat

Bot we i no gladi o in at pwel, i kin fil se i don taya

We posin win den filin or saykilojik stet ya fo gladi, pen,

en bore, i kin fil se i get pis

Pis na wan kayn tin we pipul den kin rili want we kin  
komot from we posin no get sori-at, gladi at, en we posin kin  
bost Den kayn tin ya kin chenj oltem insay di sol  
Afta yu don rayd wan wef we de veks en we de mek noys  
we de mek yu fil pen en gladi, ivin we yu de go insay di dip  
dip ples den we yu de bost  
Gladi de fo flot pan di brast fo wan si we kol we get pis  
Bot pas pis na spiritual ekstazi di gladi at we di sol get di  
olimat gladi at Na nyu gladi we no de eva don bot we de go  
wit di sol fo sote go  
Da big big gladi at de, yu kin jos get am bay we yu no se  
God de de  
\* \* \*

Evri mortalman get potneshel we den no tap Den get ol di  
trenk den we den nid Di maynd sef na pawa we pas ol, en i fo  
fri from di abit en konsept den we don ol en we de stop pipul  
den

Di influens we planet en sta den get pan mortalman layf na  
di pawa den we de bitwin di planet den en mortalman bodi we  
de mek den atrak en ton den bak pan am  
Ivel tinkin de lid di posin we get den to wan bad bad say  
usay den kin ebul fo sho densef lek aw den want Bot posin kin  
chenj in tink en konshens tru di pawa we i want, en so i kin  
chenj in envayroment

If posin de na say we get bad bad tin fo long tem, da say  
de kin begin fo afekt am we i no no natin As tem de go, i kin  
los in fridom fo pik ples we get welbodi en fayn fayn wan en  
den kin get di bad tin den we da bad bad say de kin ambog  
am

As fo di posin we get strong wil, i de gri wit God en i no  
de wet fo mek di planet en sta den gi am den smayl Bifo dat,  
i de kontinyu in waka lek metio we de pier, we no afekt pas di  
sta we de gayd am, we na di san fo di san en di Masta fo di lo  
en sol den

Wan pan tu tin den we yu go ebul fo du

Wan tɛm, wan ascetic we bin de wɔʃɪp Gɔd bin de na di  
bank dɛn na wan riva we gɛt blɛsɪn I bin spɛn bɔku ia na in  
layf fɔ tink gud wan, bɔt i sɔri fɔ no se, di tray we i bin tray  
nɔ bin bi frut, ɛn i nɔ bin gladi fɔ avɛst bɔku bɔku pis, pan ɔl  
we i bin de tray fɔ fɛn ɛn chɛk di sikrit dɛn na layf ɛn di say  
dɛn we pɔsɪn kin gɛt gladi at

Pan ɔl we wi padi bin de rawnd ɔltɛm wit wan ples we de  
na ɛvin we i kam pan fayn fayn ples dɛn, gud sol dɛn, valyu  
buk dɛn, ɛn blɛsɪn sɛklɔ dɛn fɔ mɛmba am, pan ɔl dat, in  
maynd bin kɔntɪnyu fɔ tink bɔt di we dɛn we fit pas ɔl fɔ tif  
pipul dɛn ɛn du dɛn bad

Dat tinkin nɔ bin ebul fɔ kɔntrol am ɛn i bin tan lɛk se i  
kɔmɔt frɔm di ol karma kɔz dɛn Di mɔ we i bin de tray fɔ drɛb  
dɛn tin dɛn de we i nɔ bin wɛlkɔm, na di mɔ dɛn bin de  
invayd in maynd, ambɔg in pis ɛn tek am fɔ gɛt kol at  
Fɔ dɔn, i prɔmɪs ɪnsɛf, se: "A go kɔntɪnyu fɔ pre ɛn beg,  
ɛn a nɔ go stɔp te a fri frɔm dɛn tin ya we de ambɔg mi we  
."de chuk mi pis na di sayd we a de tink gud wan

Wan awa pas, dɔn tu awa pas, ɛn bad bad tin dɛn kam  
na in maynd lɛk ebi ebi ren, we de nak di strɔkchɔ we i de  
tink bɔt ɛn shek am bad bad wan

Fɔ dɔn, afta tri awa we i bin de tray tranga wan, di tin  
dɛn we i bin de tink bɔt we bin de mɔna am bin kɔmɔt na in  
maynd wantɛm wantɛm, ɛn insay dɛn ples, i si insay wan  
fayn vɪʃən we Gɔd in oli wan tinap wit bɔdi ɛn blɔd bifo am  
Di sent we bin de shayn nɔ bin jɔs tan lɛk se i de alayv  
:bɔt i bin tɔk bak wit di bɛst sɔri-at, ɛn i se

Mi pikin, insay yu fɔs ɪnkarnɛʃən yu na bin pɔʃənəl"  
tifman we nɔ gɛt ɔda tin fɔ wɔri bɔt pas fɔ trap ɔda pipul dɛn  
ɛn tif dɛn prɔpɔti Bɔt jɔs bifo yu day yu kɔnʃɛns wek ɛn yu  
disayd fɔ kɔrɛkt yusɛf ɛn prɔmɪs yusɛf se yu go chɛnj yu  
shɛmfɪl kɔndɔkt ɛn fala di rod fɔ gudnɛs Fɔ dis rizin dɛn bɔn  
yu insay dis layf wit strɔŋg spiritual dɪtərminɪʃən fɔ bi gud  
pɔsɪn, bɔt pan ɔl dat yu sɛf." bring wit yu bad tinkin dem we  
."bin de fos fo yu laif fo yu previous ɪnkarnation

I no fayn, mi pikin, se yu de liv insay den blesin tem ya,"  
we yu de rawnd gud padi dem, seklo dem fo memba en tink  
gud wan, yet pan ol dat, yu de liv na el we get saykilojik wori  
."en destruktiv, trobul tink dem

Afta we di posin we de gayd am no tok natin fo smol tem,  
:i kontinyu fo tok se

So, akodin to di lo we de olsay na di wol, en bikos yu no"  
du yu best fo tek advantej pan di spiritual chans den we yu  
get insay dis bodi, pas yu dubl yu tray fo tink gud wan naw,  
:di tem we yu day yu go get fo pik bitwin tu tin den  
Either liv fo heven wit ten fulish pipul or liv fo hell wit"

"?wan waes man, wich wan yu go laik  
:Di disaypul no bin de fred fo ansa se  
O padi fo God, a lek fo liv na el wit wan waes man bikos"

a no from mi yon eksperiens se ten fulman den de mek el  
komot na paradays, we a biliv na mi at en no fo tru se if a de  
wit wan waes man, ivin na di bot of di ondawol i go ep mi fo  
."ton el to paradays

\* \* \*

Boku pipul den tan lek botafalay den de flot en muf ya en  
de we den no ebul fo rich eni gol o rich eni objektiv If den  
stop, na fo shot tem nomo, afta dat den kin dro den to oda tin  
fo enjoy densef en fo pas di tem As fo di bi, i kin wok tranga  
wan en redi fo tranga tem, we di botafalay de liv fo in de nomo  
We winta kam, di botafalay kin day, we di bi kin enjoy di  
avest we i geda insay spring en som Semweso, wi fo lan fo  
get pis insay wi at en di trenk fo bia wit di problem den we de  
mit wi na layf  
saykolojik kes dem

Posin no go ebul fo de sote go we den de ker am go na di  
wata we de mek i gladi, we i de onda wata onda wata we de  
mek i fil bad, o we i drawn insay di dip dip ples den we i de  
bost

Insay dis wol we get tu tin den we de agens densef, di  
averej posin kin get op en donj we de rayz pan wef den we get

gladi at en sink insay di dip dip ples den we no bisin bot am,  
en we den kin tos am rawnd bay wef den we de veks we de  
mek i fil bad en i no kin rili get oda kayn we aw i de tink  
Fo alaw tin den fo chenj in tink dis we min fo sorenada  
wetin i want to wan kaprish en oltem chenj Fate Wetin posin  
nid fo liv layf we get sakrifays en fulfil na in maynd balans, en  
dis kin jos apin bay we i de tink gud wan en kontrol di we aw  
i de fil

Ivin di dip sori-at kin wel as tem de go, so i no get eni  
benefit fo de tink bot sori-at evride na wi layf Fo kray oltem fo  
posin we wi lek we don day no kin ep den o wi, en i no kin  
chenj natin

Fo develop posin we no important o fo ponish insaf fo  
mistek o fo di tin den we i no bin ebul fo du trade no go  
benefit; bifo dat, i de mek layf no fayn en i de mek posin no  
ebul fo tink gud wan

Wi no fo alaw wisef fo fedom insay di pit fo boring rutin,  
bikos dat na saykilojik stet we de fa from komfyut, as i de  
ambog di maynd en bon di layt abiliti den na di ofna fo  
apathy

\* \* \*

God de sen wi di lesin den we wi nid na layf so dat wi go  
lan from den en get ondestandin en eksperiens Di wan den we  
de avoyd den lesin ya go don fcs fo lan den, ileksef i tek long  
tem

Evri test na padi if wi lan from am, en na bad bad  
pawaful govment if wi spend di chans en yuz am di roj we  
wit grambul, veks, en no de joj fayn  
We wi ondestand gud gud wan en di rayt we fo tink bot  
layf, i kin fayn en no kin get problem den

\* \* \*

Nobodi no go ebul fo kontrol mi o tek mi wil pas a alaw di  
tin den we oda pipul den de tink en du fo afekt mi  
Masta, a rialize se a get chans we no get end fo fen ol mi  
abiliti en diskoba mi spiritual potneshel A go ripples matirial



atakshon wit ay aspireshon, en a go no se di fetful Spirit de  
wit mi oltem

Tide a go chaj mi tinkin wit wan doz fo op, separet misef  
from eksperiens den we no fayn, en praktis wetin go develop di  
bodi, maynd, en spirit insay wan we we balans en konsistens  
Di dans fo layf en day de oltem, bot a go fri misef sote go  
bay we a go get bak mi spiritual aydenti, en we a de fes di  
big big briz we de mek a get problem en tribul, a go tek bot  
insay mi spiritual bot fo kros di si we get layf fo go na di sef,  
divayn sho den

We a de wok en mek, a go memba se God de wok tru mi  
In na di Masta fo di wan ol wol, en a kin konekt wit am tru dip  
meditashon

Mi God we a lek, a no se mi tinkin go bring mi o fo mek a  
no ebul fo du am o fo mek a get sakrifays, i go dipen pan us  
aidia strong pas ol na mi layf So, a go tray fo memba se Yu  
de es Yu ep an en mek di rod fo mek a get sakrifays We bad  
bad tin en bad tin apin to mi, a go kol mi trenk en mek a get  
mo trenk fo win den

A go adopt sinisi en ones we a de dil en intarakshon wit  
olman, en a go spre lov tink en gud wish Don God go sopt mi  
wit in trenk en sens

Masta, a go yuz mi wil pawa en mi sens fo akomplit smol  
smol tin den fcs, don a go go bifo pan big big tin den  
lleksef ol di tin den we posin want fo get, i jos de mek wi  
get gladi-at we no komplit

We a fen God, a go diskoba di wata we no de don fo get  
gladi at we no de eva stop fo flo en ron na di evagrin gadin en  
medo den na di sol

\* \* \*

God na di tin we valyu pas ol na mi layf; I sidom na di  
tron fo mi konsiens en inspekt mi wit wod den we get sens  
I de gayd mi fo go na di rod we a fo tek  
Layf we balans

We de tek ɔl di ɔ den we Gɔd ɛn di tin den we Gɔd mek  
de tink bɔt

I de jɔyn fɔ du sɔntin ɛn fɔ gɛt kol at  
I de bring gladi at ɛn mek mɔtalman du wetin i want  
Yu nɔ go ebul fɔ si os we ful-ɔp wit jɔɔs na dak, ɛn so  
den nɔ go ebul fɔ fil di divayn prezens as long as di nɛt we  
pipul den nɔ no natin de  
If wi no bɔt Gɔd nɔto so rial dat wi nɔ go ebul fɔ du wi  
wok den ɛvride if i nɔ de, dat min se i klia se wi nɔ dɔn fil ɛni  
kɔnekshɔn bitwin Gɔd ɛn layf  
We wi gɛt ambishɔn ɛn krawn am wit di aidia fɔ sav ɔda  
pipul den, wi de ɛp wisɛf bay we wi de ɛp ɔda pipul den  
Oh, Masta

Wit di spred fɔ di impɔtant san layt  
A go spre rays fɔ op na di at fɔ di po pipul den ɛn di wan  
den we dɔn kɔmɔt na den os  
Layt di lamp den fɔ mek yu gɛt maynd ɛn fɔ gɛt  
kɔnfidens pan yusɛf  
Insay di at fɔ di wan den we tink se den nɔ ebul fɔ du  
natin

We wi no se layf na skul fɔ lan ɛn du di wok, ɛn di sem  
tem na drim we nɔ de te

Dɔn wi go no se Gɔd de wit wi  
Layf fɔ kɔmɔt frɔm savis, bikɔs if den nɔ gɛt da fayn gol  
de, di maynd we Gɔd gi mɔtalman nɔ go ebul fɔ du di rizin  
we mek den mek am

We pɔsin put insɛf ɔnda Gɔd, dat kin mek i ebul fɔ du ɔl  
in wok wit gladi at ɛn tɛl Gɔd tɛnki, bikɔs na we wi put insɛf  
ɔnda wi nɔmɔ wi kin fil kolat

A go bɔn ɔl mi intelektual ɛn moral wikɛdnɛs den na di  
faya we de mek a gɛt maynd, bikɔs pas a pul den wikɛd tin  
den de, a nɔ go ebul fɔ si di divayn faya  
Oh, Masta

Tide a go disayd fɔ akɔmplit patikyula tin den, ɛn afta  
dat a go du wetin a dɔn plan A go fɔs mek shɔ se di rayt tin

we a want fɔ du, ɛn afta dat a go fil yu trenk ɛn, wit yu ɛp ɛn  
blesin, a go ebul fɔ du wetin a want fɔ du

\* \* \*

Fɔda self-affirmashɔn dɛn na injineri  
A no fɔ tru se Gɔd in pawa nɔ gɛt ɛnd, ɛn bikɔs I dɔn put  
in layt insay mi, a gɛt di pawa bak fɔ win ɔl di tin dɛn we de  
ambɔg mi ɛn di tin dɛn we de ambɔg mi we de stɔp mi  
Mi na we fɔ sho se a gɛt sɛns ɛn fayn, ɛn na dat mek a  
go dediket mi tink ɛn wetin mek a want fɔ du gud ɛn fɔ sav  
mɔtalman

Tide a go monitar mi tinkin ɛn wod dem  
So dat na di tin dɛn nɔmɔ we fayn ɛn we gɛt ay pozishɔn  
nɔmɔ i go atrak

A go put gudnes bifo pan mi wok dɛn  
A de yuz mi kriaytiv tinkin fɔ mek a gɛt sakrifays  
Insay ɛni gud wok ɛn wok we go bɛnifit a kin du  
Fɔ no se Gɔd de ɛp mi if a ɛp misɛf  
Tide a go til di gadin fɔ layf  
En plant insay de di sid dɛn we gɛt sɛns, wɛlbɔdi ɛn gladi  
at

A go tɛl Gɔd tɛnki we di tray we a de tray dɔn krawn wit  
sakrifays

En a kin gɛt wetin mi at want  
Tide a go ɛp di wan dɛn we de mek trɔbul we de rawnd  
mi wit mi gud vayb, ɛn a go pul di daknes we tɛnsiɔn ɛn  
diskɔrd wit di layt fɔ mi gud wish, silent ɛn kɔntinyu a go du  
mi bɛst ɛn yuz di pawa dɛn we Gɔd dɔn gi mi di we we go  
bɛnifit mi ɛn ɔda pipul dɛn  
A go kɔmɔt wit kɔmplit fet pan di pawa we di Gret Gud  
gɛt fɔ gɛt wetin a nid, sho se Gɔd go es mi an fɔ ɛp mi ɛn gi  
mi in blesin

As soon as di pawa dɛm fɔ daknes gɛda fɔ atak mi insay  
pis, a go wek insay misɛf di pawa dɛm fɔ layt, trut, ɛn fɔ  
kɔntrol misɛf fɔ kɔfrɛnt di pawa dɛm fɔ daknes ɛn skata dɛn  
kpatakpata

We yu fos di san layt tru wan magnifying glas pan smol  
 poynt, i de mek ot, en da ot de kin layt wud, klos, pepa, en  
 oda tin den Semweso, we yu fos di maynd presishon, in  
 konsentret enaji kin bon di bad en rut den we de mek posin  
 dawl bien eni fayl en mek di layt fo sens shayn brayt en brayt  
 brayt wan

We di maynd de alayned wit God, di sos fo ol gudnes en  
 di krijin fo ol blesin pawa, i de kam fo no di divayn prezens en  
 get ol di elimant den fo sakrifays Den elimant ya get tayt padi  
 biznes wit God in big big pawa, we ebul fo mek nyu chans fo  
 sakrifays pan eni fild  
 Magnetik it fo it

We pipul den kin tok bot it o it, den kin min di fizikal it  
 we den kin it fo sopt di bodi Bot oda kayn it den de we no  
 smol pas di it we posin kin it, en buku tem den kin ivin mo  
 pan den Pan den tin ya na tin den we posin kin get wit  
 intelektual o spiritual it

Mental aktiviti o konsentreshon pan maynd, sens en  
 spiritual diskreshon

di in sel dem, we distayn di bodi de gi de sodi it we di b  
 n de ful di maynd wit helth aydia dem, enrich intelektual n  
 p inwaes de mek di sol get layf bak en de divel on fashodi n  
 di aydia konsis fofakulti dem Intelektual nourishment tipikli k  
 da mo sin de tink en di wan dem we i de get freedom we p  
 nontakt en intarakshon pipul dem tru k

Pipul den we get kol at en we get fayn fayn abit den kin  
 ep fo mek wi tink gud wan en get welbodi

I nor at fo no if persin de pul in intelektual nourishment  
 from say wae get pis or disrobtiv envayroment Wori, pwel hat,  
 en konfyushon ol komot from wae i de get padi biznes wit di  
 rong kayn pipul dem, ileksef na padi or fambul dem, we kin  
 mek i de tink bot wori en get problem wit in maynd Di bodi  
 kin get enaji en trenk from fizikal it, we magnetik it den kin gi

digest ɔɔl tu di bɔdi ɛn maynd wit ɛnaji chaj dɛm we mɔ i izi f  
It izi wan to liv ɛnɛjɔnɔvɔkin k ɔlid ɛn likid it dɛm, we nɔpas s

\* \* \*

We yu ebul fɔ tɔn ignorance to sɛns  
Frɔm wikɛd ɛn wik to wɛlbɔdi ɛn trɛnk  
Waka wit kɔnfidɛns ɛn maynd – ivin if yu wan – na di rod  
dɛn na layf  
ɛn di gladi at we pɔsin kin gɛt we i gɛt kɔnshɛns we de  
alayv ɛn we de wach  
ɛn fet we nɔ de shek pan Gɔd in jɔstis ɛn di win we di  
trut win lay lay tɔk ɛn di rial tin we de apin pan ilyushɔn  
ɛn we yu de tray ɛvrɪde fɔ rilis yu tinkin to ay ɛn mɔ rifin  
lɛvɛl

I gɛt at we lɛk ɛn tɛl tɛnki  
ɛn gud intenshɔn to ɔda pipul dɛn  
Yu intelektual nourishment na magnetik  
ɛn afta dat, i go atrak ɔltin we fayn ɛn we go bɛnɪfit yu  
Frɔm tin dɛn, pipul dɛn, ɛn tin dɛn we de apin  
I rili nid fɔ kɔntinyu di waka fɔ go na di shores fɔ sef ɛn  
sef

ɛn las wan bɔt nɔto di las wan  
We yu tray tranga wan fɔ gɛt wetin yu nid  
Satisfay wit wetin Gɔd mek am izi fɔ yu, ɛn yu go jɛntri  
pan yu spirit ɛn satisfay mɔ  
Di wan dɛn we de tink bɔt dis wɔl ɛn we gridi fɔ di tin  
dɛn we i dɔn tif  
\* \* \*

We pɔsin de luk fɔ Gɔd, we na in wangren padi pas ɔl in  
padi dɛn, i kin bi pɔsibul fɔ mek i gɛt tru tru padi biznɛs pan  
ɔl mɔtalman padi biznɛs: famili, brɔda ɛn sista, mared, ɛn  
spiritual  
Padi biznɛs na impɔtant tin fɔ mek maredman ɛn in wɛf  
gɛt tayt padi biznɛs wit ɔda pipul dɛn, ɛn fɔ mek dɛn gɛt  
wanwɔd wit dɛn maynd ɛn filin, fɔ fil se dɛn gɛt gud abit, ɛn  
fɔ gɛt tru tru lɔv ɛn padi biznɛs fɔs Di wan dɛn we nɔ ebul fɔ

no difrens bitwin tru tru lɔv ɛn di we aw dɛn lɛk dɛn bɔdi kin  
fil bad bɔku tɛm

We mared de bay ay aydia ɛn rɛspɛkt fɔ dɛnsɛf, i kin bi  
wan gladi ɛn sakrifays union bitwin tu sol dɛn we lɛk dɛnsɛf  
ɛn we de wok togɛda, we kin mek dɛn kɔmpin dɛn nɔ gɛt  
bɔku prɔblɛm dɛn na dɛn layf ɛn pul di wɔri we dɛn kin wɔri  
bɔt fɔ liv wit sɔri-at ɛn ɔndastandin wit padi biznɛs

\* \* \*

If yu mol wan kle fɔ mek i shep lɛk vays ɛn bek am te i  
at, ɛn afta dat yu want fɔ shep di kle bak fɔ mek i bi tre, yu  
nɔ go ebul Bɔt, yu kin grind di vays ɛn ad di paoda to fresh  
kle, ɛn yu kin yuz dat fɔ shep di tre

Semweso, if bad abit de insay di bren ɛn wi want fɔ  
chenj am, fɔs wi go gɛt fɔ yuz wil pawa fɔ grind da abit de ɛn  
chenj am to saf, gud akshɔn dɛn we wi kin shep bak lɛk aw  
wi want

Strong wil min fɔ biliv tranga wan Di mɔnt we pɔsin se to  
insɛf se, "A nɔ tay da abit de," ɛn min wetin i se, da abit de  
go brok ɛn dɔn lɛk se i nɔ ɛva de

\* \* \*

A nɔ de put mi opinion pan ɛnibɔdi, ɛn a nɔ de alaw  
ɛnibɔdi fɔ put in opinion pan mi ɔ mek a du sɔntin we a no  
dip dip wan se a nɔ fɔ du

A kin tink gud wan bɔt wetin a want fɔ du, sɛns de gayd  
mi pan wetin a de du, a de tek risponsibiliti fɔ di tin dɛn we a  
de du, ɛn a nɔ de blem ɛni ɔda pɔsin fɔ di bad tin dɛn we a  
de du Dis kɔntrol fɔ kɔntrol misɛf a lan frɔm mi ticha, a dɔn  
valyu am ɔltɛm, ɛn a nɔ go ɛva lɛf am

Suprim magnetik fɔs

Jizɔs se: "Una fɔ luk fɔ Gɔd in Kingdɔm fɔs, ɛn dɛn go gi  
."una ɔl di ɔda wan

Gɔd na di suprem magnetik fɔs biɛn ɔl di kɔsmik fɔs dɛn

Na in na di lɔv biɛn ɔl di lɔv Na in na di kɔsmik krieta ɛn  
divayn atis biɛn ɔl di art ɛn krieshɔn

We yu fos yu tinkin pan Gɔd: di suprem magnetik pawa  
we de, yu de chaj yusef wit blɛsin magnetizm ɛn yu kin atrak  
ɔltin we yu nid to yusef  
If yu tink bɔt Gɔd wit dip tink, lɛk am wit ɔl yu at, ɛn fil  
kɔmplit pis na In fes we yu nɔ want ɛni ɔda tin, dat min se  
Gɔd in blɛsin magnetizm go briŋ ɔl wetin yu dɔn drim bɔt ɛn  
bɔku ɔda tin dɛn to yu  
."To Gɔd na ɛvin"

Saksɛs, kɔmfyut layf, wɛl frɔm sik dɛn we nɔ go mɛn, ɛn  
kɔntrol abit dɛn—ɔl dɛn tin ya kin apin If yu dɔn taya ɔl di we  
aw yu de du tin ɛn tray tranga wan ɛn si se dɛn nɔ de wok,  
opin yu insay domɔt, ɛn spiritual pawa go flɔd, ɛn pul ɔl  
wikɛd, fɔl, ɛn frustrashɔn

If yu luk fɔ Gɔd in ɛp tru dip, kwayɛt meditashɔn ɛn  
kɔnsɛntreshɔn, yu go diskɔba wan rizɔva we nɔ de dɔn we  
gɛt spiritual trɛnk Gɔd nɔ de tek wan pɔsin bɛtɛ pas ɔda  
pɔsin ɛn i de ansa ɔl di wan dɛn we rili want in ɛp

We a bin fɛn Gɔd insay misɛf, a bin fɛn am ɔlsay  
A bin rili want am frɔm we a bin smɔl, ɛn wan tɛm we a  
bin yɔŋ a bin rayt lɛta to Am Yɛs, a bin rayt lɛta to Gɔd ɛn gi  
:am taytul dis

To God in Heaven" ɛn a put am na di mailbox"

We wi rayt to pɔsin, wi de ɛkspekt fɔ gɛt ansa We a nɔ  
gɛt ansa, a bin de kray bɔku bɔku wata Bɔt di ansa bin dɔn  
kam to mi, nɔto tru wɔd dɛn we dɛn print pan pepa, bɔt insay  
wan wɔndaful vishɔn we de shayn  
ɔlman kin gɛt ansa frɔm Gɔd if di tray sirɔs ɛn di tray  
kɔntinyu

If yu dayrɛkt yu kwɛstyɔn dɛn to Gɔd, rap dɛn wit dip  
filin, ɛn sɛn dɛn tru di mail fɔ tink gud wan, dɛn fɔ ɔnɛs ɛn fɔ  
tru yu go gɛt di ansa

\* \* \*

nda di nɛv sɛstɛm weɔ ji de we deɔwan spiritual fisiol  
ɔrich di hɛyɛst stɛj dɛm f ɔtalman fɔyunik wan de alaw m  
talman bren, we big pas di brenɔnsɛns Di mɔk ɔpmɛnt fɔdivɛl

r kompleks en ɪku animal dem pas wɛl en ɛlifant, na mɔb ɔf  
talman bren bi wanɔtink Dis de mek di m ɔku tin fɔku bɔget b  
nsens pasɔr advans kɔtalman, we get mɔm ɔment fɔfayn instr  
dem Di bren in intricate and complex convolutions ɔda krichɔ  
enable humans to engage in profound and deep thought So,  
na mɔtalman nɔmɔ ebul fɔ rich di advans lɛvɛl dɛn fɔ no en,  
bikɔs ɔf dat, fɔ no di Wan we mek am Di pɔsin we get sɛns na  
di wan we de yuz dɛn maynd pawa fɔ sav en bɛnifit  
mɔtalman pan di matirial, intɛlektual, en spiritual lɛvɛl dɛn

\* \* \*

A bin siŋ wan siŋ fɔ yu  
Eni mɔtalman nɔ ɛva tɔk am bifo  
En to yu a de dediket mi ɔtɛnɛtik myuzik  
Di wan we mi at de ple dip insay  
En pan in strech dɛn  
Na mi mek dis fɔs antɛm  
En na ya a de gi una as klin ɔfrin  
A nɔ go gi yu dray, intɛlektual tiun dɛn  
ɔ fayn fayn myuzik dɛn we ɔda pipul dɛn mek  
En a nɔ go gi yu natin pas  
Di simpul, naive melodies na mi at  
A nɔ go put kɔlchɔ ros bifo yu  
Insay glas os dɛn  
En i ful-ɔp wit filin en tin dɛn we pɔsin lɛk fɔ du  
Bifo dat, a de gi yu wayl flawa dɛn we jɔs gro  
Na di fil dem we a de lost  
En di pɔsin we de promot mi layf

\* \* \*

So dat a go lisin to yu  
Enjɛl we de gayd pipul dɛn  
Mi insay vishɔn dɔn gri wit di redio  
Wit saful, lɔv tɔch dɛn  
Bɔku tɛm, a bin de lisin we a de tink gud wan  
:To di swit swit melodi dem fɔ yu sent dem we de nia yu  
Fɔ wɔndaful spiritual simfɔni dɛn



En fɔ pis dɛn frɔm di tin dɛn we mi at mek  
En wan melodious melody frɔm mi ol longing fɔ yu  
A bin peshɛnt ɛn we a bin de fil fayn, a bin de ajɔst di tin  
we de sho se a de fil dip dip wan  
En we slip bin de wet mi yaylid dɛn  
I bin lɛf smɔl fɔ lɛ a day fɔ slip  
Yu tru tru im bin de flɔ tru mi  
En naw a de brodkas ɛkstatik ɛko dɛn  
Frɔm di myuzik dɛn we yu de mek fɔ gladi  
En a de ad mi vɔys to di kwaya fɔ di wan dɛn we de  
wɔʃip yu  
Di siŋ dɛn de gro lawd wan  
Fɔ want ɛn fɔ want fɔ du sɔntin kin strong mɔ ɛn mɔ  
\* \* \*

Enibɔdi we tek wan rod we de mek i bisin bɔt insɛf nɔmɔ,  
ɔda pipul dɛn go tray fɔ tek ɔl wetin i gɛt frɔm am, bɔt if i du  
ɔda tin, ɔda pipul dɛn go sho am se dɛn gɛt fri-an ɛn sɔri fɔ  
am

Wetin wan pɔsin de projɛkt ɔ sɛn to ɔda pipul dɛn—insay  
wɔd, du, ɛn tink—go atrak bak to dɛn di sem kayn ɛn to di  
sem digri Dɛn tru tru nature go sho tru dɛn fes ɛksprɛʃɔn ɛn  
akʃɔn ɔda pipul dɛn go no dɛn saykolojik vaybreshɔn ɔ  
wev, ɛn dɛn riakʃɔn to dɛn go kɔrɛkt to di kayn we aw dɛn  
vaybreshɔn dɛn de—negativ ɔ pɔsitiv

Wi nɔ go ebul fɔ gɛt ɔltin Wetin wi gɛt na Gɔd dɔn gi wi  
fɔ mek wi yuz am fɔ sɔm tɛm we wi de na dis wɔl, ɛn i nɔ go  
te igen wi go gɛt fɔ giv-ɔp wi prɔpati dɛn, ilɛksɛf na bikɔs ɔf  
aksident, tif, west ɛn tear, ɔ day  
So, we wi de tray fɔ ol ɔ kip ɛnitin jɔs fɔ mek wi gɛt am,  
wi de ful wisɛf

Ivin dɛn bɔdi ya we wi dɔn liv insay fɔ bɔku ia, wan de  
dɛn go lɛf dɛn So, na mistek fɔ fos wisɛf fɔ biliv se wi gɛt tin  
dɛn we, fɔ tru, wi nɔ go ebul fɔ gɛt atɔl  
We dɛn gi wi sɔntin, wi fɔ no sɛna wi yon fɔ sɔm tɛm  
nɔmɔ, ɛn wi fɔ rɛdi fɔ tɛl ɔda pipul dɛn bɔt am

We pɔsin want mɔ pas wetin i nid, big big prɔblɛm dɛn  
de wet fɔ am Wi nɔ gɛt wan dawt fɔ se wi fɔ gɛt di bɛsis nid  
dɛn lɛk it, ples fɔ slip, klos, ɛn sɔm mɔni sikyɔriti, bɔt we wi  
de tray fɔ du dɛn tin ya, wi fɔ pul nid dɛn we nɔ nid, we a min  
fɔ want tin dɛn we nɔ gɛt wan kɔntrol ɛn di bɔn we de bɔn fɔ  
gɛt mɔ pas wetin i nid

\* \* \*

Wi nɔ go ebul fɔ liv na di wɔl as wan pɔsin wi nid fɔ abop  
pan wi kɔmpin mɔtalman fɔ mek wi go liv ɛn ɛnjɔy layf  
Dis na tru pan spiritual ɛn matirial Wi nɔ go ebul fɔ  
kɔntinyu fɔ liv fayn layf if wi nɔ chenj guds ɛn savis  
Wi kin mek wi go bifo kwik kwik wan pan wi sɛns ɛn  
spiritual tin dɛn bay we wi de tɛl wi bɔt di tin dɛn we wi dɔn  
ɛksperiɛns ɛn di tin dɛn we wi dɔn fɛn  
We wi jɔyn wi Istan, Wɛstɛn, Nɔtan, ɛn Sawt aydia dɛn,  
wi kin kɔltiv wi talɛnt ɛn divɛlɔp wi kapabiliti as wan  
mɔtalman famili

\* \* \*

Na di gadin we a kin drim na nɛt  
:Bɔku flawa dɛn kin blo  
Flawa dɛn we dɛn kin imajin we nɔ bɔku  
Na de di wam wam planɛt layt de shayn  
Di bɔd dɛn fɔ di op fɔ de na dis wɔl de blo  
Spreading brayt peta dɛn  
Frɔm investigeshɔn ɛn satisfayshɔn  
Insay di glɔ we dɛn drim dɛn de bin de shayn  
A kin si smɔl smɔl tin dɛn we de na di fes fɔ wan pɔsin  
we a lɛk we a dɔn fɔgɛt  
ɛn filin dɛn we dɛn valyu, we dɛn bɛr  
A dɔn de slip fɔ long tɛm  
Di grɔn we di wan dɛn we nɔ no natin de  
Dɛn ɔl de rayz wit gɔn dɛn we de shayn  
Fɔ ansa di kɔl we di ɛnjɛl dɛn we de drim kɔl  
I bin si se ɔl di prɔblɛm dɛn we i bin gɛt trade bin gɛt layf

bak

Masta, yu don giv wi fridom  
Fɔ fɔget di prɔblɛm dɛn we wi kin gɛt ɛvride  
Bay we dɛn kin go na di land we dɛn kin drim na nɛt  
ɛp wi fɔ wek wit yu  
ɛn wi kin rɔnawe sote go frɔm mɔtalman sɔri-at ɛn sɔri-

at

\* \* \*

!O divayn refuge  
A de swim na di si we gɛt layf  
Faya big big briz we de kam wit prɔblɛm dɛn de tɔn mi  
If yu de flot pan wef dɛn we de mek yu gladi  
ɔ, wan wan tɛm, i kin drawn insay di dip dip pen  
A kin want fɔ rɔnawe pan di tu tin dɛn we a kin du  
Bay we yu rich yu ethereal, suprɛm shores  
ɛn wit ɛni wef we a de beg mi  
A de kam nia yu, we na mi wangren say fɔ ayd  
A nɔ go stɔp fɔ tray  
Bikɔs a no se una rili want fɔ mek a kam  
!I de wet wit ɔl in at fɔ mek a kam bak  
Mi na bɔd na paradays: bɔd na ɛvin  
We na yu blɛsin an dɛn mek am  
Yu don mek mi fayn wit yu charm  
ɛn di fayn fayn kɔlɔ dɛn  
spiritual ɔtɛndɛns ɛn di gold fɛda dɛm f ɔwn fɔWit di d

sɔbl

A bin flay ɔp ay ay wan  
Insay di daknɛs ɛn sɔri atmospɛs na layf  
Fɔ fɛn paradays  
Mi brayt fɛda dɛn bin gɛt dɔti  
Wit dak stɛyn dɛn we de sho se pɔsin nɔ gɛt op igen  
Kam, mi Gɔd  
Wash yu paradays bɔd  
Wit rays fɔ sɛns  
ɛn di klin, swit wata we de mek pis  
Di aks fɔ mi pis ɛn di ankɔ fɔ mi gladi at

Pan ɔl we a de wok tranga wan en tranga wan fɔ no yu  
bay we a de fala yu lɔ en lɔ dɛn, a fɔ no, Masta, se yu pas ɔl  
di lɔ en lɔ dɛn  
Yunivasal Mama, yu de na di at fɔ evri mɔtalman mama  
Ful ɔl mama wit yu sɛns en sɔri-at so dat dɛn go sho mɔ yu  
lɔv we nɔ gɛt bɔda  
Mi Gɔd we a lɛk, a no se Yu oli prezɛns de ɔlsay Jɔs lɛk  
aw klin ɔyl de ayd insay ɔliv we dɛn nɔ prɛs, na so Yu  
sublaym prezɛns de na di yunivas Blɛsin fɔ di wan dɛn we de  
yuz di prɛs fɔ tink bɔt Yu en tink gud wan bɔt Yu fɔ pul di  
blɛsin ɔyl we de na Yu divayn prezɛns  
Tru gud du en kriyaytiv pɔsitiv tinkin, a go mɛn di sid fɔ  
no misɛf en wata am wit di wata we de tink en lɔng te di  
flawa fɔ divayn lɔv blo na di gadin na mi layf  
Di wɔl de tray fɔ stɔp mi kɔnshɛns wit strong rop dɛn we  
gɛt bɔku bɔku tin dɛn we a want, bɔt a go wok fɔ kɔt dɛn rop  
dɛn de wit di nɛf fɔ ɔndastand en no so dat mi kɔnshɛns go  
fri en sɛt fɔ go to divayn grɛs dɛn  
Di pawa fɔ tink, tɔk, en akshɔn kɔmɔt frɔm Yu, mi Krieta  
ɛp mi fɔ yuz dis pawa nɔmɔ fɔ gud tink, fayn wɔd, en bɛnifit  
du tin dɛn Tru meditashɔn, mi lɔv fɔ Yu de gro te i ful mi wan  
ol bɔdi en pul ɔl di tin dɛn we de ambɔg mi en pul ɔl di tin  
dɛn we de ambɔg mi en pul ɔl di tin dɛn we de ambɔg mi layf  
in rod En bikɔs Yu na di Krieta fɔ dis drim wɔl we de na dis  
wɔl, mi fɔs duty na to Yu, nɔto to dis ilɛshɔn wɔl  
Kɔnflikt en trɔbul de tray fɔ distans mi en mek a nɔ no se  
yu blɛsin prezɛns, bɔt yu go de ɔltɛm, O Masta, di sɛnt fɔ mi  
pis en di ankɔ fɔ mi gladi at

\* \* \*

Mayn dɛn de we gɛt bɔku tin dɛn fɔ no en bɔku bɔku  
sɛns we de insay mɔtalman, we de wet fɔ mek dɛn fɛn am en  
sho am tru dip tink en sirikɔs fɛns  
Mɔtalman de yuz dɛn layt ɛnaji dɛn we dɛn nɔ no, ɔ we  
dɛn nɔ no, pan ɔltin we dɛn de du en gɛt sɔm rizɔlt, bɔt if dɛn

no aw fɔ invest dɛn ɛnaji dɛn de ɛn kɔntrol dɛn wit kɔnshɛns,  
dɛn go du bɔku big big tin dɛn  
We di sol ful-ɔp wit natura I sɛns, natura I vitality, lɔv fɔ  
gud, ɛn gud wil, dɛn, jɔs lɛk aw di bi de luk fɔ flawa,  
sakrifays, prɔsperiti, no, ɛn ɔl ɔda blɛsin dɛn na layf go luk fɔ  
yu, bay Gɔd in spɛshal gudnɛs

\* \* \*

Na dis wɔl, Gɔd de wok fɔ gɛt ɛn divɛlɔp di yunivasal art  
fɔ liv gladi at bay we i de put filin fɔ brɔdaship na pipul dɛn  
at ɛn fɔ mek dɛn rɛspɛkt ɛn gladi fɔ ɔda pipul dɛn na dɛn  
kɔmpin dɛn sol  
So, I – mek dɛn gi am glori – nɔ alaw ɛni nɛshɔn fɔ pafɛkt  
insɛf Bifo dat, I gi di wan wan pipul dɛn fɔ ɛni pipul dɛn yon  
spɛshal abiliti ɛn talɛnt, ɛn difrɛns dɛn wit wan spɛshal  
jɛnɛral so dat dɛn go ebul fɔ mek wan difrɛn kɔntribyushɔn to  
di prɔgrɛs we di wɔl sivilizayshɔn de go bifo  
Pis na di wɔl go blo ɛn bia frut bitwin nɛshɔn dɛn bay we  
dɛn de chɛnj di bɛst kwaliti dɛn ɛn di bɛnifit dɛn we ɛni wan  
pan dɛn gɛt  
Pan ɔl we wi kin fɔgɛt bɔt di tin dɛn we ɔda nɛshɔn dɛn  
nɔ ebul fɔ du, wi fɔ si dɛn gud kwaliti dɛn klia wan ɛn  
falamakata dɛn I rili impɔtant fɔ no se dɛn gud tin ya dɔn de  
insay prɔfɛt, apɔsul, ɛn oli pipul dɛn ɔlsay na di wɔl, we na  
bin—ɛn stil de—layv ɛgzampul dɛn fɔ di oli tichin dɛn we ay  
pas ɔl

."Difinishɔn fɔ "sɛf

Di sɛns dɛm, we de gɛt dɛn ɛgzistɛns frɔm di kɔnshɛns  
ɛn ɛnaji we de kɔmɔt frɔm Gɔd, de sho wi di wɔl ɛn sho di sol  
as sɔntin we difrɛn frɔm di say we i kɔmɔt ɛn frɔm di ɔda tin  
dɛn we Gɔd mek

Di fizik kech dɔn put di sol na jel, we na wan riflɛkshɔn fɔ  
di yunivasal spirit, ɛn i dɔn win am bay fɔgɛt, so i nɔ de  
mɛmba in divayn ɛsin igen, bɔt i de tek in fizik kech as in tru  
tru sɛf So, i de tek ɛn atribyut to insɛf ɔl di dɔti ɛn limiteshɔn  
dɛm na di bɔdi

Insay dis kayn kes, den kol di sol di "ego," bot we dis ego  
ɔ dis smol, ristrikt sef no se in konekshon to di bodi na fo shot  
tem en i get wan esin we no de day, we no de day, na da tem  
de den kin kol am di sol En di mo we in owe bot in important  
nature de establish, en di mo in konsheens de rayz en pan, na  
di mo i de fil se i get klos konekshon to di kosmik konsheens en  
dat ol mortalman na in famili we de ɔlsay na di wol

\* \* \*

Le wi put gift den we no de pwel  
I no kin afekt am bay we i de rotin  
From gud tin den we yu want fo du  
altruistic savis den we den kin du  
Lov we no get kondishon  
Onda di tik we mortalman get  
Wit long branch den  
en di boku boku branch den  
We tinap fo difren kolɔ den  
Mortalman nashonaliti  
Pan ol we den difren en den difren  
Mek God tek yu gud tin den we yu de du  
Na gud tin den de dreb am  
Sekon wek

Wit yu, a fil lek se a de na sekon wek na ɔda wol Wan  
wan tem, a de drim bot dis wol en se mi bodi de insay, bot a  
de wek wit gladi at we no de ambog, en mi de drim bot dis  
layf na dis wol de sent wit di sent fo memori den we skata lek  
ros peta

A de si misef de glid tru di panorama fo layf, we a de  
drim fayn fayn wan en we a mek fayn fayn wan wit boku  
boku tin den we a de si from difren difren tin den we a don si,  
a de ker di memori den we de shek shek bot mi drim den na  
dis wol to di wek we di evin wek sote go  
A don pul di chukchuk den we de mek bad bad drim den  
komot na di gadin na mi layf en plant ros den we get  
inspekshon insay, usay mi kosmik posin we a lek go aksept

mi invitesɔn, we ɣet sɛnt wit di musk fɔ lɔng tɛm, ɛn kɛr mi  
go wit am go na di os we de na ɛvin we ful-ɔp wit nyu gladi  
at ɛn blɛsin dɛn we nɔ ɣet ɛnd

\* \* \*

God in lɔv na ethereal ɛn gentle, ɛn I rili de ansa ɔlman  
we de sho se dɛn rili want am ɛn dɛn rili want am  
Pipul dɛn kin mistek biliv se dɛn de liv bay it, nɔto bay  
God in pawa Bɔku pipul dɛn kin kɔl am wit tin dɛn we nɔ de  
te, lɛk fɛda we de na di briz, dɛn kin biliv rɔŋ wan se I nɔ de  
ansa dɛn prea Bɔt stil, I de ɛp di wan dɛn we biliv pan am,  
ivin we dɛn nɔ no bɔt am ɛn yet, bɔku pipul dɛn kin stil nɔ no  
bɔt Am, dɛn kin tek am se I de fa frɔm dɛn We di rizɔlt nɔ de  
ɛva fɔdɔm, di disayd nɔ de ɛva wik, ɛn di beg we kɔmɔt na  
dɛn at kin kɔntinyu kwayɛt wan ɛn wit kɔnfidɛns, ɛn dɛn kin  
aks fɔ ɛp frɔm God wit ɔl dɛn at ɛn op, ivin we dɛn mit di tin  
dɛn we de ambɔg dɛn we wikɛd, wɔri, abit dɛn we nɔ fayn, ɔ  
kɔnfyus tink, da tɛm de ɛp go kam, ɛn wit am, fridɔm  
God de ansa dip ɛn kwayɛt we fɔ ɛni beg we de kɔmɔt  
na di at we de kɔmɔt na di at  
Di tru valyu we mɔtalman ɣet  
Wilpawa ɛn sawnd planin impɔtant fɔ wetin yu want fɔ  
du If yu dɔn mekɔp yu maynd ɛn go bifo pan yu rod lɛk aro  
we de bɔn ɔ tɔch we de bɔn, ɔl di tin dɛn we de ambɔg yu na  
yu rod go bɔn ɛn tɔn to ashis  
Pik wan wok we yu nɔ tink se yu go ebul fɔ du, dɔn tray  
yu bɛst fɔ du am We yu ɣet sakrifays, go to sɔntin we big ɛn  
impɔtant Kɔntinyu fɔ tren yu wil pawa dis we, ɛn yu go si di  
rizɔlt fɔ yusɛf If di prɔblɛm tu big, pre wit ɔl yu at ɛn wit fet to  
God fɔ gi yu di trenk fɔ win am  
Yu fɔ yuz wilpawa if yu want fɔ pul di tin dɛn we nɔ ebul  
fɔ du, ɛn di maynd fɔ strong lɛk wan pawaful ebi ebi ren –  
wan ebi ebi ren we de mek gud – we nɔ ɣet ɛnitin fɔ ambɔg  
am ɛn we de pwɛl bad nɔmɔ

I no mata udat na pɔsin ɔ wetin na in soshal standad  
Dɛn tru tru valyu de pan di gud wil we dɛn gɛt ɛn aw dɛn de  
yuz da wil de fɔ du gud tin ɛn ɛp di wan dɛn we nid ɛp  
Wil pawa de insay yu, ɛn if yu yuz am kɔrɛkt wan, yu go  
ebul fɔ du ɛnitin

Na di wil we de mek mɔtalman nɔ want fɔ want te i dɔn  
mek i tray tranga wan fɔ mek i gɛt sakrifays fɔ du di tin we i  
want pas ɔl: fɔ no inɛf ɛn Gɔd

Di pawa we pɔsin want kin gro pan nɔmal, smɔl smɔl,  
bɔt i kin gro kwik kwik wan bay we i de tink gud wan ɛn du  
tin kɔrɛkt wan

Fɔ ol wan aidia wit ayɛn wil min se yu fɔ rich da aidia de  
kwik ɔ leta, bikɔs yu dɔn mekɔp yu maynd we nɔ de shek ɛn  
yu dɔn mekɔp yu maynd we yu nɔ no se yu wik ɔ yu at pwɛl  
Mɔtalman in wil de gayd ɛn gayd am bay ignorance ɛn  
bɔku tɛm i kin mek i mistek ɛn nɔ gladi Bɔt we di wil de gayd  
wit sɛns ɛn rayt akshɔn, ɛn we i gri wit di divayn wil, na da  
tɛm de i de wok fɔ di bɛnifit ɛn gladi at fɔ mɔtalman  
Fɔ tren di wil impɔtant fɔ mek i alaynɛd wit di divayn wil  
We di wil de rɔn ɔltɛm rawnd wan patikyula gol, i kin bi wan  
dinamik ɛn ifektiv wil Dis na di wil we prɔfɛt dɛn, big big  
pipul dɛn, ɛn di wan dɛn we dɔn ajɔst bɔku bɔku tin dɛn na  
dis wɔl gɛt

Bifo yu bigin fɔ du ɛnitin, tink gud wan bɔt wetin yu de  
kam fɔ du Mek shɔ se yu go yuz yu wil pawa fɔ du tin dɛn we  
go bɛnifit yusɛf ɛn ɔda pipul dɛn If yu nɔ yuz yu wil pawa di  
rɔŋ we, di tin dɛn we go apin go mɔs ambɔg yu  
Nɔ tɔk bad bɔt ɔda pipul dɛn; Gɔd dɔn gi yu di wil fɔ yuz  
am ɛn win di fɛt fɔ layf Mɛmba se Gɔd in wil de biɛn yu yon  
Wil pawa kin brin kam fysiolojik al chenj na di bɔdi Yu nɔ  
nid tɛm fɔ brok wan abit we dɔn dip dip wan as lɔng as yu  
gɛt inof wil pawa

We Masta Buddha bin de tray fɔ gɛt sɛns pan Gɔd  
biznɛs, i bin sidɔm ɔnda wan banyan tik (Indian fig) ɛn tɔk  
:sɔntin we i se



Na ya a sidom onda di banyan tik  
En a de ripit dis swε tru tru  
If a no onda stand di sikrit fo egzistens  
En a go get di valyu tin from mi risach  
A no go lef mi pozishon ilek wetin apin  
Ivin if mi bon en mi bodi melt  
!A go kontinyu fo sidom sote go  
Fo don, di Gautama Buddha we bin get sens bin ebul fo  
du wetin God bin aks am fo du  
I bin get wetin i bin want  
Fo tru, da kayn wil de na wil  
Yunayted wit di yunivasal wil  
Insay yu, wan korent we get kosmik enaji we de sopt yu  
bodi fo long tem Bot we sontin apin to di bodi, yu forget se  
enaji Fo yuz yu wil fo di rong tin den min fo los yu konekshon  
to dis kosmik enaji Trenin dat wil pawa min fo konekt wit da  
big big layf fcs de  
Wilpawa fo kip layf en aktif pan gud tin den en benefit en  
nobul ajstment den na layf

\* \* \*

Abit na otometik saykilojik tul en mekanism dem we de  
ep fo du di wok dem we nid fo du izi wan en nor de tray  
tranga wan  
Boku pipul den kin alaw di abit den we posin kin get we i  
wik en we i no kin ebul fo mek i bi slew, en posin kin protekt  
insef if i de liv difren we, bot i sirios fo fet di bad abit den te i  
rich usay i go sef en usay i go win  
Di want we no get wan kontrol kin enkorej di abit den we  
no fayn bay we i de fuel en jostify den wit lay lay op en  
promis fo gladi en satisfayshon fo shot tem Insay den tem den  
de we wi wik en konfyus, di wan den we want fo win den abit  
den ya we no get kontrol fo kol den sens fo onda stand den tru  
tru we en lan aw fo dil wit den fayn fayn wan  
Bad abit kin get bad bad tin fo du en bita, poyzin frut If  
den no chek den, den bad abit ya go gro strong, i go ol posin

na in pawaful grip en ovawel influens Bot wans di maynd don  
no se den abit ya na fo natin en bad, di impak we den kin get  
kin stop en den kin donawe wit posin in layf

\* \* \*

Di skripcho den de afem se God pas di grasp we rizin en  
sens get Bikos pan ol we den get pawa, den kapasiti stil no go  
du fo ondestand o koba Am So, mortalman maynd no ebul fo  
mek tru tru konsept bot God, en i no ebul fo ondestand wetin  
no get biginin en end

We yu luk di San from boku boku mayl den we de fa na  
di spes, da big big sta de kin tan lek se i smol pas wi Wol Bot  
stil, di wol in dayamita na lek 7,900 mayl, we di San in  
dayamita pas am wan ondred tem If yu kin put wi planet Wol  
dairekt bifo di San, i go tan lek se i smol we yu kompia am En  
if wi imajin se di San in big big fil de boku te in big big mas  
koba di wan ol blu skay, di skay we wi de si na jos wan smol  
smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol smol smol smol smol smol smol smol  
smol smol smol smol

Di cosmic illusion of smallness and infinity de limit en  
mek di maynd no grap di vastness of di universe Usay dis  
?absolyut void komot, en usay in boda den de

Di Wan we no de onda dimenshon o mezhoment, we no  
get limit o krijin, na God, we de olsay en we de na di fa fa say  
den na di spes I de na di sta den we de fa, we de fa, en I de  
no ol di spes we I de tek, ileksef i smol o i big  
God noto di maynd bikos na in mek di maynd en i pas in  
pawa den; if noto dat, wi kin ondestand Am tru di maynd Bot,  
wi kin kol am korekt wan en korekt wan se God in konshens,  
God in blesin, o God in prezens; bot noto di maynd

Pan ol we di maynd no ebul fo ondastand di wan ol tin  
we de apin, i no ebul fo no se God de de Fo no se i de wit am  
en fo mezho am na tu tin den we rili difren  
Wev no kin ebul fo mezho di tin den we de rawnd am, bot  
wan poynt de fo kontakt bitwin den Semweso, dis poynt na  
ay konshens Dis konshens kin sens God, dat na fo eksperiens  
In prezens We wi de ekspren di eria fo odinari rizin te i konekt  
klos wit ay konshens, wi kin don sens di divayn prezens  
Wi don kam don from di absolyut we no get limit to di  
limited en finite Yoga na fo dro di maynd komot nia tin den  
we de na do fo mek i ebul fo pe atenshon pan di insay so we  
di trut de insay Na dis we nomo wi go ebul fo fen di we aw  
God bin yuz fo kondens di yunivasal konshens insay di fin  
imej den we I mek en di yunivas den we de insay den  
mpleks pan dist intrekk en kodi na di motalman bodi m  
om fratin dem we God mek Wan singl primordial sel, we den f  
on foltiplikeshodi sel en di eg, de sheb, en tru di m os fom di f  
n sel dem rawnd amoku bilokses, den bil bokment pradis divel  
nsensos wi spiritual kowe de h okchoshal stramek di f of  
Yu no go ebul fo no di kayn enaji we den kip ivin insay  
wan gram mit If den bin pul da enaji de, boku boku ilektron  
den go skata na di spes we no get end Di pawa en fil we de  
insay di bodi pas wetin motalman ondastand Pan ol we wi  
strakcho we wi tan lek na bodi, blod, en bon, bien in dens sel  
den de ilektronik en impotent korent den En bien den subtil,  
intriket enaji den ya de lay tink en di we aw pipul den de si tin  
Tink no de don en no get end From di biginin fo tem,  
aydia den we yu no ebul fo imajin don swirl na di ays Boku  
boku tinkin den no posibul fo kont, bot if yu tink bot di nomba  
fo di tin den we yu de tink en filin den we don kros yu maynd  
en we den don tok bot olsay na yu layf, yu go get wan aidia  
bot di boku boku aidia den we de  
Tray, if yu ebul, fo memba ol di tin den we yu bin de tink  
bot insay wan ia, o ivin jos wan de, don tink bot di boku boku

tin den we ol motalman don gedda olsay na di wol, te to tide  
God no den ol

Di maynd no kin ebul fo ondestand ivin di tin den we no  
izi fo si na di wol Tink bot di boku boku ilektron den we de  
swirl insay di ilektrishon we de flo tru layt bol den! Trilyon pan  
den kin dans togeda, en mek di layt we wi de si Den  
patikyula tin ya, we wi no kin si ivin wit maykroskop, kin  
travul from wan say to oda say na di yunivas insay jos sekon  
den Sayens eksperiens den kin konfirm dis  
If yu tray fo kont di nomba fo di proton en eliktron den we  
pak insay wi planet Wol, di maynd go kontinyu fo kol di  
kolkyuleshon fo shot tem en afta dat i go stop Di tin den we  
de apin to di risachman in maynd tan lek se den no get end  
Bot wan say kin kam usay aydia den kin tu subtil fo  
ondestand From da levul de, we di maynd no kin ebul fo pas,  
God de ton In impotent layt: di intelligent kosmik vaybreshon  
we de bil en sopt di krieshon we get end  
padi biznes

Yu tink se padi biznes na blesin klos we den mek wit di  
?tred den na di at  
O na we tu maynd den joyn togeda fo mek wan big big  
?maynd we boku  
Mama en gyal pikin, tu watawel den we de sho lov we de  
komot from wan say  
Fo mek di lov we de flo bete en fo mek di sol den we don  
?dray tosti  
O na wan ros we de in wan midul tu branch den we de  
gro na di tik we de mek pipul den ondestand densef fayn fayn  
?wan

?O na wan tin we posin kin tink bot insay tu bodi  
?Yu tink se wi kin kompia padi biznes to tu os  
Pan ol we den get difren kol, den kin pul di motoka fo  
layf togeda  
?Towards a lofty gol wit wan yunifayd vishon

Yu tink se padi biznɛs de bikɔs dɛn nɔ ikwal ɔ na bikɔs

?dɛn ikwal

Yu tink se dɛn bil in wɔl dɛn wit stɔn dɛn we difrɛn ɛn

?difrɛns

?Yu tink se i blaynd fɔ gri wit gud ɛn bad

ɛn fɔ waka wit zil ɛn gladi at na di rod dɛn we nɔ de tek

tɛm ɛn we nɔ gɛt sɛns

Towards di abyss of disapɔyntmɛnt ɛn di dispelling of

?illusions

!Padi biznɛs na fayn plant, we de bia frut, ɛn oli

We tu pipul dɛn prɔmis fɔ fetful to pipul dɛn we go de

sote go

Dɛn de waka di rod dɛn na layf pan ɔl we dɛn nɔ de tink

difrɛn we

We dɛn nɔ gri ɛn gri, na wit lɔv ɛn rɛspɛkt

Dɛn de sɔpɔt dɛnsɛf ɛn wish dɛnsɛf gud, jɔs lɛk aw dɛn

want fɔ dɛnsɛf

I kin gladi fɔ in padi in sakrifays jɔs lɛk aw i kin gladi fɔ in

yon

Usay di pɔsin we lɛk am nɔ de luk fɔ gladi ɔ kɔmfɔt pan

di prɔblɛm we di pɔsin we i lɛk de spɛn

Dɔn insay da gadin de we pipul dɛn kin tink bɔt ɔda

pipul dɛn

Padi biznɛs kin blo ɛn go bifo, ɛn i kin ful-ɔp wit di sɛnt fɔ

lɛk ɛn fɔ de biɛn pɔsin

Bikɔs padi biznɛs na haybrid plant, we dɛn bɔn frɔm tu

sol dɛn

I sɛnt de kɔmɔt frɔm tu difrɛn ros dɛn

ɛn i bin de kɛr di briz dɛn we de mek lɔv we nɔ de shek,

go bifo

Di wan we prɔblɛm nɔ de shek ɛn we nɔ gɛt wan bɔt

Padi kin bɔn frɔm at we gɛt lɔv we pɔsin nɔ ebul fɔ

ɛksplen

ɛn bɔku bɔku klin filin dɛn de flɔd

I de gro na di grɔn we gɛt wanwɔd ɛn we nɔ gɛt wanwɔd

Bɔt i kin slip friz ɛn spɛn in tɛm fɔ no am pasmak ɛn i nɔ  
de rɛspɛkt insɛf  
I de swɛla ɛn blo in las briz ɔnda di bɔku bɔku tin dɛn we  
de mek i want fɔ insɛf nɔmɔ  
Bɔt di tin dɛn we i de op fɔ ɛn di tin dɛn we i de aks fɔ,  
go jɔs ebul fɔ win in at we gɛt sɔri-at  
Fɔ ful pɔsin ɛn fɔ ful pɔsin  
Yɛs, dɛn pɛshɛnt ya de du dɛn wok pan di plant we de  
mek padi biznɛs ɛn dɛn de swɛt in pink at  
O padi biznɛs, O flawa, dyu plant na di skay, yu ideal  
envayrɔmɛnt na di grɔn we rich wit lɔv we nɔ gɛt ɔltin ɛn  
want, usay padi dɛn de tray fɔ bil ɛn sɔpɔt dɛnsɛf ɛn mek rod  
fɔ dɛnsɛf along di rod

Natin nɔ go ebul fɔ mek yu tɔsti, O padi biznɛs  
Nɔ tek filin ɛn rɛspɛkt di wan dɛn we gɛt am  
Natin nɔ de wet yu lif dɛn lɛk klia, kaskad sprɛy fɔ swit  
Frɔm di ɛvin we gɛt tru ɛn lɔv at  
Oh, tru tru padi biznɛs  
ɛnisay we yu ros peta dɛn skata  
Da ples de na sɔntin we oli  
I kin bi tɛmpul we gɛt blɛsin  
Olman we biliv pan Gɔd ɛn di oli we aw layf oli, kin kam  
fɛn am  
\* \* \*

A go layt di smayl dɛn di daknɛs fɔ mi misɛf go dɔn, ɛn a  
go si mi sol insay di layt fɔ mi smayl dɛn we ayd biɛn di tik  
daknɛs we dɔn gɛda fɔ lɔng tɛm  
We a fɛn misɛf, a go flɔ insay ɔl mi at, de kɛr di tɔch we  
mi sol de smayl  
Mi at go smayl fɔs, dɔn mi yay ɛn mi fes ɛvri atɔm na mi  
biin go shayn wit di layt fɔ smayl  
A go go insay di dip dip pat dɛn na di at ɛn a go bɔn wan  
big big faya we go it ɔl di sɔri-at  
Mi na di faya we nɔ go ebul fɔ stɔp fɔ smayl A go rifresh  
misɛf wit di briz fɔ divayn gladi at, ɛn a go blaz insay di

daknes na maynd En ol di wan den we mit mi go get wan  
borst fo mi oli gladi at

A go ker hiling torch dem fo mi smayl to evri at A go  
smayl fɔs, ivin if i at, en a go inspekt di misef en kray fo  
smayl

Insay ol di at gladi, a de yeri di eko fo Yu blesin, O God  
Insay di padi biznes we ol di fetful wan den get, A de fen Yu  
lov A gladi en mi at gladi fo di sakrifays en prosperiti we mi  
broda en sista den get, jos lek aw a gladi en gladi fo mi yon izi  
en welbodi As a de inspekt sens en ondestandin pan oda pipul  
den, a de buku di trɔs den fo mi yon sens en no Na di gladi at  
we olman get, a de fen mi yon gladi at  
Natin no go pul mi smayl If a no ebul fo du sɔntin, sik, en  
day no go ebul fo mek a fred ɔ mek a no get betɛ maynd  
Fo tru, bad bad tin den en disasta den no go ebul fo du  
mi bad bikɔs a get insay mi sol di gladi at we go de sote go,  
we God get nyu wan we no de chenj en we no go ebul fo win  
O oli, saylen divayn smayl, krawn mi fes en smayl tru mi  
sol

A go tray fo bi biliyan we get gladi-at, bikɔs mi tru tru  
jɛntri de na di kɔf fo yu blesin prezens, Masta, en so a go  
satisfay mi nid fo get spiritual sakrifays en matirial welbodi di  
sem tɛm  
\* \* \*

Pis de kɔmɔt na mi at  
I de blo tru mi lek briz we de blo smɔl  
Pis de kɔba mi lek sent we get sent  
Pis de flo tru mi lek wef den we de mek layt  
Pis de men di at fo wɔri en wɔri, en bɔn di chukchuk fo  
fred en no slip  
Pis de pan big big wan - lek faya mas - en ful mi ol mi  
egzistens

Pis tan lek si, we de ful-ɔp di ples en di atmosfere  
Pis tan lek krimsin blod; i de blo layf insay di vein den we  
a de tink bot

Pis, læk di twilayt we de skata, de rawnd di bōdi we nō  
get end  
Di faya we de mek pis de kōmōt na di pores dēn na mi  
bōdi, en frōm di wan ol yunivas  
Di sēnt fō pis de ɔlsay na di ros gadin dēn  
Di wayn fō pis de drōp ɔltēm frōm di prēs we ɔlman get  
Pis na di layf we ston en mun, oli en prōfēt dēn de liv  
Pis na di spring wata fō di sol  
Di likwid we de kōmōt na di jar fō silēns  
We a de sift tru di bōku bōku pores dēn na mi atōm dēn  
\* \* \*

A go pre wit wan at we get zil te di daknēs fō tink gud  
wan layt bay Yu prēzēns we de shayn, O Masta Tide a go  
brodkas di siŋ fō mi sol na di ays wit dip, at fōs, a op se Yu go  
ansa tru di pōsin we get mi kwayēt  
!O Yu we de ɔltēm, we de ridyus ɔltēm  
Fri mi maynd frōm di lod dēn we a nō bisin bōt en fōget  
Mek a savour di ever-blesed nectar of yu prezēns  
As mi insay en ɔda kwayēt de bōku, yu pis de kam to mi  
A go tray ɔltēm fō lisin to di echo fō yu ethereal fut step  
dēn

If a bin fō tek yu as di dip gladi at fō di dip  
kōntēplēshōn

A no da tēm de se ɔltin  
Dēn go gi mi prōsperiti, welbōdi, en sēns  
Ep mi fō fēn yu  
Na di dip dip wata na mi sol, a tōsti fō yu  
lōv  
Lōv na di sēnt we lili dēn we de blo  
En di chorus of silent roses  
Fō sēlibret di fayn fayn tin dēn we Gōd mek  
Lōv na siŋ we di sol de siŋ fō layf  
En di balans ritmik dans we di planēt dēn de dans  
Insay in joyn we go de sote go insay dip spes  
Na di tōsti we flawa dēn kin tōsti fō sip san layt



En i de gro fayn en di eliksi we de gi layf de gi am tin fɔ

it

Na di tin we di wɔl want fɔ du  
Fɔ it di rut dɛn we tɔsti wit in milk  
En fɔ kia fɔ ɔlkayn layf wit di men tin we de insay layf  
Na di pawaful tin we di san want  
Fɔ mek ɔl di tin dɛn we gɛt layf kɔntinyu fɔ liv en wok  
Na di tin we de mek wi gɛt layf  
Fɔ gi protɛkshɔn en kia fɔ pikin dɛn we nɔ rich 18 ia yet  
Na di smayl we pɔsin kin smayl we i nɔ du natin, we kin  
mek in papa lɛk am  
pan di pikin  
En di ɔtomɛtik sɔbmishɔn na di at fɔ di wan dɛn we lɛk  
dɛnsɛf  
Fɔ gi savis en kɔndɔlɛns fri  
Na di puls fɔ padi biznɛs  
Di wan we de mek at we dɔn brok en mɛn wund dɛn  
Na kɔl to di at we defy diskripshɔn  
Na pɔyt we ful-ɔp wit lɔv fɔ mɔtalman  
Di wan we de sɔfa bikɔs i de sɔfa  
Na di sɛklɔ we di wan dɛn we de na di sem famili kin gɛt  
tayt padi biznɛs wit dɛnsɛf  
ɔltɛm i de pan en big fɔ go na big ples dɛn  
En fil dɛn we brayt  
Na di wispa fɔ layf  
Na di ɔrayzɔn fɔ opin maynd  
En di skay na di at dɛn bin ful-ɔp wit di sta dɛn we gɛt  
fayn fayn filin dɛn  
Lɔv na di blɛsin we di sol gɛt  
Dat we sol dɛn we gɛt lɔv kin want  
En i kin rili want fɔ tɔk to am en tɔk to am  
Frɔm di arkiv dɛn: Quotes bɔt sakrifays en sakrifays  
pipul dɛn  
Pikin kin si sakrifays as pɔsin we gɛt bɔku tɔys en dɔl  
dɛn, en sɔntɛm ivin smɔl motoka fɔ rayd insay Po pikin kin si

sakrifays as fɔ ɡet sɔm mɔni fɔ bay ɛnitin we i lɛk, pan ɔl we  
pikin we jɛntri nɔ kin satisfay wit dɛn tɔys dɛn ɛn i nɔ kin  
satisfay Dis kayn pikin, we kin ful-ɔp wit di bɔku bɔku tin dɛn  
we dɛn ɡet, kin at fɔ mek i gladi

As wi de ol, wi de laf di tin dɛn we wi bin want we wi bin  
smɔl lvin bɔku pan di tin dɛn we big pipul dɛn kin tray fɔ ɡet  
tide nɔ kin lɛk am tumara ɔ di de afta dat, ɛn nyu tin dɛn kin  
tek in ples

I fayn fɔ mek pɔsin yuz di difrɛns bitwin wetin nid ɛn  
wetin nɔ nid

Sakses impɔtant fɔ mek pɔsin ɡet di tin dɛn we i nid fɔ  
liv: it, say fɔ slip, wɛlbɔdi, ɛn klos If i nɔ ɡet ivin smɔl pat pan  
dɛn tin ya, i de pan bad bad tin

Wan fɔ ebul fɔ ɡet di smɔl smɔl lɛvul fɔ kɔmfɔt ɛn gladi  
Ilɛksɛf pɔsin na spiritual ɔ pɔsin we lɛk fɔ ɡet prɔpati, dɛn nɔ  
gri se sɔm bɛsik nid dɛn de we i fɔ mit fɔ mek i kɔntinyu fɔ  
ɡet wɛlbɔdi ɛn wɛlbɔdi If i nɔ ɡet wɛlbɔdi ɛn fayn (at ɔl na in  
maynd), i nɔ go ebul fɔ ɡet sakrifays  
Bɔt wetin na tru tru sakrifays? If pɔsin ɡet ɔl wetin i want  
na layf, i go stil fil ɛmti bikɔs in na sol, ɛn tin dɛn we pɔsin  
ɡet nɔ go ebul fɔ gi am gladi at, we na fɔs ɛn fɔs na  
saykolojik stet

Wi ɡet di pawa fɔ mek wi gladi, jɔs lɛk aw wi ɡet di pawa  
fɔ mek wisɛf misɛf Di sikrit fɔ sakrifays ɛn gladi at de insay  
yu Yu kin gladi pasmak na yu ɔmbul os pas kin na in fayn  
fayn pales Di wan dɛn we de fɛn sakrifays ɛn prɔsperiti  
ausayd dɛnsɛf nɔ rili ɡet sakrifays ɛn dɛn nɔ gladi Dis nɔ min  
se milyɔnaria dɛn nɔ gladi; bifo dat, i min se if yu ebul fɔ pul  
gladi at na layf, ilɛksɛf yu po ɔ yu jɛntri, yu go ɡet sakrifays  
bay ɛni we

Wan gladi gladi we nɔ de te we kin lɛf fɔ rigrɛt ɛn rigrɛt  
nɔmɔ nɔto tru tru gladi at Insay tru tru sakrifays, di memori  
fɔ ajɔst am kin stil de alayv ivin afta di fɔs gladi at we pɔsin  
kin ɡet dɔn dɔn ɔl di gud tin dɛn we pɔsin dɔn du ɛn kɔntinyu

fɔ du na in layf de liv sote go na in memori as gladi at we go  
de sote go Dat na di tru sakrifays we pɔsin kin ajɔst na layf  
Sakses nɔto simpul tin; i nɔ go ebul fɔ mɛzhɔ bay di  
jɛntri ɔ prɔpati we pɔsin gɛt Di minin fɔ sakrifays rili dip pas  
dat Tru sakrifays kin mɛzhɔ bay di ebul we pɔsin ebul fɔ gladi  
ɔnda ɔl di tin dɛn we de apin

We yu kɔnshɛns klia ɛn fil fri, ɛn yu nɔ de tek wan pɔsin  
bɛtɛ pas ɔda pɔsin ɔ yu nɔ de du wetin rayt to ɛnibɔdi ɛn we  
yu wil tinap tranga wan ɛn i de chɛnj chɛnj di sem tɛm, ɛn yu  
gɛt dilik filin ɛn kɔrɛkt sɛns ɛn we yu ebul fɔ gɛt wetin yu nid  
insay ɔna ɛn rayt we, dat min se yu de pan di wan dɛn we  
dɔn win

Bɔku tɛm, pikin kin satisfay wit sɔm smɔl smɔl tin dɛn,  
bɔt we i dɔn big i kin want fɔ gɛt bɔku tin dɛn lɛk vilej ɛn  
motoka, pan ɔl we i no se di wan dɛn we gɛt dɛn tin dɛn de  
nɔ kin rili gladi

Satisfay de insay simpul layf ɛn ay ay tin dɛn Di wan dɛn  
we de kip dɛn maynd na di say we di tin dɛn we dɛn want fɔ  
du—di say we gɛt ay ay aydia dɛn—de gɛt mɔ gladi at pas di  
wan dɛn we de jɔs tink bɔt tin dɛn nɔmɔ Di wan dɛn we de  
tink bɔt tin dɛn we pɔsin gɛt ɛn nɔto ɔda tin, di wan dɛn we  
de tink bɔt fɔ gɛda lɔjishɔn (fɔ mek dɛn gɛt bɔku bɔku tin dɛn  
fɔ du ɛn fɔ sho dɛnsɛf), dɛn nɔ rili rifin

I kin bɛnifit pɔsin fa fawe fɔ rid buk ɛn atikul dɛn we go  
ɛp am pas fɔ west in tɛm pan tin dɛn we nɔ de mek i du  
sɔntin lvin pas fɔ rid na fɔ tink bɔt Gɔd, tink bɔt in big big  
pɔsin, ɛn tray fɔ ɔndastand di sikrit dɛn we nɔ gɛt bɔt ɛn we  
nɔ gɛt ɛnd na layf

Di rizin fɔ layf na fɔ mek pɔsin no inɛf, fil di kɔsmik  
ɛnvayrɔment de puls na in at, flɔ insay in veins, ɛn ful in bi  
!wit pis, lɔv, gladi, ɛn kwayɛt ɛn dat na di big big win  
Fayn

Pipul dɛn we gɛt yay kin gladi fɔ fayn fayn tin dɛn ɔlsay  
ɔda pipul dɛn kin du lɛk se dɛn nɔ gɛt yay; dɛn nɔ de si ɔ no  
bikɔs dɛn nɔ ebul fɔ notis ɛnitin, ivin na fayn fayn ples dɛn

Di kɔɔ dɛn we fayn pas ɔ na di wɔɔ kin luk ɔg ɛn dɛn kin  
bɔku we yu kɔmpia am to di fayn fayn kɔɔ dɛn we de na di  
wɔɔ we de na di planet ɔ di wɔɔ  
no difrɛn we dɛm ɔn fɔtɔlman dɛn dɔʃhal lɛvɛl, mɔpan f  
laɔm kɔmek dɛn si fayn fayn wan Di nek yay de gɛt s ɔf  
n dɛm; bɔt sɔm layt brawn rɔk dɛn kin shoɔimpresh  
ayridescent kɔɔ ɔnda ɔltra vayoɛt layt We dis layt blok, di  
rɔk dɛn kin go bak to dɛn fɔs dak kɔɔ  
Bɔku kɔɔ dɛn na di wɔɔ we wi de si, lɛk di blu na di skay,  
na optik ilyushɔn dɛn we dɛn mek bay di we aw layt de  
riflekshɔn pan difrɛn kayn patikyula dɛn Bikɔs di yay kin jɔs  
si wan limited rɛnj ɔf vaybreshɔn we de mek ɔltin na di  
yunivas, mɔtɔlman nɔ kin ebul fɔ si di subtil, ethereal spɛktra  
dɛn we ayd insay ɔɔ wetin de rawnd dɛn If yu bin fɔ si dɛn, yu  
go sɔprayz fɔ si dɛn spɛshal ɛn fayn fayn tin dɛn  
So, di yay ɔ di yes nɔ go ebul fɔ no ɔɔ wetin pɔsin kin si  
Mɔtɔlman nɔ ebul fɔ inhal di swɛt dɛn we de na di ɛtɛ, we gɛt  
sɛnt ɔ fɔ si di bɔku bɔku shɛp dɛn, pikchɔ dɛn, ɛn dilik  
impreshɔn dɛn we de rɔb tru di big big ɛtɛri  
Bɔku tɛm, mɔtɔlman nɔ kin ebul fɔ no ivin tin dɛn we de  
insay dɛn fild fɔ no  
We a bin go na Mɛksiko ɛn si di "floating gardens" na  
Lek Zuquemilco, dɛn fayn fayn tin dɛn ful-ɔp mi at ɛn a fil di  
magnificence ɛn big big tin we di divayn atis gɛt  
Wan ɔda pɔsin bin de we i bin tan lɛk se i dɔn put insɛf  
pan dɛn natura biuti dɛn de, bɔt wan insay filin bin sho mi se  
i nɔ de si wetin a de si a aks am bɔt in impreshɔn pan dɛn  
fayn fayn tin dɛn de, ɛn i ansa se: "A bin de tink bɔt wan fayn  
."we fɔ dreyn di wata fɔ mek a ebul fɔ plant mɔ land  
I bin de si di lɛk frɔm in yon we ɛn so wi ɔɔ de si tin dɛn  
akɔdin to wi yon aidia ɛn bias  
ɛvri sol de ɛnvɔɔɔp wit difrɛn vaybreshɔn ɔ oscillations of  
sensations, tinkin, ɛn filin ɔɔ di tin dɛm we de ɛp fɔ mek pɔsin  
in pasɔnaliti ɔ kɔnshɛns

Eni pɔsin ɣet difɾen mek-ap, difɾen vaybreshɔn Oltin we  
pɔsin dɔn du frɔm we i smɔl, den stil de kip am na in bren as  
kɔmpres kapsul den we ɣet tendencies en inclinations En  
bikɔs wi nɔ kin si den kapsul ya we wi nɔ de si, wi kin sɔprayz  
wit wetin pipul den de du, evri wan akɔdin to den yon whims  
Sɔm pipul den kin izi fɔ mek den gladi fɔ no rizin, ɔ den  
kin fil sawt pan we den nɔ kin eksplen, ivin frɔm dɛnsɛf Oda  
pipul den kin bisin ɔltɛm wit fɔ kɔndɛm, fɔ mek pipul den no  
bɔt ɔda pipul den, en fɔ mek ɔda pipul den kɔmɔt na do, we  
den yon insay de rili nid fɔ pe atɛnshɔn en klin den  
Den saykilɔjik tin ya de bɛr di sol en mek di pɔsin nɔ sho  
di gud tin den we i ɣet fɔ insɛf  
Mɔtalman den rili kɔmpleks en den nɔ de tink bɔt dɛnsɛf  
nɔmɔ! Olman na stori we ɣet bɔku chaptɔ den, wit tin den we  
de apin we miks en difɾen tin den we de apin  
\* \* \*

Den fɔ drɛb di tink bɔt fɔ fel wit fayn fayn tin den we  
pɔsin kin tink bɔt fɔ ɣet sakrifays en fɔ ɣet gud op Den fɔ stɔp  
di fred bay we den nɔ fɔ ɛgzajarayt am Den fɔ pul sɔri-at wit  
di layt fɔ gladi at Rudnɛs fɔ win wit gudnɛs en kɔnsidareshɔn  
Nɔnsɛns fɔ dɔn wit lɔv en kɔtisti Den fɔ pul sik tink den kɔmɔt  
na di tron fɔ wɛlbɔdi bay we den de tink gud wan en kɔrɛkt  
filin Distɔb en wɔri fɔ be eradicated by faith and activating  
the powers of the mind Wan kinɔdm we ɣet kol at fɔ de na di  
sol fɔ tɔch di blɛsin prezɛns en fil divayn protekshɔn  
Gi spirit we ɣet fri-an  
Masta, mek a no se di gladi at we di sɛns den kin ɣet na  
sɔntin we de ɔp en nɔ de te  
Pan ɔl we di gladi at we di sol ɣet na rial tin en i de nyu  
ɔltɛm  
Gɔd de ya I nɔto jɔs wɔd we wi de tɔk, bɔt na di men tin  
bɔt layf en di sikrit fɔ ɛgzistɛns Wi nɔ go no di ful mak we In  
rich we nɔ ɣet bɔda, bɔt wi kin no in prezɛns en fil in bi

Gɔd na di kɔsmik stilnɛs we ɔltin de sho ɛn we ɔl di tin  
dɛn we gɛt layt de kɔmɔt So, a go tray fɔ praktis stilnɛs fɔ  
mek a fil in gladi gladi prezɛns  
Tide a go mek di oli ples we gɛt kol at wit di flawa dɛn  
we Gɔd want ɛn kol di Gɔd we gɛt lɔv ɛn gladi at  
A de aks Gɔd fɔ sho insɛf to mi tru mi spiritual yay so  
dat a go si in layt we de skata ɔlsay na di yunivas  
A no se Gɔd de lisin to ɛvri wispa we a want I na  
yunivasal lɔv, ɛn tru divayn lɔv a kin fɛn Am, bikɔs tru lɔv di  
pɔsin we de luk fɔ am de kam nia Gɔd ɛn drink frɔm di spring  
dɛn we de mek oli gladi at  
Masta, ɛp mi fɔ chaj mi bɔdi wit Yu kɔsmik ɛnaji, fɔ mɛn  
mi maynd wit fɔs ɛn optimism, ɛn fɔ mɛn mi sol wit spiritual  
pɔsibul dɛn we dɛn bɔn wit mɛditeishɔn  
Insay layf ɛn insay day, insay sɔri-at ɛn bad bad tin dɛn,  
mi fet pan Yu, O Masta, de kɔntinyu fɔ strong ɛn nɔ de shek,  
strong ɛn nɔ de shek  
ɛvri briz we a de blo we a want ɛn beg, de opin domɔt  
ɛn winda dɛn na mi sol usay a de pas tru to Gɔd in blɛsin  
ɔs lɛk aw di san de shayn na di rod dɛn we pipul dɛn kin  
pas, na so a go si di raytin we Gɔd lɛk  
Insay ɔl di bizi ples dɛn we a de du ɛvrɪde, blɛs mi, O  
Masta, so dat a go wek mi sol wit di do ɛn brɪŋ am to Yu  
blɛsin trɛshɔld  
O Masta, gi mi wan jenaros spirit fɔ sheb wit ɔda pipul  
dɛn wetin a gɛt, ɛn ɛp mi fɔ si insay di stil lɛk na mi maynd di  
riflɛkshɔn fɔ mi sol in mun we de shayn wit di layt we Yu de  
de  
Tide a go dayv dip dip wan insay di si we de tink gud  
wan ɛn tink bɔt Gɔd te a fɛn pal dɛn we gɛt sɛns ɛn we kɔmɔt  
frɔm Gɔd  
A go lɛk yu, Masta, pas ɛni ɔda tin, bikɔs if yu nɔ de a nɔ  
go ebul fɔ lɛk ɛni mɔtalman ɔ ɛni ɔda tin  
Insay di dip dip dip ples dɛn na di mawnten dɛn ɛn di stil  
skay, ɛn insay di dip dip ples dɛn na mi sol ɛn di kev we de

kwayet, a de si Gɔd in prezens en fil In gladi at ɔltɛm, en a de  
drink frɔm In klin spring dɛn we nɔ de eva stɔp ɔ dray fɔ  
ɔltɛm

A go wɔʃɪp yu, Masta  
O yu we yu lov ikwal  
Na di tron fɔ ɔlman we gɛt gud at en we gɛt lɔv

\* \* \*

Mɔni nɔto fɔ sho se dɛn gɛt gud teist Bɔku jɛntrɪman dɛn  
kin bay tin dɛn we dɛn nɔ nid, we kin gɛda na dɛn os insay  
pail dɛn we nɔ fayn en we nɔ gɛt yus Yu nɔ nid bɔku mɔni fɔ  
mek os fayn; teist na di men tin Bɔt di aidia fɔ mek di os fayn  
kin mek sɔm pipul dɛn lɛk dɛn, en dis kin mek dɛn pe  
atɛnʃɔn pan tin dɛn we dɛn gɛt en nɔ kin gɛt kɔnfɪdɛns pan  
dɛnsɛf

Enibɔdi we gɛt lod wit bil we de bɔku en we de prɛs, go  
mɔs want fɔ liv simpul layf en frɪdɔm frɔm mɔni prɛʃɔn Bɔt  
da frɪdɔm de nɔ go kɔmɔt frɔm we i lɛf fɔ les en we nɔ de du  
ɛnitɪn, ɔ lɛf ɔltɪn we nɔ gɛt jɔstɪs ɔ lɔjɪk  
Wan tɛm, i bin apɪn se wan man bin lɔs bɔku tin en i bin  
:tɔk se

O, woe na mi! A don los mi fortune en mai waef don lef"  
."mi, so a don disayd fɔ lef evritɪn en bi hermit  
Dis man, mi padi dɛn, nɔ lɛf ɔltɪn biɛn, bɪfɔ dat, i lɛf ɔltɪn  
!biɛn

Saikɔlɔjɪk wɛlbɔdi en fɔ fil satisfay na tu impɔtɔnt tin fɔ  
mek yu gɛt gladi at Afta yu dɔn chɛk en sɔt ɔl di tin dɛn we  
yu want, dɛn kin se: "No prɔblɛm nɔ de fɔ gɛt di tin dɛn we  
."yu nid, en di nɔ ebul fɔ gɛt dɛn nɔ rayt  
\* \* \*

Di divayn prezens de insay di sta dɛn, insay di gud wɔl,  
insay di at bit, en insay di puls fɔ di imɔʃɔn dɛn Enibɔdi we  
kɔntɪnyu fɔ waka na di rod fɔ go na di blɛsɪn gol en tink bɔt  
Gɔd en In wɔndɔful tin dɛn go si am insay di gold klos na di  
yunivas—wan klos we gɛt layt we de skata akɔdin to di tɛm

we nɔ ɡet ɛnd—ɛn i go fil In vibrant prezɛns insay ɛvri nobul  
ɛn sublaym tink ɛn insay ɛvri di at we de bit  
Bɔku pipul dɛn dɔn tɔk bɔt Gɔd, bɔku pipul dɛn dɔn luk  
fɔ am, ɛn bɔku pipul dɛn dɔn rid bɔt am, bɔt na smɔl pipul  
dɛn nɔmɔ dɔn tɔch in fes Di wan dɛn we dɔn test in gladi at  
na di wan dɛn we sabi am

Roasting" di sid dɛm fɔ ignorance-driven biznɛs"

Mɔtalman de shep in yon destiny tru wetin dɛn want, de  
disayd dɛn fate tru wetin dɛn want ɛn du Yu kin fri yusɛf frɔm  
sɔfa if yu pik fɔ du dat Gɔd, we in men tin na lɔv, nɔ want di  
pɔsin we i lɛk fɔ sɔfa di bad bad pen we i de fil as a rizulta fɔ  
di rɔng akshɔn ɛn fɔ tink we nɔ fayn I dɔn gi mɔtalman di  
pawa fɔ no ɛn fridɔm fɔ pik Bɔt, bikɔs ɔf inkɔrɛkt di tin dɛn  
we dɛn kin disayd fɔ du ɛn di tin dɛn we dɛn kin disayd fɔ du  
we nɔ ɡet sɛns, mɔtalman kin briŋ sɔfa ɛn pen pan dɛnsɛf ɛn  
ɔda pipul dɛn

Yu fɔ fri ɛn nɔ alaw ɛnibɔdi fɔ dikte yu disizhɔn ɔ  
dominate yu Nɔ mek di tin dɛn we de arawnd yu, kɔstɔm, ɔ  
tradishɔn we de ambɔg yu stɔp yu ɛn kɔntrol di we aw yu de  
liv yu layf Du wit sɛns, lisin to yu kɔnshɛns, ɛn tink bɔt di bad  
tin dɛn we go apin to yu bifo yu bigin fɔ du ɛnitin Avɔyd fɔ du  
bad to ɔda pipul dɛn tru di we aw yu de biev we nɔ rayt, ɛn  
aks Gɔd fɔ ɛp ɛn gayd yu

As long as pɔsin na pɔsin we dɛn kin vɛks, jɛlɔs, ɛn jɛlɔs,  
i nɔ fri Dɛn fɔ bi masta fɔ in filin ɛn akshɔn, ɛn fri dɛnsɛf frɔm  
di tin dɛn we dɛn kin tink bɔt we kin pwɛl dɛn, di tin dɛn we  
dɛn kin want fɔ du we dɛn nɔ ebul fɔ kɔntrol, ɛn di bad tin  
dɛn we dɛn kin want fɔ du

If yu ɔnɛs wit yusɛf, sɛns go sɔpɔt yu fɔ tink, fɔ du wetin  
rayt go gayd yu disayd, ɛn ɔndastandin go mek yu maynd  
shayn

Di sid dɛm fɔ di tin dɛm we dɛn bin dɔn du trade we dɛn  
nɔ no natin de drɛb dɛn fɔ "rost" insay di faya we de mek  
pipul dɛn tink ɛn ɡet sɛns so dat dɛn nɔ go ebul fɔ gro ɛn gro



bak Dis na di we fɔ pul ɛn stɔp di bad bad atak dɛn we pipul  
dɛn kin du fɔ ful pipul dɛn

Di kɔsmik ilyushɔn - ɔ Setan - de ful mɔtalman wit lay

lay prɔmis ɛn alluring tɛmteshɔn fɔ rɔnata di miraj we de  
mek i gladi, ɛn i de kɔntrol in fakulti bikɔs i prɔmis am fɔ gɛt  
gladi at na di wɔl we nɔ gɛt ɛni rial tin, ɛn so i de wok tranga  
wan fɔ mek i nɔ test di frut dɛn fɔ tru tru gladi at we de bɔku  
bɔku wan na di sol in gadin dɛn

Di wan dɛn we gɛt sɛns nɔ di difrɛns bitwin tru ɛn  
ilyushɔn ɛn dɛn sabi fɔ nɔ As dɛn de go dip dip wan fɔ tink  
gud wan, dɛn kin nɔ gud gud wan se i impɔtant fɔ fri fɔ  
disayd fɔ du sɔntin ɛn i nid fɔ yuz fridɔm fɔ disayd fɔ du wetin  
rayt ɛn avɔyd fɔ du tin dɛn we go ambɔg dɛn ɛn we nɔ fayn  
fɔ du

Tin dɛn we pɔsin kin tink bɔt ɛvride

Tide a go brok di imej fɔ ignorance we de dɔti di oli ples

fɔ di sol insay mi, ɛn a go mɛmba se di layt we oli pas ɔl fɔ

Gɔd de shayn pan mi bi ɔltɛm ɛn pul di daknɛs fɔ ilyushɔn  
kɔmɔt na mi maynd ɛn sol, ɛn di wan we mek mi nɔ de ɛva  
lɛf mi

ɔnda ɛvri wef na layf, di bɔku bɔku si we Gɔd de de, ɛn  
biɛn ɛvri bit we di at de bit, di si we nɔ gɛt ɛnd we gɛt filin we  
de na di wɔl de

ɛvri nɛt a go mek misɛf biliv se nɔto mi na di bɔdi

Bifo dat, na di spirit we de insay di bɔdi

ɛn se mi spiritual pɔsin nɔ de day sote go

We a wek, a go mɛmba fɔ kɔnfɔm am bak

Insay di strɔkchɔ fɔ slip a go gɛt bak ɛn ridyus mi trɛnk,

bɔt dat nɔto inɔf a nid wan oli ples fɔ stil ɛn tink bɔt usay a

go ebul fɔ tɔn bak ɛvride fɔ fɛn di ɔrayzɔn dɛn na mi

kɔnshɛns ɛn diskɔba di sikrit dɛn na mi sol

A nɔ fɔ tru se Gɔd nɔ de ɛva lɛf mi fɔ wan mɔnt, ɛn ilɛk

wetin na mi matirial sikɔstɛms, a de kɔntinyu fɔ jɛntri pan

Gɔd bikɔs di bɔku bɔku in gudnɛs de fɔ tru mi ɔltɛm

Lov na God in kwayet kol to ol di tin den we get layf en  
 we no get layf fo go bak na di os we i get wanwɔd  
 Lov de bɔn na di gadin dem fo prɔgres en nyu, en na dat  
 mek a go wok ɔtem fo ridyus misɛf en mek mi spirit go bifo  
 pan di rod fo ajɔst  
 Tide a go avɔyd di tu ekstrem tin dem: vaniti en negatif,  
 en a go mɛmba se God de wok tru mi en if a tɔch In prezɛns  
 a go sef frɔm ol di bad tin dem  
 A no se di gol fo layf na fo get gladi at, nɔto fo gladi fo  
 yusɛf nɔmɔ we no de tek ɔda pipul den, bɔt na fo get gladi at  
 we de inklud den en we de mek den strong mɔ bay we yu de  
 mek den gladi  
 Bihain di mun na di biggest ful mun, bihain di san na di  
 pawa en vitality of God, en bihain di human maind na di  
 universal mind So, a no go restrict mi sef to di smol sef: "di  
 .ego  
 O Masta, if wi de luk fo Yu wit ol wi at, Yu go opin domɔt  
 fo wi en sɛn ol wetin wi nid fo kam nia Yu en fo no Yu  
 A go kip mi maynd opin en tek am, dɔn a go si God pan  
 ol wetin nobul en sublaym, en a go no se a de insay impɔtant  
 kontakt wit In blɛsin prezɛns  
 We a opin mi yay fo di gladi at we a de tink bɔt, di  
 daknɛs go dɔnawe en di layt fo fet go kɛr mi go na di kindɔm  
 fo layt usay God de wet  
 A go mɛmba se ignorance na di sɔs we ol di bɔdi,  
 maynd, en spiritual sik den de mek So, a go pul di daknɛs fo  
 ignorance bay we a de si God in layt  
 Tide a go kɔnɛkt wit di padi dem we get sɛns tru den buk  
 en tichin dem we a go go insay tru di domɔt dem fo siriks,  
 kɔntemplativ stɔdi  
 To di wɔndaful en wɔndaful wɔl dem fo tink a go rid  
 inspekt buk en matirial dem bɔt God, di sɔs fo ol inspekshɔn  
 en big aydia dem  
 God dɔn gi eni wan pan wi wan spɛshal pawa fo mek  
 sɔntin we no kɔmɔn we nɔbɔdi no get Na di pawa fo mek tin

dən, ən na dat mek a go du ɔl wetin a ebul fɔ mek da pawade

O mi Gɔd we a lɛk, a no se a gɛt di spak fɔ diviniti insay  
misɛf, ən na dat mek a go du mi wok dən we a nɔ taya, ən di  
karavan na mi layf go kɔntinyu fɔ waka, a no se Yu pawade  
we nɔ gɛt ɛnd fɔ mek tin dən de ɛp mi, ɛlevɛt mi ambishɔn,  
ən chaj mi disayd

Tide a go tink gud wan bifo a akt Habit na di rizulyt fɔ  
difrən akshɔn, ən akshɔn kin jɔj bay di ifɛkt pan di sayk, so a  
go du mi bɛst fɔ fri misɛf frɔm bad abit  
Masta, ɛp mi fɔ mek mi wil strɔng ən nɔ alaw abit fɔ mek  
a bi slev Gayd mi so dat a go divɛlɔp misɛf na spiritual wan  
tru di kɔrɛkt we a de kɔrɛkt mi insay ən na do  
No sikyɔriti nɔ de if Gɔd nɔ de No gladi at nɔ de if i nɔ de  
No lɔv nɔ de if i nɔ de No pis nɔ de if i nɔ gɛt am Nɔ layf nɔ  
de if Gɔd nɔ de  
Mi gritin to yu

A bin tek di myuzik dən frɔm di siŋ dən  
En di fayn fayn filin dən bin kɔmɔt frɔm di poem ən vas  
dən

Dən bin de pul di ɛliks frɔm di nɛktɔ  
En i gɛda di sɛnt we gɛt flawa ən ros  
A tek di aidia dən frɔm ɔlman in maynd  
En a bin briŋ di spirit frɔm mi lɔv  
En dən bin gɛt di simfɔni fɔ di tin dən we de na ɛvin  
En a bin gɛt trɛnk frɔm ɔl di layf  
A dɔn pul Yu sɔri-at frɔm ɔl mi beg dən  
En ai brew yu lɔv in mai hat  
En a bin kapchɔ di men tin we de mek pɔsin stil de  
En a tek lɔng ən want frɔm di pɔt fɔ mi devoshɔn  
En aibin bringim olabat langa yu  
?Wetin mek yu nɔ de kɔmɔt na di say we yu de ayd  
?En yu bin tek mi ɔmbul ɔfrin dən frɔm misɛf frɔm mi  
Masta Paramhansa Yogananda  
Di stori bɔt di blak grep

As di ticha Paramhansa bin tɔk  
Sɔntende, big big pruf den kin kɔmɔt frɔm smɔl smɔl tin  
den we pɔsin want  
Wan tɛm, we a bin de na Bɔstɔn wit wan padi, a si wan  
big bɔnch blak greps ɛn a bin want fɔ bay am, bɔt i bin kɔst  
\$3 [mɔ pas sɛvinti ia bifo], ɛn a yɛri sɔmbɔdi se, "I nɔ de  
"!west

A disayd nɔ fɔ bay di greps, ɛn we a dɔn gɛt insay  
kɔnfɔmeshɔn, a se to misɛf: "Gɔd nɔ se a want den greps den  
."de ɛn i go gi mi greps bak

Afta lɛk siks mɔnt so, wan ivintɛm a go insay wan frut  
shɔp ɛn bay sɔm greps den we fiba di wan den we a bin dɔn  
si bifo, a dɔn fɔgɛt di prɔmis we a bin dɔn mek to misɛf se a  
go wet te Gɔd gi mi greps Wantɛm wantɛm a yɛri di divayn  
."vɔys insay mi de se, "Rtɔn den greps den de

A tɔn rawnd ɛn tɛl di shɔp man se, "Gi mi ɔni mɛlɔn  
instɛd ɔf greps" I bin tan lɛk se di man kɔnfyus, bɔt i du lɛk  
aw a aks, ɛn a kɔmɔt wit di mɛlɔn

We a rich na os, a sɔprayz fɔ si wan bɔks we gɛt tu  
bɔnch blak greps we nɔ gɛt ɛni lɛbl, we mek a want fɔ no  
udat gi mi Fɔ wan mɔnt, a tray fɔ no udat na am, ɛn wan de  
a yɛri Gɔd in vɔys bak, i mek a biliv se den go tɛl mi Wan  
ivintɛm, we a bin de gi lɛkshɔn, den kech wan pan di student  
den we bin de na di ɔdiɛns mi atɛnshɔn, ɛn a se to am, "Gɔd  
."tɛl mi se na yu gi mi di greps

I ansa in di negatif, bɔt leta i kɔnfɛs to mi wetin apin, lɛk  
se we i de tink gud wan i si wan big layt ɛn wan an we ol sɔm  
blak greps, ɛn di tin we strɔng pas ɔl na in maynd na se i fɔ  
go bay den greps den de fɔ Yogananda

I se i bay wan bɔnch ɛn afta dat ɔda wan, pan ɔl we i stil  
biliv se di vishɔn go mɔs bi jɔs wan hallucination Dɔn i pre [fɔ  
no di tru] ɛn i kam klia to am se di vishɔn na tru ɛn na frɔm  
Gɔd we want am fɔ bay den greps den de ɛn gi mi den  
Wan ples we nɔ gɛt natin we at fɔ ful-ɔp

Na tɛm fɔ mek mɔtalman aktiv di pawa dɛn we de sho di  
tru tin dɛn we de insay am, bikɔs gladi at gɛt fɔ du wit da  
rivyu de Di wan dɛn we want fɔ rich dɛn pasɔnal ɔrayzɔn dɛn  
de fɔ tray fɔ du sɔntin we gɛt rizin ɛn fɔ gi di maynd tin fɔ  
mek i tɔch di tru tin dɛn we Gɔd dɔn put insay dɛn ɛn fɔ  
bɛnifit frɔm di blɛsin pawa dɛn we bɔku na dɛn bi  
ɛnibɔdi we want fɔ satisfay di bɔdi sɛns dɛn we i nɔ test  
di nɛktɔ fɔ spiritual gladi at frɔm di divayn spring, di sɔs fɔ ɔ  
satisfay ɛn gladi, de mek investment we lɔs ɛn in intelektual  
avɛst go smɔl

Di wan dɛn we want fɔ no Gɔd go gɛt wetin Gɔd want  
bikɔs i gɛt fri-an ɛn i de du gud Bɔt, bɔku pipul dɛn kin rɔn  
afta di tin dɛn we di wɔl want, ɛn dɛn kin kɔrej dɛnsɛf wit tin  
dɛn we dɛn gɛt we nɔ de las, ɛn dɛn kin sɔfa bikɔs dɛn nɔ  
!ebul fɔ du am ɔ bikɔs dɛn ebul fɔ du am  
Ivin di wan dɛn we gɛt mɔni go dɔn fil se dɛn nɔ gɛt  
natin na dɛn layf we at fɔ ful-ɔp, we di wan dɛn we de kɔnɛkt  
dɛn layf to Gɔd jɛntri, gɛt pawa, ɛn dɛn kin ɛnjoy fɔ satisfay  
ɛn gɛt bɔku prɔpati

If wi nɔ tek di tin dɛn we sɛns de tɛl wi ɛn nɔ pe  
atɛnshɔn to di vɔys we kɔnshɛns de tɛl wi, dat kin mek wi gɛt  
rod dɛn we kruk, slipul, we de mek pɔsin sɔfa, ɛn we pɔsin de  
fala di rod we de du wetin rayt, dat kin mek pɔsin fri frɔm  
shakul ɛn gɛt di pawa fɔ du wetin rayt, nɔto wetin di tin dɛn  
we pɔsin kin tink bɔt we nɔ rayt ɛn di abit dɛn we de mek  
pipul dɛn nɔ no di tru

Di wan dɛn we de luk fɔ gladi at kin bɛnifit frɔm di  
ɛkspiriɛns we pipul dɛn we gɛt sɛns dɔn gɛt we dɛn dɔn sɔlv  
prɔblɛm dɛn na layf ɛn fɛn we fɔ sɔlv dɛn  
Fɔ tru, ɛnibɔdi we gri wit wetin Gɔd want, de swim na si  
we gɛt satisfay ɛn kol, ɛn i rili laki  
ɛnibɔdi we tink bɔt Gɔd, Gɔd de tink bɔt am, i de ful in  
layf wit blɛsin ɛn gi am di teist fɔ di nɛktɔ we de mek i gladi  
Lɛ wi pre to Gɔd so dat i go kam insay wi sol

I de wek di tin den we wi want fo du wit God biznes na wi  
 at  
 Fo tru, di wanwod we God get na gladi at we pas ol oda  
 gladi-at  
 Blesin fo di wan we ebul fo toch di kosmik at  
 We di disaypul rili want fo mek in layf get wanwod  
 Wit suprem awareness  
 I fil se i impotant fo ronawe pan tin den we i no ebul fo  
 du  
 Konekt wit transparent en hiling vaybreshon  
 En we i want fo du sontin kwik kwik wan  
 God opin wan pat na in sol  
 I de blo wan sent we komot na evin  
 En tru am, i de si smol layt we God de gi  
 Di temteshon den we no dia kin los den apil  
 In sol de it pan di we aw pipul den de si fayn fayn swit  
 En as i de dayrekt in sens to di say we di swit swit frut  
 den we de na gnosis komot  
 En di klia we aw pipul den de si di prezens we get glori  
 pas ol  
 I de liv na dis wol we i no tay am  
 Di gladi at we i get pas di wan we posin we don fen boku  
 boku jwel den we get valyu  
 ?So udat don mekop in maynd fo no bot in konekshon  
 Dat spring we get layf  
 I gri wit wetin mek wi de liv wi layf  
 Eni tray we i de tray, God kin get boku boku blesin en  
 sopot  
 Di wan we no de eva stop fo tink en luk fo di sikrit fo  
 sikrit  
 I no de eva los di gol we i want  
 Mek God bles am fo di tray we i de tray  
 I de bles am fo di tray we i de tray  
 En den go gi am klia win

Magnetism: I de divelɔp, di tin dɛn we de ambɔg am, ɛn  
di bɛnifit dɛn we i de gi  
Pɔsin kin gɛt di magnet we i want, ilɛksɛf na fɔ mek Gɔd  
gɛt di pawa we pas ɔl, fɔ gɛt pawa fɔ tink, ɔ fɔ mek i want fɔ  
gɛt di tin dɛn we i nid fɔ du ɛvride  
Gɔd dɔn gi mɔtalman bɔdi, ɛn wi fɔ kia fɔ am Di wan dɛn  
we de kɔltiv ɛn yuz dɛn bɔdi magnetizm jɔs fɔ prɔpati ɛn  
maynd trenk go dɔn ful dɛn Bɔt di wan dɛn we de kɔltiv dɛn  
spiritual magnetizm go si se da blɛsin pawa de de atɛnd  
wetin dɛn nid ɛn fulɔp ɔl wetin dɛn want  
Wan lɔ de we de ɔlsay na di wɔl we de wok fayn, ɛn a  
dɔn ɛksperiɛns am na mi layf ɛn a dɔn kɔnfyus se i de wok  
I impɔtant fɔ mek pɔsin gɛt strɔng, wɛlbɔdi bɔdi we de  
ansa di maynd in kɔmand Imajin pɔsin we slɔp, we nɔ gɛt  
ɛnitin fɔ du wit am, go wok witout ambishɔn ɔ ɛnaji dɔn  
imajin ɔs we rɛdi fɔ galɔp na di rays trak jɔs lɛk aw i gɛt di  
signal fɔ stat Na so di bɔdi fɔ bi  
Sɔntɛnde wi kin notis sɔm ol pipul dɛm wae gɛt gud wɛl  
bɔdi ɛn gɛt di ɛnaji fɔ yɔŋ Dɛn bɔdi kin luk yɔŋ ɛn ful wit  
magnetizm, ɛn pan ɔl we dɛn dɔn ol, dɛn gɛt fayn fayn abit  
dɛm  
Slouching ɛn slouching de drain energy Wach aw pipul  
dɛn kin sidɔm na dɛn sidɔm ples; sɔm kin tan lɛk se dɛn slip  
ɛn slip, sote di tɛm we yu si dɛn, yu kin fil taya ɔda wan dɛn  
kin sidɔm stret, ɛn yu no se dɛn gɛt layf we de shayn; di  
moment yu luk dem, yu konekt wit dem  
sidon slouched ɛn we ɔdi wan dɛm we de alaw dɛn sɛf f  
va ɛn hunch di spayna ɔk ɔntribyut fɔn de kɔtek kɛri ɔdɛn n  
de tinap fayn Dis kayn sidon de ɔn we dɛn nɔdi posh ɔs fɔbi  
st nɛgɛtiv tinkin Di wanɔf ɔafekt di saykolojik stet bak ɛn f  
sitiv ɛnɔr pɔn kin mɔdɛm we sidon stret ɛn wit gud posish  
optimist  
Di wan dɛm wae nɔr kin ebul – bikɔs ɔf spɛshal  
sikɔstɛms – sidɔm stret kin kɔmpɛns dis wit dɛn optimism,  
pɔsitiv lukin-grɔn, ɛn strɔng mental prɛzɛns

Oltem yu fo pe atenshon pan enitin we yu de du, ileksef i  
tan lek se i smol o i no impotant, en di sem tem yu fo kip yu  
maynd fleksibul so dat yu go ebul fo shift to oda intres if nid  
de Bot pas ol, du oltin wit komplit konsentreshon, bikos dis go  
rili ep yu fo get mo charisma

Boku pan di biznes pipul den we get sakrifays pan eni fil  
no aw fo yuz magnetik pawa Fo kontrol yusef kin gi magnetik  
inflons, jos lek aw fo get balans maynd we no afekt di filin en  
tin den we posin kin want fo du fo mek i fil fayn, i fo chenj to  
trenk—to mental aktiviti—en sens fo gayd di filin fo mek dis  
magnetik pawa sho

Intelijens we den joyn wit imoshon de mek magnetizm

Posin we get magnetizm de tok wit konfidens Den de tok  
rayshonal, bot infuz den wod wit filin Wi fo ones pan oltin we  
wi de tok en du, bot ones no min fo mek oda pipul den veks o  
shem

pati dem, speshal Vegetebul en frut dem get magnetik pr  
modigest Difrent fr ot foks o de ambog owan frut dem, we n  
ontribyut fodat, if yu it protin dem en stach pasmak, i de k  
gan we sik o t enikomodi de koxin dem we de na di bomek di t  
kip odi Di bele, speshal wan, fobalans na di b ogo mek i n  
egzempl, gas we de na di bele ohelth en wok fayn fayn wan; f  
ofil fayn en dis de mek i de afekt in magnetik pr ode mek i n  
pati dem bad bad wan

If posin it boku boku it, i kin get bad bad tin den we kin  
apin to posin, pan ol we we posin fast kin mek in karisma  
bete, jos lek aw i kin mek i no it it wan wan tem Bot dis no  
min se i fo angri te i go ambog in welbodi Di wan den we de it  
mit tri tem insay di de kin get wiked yay en den no kin get  
bete charisma Bot pan ol dat, fo it di rayt it nomo no kin du; fo  
tink gud wan, fo biev fayn, en fo biev rayt na layf impotant  
bak

Wi op fo tok to yu tumara bambay bot di ifekt we  
magnetizm get pan oda pipul den en bot mo sikrit den we i  
get



En a de si yu de blo na di gadin we a lek  
A fil yu dip insay mi tinkin  
A de fil yu prezens insay mi dip filin den  
En a de si yu de blo na di gadin we a lek  
Fil mi wit di sent we yu de get  
Mek a gladi fo yu blesin sent  
Una kam to mi from odasay na di skay en di sta den  
En di tin den we posin kin tink en fil  
Sho mi yu fes we oli pas ol  
Mek a no se yu de na mi sol  
En di wan den we de rawnd mi  
Olsay na di wol  
A don de luk fo yu olsay na di wol  
Na di rod den fo di tin den we posin want en di tin den we  
posin want fo du  
En naw a don no se yu de insay mi  
En i de mek a fil lek se a oli pas ol  
No ayd from mi igen  
Bihayn di flawa den we de mek posin fil bad  
Tin den en di puls we di sol get  
Adorn mi sol wit di jewels of yu waes  
En grant mi di briz of Yu bliss  
Rimov di daknes we don koba yu pan mi  
Rigarding mi sight en mi insight  
O Yu we de pas di sta den en di blu skay  
En pas di layers den na di atmosfes en ol di tin den we  
God mek en di tin den we den mek  
Aksept mi wispa den fo lov  
Immerse mi biin in yu lov, yu lait, en yu pis  
Dat layt en di jentri den we go de sote go  
Di de go kam we a go tel dis wol fayn fayn wan, bot as  
long as a de na dis wol, di gladi at we a pas ol na fo tok bot  
God in wondaful tin den to di wan den we abop pan mi, en di  
tin we a want na fo mek den boku mo en mo fo da divayn layt  
we don gi mi komfort, fridom, en sef we a no go ebul fo tok bot

Di istri bɔt di yunivas, insay ɔl in smɔl smɔl ditil dɛm, dɛn  
kip am na di vault dɛm fɔ sote go Dat na ɔda dimɛnshɔn Na  
dis limited wɔl, wi de si long, waid, tik, ɛn ayt, bɔt ɔda lɛvul  
de usay dɛn dimɛnshɔn ya nɔ de ɔltin transparent na da  
ethereal plen de—ɔltin na kɔnshɛns ɛn awareness Di sɛns fɔ  
teist na sɛns, lɛk aw di sɛns de fɔ smɛl Wi filin, tink, ɛn bɔdi  
na ɔl kɔnshɛns ɛn jɔs lɛk aw wi kin si, yɛri, smɛl, test, ɛn tɔch  
na drim, na so bak wi kin ɛkspiriɛns ɔl dɛn sɛns ya wit klin,  
transparent kɔnshɛns ɔ filin na di ay eria dɛn Dis na jɔs wetin  
a de si rayt naw as a de tɔk dis tɛm we a nɔ de na dis bɔdi;  
bifo dat, a de pat pan ɔl wetin de ɛn di tin dɛn we a de si na  
rial to mi lɛk aw yu rial to mi

Wan fɔ wek fɔ si Gɔd ɔlsay ɛn fɔ no di difrɛns bitwin drim  
ɛn rial tin A kin si bɔku tɛm we nɔ gɛt ɛnd na di ples usay a  
de, ɛn a kin si da ples de we nɔ gɛt ɛnd ɔltin de borrow layf  
frɔm da sɔs we de sote go

As pikin, a bin sidɔm ɛn pre de ɛn nɛt, bɔt no ansa nɔ bin  
de Na wan say, a si mɔtalman, ɛn na di ɔda say, sote go, we  
nɔ de tɔk to mi Pan ɔl we a bin tink se na mi wangren de ɛn  
ɔlman dɔn lɛf mi, Gɔd nɔ bin dɔn lɛf mi, bikɔs I bin de wit mi  
ɔltɛm sikrit wan—biɛn mi tink ɛn filin ɛn we a bigin fɔ si di  
layt we de insay mi, mi sol bin ful-ɔp wit di blɛsin we a gɛt  
misteriously divayn sɛnt

A bin de si di rut dɛn fɔ di tik dɛn ɛn di sap we de flɔ tru  
dɛn, ɛn a bin de fil se a de nia Gɔd, we bin de kɔrej mi ɛn  
mek mi at izi a bin de pre ɛn kɔl am bɔku bɔku tɛm, de ɛn  
nɛt, ɛn we tin dɛn bin lɔs dɛn layt ɛn minin fɔ mi, a bin de lɛf  
di wɔl ɛn ɔl wetin i gɛt, inklud gladi-at, a bin de fred se i go bi  
jɔs tin dɛn we a gɛt Dɔn a fɛn Gɔd, we de wit mi naw, ɔltɛm  
Di wɔl kin lɛf mi, bɔt Gɔd nɔ go ɛva lɛf mi fɔ wan mɔnt

Gɔd na ɔltin Dis ɔl ɛn di yunivas we de rawnd am de flɔt lɛk  
muv pikchɔ dɛn na di skrin na mi kɔnshɛns A de luk ɛn si  
natin pas di klin spirit, di transparent layt, ɛn di saful  
awareness Di imej fɔ mi bɔdi, di imej dɛn fɔ una bɔdi, ɛn ɔl di

tin den na di wɔl na emanations from da wan divayn layt de  
En we a si da layt de, a nɔ si eni ɔda tin  
We yu luk di skrin, yu si pikchɔ den we de muv, bɔt we  
yu luk bak (na tradishɔnal sinima), yu jɔs si wan layt we de  
shayn pan di skrin I de sawnd we yu nɔ go biliv, bɔt na tru  
A bin de tɔk bɔt den tin ya, bɔt naw a nɔ de tɔk to di wan  
den we nɔ bisin ɔ we nɔ bisin bɔt Gɔd dɔn alaw mi fɔ tɔk to  
una dis tɛm so dat una go no se natin nɔ de we fit fɔ liv fɔ  
pas Gɔd

Oltin nɔ de te Pre fɔ wetin de lɛf en we nɔ de pas  
Na wan bɔkul we gɛt lɔv flawa den  
Wi kin ebul fɔ gɛt di lɛk we wi lɛk ɔda pipul den  
Tenki fɔ yu an we gɛt fri-an  
Na di trenk we di filin fɔ lɛk pɔsin gɛt  
So, inspekt wi fɔ prɛzɛnt to yu  
!Wi rili lɛk wi en di lɔng we wi de bɔn  
Yu don giv wi papa en mama  
Brɔda en sista den  
kɔzin den  
patna  
Pikin den en padi den  
Sɔntɛm wi go lan aw fɔ lɛk yu  
Wit difrɛn ɛksprɛshɔn en subtil natura difrɛns  
Fɔ ɔl kayn mɔtalman rilayshɔnship  
. ,O pɔsin we lɛk am sote go  
!O Neba we pas ɔlman  
Tich mi aw fɔ breyd wan bɔkul  
From ɔl di flawa den we mɔtalman gɛt  
En a de put am as sakrifays na yu tɛmpul we gɛt blɛsin  
Bɔt if a nɔ ebul  
From we den prɛzɛnt di wan ol paket to yu  
Bikɔs ɔf di bɔku bɔku pipul den we de biɛn pipul den en  
di ɔvalap  
A go pik wan flawa  
Wan pan di flawa den we fayn en we fresh pas ɔl

En a de put am na yu blesin treshold  
 !A op se yu go aksept am from mi  
 Laif in sting en blow wantem wantem  
 O Masta fo di lo we de calsay na di wol  
 Ep mi fo bia mi wund en skata den  
 Den bon am wit bad bad tin den en problem den  
 Dekreshon en medal den fo korekt posin  
 Gi mi bay di an fo Yu divayn jostis  
 Di wan we no no fo tek wan posin bete pas oda posin  
 Mek di stres we a de tray evride, akt lek antidote to  
 illusion en deceision  
 En fo pul mi lay lay op fo wan lay lay wol gladi-at  
 If na di kray wata nomo a bin de kray bikos oda pipul den  
 de rud  
 Wash di stayn en blemish den we ayd na mi maynd  
 En le eni shap blow we di pikaks fo disroption de blo  
 opin  
 Nyu dip sens en ondestandin insay mi  
 A wish se di daknes fo dis dense matirial egzistens go  
 mek a fred  
 So dat a go kwik fo luk fo di crayzin den we yu klin en yu  
 layt we de men yu  
 Laif in sting en blow den we kin blo wantem wantem fos  
 mi  
 So dat a go ala, en beg fo mek una ep mi  
 En fo pul di pen we a bin de fil we den rayt na di gron na  
 mi layf  
 Bot di spring den we de flo oltem, we get boku boku tin  
 den we de mek yu korej yu  
 If na di ugliness of roughness bin de insay oda pipul den  
 I de fos mi fo adorn misef wit saful en gud  
 En le di wod den we mi kompian den kin tok we kin mek a  
 fil bad, memba mi fo yuz swit wod den nomo  
 Ivin if wiked maynd den trowe ston pan mi  
 So le a ansa wit padi mishol den we get gud intenshon

Læk jasmin tik we de skata in flawa dən we get sent  
Na di an we de bring di aks dɔŋ pan in trɔŋk  
So, lɛ a skata di ros petal dən we de mek a nɔ ebul fɔ bia  
wit ɔda pipul dən  
To ɔlman we de trit mi wit kol at ɛn et  
Aw fɔ liv wit pis ɛn kol at na dis wɔl  
Dis wɔl layf nɔto wetin i tan læk Nɔ put yu trɔst pan am,  
bikɔs i de chenj chenj, i de ful pɔsin, ɛn i ful-ɔp wit  
disapɔyntment ɛn op we dɔn brok Pafekt nɔ go ebul fɔ fɛn ya  
A nɔ want fɔ gi yu wan pikchɔ we nɔ rili bi bɔt layf Dis wɔl  
nɔto paradays Na divayn laboratori usay Gɔd de tɛst sol dən  
fɔ si if dən go win di bad tin dən we dən want wit gudnɛs ɛn  
mek Am—dat na, mek Gɔd—di tin we dən want pas ɔl, so dat  
dɛn go go bak na in kɪŋdɔm  
Laif ful-ɔp wit ɔl kayn bad bad tin ɛn kɔmɛdi, bad bad tin  
ɛn fars Na big big tin we de chenj ɔltɛm, ɛn we get bɔku bɔku  
tin dən we get bɔku bɔku we dən Nɔ tu tin dən we rili fɪba  
ɔlman in layf spɛshal ɛni wan pan dən get difrɛn tin dən,  
difrɛn we aw i de tink, ɛn difrɛn tin dən we i want  
If wi bin de fes di sem tɛst ɛvrɪde, wi go de bost ɛn taya  
wit layf lvin Paradays, if na di sem ɔltɛm, wi nɔ go want am  
Wi læk difrɛn ɛn difrɛn If Paradays bin de wanwɔd, Gɔd in oli  
pipul dən ɛn oli pipul dən fɔ dɔn pre fɔ go bak na di Wɔl fɔ  
ɛnjoy dɛnsɛf! Paradays kin nyu ɔltɛm di we we kin mek pɔsin  
gladi pas ɔl, ɛn bɔku tɛm dən kin mek di wɔl nyu ɔltɛm, bɔt i  
kin mek i taya ɛn i nɔ kin mek pɔsin gladi  
Bɔt pan ɔl we layf kin taya ɛn tranga, bɔku pipul dən kin  
yus to am, dən kin biliv se no ɔda we nɔ de fɔ liv We dən nɔ  
ebul fɔ kɔmpia dis layf to spiritual layf, dən nɔ kin no aw di  
pen ɛn taya we ayd insay di fold dən na dis wɔl de bɔku  
In rialiti, layf nɔto rial Jɔs læk aw dən kin pul ol fim dən  
bak ɛn bak, na so bak di sem ol tin dən we kin apin kin ripit  
dɛnsɛf difrɛn we dən  
Pan ɔl we layf de kɔntɪnyu fɔ de sote go, dən kin tɔk bak  
bɔt di sem tin dən we dən bin dɔn tɔk bɔt na di fim dən we

dən bin dən mek trade Fə tru, istri de ripit inşef, ɛn pipul dən  
na jɔs tin dən we dən bin dən mek na di myuziɔm dən we bin  
de trade

Fə ful-ɔp wit layf in sɔprayz, aksept dən ɔbjektiv wan ɛn  
nɔ tek wan pɔsin bɛtɛ pas ɔda pɔsin, Pɔsin fə kip balans pan  
gladi ɛn sɔri, bɛnifit ɛn lɔs, win ɛn fayl fə mek i go ebul fə fes  
layf in chalenj wit kɔrej ɛn kɔnfidɛns pan inşef

Fə kip pis insay yu at pan ɔl we ɔltin de apin na di bɛst  
we fə win di tin dən we a want fə ful Dis na wetin a lan frɔm  
di big big pipul dən we nɔ bin afɛkt di chenj we di tɛm bin de  
chenj, we bin tinap tranga wan ɛn we nɔ bin de chenj te di  
ɛnd Ivin di prɔfɛt dən, we dən bin de mek dən sɔfa, dən nɔ  
bin lɔs dən oli kɔnshɛns, ɛn dən nɔ bin alaw ɛnibɔdi fə tif Gɔd  
in lɔv frɔm dən

Spiritual gladi-at inşef na blɛsin protɛkshɔn ɛn di big big  
fɔt pas ɔl Insay di midst ɔf prɔblɛm ɛn trɔbul, mɛmba di  
blɛsin dən we Gɔd dən gi yu

Yu sol na Gɔd in oli tɛmpul Dən nɔ fə alaw di daknɛs we  
nɔ no natin fə dɔti da klin ples de Aw i fayn fə de na di sol in  
kɔnshɛns, ɔnɔ, rɛspɛkt, sɛf, ɛn pis! Nɔ fred natin ɛn nɔ et  
ɛnibɔdi

Gi yu lɔv to ɔlman Fil Gɔd in lɔv ɛn si in prezɛns insay ɔl  
pipul, ɛn mek yu strongest want bi In prezɛns ɔltɛm na yu at  
Dis na di we fə liv wit pis ɛn kwayɛt na dis wɔl Bɔt i at fə test  
dis insay satisfay as long as di faya faya briz we de mek yu  
want de blo na di oasis na di at ɛn shek in tik dən wit fɛt-fɛt  
Di tin dən we pɔsin want na di say we pɔsin de shep Dən

kin bɔn am frɔm di we aw wi de si tin ɛn i kin stɔp am bikɔs  
ɔf di tin dən we wi nɔ kin ebul fə si tin dən we wi kin si am,  
dat kin mek wi atɛnd wan rural fɛa kin mek pɔsin want fə gɛt  
sɔm gladi at, bɔt afta wi dən go na wan wɔl klas ɛgzibishin ɛn  
si ɔl di difrɛn difrɛn displei dən, di smɔl fɛa kin lɔs in charm  
ɛn apil So, wi fə fɔs ɛkspiriɛns di gladi at we wi kin gɛt we wi  
de kɔmyunion wit Gɔd so dat wi go kɔmpia da gladi at de to  
lesser earthly pleasures Dən, di tin dən we pɔsin want go bi

di kayn we we ay pas ol Di tin den we posin want no get end;  
no sooner is one fulfilled than another takes its place Bot we  
yu fen God, ol wetin yu want don fulfil So wetin mek yu no fos  
fo luk fo fulfilment fo da big tin we yu want en get from God  
?in fri an di best en las blasin

We God ansa di posin we de luk fo am in prea fo no am,  
ol di oda tin den we i want go apin wantem wantem en sote  
go

Di gold we get sens en di stel we get trenk  
Dis wol no pafekt Na skul we get problem en trobul, en  
tru den problem ya wi kin lan layf in lesin den Di rizin fo tray  
nato fo kros wi, bot fo develop wi trenk Den na akodin to di  
natura lo fo evolushon en progres; i impotant fo mek wi go  
bifo en go op from di wan den we smol pas ol to di wan den  
we ay pas ol

God de test wi olkayn we fo mek wi mekop wi maynd  
strong, no fo brok wi Ignorance destroy wi if wi put ol wi trust  
pan di bodi Di wan den we de kontinyu fo luk fo trut de get  
layf we go de sote go

Wetin mek wi de sofa? So dat wi no go eva sofa igen Dis  
wol na faya we de bon we wi sol den de melt te di gold we  
get sens en di stel we get trenk en we no tinap tranga wan  
komot

Boku tem, layf kin tan lek wan raf gem en di wangren  
jostifikeshon fo dat na dat na jos wan kosmik drim we no get  
eni porment

Dis na di rizin we mek di wol ful-op wit difrens en no  
ikwal Som pipul den po en som jentri  
Som pan den get welbodi, som pan den sik en oda tin den  
Motalman don eksperiens boku tin den trade en i go  
eksperiens boku tin den tumara bambay, bot dis tru tin no fo  
mek i fred

Laif na kosmik ple, en God don gi wi wok den we wi fo du  
fayn fayn wan, sho se as long as wi de du tin wit satisfy en

tink klia wan, wi de gri wit di Wan we mek wi en wi no get  
natin fo fred Dis na di big komfort we sens de gi wi  
Sontende i kin izi fo se dis yunivas na drim, bot we wi de  
fes wit harsh rialiti, i kin at fo tink se dis layf na drim I  
important fo koltiv di pawa we wi de tink so dat wi go no se  
dis yunivas komot from God in maynd en wetin i want  
Di rilayshon bitwin maynd en matta na dip transparent,  
en fo saksesful fo nevigayt layf in trayla, wi fo rijuvenate  
wisef ol tu na bodi en intelektual Wi fo cultivate mental  
resilience en expand wi kapasiti fo aksept Di wan den we no  
ebul fo bia wit layf in chalenj den no go ebul fo ep we di  
storm of adversity rage en di tempests of calamity rage  
Di ki fo gladi, trenk, en welbodi de insay wi Bot wetin kin  
apin boku tem na dis: posin we don enjoy gud welbodi fo boku  
ia en afta dat i sik fo siks mont kin biliv se den no go eva wel  
Di bodi no fo ebul fo konvins di maynd fo dis Di maynd fo  
konvins di bodi Di maynd no fo swela bay di bodi in  
kondishon, en wi fo ondastand se di bodi na di ples we di sol,  
en di sol no fo afekt am  
God don gi wi di pawa fo kontrol wi tink en bodi en fo fri  
from pen en sori Di maynd na di sos fo ol problem en di  
welspring fo gladi Fo tru, mortalman strong pas ol in  
ekspiriens, en ivin if wi no no am naw, wi go no leta  
No eva se "A don don en don wit am," bikos dis na bad  
tin we de tink bot we de poyzin di maynd Som pipul den kin  
tink se if den waka smol den go taya, o if den no ebul fo it  
som it den go get pen en oda tin den  
Wi no fo alaw wi maynd fo de pan sik o tin den we wi no  
ebul fo du, en da tem de wi go si se wi bodi de chenj fo bete  
Mamba se di maynd na di tin we de drab di bodi If di maynd  
wik, di bodi go wik Wi no fo get pwel at o kray fo di wol gud,  
en God de wit wi oltem  
Mi stori wit swit en di eksasaiz of wilpower  
A go tel una bot wan ekspiriens we bin apin to mi we a  
bin stil smol



Fɔ bigin, dɛn kɔl di pikin in wil fysiological, ɔ physical; we  
ɔs fɔmtin Dɛn de kray biɔse dɛn want s ɔpikin kray, na sayn f  
shalɔwil na f ɔm fɔs fɔn, so di fɔndishɔs kɔwan f  
bmit to in mama in wil, ɔafta dat, we di pikin gro ɛn i de s  
s di pikin in wil na disɔtomatik wil" biɔ" dɛn kin se di pikin gɛt  
stej na di mama in wil de gayd am  
A mɛmba se we a bin de na di stej fɔ ɔtomɛtik wil, a bin  
de du ɔl wetin mi mama aks mi, ɛn mi niknem da tɛm de na  
bin "di enjɛl" Bɔt wan de mi nɛni tek mi insay di kariɔt go na  
di shɔp, ɛn na de a si pis ɔrɛnj kɔlɔ kandy, ɛn dɛn kech mi  
atɛnshɔn ɛn atrak mi insay wan strenj we  
A aks mi neni fɔ bay sɔm pan mi, bɔt i nɔ gri, so a nɔ tɔk  
wan wɔd ɛn wi go bak na os  
A it mi dina, dɔn a tink bɔt dɛzat bak, so a tɛl mi mama  
."se a want sɔm ɔrɛnj kɔlɔ swit, ɛn i se, "No go na yu bed  
Afta sɔm tɛm, a ripit di rikwest, se, "Mama, a want ɔrɛnj  
kandy pis" Mi mama ansa wit wan fayn ɛn disayd tɔyn, "Yu  
."nɔ go gɛt dɛn, ɛn yu fɔ go slip  
Dɔn a ala na di tɔp pan mi vɔys, "A want mi ɔrɛnj  
kandy!" ɛn a bin kɔntinyu fɔ du wetin a aks fɔ ɛn kɔntinyu fɔ  
tinap tranga wan te mi mama go wek di pɔsin we de wok na  
di shɔp fɔ kam wit di kandy pis dɛn to mi  
ɛn a bin fil gladi pasmak Wetin mek? Na bikɔs a bin yuz  
mi wil ɛn a bin ebul fɔ du am! Yes, a fil amazing bikos a yuz  
mai own wil fo di fes taim Bɔt di neks de, mai niknem chenj  
from "enjɛl" to "mischievous" bikos a eksasaiz mi fridom and  
pik mi oun rod fo wan taim  
ɛnitɛm we a want sɔntin we nɔ bad, mi famili kin gri, bɔt  
a kin lisin to rizin ɔltɛm, ɛn we a nɔ rayt, a kin rɛdi ɔltɛm fɔ  
kɔrɛkt misɛf Bɔt we a rayt, a nɔ kin shem, ilɛksɛf di ɔda pipul  
dɛn na di famili nɔ gri  
Mama dɛn fɔ tren dɛn pikin dɛn wil pawa ɛn nɔ krɔs am  
bay we dɛn de dinay dɛn wetin dɛn want jɔs bikɔs dɛn na  
pikin If pikin dɛn want fɔ yuz dɛn wil pawa di rayt we ɛn di  
rayt we, dɛn nɔ fɔ label dɛn as naughty Dɛn fridɔm nɔ fɔ stɔp

dən fridɔm, ɛn dən fɔ ɡet lɔv ɛn ɔndastandin advays frɔm dən  
mama ɛn papa bɔt di smɔl tin dən we dən want If mama ɛn  
papa tink se dən kin sev tɛm bay we dən hit dən pikin dən,  
dɛn go go na fɔ west tɛm nɔmɔ Dɛn fɔ tɔk bɔt tin dən wit di  
pikin ɛn afta dat dɛn nɔ fɔ du natin mɔ Pikin dɛn nid fɔ ɡet  
sɔm smɔl smɔl slap dɛn we strɔŋg; dis go ɛp dɛn fɔ lan mɔ  
kwik

Bɔku tɛm, mama ɛn papa dɛn kin put dɛn pikin dɛn  
wetin dɛn want, dɛn fɔ mɛn pikin in wil pawa, ɛn dɛn fɔ trit  
am wit lɔv, ɔndastandin, ɛn peshɛnt  
Fɔ fala di pikin in ɔtomɛtik wil pawa de kam di "blaynd  
wil" we yɔŋ pipul dɛn ɡɛt Dis wil tan lɛk ɡɔn we de faya bulɛt  
na di ays, we nɔ de prodyuz natin pas pɔp we de anɔynt Yɔŋ  
pipul dɛn de west di dainamit we dɛn want fɔ natin  
Dɔn di "explosive will" kin kam, lɛk we pikin rich yɔŋ,  
dɛn kin pul in wil tru impulsiv want ɛn reckless bihayvya  
Bɔku tɛm Dɛn kin lan dɛn lɛsin nɔmɔ afta dɛn dɔn ɛkspiriɛns  
sɔm penful shɔk ɛn blo  
Dɛn se di bi kin so lɛk di sɛnt we di lotus ɡɛt so i kin de  
na di flawa in at fɔ lɔng tɛm, ɛn i kin sok nɛktɔ We i de du  
dat, di lotus petal dɛn kin lɔk pan am, ɛn i kin mit in day  
insay di lotus  
Dɔn, di dia dɛn we de na di nɔt pat dɛn de, we dɛn dɔn  
chak wit di myuzik we di flut de mek We di pɔsin we de ɔntin  
de ple di flut, di dia kin kam to am ɛn mit in fate we go kil  
am  
Sɔm ɛlifant dɛn de bak we dɛn kin mɛn (uman ɛlifant  
dɛn) we dɛn kin yuz fɔ mek ɔda ɛlifant dɛn kam ɛn fɛn ɔda  
ɛlifant dɛn  
Insay dis kɔntɛks, wan bigman we sabi bɔt sayɛns bin  
:tɔk sɔntin we se  
Di bi kin kɔle di sɛnt  
ɛn di dia de mek sawnd we de mek pɔsin wispa  
Di ɛlifant we dɛn kapchɔ de fɔdɔm  
Na bikɔs ɔf di tɔch we de mek pɔsin wek

Bɔt wetin wi go se bɔt mɔtalman we gɛt ɔl dɛn sɛns dɛn  
:de? Di advays we di masta sabi bukman gi am na  
Nɔ bi slev to yu sɛns, ɛn nɔ mek ɛnitin ɔ ɛnibɔdi kɔntrol"  
."yu

:As fɔ mi, a de se

Mɛmba se dɛn dɔn put ɔl yu sɛns dɛn na yu savis ɛn yu  
fɔ lisin to yu kɔmand dɛn ɛn fala wetin yu want  
Vɛks ɛn di mɛmori we di ɛlifant gɛt  
Di wan dɛn we de luk fɔ pis insay dɛn at fɔ ɔndastand aw  
dɛn kin mek pɔsin vɛks ɛn aw bɔku tɛm i kin mek bad bad tin  
apin Bikɔs ɔf di nɔ balans we de insay dɛn at we vɛks kin  
mek, bɔku pipul dɛn dɔn chenj agens wetin dɛn want to  
kriminal ɛn kilman

Fɔ ambɔg di tin dɛn we pɔsin want, i de mek di maynd  
blaynd We di fɔg we di tin dɛn we i want fɔ du tek pɔsin in  
maynd, i kin lɔs in sɛns ɛn biev di we we nɔ fit fɔ bi pɔsin we  
gɛt ay pozishɔn

We pɔsin nɔ gɛt sɛns, dat kin mek pɔsin no di we aw  
pɔsin kin no we i bɔn we na di tin we de mek pɔsin du ɔl di  
tin dɛn we pɔsin kin du fayn ɛn fɔ du gud tin  
We di stiarin fɔ di mental motoka fɔ mɔtalman layf brok,  
i nɔ go ɛva gɛt aksident ɛn i go si insɛf na wan trench we gɛt  
pen ɛn sɔfa

Fɔ ɛgzampul: Di man de drayv wit gladi at, ɛn we i de go  
na di pak, in wɛf tɛl am fɔ chenj dairekshɔn fɔ go na in mama  
ɛn papa dɛn os instead fɔ go na di pak, ɛn na ya in gladi at  
kin tɔn to vɛks

A pik dis ɛgzampul bikɔs na kɔmɔn tin we kin apin Insay  
nɔmal kes dɛm, di rizulyt na ɔ di man nɔ gri wit wetin in wɛf  
aks fɔ ɔ gri wit vɛks ɛn nɔ gladi, ɛn na dis kin jɔs apin Insay ɔl  
tu di kes dɛm, vɛks kin tek ova, di atmosfɛs kin tɛns, ɛn di  
pis kin ambɔg

Sɔntɛnde, vɛks kin tɔn to bad bad tin fɔ di wan dɛn we  
gɛt bad bad wamat Wamat kin afɛkt di mɛmori, ɔ di drayva  
kin fɔgɛt fɔ drayv tek tɛm ɛn pe atɛnshɔn, ɔ i nɔ kin wach di

trafik signal den, en dis kin mek pɔsin rɔsh ɔ, Gɔd nɔ gri fɔ  
mek i day

Fɔ dɔn, vɛks kin lɔk di stiarin fɔ di wil na di chariɔt fɔ layf  
en i kin mek i nɔ ebul fɔ rich di tin den we i want fɔ du en di  
tin den we i want fɔ du  
ɛlifant memori

Di fakulti we den kɔl "memori" na gift frɔm Gɔd to  
mɔtalman, en na big blɛsin i bi! Den kin gi animal den bak fɔ  
mɛmba; if i nɔ bin de, den nɔ bin fɔ ebul fɔ no den yɔŋ wan  
Sɔm animal den gɛt fayn fayn memori, lɛk aw di stori we de  
kam biɛn bɔt ɛlifant sho

We wan big ɛlifant bin de kɛr tik, lɛk aw bɔku ɛlifant den  
we den dɔn tren kin du na di ls, wan bɔbɔ kam nia am, chuk  
am wit nidul na in trɔnk, en rɔnawe

Wan ia pas frɔm we da tin de apin, en di sem ɛlifant mit  
di sem bɔbɔ Dis bin gi di ɛlifant wan rili chans fɔ mek i  
revang I jɔs rap in trɔnk rawnd di bɔbɔ en trowe am wit fɛt-fɛt  
na di ɔda say na di rod So, animal den kin mɛmba tin den

\* \* \*

A dɔn drim bɔku drim den, en naw a wek Na di ɔlta fɔ mi  
sol, a de bɔn di faya we a de mɛmba Yu ɔltɛm, mi Gɔd Wit  
yay den we dɔn lɛf di slip we a de slip, a de luk Yu fayn fayn  
fes en gladi fɔ si in oli layt

En bay yu gudnɛs a dɔn kam fɔ no se wɛlbɔdi, sik, layf,  
en day na ɔlkayn drim

A dɔn dɔn di novel bɔt drim den we den paint wit fayn  
fayn kɔlɔ den na di kɔtin we de shayn we gɛt ilyushɔn den

En naw a de si yu as di wangren trut we de  
Gɔd sho mi insay da vishɔn de

ɔl di tin den we Gɔd mek nɔ rial Wetin pas di tin den we  
Gɔd mek na di tru tru tin

A bin de waka wan de na di grɔn na di oli ples en wach  
di san layt we de rawnd mi As a de kam dɔŋ di stej den we  
de go na di bich, a stɔp en luk to di ilɛktrik layt den na di step  
den, we stil layt, bɔt a nɔ bin ebul fɔ no difrɛns bikɔs Gɔd in

layt kam to mi en i pas mi so dat a no go ebul fo no difrens  
bitwin am en di oda layt den we no brayt bete  
{Allah na di Layt fo di evin en di wol}  
En di layt de shayn na daknes, en di daknes no}  
{ondastand am

A no bin eva ebul fo si di san en afta dat a bin no se di  
san layt en ilektrik layt noto rial tin atol, we di tru layt na God  
in layt

Insay da big vishon de, God sho mi wol den pan wol den  
—di tin den we no get end fo In divayn layt—en a bin no se di  
tin den we a si na jos eksprashon fo In kosmik konsheins If wi  
alayned wise wit Am, wi go waka insay In layt enisay we wi  
go en fil In prezents enisay we wi ton

We wi no di kosmik spirit en no se wi na, insay di men  
tin, spirit, na da tem de di wol, di dost, di mawnten den, di si,  
en di skay kin melt, en natin no de lef pas God  
En yu si di mawnten den, yu tink se den no de muv, we  
den de pas lek klawd we de pas

Di miks we oltin miks insay di divayn sef na stet we den  
no go ebul fo ekspres wit wod wan big blesin we den test wit  
kompliit satisfayshon fo lov, gladi en no (di gladi at we di  
. posin we biliv get fo mit in Masta)

Wi kin get dis kayn gladi-at pan God biznes bay we wi  
mek di rayt balans bitwin prektikal layf en fo tink bot God  
Klin di saykolojik westem

Self-analysis is crucial along the way Posin kin et, veks,  
or kin veks kwik If na so, den kwaliti ya we den kin kip na in  
konsheins na bikos of di tin den we i don du trade

Fo klia di saykilojik ripositori fo da fonicha we don klot,  
we don pwel, wi fo begin wit fayn, konstruktiv akshon den en  
koltiv wan sens fo lek oda pipul den Di mo we wi lek pipul  
den, na di mo den go lek wi, en wi go fil den lov Bot if wi  
korekt den, ivin to wise, den go sens da koment de en gi am  
!bak to wi amplified

Lε wi se wan ol εnimi fɔ yu dɔn day, yet yu stil kip vεks  
εn et to am Yu go sɔfa bikɔs ɔf dis bita bita tin, εn di bad tin  
dɛn we i go du go sho na yu bɔdi εn maynd I bεtε fɔ fɔgiv am  
fɔ Gɔd in sek, bikɔs we yu du dat yu go fri yusef frɔm di bad  
bad tin dɛn we yu want fɔ pe bak we de pwεl yu pis na yu  
maynd εn brok yu kolat We yu hip et pan et, ɔ ansa εnimi wit  
et, nɔ jɔs de mek yu εnimi et yu mɔ εn mɔ bɔt i de pɔyzin yu  
.yon bɔdi εn filin as a rizulyt [So fɔgiv wit fayn fɔgiv]

(We a bin fɔgiv εn nɔ bin gɛt εni grɔj agens εnibɔdi)

A bin pul misεf pan di wɔri we a bin de wɔri bɔt εnimi

Wan wan tɛm, pɔsin fɔ lεf ɔltin biεn fɔ de in wan wit  
insεf, fɔ mek i go tink bɔt di rizin fɔ layf Mɔs pipul dɛn de drεf  
insay wan kɔrɛnt we gɛt tradishɔn εn fashɔn In rialiti, dɛn nɔ  
εva rili liv dɛn yon layf, bɔt na di layf na di wɔl Wetin dɛn dɔn  
?ajɔst, εn usay dɛn dɔn dɔn

So, i fayn fɔ mek pɔsin pul insεf kɔmɔt pan di tin dɛn we

i de du εn "duti" we i de du εvrɪde wan wan tɛm fɔ mek di  
trɔbul we de na in maynd kol εn tray fɔ ɔndastand di men tin  
we i de du εn disayd di gol we i want fɔ rich

Mεmba se di big big tɛstimoni we yu kin gɛt na yu

kɔnshɛns: di vɔys we nɔ de mistek εn we nɔ de mek mistek  
fɔ yu sol Wetin yu kɔnshɛns de tɛl yu na udat yu rili bi, we nɔ  
gɛt embellish ɔ disgiz

Tink bɔt di pawa we Jizɔs Krays gɛt we i se, "Papa, fɔgiv

"dɛn, bikɔs dɛn nɔ no aw fɔ du wetin dɛn nɔ no

We yu lisin to di vɔys fɔ yu kɔnshɛns we gɛt layt go brig  
layt to yu rod εn blɛsin to yu layf We yu fil wan strong tin na  
yu at fɔ du wetin yu want, yuz yu sɛns εn aks yusef: "Na gud  
"?ɔ bad tin we a de tray fɔ du

Bɔku tin dɛn kin mek mɔtalman want fɔ du sɔntin We

pɔsin si nyu mɔdel motoka, i want fɔ gɛt wan lɛk am We i si  
nyu stayl os, i want fɔ gɛt wan lɛk am Wan nyu fashɔn tren  
!kin bi pɔpul, εn pipul dɛn kin want fɔ bay εn wɛr da stayl de  
Usay tin dɛn we pɔsin kin want kin kɔmɔt? A spɛn bɔku  
awa fɔ tink bɔt dis Yu kin kategoriz ɔl wetin yu want? A bin

ebul fɔ sɔt ɔl wetin a want ɛn kip di gud wan dɛn nɔmɔ ɛn we  
a rich divayn union, a si se ɔl mi gud tin dɛn dɔn apin wan  
tɛm Tide pɔsin want wan tin, ɛn tumara dɛn sol want ɔda tin  
Di maynd we kɔmɔt frɔm di ɔl mayti Gɔd nɔ go ebul fɔ  
satisfay wit di guds na dis wɔl Gɔd na di trɔs we di sol lɛk pas  
ɔl ɛn we valyu pas ɔl, ɛn na in nɔmɔ ebul fɔ satisfay di tin we  
di at want ɛn du wetin di sol want

Akses to di kosmik stoa haus we ful-ɔp wit gudnɛs  
Gɔd na di sɔs ɛn wɛspring fɔ ɔl di intɛlektual kapasiti, di  
mek pis, ɛn di stoa fɔ ɔl di prɔsperiti ɛn bɔku bɔku tin Fɔ mek  
wi gri wit di divayn bounty we de ful-ɔp wit gudnɛs ɔltɛm, wi  
fɔ pul di tink dɛn we wi de tink bɔt fɔ want ɛn nid frɔm wi sol,  
wans ɛn fɔ ɔltɛm

Di yunivasal maynd kɔmplit ɛn pafɛkt, i nɔ gɛt natin Fɔ  
akses dis kɔsmik stoa we ful-ɔp wit ɔl kayn blɛsin, pɔsin fɔ  
kɔltiv insay insɛf wan awareness fɔ bɔku ɛn ɔltɛm bi optimist,  
ivin if pɔsin nɔ no usay di nɛks lira, paund, dina, ɔ dala  
!kɔmɔt

Tink bɔt di fri-an we Gɔd gi yu as ren we de mek yu fil  
fayn ɛn we de kam bɔku bɔku wan, we yu go ebul fɔ gɛt  
insay ɛni bɔtul we yu ol! If yu ol kɔp, yu go ful-ɔp am; if di  
vessel big, yu go ful dat wan tu Us kain vessel yu de yuz fɔ  
geht dis heavenly bounty? Yu vessel kin gɛt fɔlt—sɔntɛm i ful-  
ɔp wit saykilɔjik ɛn intɛlektual ol dɛn If na so i bi, yu fɔ mek  
am fayn bay we yu pul fred, et, dawt, ɛn jɛlɔs pan yusɛf, ɛn  
was ɛn klin am wit di wata we gɛt pis, kol at, sinsi, ɛn klin  
lɔv, fɔ rɛdi fɔ gɛt di bɔku bɔku gudnɛs frɔm di Wan we Gɛt  
Jiova

Divayn bɔku bɔku tin dɛn de wok akɔdin to di lɔ dɛn bɔt  
savis ɛn gi Giv fɔs, dɔn gɛt Gi pipul dɛn yu bɛst, ɛn yu go gɛt  
di bɛst bak Nɔ ɛkspekt sakrifays pan ɛvri fɔs tray Sɔm tray  
kin fel, bɔt sɔm go saksɛs bak

Saksɛs ɛn fayl de miks wan nɔ go ebul fɔ de if di ɔda  
wan nɔ de, ɛn di prɔblɛm ɔ wok dɛn we impɔtant pas ɔl, dɛn

fɔ ɡet fɔ du wit di wok we den de pe atenshɔn pan en den fɔ  
tray tranga wan fɔ mek den ebul fɔ du wetin den nid fɔ du  
Eksayz yusef wit trenk en enjoyment te yu rich di las  
stretch Nɔ nid fɔ stɔp ɔ tɔn bak

If yu nɔ ebul fɔ fɛn di rod, i nɔ min se yu fɔ stɔp fɔ tray If  
yu mis di gol, aks aw fɔ rich de, bɔt nɔ stɔp fɔ tray Bɔku pipul  
den kin admit se den nɔ ebul fɔ du sɔntin jɔs lek aw den mit  
prɔblem Den wan den we nɔ ebul fɔ du sɔntin fɔ tɔk to pipul  
den we dɔn ɡet sakrifays, nɔto wit ɔda pipul den we dɔn fel  
lek dɛnsɛf Lɛ wi mekɔp wi maynd fɔ ɡet sakrifays en lɛ dis  
prinsipul bi wi filɔsofi fɔ layf

Hymn fɔ Gladi At

We mi tɛm rich

Day de mek mi yes nɔ yɛri

A go lisin to di vɔys fɔ mi divayn pɔsin we a lek

En we di las pɔsin we kɔl mi kɔt mi briz

A go blo di sent fɔ In divayn prezɛns

En we day de mek mi tɔng nɔ tɔk natin

A go test di nɛktɔ we i lek

En we day blaynd mi yay

A go si In layt we de ɔlsay

Den dɔn krawn am ɔlsay

En we day bin frɔz mi blɔd en mi tɔch

A go luk fɔ wam insay di bɔdi fɔ mi kɔsmik pɔsin we a lek

En we mi yay nɔ de si di flɔ igen

Mi vishɔn bim go go insay

I de tɔn ɔltin ɔpsayd en sho in sikrit den we ayd

En we mi yes nɔ ebul fɔ yɛri igen

A go lisin to di wispa fɔ ɔltin we bin de trade en we de

naw

En di wan den we go apin insay di de den we de kam

En we mi nos nɔ ebul fɔ ɛnjoy di sent we di wɔl de mek

A go tray fɔ no di sikrit den we di sol ɡet na ɔl di say den

we i de

We di tɔŋ nɔ ebul fɔ test



A go mamba ɔl di gud en blɛsin tin dɛn we a dɔn test  
En we mi sɛns fɔ dis bɔdi de dɔn  
Mi kosmik bɔdi go sɛns  
Di sikrit, majik tɔch to ɔltin ya en de  
A go fil di wef dɛn de dans na di si  
En wit kosmik bɔbul dɛn we de rɔsh insay spɛs we nɔ gɛt  
bɔda

Di bɔdi in sɛl dɛn go pwɛl  
Dɛn go sɔlv di tin dɛn we i dɔn stɔp fɔ du fɔ sɔm tɛm  
Bɔt i go gɛt layf bak layf layf wan insay di faya we go de  
sote go

Yu go si gladi-at en yu go yɛri gladi-at  
Yu go test gladi at en blo di sɛnt we de mek yu gladi  
En yu go fil gladi at we go de sote go en we go gɛt nyu  
layf

En i de dans to di tiun dɛn we Gɔd de gi  
Mek di sɛns dɛn lɛf di dans we di gɔl dɛn de dans fɔ pen  
en day

En fɔ chenj to filin dɛn we de mek pɔsin gladi sote go  
Insay di kingdom we gɛt layt, gladi at, en gladi at  
:Di rod fɔ layf na dis

Di tin dɛn we de ambɔg di we aw pɔsin in maynd gro na  
fɔ lɛk inɛf, fɔ prawd, fɔ gridi, fɔ vɛks, fɔ et inɛf, fɔ jɛlɔs, en  
ɔda dak abit dɛn we de mek ɔ push pɔsin insay dip stet we i  
nɔ no natin Wetin nid fɔ du kwik kwik wan na fɔ fala di rod  
we de mek i gɛt fridɔm, bikɔs di tin dɛn we mɔtalman want  
na abit dɛn we de nyu ɔltɛm en i tan lɛk se i nɔ gɛt ɛnd Dɛn  
abit ya de put di sol na jel en ol am as kapchɔ, mek i nɔ  
pɔsibul fɔ di pɔsin we gɛt am fɔ waka di rod fɔ fri en fridɔm  
Di rod fɔ layf na dis: na wan say di dak vali we nɔ no  
natin de, en na di ɔda say, di brayt layt fɔ sɛns We wi de du  
tin akɔdin to sɛns, wi de tred sef wan na di rod fɔ fridɔm en  
gɛt wetin wi nid

Di wan ol yunivas na di krieshon fo di divayn wil, en we  
wi alayned wisef wit da blesin wil, wetin wi nid de kam to wi  
we wi no tray fo du am  
A no de wish enitin igen fo misef bikos a no se wetin a de  
tink bot go mos bi tru

Fo get divayn sens en divayn lov de fulfil ol wetin di at  
want, en wetin na wondaful en wondaful stet we wod no go  
ebul fo diskrayb We yu no se yu na di masta fo yusef en yu  
destiny di kin fo pis en kol at, yu no de fred natin Bifo dat, di  
wan ol wol de wok fo ajost wetin yu want wit di wil en ep we  
God want

Bikos God mek mortalman lek aw i tan, di wan den we go  
fen am go si se i de gi den enitin we den aks fo en gi den  
wetin den want Bot as long as mortalman get ivin smol want  
fo rul oda pipul den o fo sho in pawa, i no go get freedom insay  
God

Fo no God kin begin wit ombul, lov, en gladi at na God in  
yay Tru pawa kin kam wit fo no God  
If di smol wef bin no se di big big si we de bien am de  
sopot am, i kin se, "A na wan wit di si" Wi fo no wit sho se  
God in si de bifo wi konshens en i de nia wi, so nid no de fo  
fred o wori

Di divayn nature na pis, ombul, lov, expansion of  
conscience, en ol-kombas no Enibodi we get wanwod wit God  
no go nid fo pruv to inself o to oda pipul den di pawa den we i  
get, bikos in sol no se di ol-pawaful wan de sopot am en se  
God de wach en protekt am enisay en enitem we i de  
Di wan den we no God de wek insay den spiritual nature  
en slip insay den matirial nature Den no se den kin get enitin  
from In gudnes

So, wi fo ones wit wisef en tray fo da self-sovereignty de,  
tray fo ronawe pan di trap den na di wol en di temteshon den  
we de ful wi, en invest wi tem fo tink gud en yusful en plant  
sid den fo gud tin na di gron na dis wol, so dat wi go lef am  
bete pas aw wi bin fen am

Doa den go opin fo wi en den go mek rod den bifo wi  
Laif fo de arawnd altruistic service, bikos if dis ideal no  
de, di konshens we God gi mortalman no go rich in ful  
potneshel We wi de sav oda pipul den en forget wi ego, wi go  
ekspiriens di big sef—di divayn spirit  
Wok important en na pawaful tin we de mek mortalman  
get sens en ebul fo mek tin den Bot if di wangren tin we want  
fo wok na fo geda jentri, i no get valyu igen en i no go get wan  
minin  
Wok na savis, en prodak we fit fo sel fo get kwaliti en rili  
benifit oda pipul den We wi de sav oda pipul den, wi de ep  
wisef di sem mak, bikos den na ekstenshon fo wi jos lek aw wi  
na ekstenshon fo den  
Mach ppsin no de du tin we wi no tek tem tink bot We  
wi de gi savis, wi kin get savis bak, ileksef na we we noto tin  
So, fo sav oda pipul den bay we yu de ep den wit moni,  
sayens, o gud abit min se yu go get satisfay wit yu maynd  
bak  
Evri savis we wi de gi wi kompinn mortalman de bring wi  
wan step nia di yunivasal konshens We ppsin sho se i rili bisin  
bot oda pipul den, in konshens de miks wit in yon, we lov we  
no get kondishon de mek di boda den fo konshens go bifo to  
di treshold fo kosmik owe  
If wi tink bot di gladi at we wi broda den get, di gladi at  
we wi get go boku, en if wi gi wi lov to oda pipul den, den go  
fil se i get trenk en den go chenj fo bete  
Blaynd atakshon en et we no get rizin na ol tu tin den we  
de ambog wi fo rich di advans stej den fo no Wi fo lan fo lek  
olman bikos wi ol na God in pikin den  
Ol wetin wi de du fo du am wit wilful, en wi fo bi  
ambishos pan wi tray We ppsin get tru tru want en ay spirit fo  
du wok wit lov en satisfayshon, we i no taya o bore, di kosmik  
enaji de flo kontinyu fo go insay in bodi, maynd, en wil  
Di wan we no de alaw di aidia fo wik en taya fo sip insay  
in konshens de mek ples fo chaj den we get saful enaji en

kɔrɛnt dɛn we gɛt impɔtɔnt wok fɔ ʃaɪ in nɛv dɛn ɛn mɛk di  
sɛl ɛn tɪsu dɛn na in bɔdi gɛt nyu laɪf  
We pɔsɪn nɔ want fɔ du sɔntɪn, i kɪn fil taya frɔm di  
bigɪnɪn, bɔt we i gɛt di want, in laɪf kɪn ful-ɔp wɪt ɛnaji ɛn  
trɛnk Di wan dɛn we de du dɛn wok wɪt zil ɛn satisfay kɪn si  
se Gɔd in trɛnk we nɔ de dɔn de sɔpɔt ɛn sɔpɔt dɛn  
Sɔm pipul dɛn kɪn so de pan wok dat dɛn nɔ kɪn gɛt tɛm  
fɔ tink bɔt dɛnsɛf ɔ ɛnɔɔy laɪf We wi de wok ɛn di sem tɛm de  
kip wi maynd wɪt gud tɪn dɛn, wi kɪn fil wan trɛnk we ayd we  
de sɔpɔt wi ɛn gi wi mɔ trɛnk  
If di at rili ɛn ɔnɛs fɔ du di wok, domɔt dɛn go opɪn fɔ wi  
ɛn dɛn go mɛk rɔd dɛn bɪfɔ wi  
Wi de beg Gɔd ɔlmaytɪ fɔ blɛs wi so dat wi go ɛbul fɔ du  
wi wok wɪt gladi at ɛn satisfay na di faktri fɔ laɪf  
ɛn mɛk In sɛns mɛk wi tink  
ɛn di wɛf dɛn we in pawa de dans pan di riva dɛn we wi  
de du ɛvrɪde  
!Nɔ ɛbul fɔ si klɪa wan lɛk kɔk we dɛn dɔn kil  
Fɔ mɛk wi no aw fɔ disayd fɔ du di rayt tɪn pan ɛnɪtɪn ɔ  
ɛni sɪtyuɛshɔn, wi fɔ gayd wi jɔɔmɛnt wɪt di pawa we wi gɛt fɔ  
ɔndastand  
Wi ɔl gɛt dis sɪks sɛns, bɔt bɔku pipul dɛn nɔ de yuz am  
Bɪfɔ dat, dɛn kɪn abɔp pan rɪpɔt frɔm di fayv sɛns dɛn we de  
dɔɔɔ ɛn we nɔ kɪn rili abɔp pan, bɪkɔs dɛn fayv sɛns dɛn de nɔ  
kɪn gi wi dɪfɪnɪtɪv ɪnfɔmɛshɔn ɔltɛm we wi kɪn dɪpɛn pan fɔ  
mɛk di rayt dɪsɪzɔn dɛn  
Apat frɔm di smɔl skɔp ɛn pawa we dɛn gɛt, di sɛns dɛm  
- ɛn wɪt dɛm, di ego-bound maynd - de ɪntapɪrɪt tɪn dɛm  
akɔdɪn to wɛtɪn i lɛk ɛn nɔ lɛk, ɛn nɔto akɔdɪn to wɛtɪn na tru  
ɛn te go i de sav di bɛst ɪntɛrɛs fɔ mɔtalman  
Bɪkɔs pɔsɪn kɪn disayd fɔ du sɔntɪn bay di rɪpɔt dɛn we in  
sɛns kɪn gi am ɛn di tɪn dɛn we in maynd kɪn tɛl am, we gɛt  
sɔntɪn fɔ du wɪt di sɛns, bɔku tɛm i kɪn si se i de ɪnsay tɪn dɛn  
we i nɔ go jɛlɔs

A op se di de go kam we di wan ol wɔl go no se i  
important fɔ tɔn insay fɔ sɔm tɛm ɛvrɪdɛ, fɔ fɛn gayd ɛn aks fɔ  
Gɔd in ɛp We pɔsin du dis, i kin balans mɔ, kol at, ɛn gɛt mɔ  
sɛns, as in sɛns de opin, alaw am fɔ si tin klia wan ɛn disayd  
di rayt tin Dɛn kin fri bak frɔm di abit dɛn we de stɔp dɛn, di  
tin dɛn we dɛn nɔ want fɔ du, di tin dɛn we i kin fil we i de fil  
pen, ɛn di tin dɛn we i kin du fɔ insɛf we de drɛb dɛn fɔ du  
sɔntin we dɛn nɔ want fɔ du ɛn we dɛn nɔ de tink bɔt  
Di sɛns, lɛk fɔ ɔndastand, na kwaliti we di sol gɛt we de  
ɛp pɔsin fɔ no wetin fɔ du we nid de Dɛn kayn spiritual  
kwaliti dɛn ya kin bi bay we i de tink gud wan ɛn tink bɔt Gɔd  
We di tin dɛn we pɔsin want ɛn di we aw i de fil kin mek  
pɔsin in jɔjment klawd, di sɛns kin blaynd, pan in maynd ɛn  
pan spiritual tin dɛn We di filin dɛn kin pas pipul dɛn, dɛn kin  
kɔnfyus ɛn kɔnfyus, dɛn kin flɔd ɛn nɔ ebul fɔ si klia wan, lɛk  
!kɔk we dɛn dɔn kil  
Imɔshɔn kin mek pɔsin bias pan in opinion ɛn di we aw i  
de si ɔda pipul dɛn, ɛn paralayz di ebul fɔ tink klia wan ɛn dil  
wit di situeshɔn wit sɛns ɛn rayshɔnal  
We wi lan fɔ separet di tru tin dɛn frɔm wi yon opinion,  
wi jɔjment nɔ go so bad igen bay di tin dɛn we wi kin want fɔ  
du If ɔlman lan dis, di wɔl go bi ples we wi ɔndastand ɛn gɛt  
pis pas aw i de naw  
Insight usually originates in de hat We di at nɔr de fil  
fayn, e kin mek pɔrsin tink se sɔmtin nɔr fayn ɛn fɔ tek tɛm  
wit sɔm pipul ɛn situeshɔn If yu fil se yu de fred bɔt sɔmtin,  
ɔr yu want fɔ no us rod fɔ tek, pe atɛnshɔn pan yu at  
ɛnitɛm we wɔri de ambɔg yu ɛn prɔblɛm dɛn de rawnd  
yu, put yu maynd pan yu at ɛn tray fɔ no di filin dɛn we de flɔ  
frɔm am De kol, ɛn wantɛm wantɛm wan dip filin go was oba  
yu, ɛn Gɔd go sho yu, tru yu insay vishɔn, di nɛks step we yu  
fɔ tek da tɛm de  
Fɔ chenj di abnɔmal we aw di bren sɛl dɛn de  
ɔdinari spiritual hila ɔ prist dɛn nɔ gɛt pawa fɔ fɔgɪv sin ɔ  
fri sina dɛn we de kam to dɛn fɔ aks fɔ advays, as ɔl wetin

dén kin du na fɔ gi dén spiritual prɛskrishɔn, natin pas dat  
Bɔt di wan dén we no Gɔd dɔn rich di spiritual stej dén we rili  
advans, so dat dén nɔ go satisfay wit jɔs fɔ gi spiritual  
advays to sina dén, bɔt dén kin - bay di gudnɛs ɛn ɛp we Gɔd  
de gi dén - ful-ɔp dén wit di spiritual pawa we de fri dén frɔm  
di bad tin dén we kin apin we dén sin

ɔl di gud ɛn bad tin dén we pɔsin kin du kin ayd na di  
bren sɛl dén ɛn i kin tan lɛk gud ɔ bad abit ɔ tin dén we pɔsin  
kin tink bɔt

Pɔsin we de sɔfa wit abit dén we nɔ fayn bikɔs dén de  
chaj in bren sɛl dén wit di pawa we dén abit dén de gɛt kin fri  
insɛf tru di pawa we i want, fɔ tink gud wan, fɔ pre wit ɔl in  
at, ɛn fɔ kɔntinyu fɔ tɔk fayn fayn wan te ɔl di abit dén we i  
nɔ want, chenj to gud abit dén we gɛt pis ɛn kol at  
Dis kin apin we di layf pawa we dén de dayrɛkt di rayt  
we de wok fɔ chenj di abnɔmal we aw di bren sɛl dén de so  
dat dén sɛl dén de go ful-ɔp wit ɔltin we gud, we rayt, ɛn we  
fayn

Dis min se di bren sɛl dén we ful-ɔp wit lay lay aidia dén  
kin bɔn bay impɔtant tin dén we dén kin gɛda strɔng wan na  
di bren ɛn yuz dén fɔ du fayn ɛn bɛnifit dén

Pɔsin we gɛt strɔng atak in bɔdi kin kip in impɔtant  
aktiviti wit in mɔsul ɛn sɛns, we pɔsin we gɛt kɔntemplativ,  
spiritual inklinshɔn kin kip in mɔsul ɛn bɔdi insay wan stet we  
de aktif rilaks, ɛn in maynd kin kɔmɔt nia di sɛns dɛm, so dat  
di layf pawa nɔ de stɔp fɔ de na di nervɔs sistɛm ɛn  
kɔnsɛntret na di bren Fɔ dis rizin, meditashɔn na di we we go  
wok pas ɔl fɔ mek di bren sɛl dén bi spiritual ɛn fɔ pul di rut  
dén fɔ ɛni abit we nɔ fayn na di maynd

Abit na pawa, ɛn pipul dén de yuz da pawa de di rɔŋ we  
bay we dén de du bad tin dén instead fɔ yuz am fɔ du gud tin  
dén

Bɔku tɛm, we pɔsin nɔ no natin, we i nɔ de tink gud wan,  
we i nɔ de pik gud kɔmpin, ɛn we i nɔ de du gud tin, kin mek  
i go insay di trap ɛn trap dén we bad abit dén kin gɛt, we tan

lek kwik san we kin swela di pɔsin we de waka pan am we i  
no want

Di inflens we kɔmpin get strong pas di pawa we pɔsin  
:want en fɔ jɔj fayn

No mek padi wit wikɛd pɔsin, bikɔs wikɛd pɔsin kin]  
.[kɔrɔpt in abit

Pipul den we get sɛns kin du tin fayn en no tray tranga  
wan, bɔt i tan lek se di wan den we lek fɔ du bad, den kin fos  
den fɔ du bad en et bikɔs ɔf di pawa we den get we de mek  
den du sin en bad

Wi de aks Gɔd Olmayti fɔ mek wi tink gud wan

So dat wi go si gud en fayn

Wi kin no difrɛns bitwin wetin go bɛnifit en wetin bad

En so dat wi go tɔn to am

En wi de op fɔ am

Sos fɔ ɔl gud

En na di say we ɔl gud tin de kɔmɔt

."O mawnten, no briz no fit shek yu"

Pɔsin we balans kin kɔntinyu fɔ get kol at en kɔmpɔz we i

de du in wok, ilɛksɛf i ebul fɔ du sɔntin ɔ i no ebul fɔ du

sɔntin Sakses en fɔlt go mɔs apin difrɛn tɛm, akɔdin to di tu

tin den we de insay bɔdi, maynd, en di wɔl Pɔsin we de

mɛmba insɛf ɔltɛm bɔt in yon we, no kin get bɔku tin den we

de agɛns am en i no kin get di ilyushɔn den we de na di wɔl

Di wan den we want fɔ get insay balans no fɔ alaw

dɛnsɛf fɔ dɔti bay di dualisk kɔnshɛns we de insay di bɔdi Dis

kayn prɔsis no get wan dawt se i at bikɔs di sol, we i sɔri fɔ di

sɛnsitiv bɔdi, i de adopt ɔl tu in gud en bad kwaliti den Fɔ fri

fɔm di atak we di bɔdi de chenj chenj, pɔsin fɔ pas di bɔdi

kɔnshɛns, we na di sɔs fɔ ɔltin sɔfa

Di wan den we de liv wit di sɔri-at fɔ di tin den we de

apin kin gladi fɔ ɛnjoy en gladi en den kin fil bad fɔ pen en

prɔblɛm den Bɔt di wan den we get sɛns we de gro kin

kɔntinyu fɔ get kol at en fɔ fil fayn, den no kin shek bikɔs ɔf di

problem en trɔbul we na di rial klos fɔ ɔdinari layf [lɛk  
.mawnten we di briz nɔ de muf]

Pɔsin we balans, ivin we i de fil bad en we i de fil pen, de  
kip pis insay in at ɔnda gud en bad tin Apat frɔm dat, den get  
di abiliti fɔ sɔri fɔ ɔda pipul den, ɔndastand aw den de fil, en  
ɛp den we den nɔ go ambɔg den yon wɔri So, tru den insay  
trɛnk, den kin kɔrej ɔda pipul den en mek den nɔ fil bad En  
tru den kɔmpɔzishɔn en balans, den kin tich ɔda pipul den  
wan valyu lɛsin fɔ nɔ fɔ lɛf fɔ fil bad we i de fil bad

Di sɛnsman de si di divayn spirit insay ɔlman, en as i fri  
frɔm di tin den we i want fɔ insɛf, i de aksept wit kɔnvikshɔn  
en satisfayshɔn ɔl wetin de kam to am frɔm Gɔd fɔ fulfil di  
nid den fɔ di bɔdi, maynd, en sol I fri frɔm di kɔnstrakshɔn  
den we di ego get en i nɔ de fil et ɔda pipul den, en i nɔ de  
lod in luk en wɔd den wit bad bad vaybreshɔn we de ambɔg  
pipul den pis en kol at, bikɔs i de si di divayn spirit we i de  
luk fɔ we ayd insay ɔlman

We i rich di men gol, sakrifays en fɔlt kin bi di sem to  
am, as in sɛns fɔ du tu tin kin dɔn as i de fɛn di men tin we  
mek ɔlman get wanwɔd

Pan ɔl we i de du in wok bikɔs i lɛk Gɔd en i de sav  
mɔtalman, i nɔ de get wanwɔd sote go  
Fɔ mek pɔsin get gladi-at

Fɔ mek pɔsin get gladi at, i fɔ liv layf we i de kɔntrol insɛf

Di wan den we disayd fɔ kɔntrol den tin den we de apin  
akɔdin to di ay lɔ den na layf go si se di tin den we de apin to  
den ɔtomɛtik adap akɔdin to dat Di problem den we wi de get  
na dis layf de sav fɔ inspɛkt wi en mek wi want fɔ tray mɔ so  
dat wi go rich ay ay levul den

If na dat yu de luk fɔ, den fala di rod den we de go to  
am, en nɔbɔdi nɔ go ebul fɔ stɔp yu pan am ɔ pul yu pan am  
Gɔd dɔn gi wi rizin, en wi fɔ layt insay de di layt den fɔ

fɛt, op, en gladi at, en fri am as mɔ as wi ebul frɔm ɔl di  
problem den we de mɔna wi Wi fɔ get pawa bak fɔ du sɔntin



so dat wi go kontrol wi sikostems instead fo mek den kontrol  
wi

I impotant fo mek wi mek lojik en fayn plan fo wi layf so  
dat wi go ebul fo du ol di gud tin den we wi want fo ajost en  
we wi no se wi fo du As wi de plan, tray, en wok, le wi memba  
se na God, di wan we get fri-an, we de ep wi en gayd wi fo du  
wetin rayt We wi du dat, wi go get maynd, peshent, tinap  
tranga wan, en klia wan fo si tin  
Wi de wish yu sakes en gladi-at enisay we yu de na God  
in big wol

Den ol na spekt en imej den we de kam afta densef  
Roz gadin den  
Vali den we get kray wata  
En dyu drop den we de tay pan tenda bod den  
En di gladi at we posin kin get we i smol  
en pason den we no get wan kontrol  
En di gladi gladi we den kin get we den de eb en flo  
En ebi ebi scri-at na di at  
En di kandul den na di skay de flik en no de igen  
En di miraj we de sho se wi lek wisef, de mek wi want fo  
du scontin

From ilyushon to ilyushon  
En di tin den we posin want wit pawa  
En di step-bon grip we tan lek oktopa  
En di kray we di pikin we den jos bon de kray  
Di day rat  
En di gladi at we posin kin get we i de bobul fo get  
welbodi

En tem den we no kin te  
Den ol na spektra en imej den we de kam afta densef  
Na di skrin fo konsheens  
Masta, ep mi  
Fo mek a ebul fo get fayn fayn kwaliti den en gud kwaliti  
den insay misef

En fɔ mek a ebul fɔ tren di sojaman den fɔ get kol at en  
fɔ kontrol densef insay misef  
Bi in lida we Gɔd de gayd am  
Insay di fet we bin rili important  
Agens ignorance en dinay  
En fɔ rayz yu blesin ban en di atikul den  
Di ban fɔ di trut en di prinsipul den fɔ du wetin rayt en fɔ  
du gud  
Fluttering oba di monument den fɔ mi sol  
En di rijyon den na mi layf  
\* \* \*

Fɔ tek tem pas fɔ fred Den fɔ tek di tin den we go mek  
posin no get sik, en den fɔ tray tranga wan fɔ pul di tin den  
we de mek posin sik en fri insef from fred Jem den bɔku ɔlsay  
so dat if pipul den fred fɔ den, den no go ebul fɔ enjoy layf  
Ivin wit ɔl di welbɔdi prekoshɔn den we den nid, if posin ebul  
fɔ chek in os ɔnda maykroskɔp, i no go want fɔ it en i no go  
want fɔ it

Enitin we yu de fred, tɔn yu tinkin away from am Lef am  
to Gɔd en mek yu abop pan am strong Bɔrku sɔfa kin bi bikɔs  
yu de wɔri Wetin mek yu de sɔfa we sik no ivin atak am yet?  
Bikɔs bɔku pipul den sik kɔmɔt from fred, fɔ lef fɔ fred go fri  
den wantem wantem, en fɔ men go bi wantem wantem Evri  
net, bifo yu slip, afem to yusef: "Gɔd de wit mi, en enibɔdi we  
get Gɔd wit den no get natin fɔ fred" Mentally surround  
yourself with the Spirit of God and His cosmic energies,  
believing that any jerm that attacks you will be struck down  
Repeating "O Gɔd, di ɔlmayti" ɔ "O Masta, di Epman" wit  
komplɪt kɔnfidens go protekt yu, trenk yu, en mek yu fil fayn  
en get welbɔdi We yu de insay wanwɔd wit Gɔd, in trut go flo  
insay yu, en yu go no se na yu kɔr, yu na spirit we no get  
problem en we no de pwel

Enitem we yu fil se yu de fred, put yu an pan yu at, rɔb  
am from left to rayt we yu de se: "O Masta, pul dis fred pan  
mi en fri mi maynd en tink from enitin we de ambɔg mi" Jɔs

lek aw we den de fo pul redio intafreshon, na so bak, if yu  
de rob yu at oltem from left to rayt, en if yu de pe atenshon  
oltem pan di aidia fo ban fred na yu at, di fred go don wit God  
in ep, en yu go fil divayn gladi we de ful yu ol yu bodi  
fo fred de wit mortalman oltem, en fo pul am komot na di  
wol i possibul bay we yu de tink bot God en fil se i de wit yu  
Trust in God and bi authentic in evritin we yu de du Boku  
pipul den de we de falamakata yu; no ad yu nem to den long  
list Masta wetin yu de du en du am na wan speshal we we  
nobodi no don du bifo Di fil opin fo kriaytiv as long as di want  
na tru en di wil de de Ol di nature de ansa yu we yu de in  
harmoni wit God

Boku tem pipul den kin put densef fcs, bot wi fo tink bot  
oda pipul den en ep den di best we aw wi ebul, wi fo wish den  
gud lek aw wi want wisef We wi de du dis wit ol wi at en wit ol  
wi at, wi kin fil se wi seklo fo sori fo oda pipul den kin boku en  
di bon den we wi en oda pipul den get fo lek densef kin dip en  
strong

Insay say we get 1,000 pipul den, if olman biev fayn,  
enibodi go get 999 padi den Bot if olman na da say de biev  
lek enimi to oda pipul den, enibodi go get 999 enimi den  
Mun layt en gladi gladi fa fa land den  
We ivintem kam, miks yu tinkin wit di mun layt  
Wash yu sori-at wit in rayt  
A fil di wondaful layt de skata jisno oba yu bodi  
En op di tik den en di say den we de fa fawe  
Stand na di big big ples en luk wit kol yay  
To di mun in bim en di fayn fayn tin den we i de si  
Luk di fring den we get vel na di crayzin we de shayn  
Mek yu tinkin we yu de tink bot pas di boda den fo si tin  
To di land we gold drim den de  
Shift yu fos from di shep den we di mun in rayt de sho  
To di sta den we de fa en di skay we de fa fawe  
Di stilness we go de sote go bifo di living ether  
We oltin de puls wit lov en layf

Wach di mun in rayt we de stretch  
Noto na di Wol noma  
Bifo dat, na ol di kona den na di say den we no get end  
na yu sublaym maynd  
Tink gud wan so dat yu go rich na di land den we de fa  
en we get gladi at  
Di dimension dem fo dip spiritual awareness  
En den de si di wan ol wol lek silva layt  
I no get limit en i no get end

\* \* \*

Mortalman get abit den we no fayn, en den de men den  
abit den ya oltem we gud abit den de day en pwel  
Gest den we den no welkom don tek di fos ples na posin  
in layf, pan ol we di wan den we den kin ona no kin get natin  
pas fo le den no pe atension to am en no kin tek am se natin,  
en den kin ton den bak pan in domot wit shem en at pwel  
Gud abit den nid fo get gud abit den fo men den wit gud  
tin den, en dis kin mek sho se den get gud komin en raytin  
den we de mek posin get maynd, bikos di influens we di  
environment get strong pas di wil  
Mortalman de drab bay materialism, en di layt fo rizin de  
dayrekt oltem na do pas fo de insay Pipul den de ron ya en  
de, bot no ples no de na di wol we go protekt den from densel  
en den konsens; wan mont fo tink bot yusef important  
If posin pre fo sakrifays we in tinkin ful-op di sem tem wit  
tink bot fo fel, chaos, en no bisin, i tan lek posin we sen posin  
fo go na mishon noma fo mek tifman den atak am na di rod  
Di tifman den we tif posin in sakrifays na in bad abit Posin de  
sen in prea to God we i no protekt am, en di tifman den we de  
tif en wori atak den bifo den rich to God Fo tru, God kin lisen  
to prea bikos i de olsay en i no oltin, bot onda som tin den,  
den no kin ansa prea den Wetin mek sentende den no kin  
ansa den? Di ansa de na di negatif sid dem we de lurk na di  
gron na di sabkoshos maynd Den bad abit dem, we den don  
from insay di fa en we no tu te yet, tinap lek bareri bitwin

pɔsin ɛn Gɔd Dɛn fɔ plant fayn fayn tin dɛn na di grɔn na di  
sol so dat dɛn go gro ɛn gro ɔnda di rayt kɔndishɔn ɛn bia  
frut Wan nɔ go ebul fɔ abop pan wɛlbɔdi, prɔsperiti, ɛn fayn  
tin dɛn nɔmɔ, lɛk aw dɛn tin ya de fleeting and temporary I  
fayn fɔ put mɔni na di say we di spirit de  
Fɔs dɛn de we de pwɛl pɔsin in layf ɛn in sol ɔltɛm, we  
kɔmɔt frɔm mistek dɛn we i bin dɔn mek trade So, pɔsin fɔ  
de wach ɛn tek tɛm we i de fɛt ɛn dil wit dɛn pawaful pawa  
dɛn ya

Enibɔdi we de pre fɔ sakrifays ɛn di sem tɛm de tink to  
insɛf se, "A nɔ tink se a go gɛt sakrifays," nɔ go sakrifays  
Prea fɔ de wit big fet ɛn ɔmbul at so dat divayn layt go shayn  
ɛn blɛsin dɛn we de na ɛvin go kam dɔŋ  
ɔs lɛk aw i nɔ pɔsibul fɔ tɔk tru fon we dɔn brok, na so i  
nɔ pɔsibul fɔ brodkas prea dɛn fayn fayn wan tru maynd we  
gɛt lod fɔ wɔri, wɔri, nɔ satisfay, ɛn fɔ atak tin dɛn we nɔ de  
te Tru dip tranquility ɛn serene harmony wit refined,  
constructive vibrations, di maynd kin ripa ɛn kalibrayt, in  
spiritual receptivity amplified, fɔ mek dɛn ebul fɔ transmit  
mɛsej dɛn we kɔmɔt na dɛn at to Gɔd fayn fayn wan ɛn fɔ  
mek dɛn gɛt in blɛsin ansa

O Masta, wit mi an dɛn we a tay na mi chɛst, a de gi Yu  
mi wan ol bɔdi, ɛn a de imbue mi prea dɛn wit dip lɔv Gi mi  
di inosɛnt lɔv we pikin dɛn gɛt fɔ Yu, ɛn ɛp mi fɔ fil Yu nia  
biɛn di wɔd dɛn we a de beg mi Lɛ a no se Yu de wit ɔl mi  
filin dɛn, ɛn mek a no se Yu sɛns de sɔpɔt mi ɔndastandin ɛn  
se mi layf na spak fɔ Yu layt ɛn fɔ sho se Yu ɔlsay na di wɔl  
de layf

Bɔku tɛm, na dɛn pipul dɛn kin gladi pas ɔlman  
Tru tru mɔtalman gladi at de pan pɔsin we rɛdi ɔltɛm fɔ  
lan ɛn fɔ du tin di rayt we ɛn fɔ rɛspɛkt am Di mɔ we pɔsin de  
mek insɛf bɛtɛ, na di mɔ i de ɛp fɔ mek di wan dɛn we de  
arawnd am go bifo ɛn gɛt gladi at  
Di men tin we kin mek pɔsin fil pen

Di kɔnekshɔn we di spiritual sɛf gɛt wit di bɔdi ɛn  
maynd, ɛn di we aw wi kin no am tru dɛn, na di rut kɔz fɔ ɔl  
wi pen, di tin dɛn we wi nɔ ebul fɔ du, di tin dɛn we wi nɔ  
ebul fɔ du, di tin dɛn we wi nɔ ebul fɔ du, ɛn di tin dɛn we wi  
nɔ ebul fɔ du Bikɔs ɔf dis kɔnekshɔn, wi kin gɛt gladi at lɛk  
aw wi kin fil pen ɛn gladi at, te wi nɔ ebul fɔ gɛt divayn blɛsin  
ɔ awareness

Rilijɔn, insay in men tin, min fɔ avɔyd pen sote go ɛn fɔ  
gɛt klin gladi at, ɔ Gɔd  
Jɔs lɛk aw dɛn nɔ kin si di rial imej fɔ di san klia wan na  
di wata we de mek trɔbul, na so di tru, blɛsin we di spiritual  
sol gɛt (di we aw di wan ol spirit de sho) dɛn nɔ kin  
ɔndastand ɛn di wef dɛn we de mek pipul dɛn de wɔri ɛn wɔri  
we de kɔmɔt frɔm di we aw di sol de no di bɔdi ɛn maynd we  
de chenj ɛn chenj  
Jɔs lɛk aw wata we dɛn kin swɛla kin chenj di tru tru imej  
fɔ di san, na so bak maynd we gɛt prɔblɛm kin chenj di we  
aw di sol kin gladi ɔltɛm tru da aydentifikeshɔn ɔ padi biznɛs  
de

:Dɛn rayt am insay di buk dɛn we gɛt sɛns na di lɪst  
If yu bin ebul fɔ rayz ɔp di bɔdi ɛn no se yu na sol, yu go"  
gɛt gladi-at we go de sote go ɛn fri frɔm ɔl pen" {ɛn se, "Mi  
Masta, inkrisayz mi fɔ no"}

{ɛn una go no di trut, ɛn di trut go fri una}  
Fridɔm kɔmɔt frɔm self-gɔvnmɛnt gud abit na di big padi  
Di wɔd dɛn we mi ticha, Sri Yuktswarji, bin tɔk we bin rili  
afɛkt mi na tri wɔd dɛn we i bin de ripit to mi ɔltɛm: " Lan fɔ  
biev " A rili nɔ ebul fɔ tɛl am tɛnki fɔ dat, bikɔs a no se i nɔ  
bin izi ɔltɛm fɔ biev fayn

We yu fɔ win sɔntin, yu fɔ ɔndastand wetin mek yu fɔ  
win am Yu nɔ fɔ jɔs lɛf am ɛn distans yusɛf frɔm am, bɔt yu fɔ  
pul di tink bɔt am ɛn drɛb am kɔmɔt na yu tinkin Negativ  
tinkin na ɛnimi we rili bad we yu fɔ win  
If yu shift yu fos frɔm sɛns awareness to spiritual  
awareness, yu go ajɔst win ɛn brin gladi at to yusɛf

Achievements lay in the mind Pɔsin fɔ aks insɛf se: "A na  
slev to mi sɛns ɔ dɛn masta? A rich wit pis ɔ a po pan  
"?spiritual

Wan nɔ fɔ bi viktim fɔ pasmak ɛnjoy tin dɛn, bɔt nɔ alaw  
dɛn fɔ mek yu bi slev Bi fri Bi gud, padi, gladi, ɛn gladi, ɛn bi  
yu yon masta pan ɔl di tin dɛn we de apin Pɔsin nɔ fɔ bi slev  
to di sɛns dɛn nɔmɔ, bɔt i fɔ du tin akɔdin to gud kɔnvikshɔn  
ɛnibɔdi we want fɔ pas tu tin dɛn ɛn gɛt kɔsmik kɔnshɛns fɔ  
gɛt kɔntrol fɔ insɛf ɛn tren insɛf fɔ bia ɔltin ɛn ɔl di tin dɛm  
wae nɔr kin gɛt saykilɔjik distres ɔr nɔr kin fil fayn  
Fɔ du ɛnitin we pɔsin want nɔto fridɔm, bɔt na fɔ yuz  
fridɔm bad bad wan Fridɔm kɔmɔt frɔm di lɔ we se pɔsin fɔ  
kɔntrol insɛf, dat na fɔ kɔrɛkt insɛf Tru fridɔm min fɔ du ɔltin  
we sɛns de gayd Fridɔm smɔl ɛn shalo we i nɔ gri wit Gɔd ɛn  
In lɔ dɛn

Bɔrku pipul dɛn layf na wetin dɛn want, wetin dɛn lɛk,  
aw dɛn de biev, aw dɛn de biev, ɛn di tin dɛn we de apin to  
dɛn na di say we dɛn de ɛn di soshal layf  
We di bɔdi abit dɛn bigin fɔ kɔntrol di maynd, i kin at fɔ  
mek di bɔdi obe wetin di wil se Dis na di rizin we mek pipul  
dɛn we fat kin tray tranga wan fɔ lɛf fɔ it bɔku bɔku it, ivin  
we dɛn de fala wan it Di kɔnshɛns sɛl dɛn dɔn mek dɛn yon  
abit ɛn dɛn nɔ de ansa kwik kwik wan to di tin dɛn we di  
maynd tɛl dɛn fɔ du Bɔt if dɛn tren dɛn fayn fayn wan, dɛn go  
gri fɔ fala di tin dɛn we di maynd tɛl dɛn fɔ du we dɛn nɔ gɛt  
di smɔl kɔntradikshɔn pan di ay mental pawa dɛm—pawa  
dɛm we kin ebul fɔ kɔntrol di bɔdi if dɛn tren am fayn ɛn du  
ɛksɛsayz

Gud abit na yu big padi, we bad abit na ɛnimi we de  
disgiz So, pɔsin fɔ tek tɛm fɔ rɛpit wan abit ɔ akshɔn, bikɔs fɔ  
rɛpit kin chenj akshɔn to abit bifo pɔsin ivin no am, ɛn di abit  
kin bi sɛkɔn nature Bɔt, dɛn kin chenj am tru gud tin dɛn we  
nɔ de chenj ɛn tink gud wan, fɔ mek tin dɛn  
Sayn dɛn fɔ ɔda ɛn kɔnsistɛns ɔlsay

Di fɔstəm pipul dɛn we bin de tink bin rizin frɔm wetin  
dɛn bin si se ɔl mɔtalman na miksɔp pan tin ɛn maynd, ɛn as  
a rizulta fɔ dis ɔbshɔbɪʃən dɛn bin biliv se tu indipɛndɛnt  
pawa dɛn de: nature ɛn maynd

Dɔn dɛn begin fɔ wɔnda: "Wetin mek ɔltin we de na di  
nature arenj insay wan patikyula we? Wetin mek wan pan  
pɔsin in an nɔ lɔng pas di ɔda wan? ɛn wetin mek sta ɛn  
planɛt dɛn nɔ de kɔlchɔ na di spes? Wi de si sayn dɛn fɔ ɔda  
."ɛn kɔnsistɛns na di yunivas ɛnisay we wi luk

Frɔm dis prɛmis, dɛn kam fɔ no se maynd ɛn tin nɔ go  
ebul fɔ sepɛret ɛn di sem tɛm dɛn gɛt absɔlyut sovereignty  
oba ɛni wan pan dɛn, bikɔs wan maynd fɔ de we de kɔntrol  
ɔltin

Dis kɔnklushən naturally de lid to di aidia fɔ wan Gɔd we  
na di kɔz ɛn ɔrijin fɔ ɔl tu di matirial ɛn maynd, we de tru dɛn  
ɛn biyɔn dɛn Di wan we gɛt absɔlyut sɛns ɔndastand se ɔltin,  
insay in esɛns, spirit, pan ɔl we da spirit de kɔba insay di  
lukin-grɔn ɛn ayd fɔ mek pipul dɛn si am  
Di wan dɛn we gɛt sɛns pan Gɔd biznɛs de si Gɔd in layt  
we de sho ɔlsay

Di kwɛstiyɔn na: aw di wan dɛn we du di risach bin ebul  
?fɔ fɛn am fɔs

As di fɔs tin, dɛn bin lɔk dɛn yay fɔ mek dɛn nɔ gɛt  
dairekt kɔntakt wit di wɔl ɛn di tin dɛn, so dat dɛn go ebul fɔ  
pe atɛnshən ɔltogɛda fɔ no di yunivasal maynd we de biɛn di  
wɔl ɛn di tin dɛn

Dɛn bin ɔndastand intuitiv wan se dɛn nɔ bin ebul fɔ no  
di divayn prɛzɛns insay di nature tru di ɔdinari we fɔ si di  
fayv sɛns dɛm So, dɛn bin de fɛn we fɔ no in prɛzɛns insay  
dɛnsɛf bay we dɛn de pe atɛnshən dip ɛn prɛsishən pan am  
Fɔ dɔn, dɛn bin ebul fɔ lɔk ɛn lɔk ɔl di domɔt ɛn avenyu  
dɛn fɔ di fayv sɛns, fɔ sɔm tɛm dɛn bin bi kɔmplit indipɛndɛnt  
frɔm matirial kɔnshɛns Dɔn di insay wɔl fɔ di spirit begin fɔ  
sho insɛf to dɛn ɛn opɪn bifo dɛn Fɔ dɛn big big pipul dɛn we  
nɔ taya fɔ du dɛn esoterik risach, Gɔd bin dɔn sho insɛf



Put God in pawa bien yu tray  
Unleash yu insay trenk fo konstruktiv en benifit purposes,  
en yu go get mo Proceed wit unwavering determination,  
utilizing every element of success Align yusef wit di pawa fo  
yu kriet spirit, en yu go konekt wit di infinite maynd we ebul  
fo inspekt yu en solv ol yu problem den Pawa go flo to yu  
kontinyu from di pawaful sos fo yu spiritual bi, enabling yu fo  
ajost remarkable di tin den we den don du en di nyu tin den  
we den don mek na evri eria na layf  
Bifo yu mek eni important disizhon, sidom kwayet wan en  
aks God in ep en blesin Don yu go no se bien yu trenk de na  
God in trenk, bien yu maynd na God in maynd de, en bien yu  
wil na God in wil de as long as God de wok wit yu, yu tray no  
go bi fo natin, en yu no go fel; bifo dat, yu trenk go boku en di  
tin den we yu ebul fo du go boku En we yu don du yu wok  
den fo sav God, yu go get In blesin den  
If yu wok na layf ombul, no aks fo padi fo am Bi praud se  
yu de du di wok we God don trs yu I want mek yu ple yu pat  
to di best we yu ebul Noto olman kin du di sem wok we yu de  
du As long as yu de wok fo mek God gladi, ol di pawa den we  
de na di yunivas go wok togeda fo yu gladi en welbodi  
We yu afem to God se yu want am pas ol oda tin, yu go  
alayned yusef wit wetin i want En we yu de luk fo am no de  
taya, ileksef di tin den we de ambog yu we de ambog yu, yu  
de yuz yu motalman wil di best we, en yu de yuz bak di lo fo  
sakrifays we di ol sensman den en ol di wan den we don get  
tru tru sakrifays bin no  
Di oli kosmik pawa de na yu savis as long as yu de tray  
fo yuz da blesin pawa de fo get welbodi, gladi at, en pis We  
yu rich den fayn fayn gol ya, yu go waka di rod fo no yusef fo  
go na yu tru tru os insay God  
Gladi at na di tin we de sho se posin get sakrifays  
Fos, yu fo mek sho se di gol we yu want fo rich, fayn fo  
tray fo du am en if yu rich am, yu fo tek am se na rial  
sakrifays

Wetin na sakrifays? If yu get welbodi en jentri bot yu get  
problem wit olman (en wit yusef bak), yu layf no de sakrifays  
Di wol kin dak en layf no get wan benefit if yu no fen gladi at  
We yu los moni, yu los sɔntin we smɔl We yu los welbodi, yu  
los sɔntin we impɔtant pas ɔl Bot we yu los pis en kwayet, yu  
los di prɔpati den we yu get pas ɔl na layf

So, den fo mezho sakrifays bay di standad fo gladi at,  
bay di ebul fo alayned en gri wit di lo den we de ɔlsay na di  
wol Sakses no de mezho bay di wol standad den lek welbodi,  
stetɔs, en pawa Den tin ya inɔef no de briŋ gladi at pas den  
yuz am kɔrekt wan Fo mek dis apin, pɔsin fo get sɔns en loɔ  
fo God en mɔtalman

God don gi yu di pawa fo blɛs ɔ pɔnish yusef bay we yu  
de yuz ɔ yuz yu maynd di rɔŋ we en wi go If yu no fala di lo  
den fo welbodi, prɔsperiti, en sɔns, yu go mɔs sɔfa wit sik, po,  
en ignorance So, yu fo strong yu maynd en no gri fo bia di  
akumulet saikɔlɔjik en moral lod den we yu don gɛda fo di ia  
den we don pas Bon den hip den we don west insay di faya  
we de kɔmɔt yu prɛsen blɛsin disizhon en konstrɔktiv aktiviti  
dem, en yu go rich di ɔrayzin dem fo fridɔm

Gladi at de dipen – to sɔm mak – pan di tin den we de  
apin na do, bot i dipen mɔ pan di we aw pɔsin de tink Fo mek  
pɔsin gladi, i fo get gud welbodi, i fo get balans maynd, i fo  
get gud layf, i fo get fayn wok, i get at we de tɛl tɛnki, en pas  
ɔl, i fo get sɔns en no bot God

Strong ditarminieshon fo gladi go ep yu bad bad wan Nɔr  
ɛkspekt yu sikɔstems fo chenj, mistek biliv se yu trɔbul de  
ɔdasay Nɔr mek nɔr gladi bi abit wae de dip dip wan wae at  
fo brok, wae de mek yusef en di wan dem wae de arawnd yu  
get pen na yu maynd

Wan pan di big blɛsin fo yu en ɔda pipul den na fo gladi  
en get op If yu get gladi at, yu don get ɔltin Gladi at min fo de  
wit God, en fo tink gud wan de gi yu di pawa fo get gladi at  
Mind habits: Fo mek yu get sakrifays kwik kwik wan ɔ fo

delay

Pɔsin in abit gɛt di pawa fɔ aksɛleret ɔ delay in sakrifays  
Nɔto inspekshɔn we de pas ɔ brilliant aydia, bɔt na di pɔsin in  
maynd abit dɛn we i de gɛt ɛvride na in de sho aw in layf de  
go

Mental abit tan lɛk mental magnet, de atrak sɔm tin,  
pipul, ɛn sikɔstɛms Gud mental abit de mek yu ebul fɔ atrak  
fayn ɛn bɛnifit chans, we bad mental abit de mek yu kam nia  
di wan dɛn we gɛt di tin dɛn we de apin na di wɔl ɛn tin dɛn  
we nɔ fayn

Yu kin neutralize bad abit ɛn wik dɛn pawa bay we yu  
avɔyd ɛnitin we go trig ɔ gi dɛn layf bak, we yu nɔ de pe  
atɛnshɔn pan dɛn ɔltɛm Dɔn, dayrɛkt yu tinkin to gud abit ɛn  
wok fɔ divɛlɔp am ɔltɛm te i bi wan impɔtant pat na yu layf  
we yu kin abop pan ɛn abop pan

Insay wi, tu pawa dɛn we de agɛns wi de fɛt ɔltɛm: wan  
we de drɛb wi fɔ du wetin wi nɔ fɔ du, ɛn wan ɔda wan we de  
mek wi du wetin wi fɔ du, ivin if i tan lɛk se i at mɔ Di fɔs  
vɔys na di vɔys fɔ bad, di sɛkɔn wan na di vɔys fɔ gud, ɔ Gɔd  
Tru di had ɛvride lɛsin dɛn yu go si klia wan se bad abit  
dɛn de fid di tik we gɛt tin dɛn we nɔ gɛt ɛnd, we gud abit  
dɛn de fid di tik we gɛt ay ay spiritual op ɛn aspireshɔn dɛn  
Yu fɔ pe atɛnshɔn mɔ ɛn mɔ pan di rayt we fɔ divɛlɔp di  
blɛsin spiritual tik so dat wan de yu go ebul fɔ ripɛnt di fayn  
fayn rayp frut dɛn we yu no yusɛf

If yu kin fri yusɛf frɔm ɔl kayn bad abit, ɛn if yu ebul fɔ  
du ɔl wetin gud ɛn nobul bikɔs yu lɛk pɔsin we gɛt ay  
pozishɔn ɛn gudnɛs ɛn nɔto bikɔs bad de brɪŋ sɔri ɛn rigrɛt,  
dat min se yu go gro pan spirit ɛn go bifo pan di rod  
Yu go fri we yu gri ɛn bay wilful lɛf yu bad abit Yu go jɔs  
fri we yu bi masta, ebul fɔ kɔmand yu filin, tink, ɛn wil fɔ du  
wetin yu fɔ du, ivin if i go agɛns wetin yu want Insay da  
pawa de fɔ kɔntrol yusɛf ɛn fɔ masta yusɛf, di sid dɛn de fɔ  
fridɔm we go de sote go

A dɔn tɔk bɔt sɔm impɔtant kwaliti dɛn we de mek pɔsin  
gɛt sakrifays te naw: fɔ tink gud wan, fɔ gɛt pawa fɔ du

sɔntin, fɔ tink bɔt pɔsin in maynd, fɔ du sɔntin fɔ du sɔntin,  
ɛn fɔ kɔrɛkt insɛf Bɔku buk dɛn de tɔk mɔ bɔt wan ɔ mɔ pan  
dɛn kwaliti dɛn ya bɔt dɛn nɔ ebul fɔ no di pawa we Gɔd gɛt  
we de ɔnda dɛn tin ya Fɔ alaynɛd wit di tin we Gɔd want na  
di tin we impɔtant pas ɔl fɔ mek pɔsin gɛt sakrifays  
Divayn wil na di pawa we de muv di wɔl ɛn ɔltin we de  
pan am, ɛn di yunivas ɛn ɔltin we de insay Na Gɔd in wil we  
de push di sta dɛn na di spes, ɛn na In wil we de kip di planet  
dɛn na dɛn ɔbit ɛn we de rigul di saykl dɛn we ɔl di layf fɔm  
dɛn bɔn, gro, ɛn rɔtin  
Embers of longing  
Oh, Masta  
Mek di embers fɔ mi longing bɔn sote go insay yu blɛsin  
prezɛns  
Pluk, mi Gɔd we a lɛk, di lotus fɔ mi lɔv frɔm di dɔti we  
de na di wɔl fɔgɛt, ɛn adorn wit am di brɔst we yu de mɛmba  
ɔltɛm  
Insay di oli ples we de na ɛvin, a de butu bifo Yu, mi Gɔd  
A yɛri yu vɔys insay di sɛnt we ros dɛn gɛt  
ɛn a bin no se yu gɛt sɔri-at insay di fayn fayn tin dɛn  
we lili dɛn gɛt  
ɛn insay di wispa we a bin de mek a want, yu lɔv na bin  
di ansa  
A no se pɔsin kin no Gɔd bay we pɔsin de tink gud wan  
ɛn we i de si sɔm tin dɛn, bɔt nɔto tru wan maynd we  
kɔnfyus ɛn we gɛt prɔblɛm  
A go opin mi yay to di gladi gladi we a de tink bɔt ɛn si  
se ɔl daknɛs dɔn lɔs A go put misɛf insay di pul we gɛt divayn  
pis we ayd biɛn di wɔl dɛn fɔ tink gud wan, ɛn a go klin mi  
insay tru tin we a de tink bɔt so dat i nɔ go kɔrɔpt bay di tin  
dɛn we de agɛns di tin dɛn we de na do ɛn a go grit ɛvrɛide  
wit tink bɔt di ɔlmayti  
Insay di oli ples we nɔbɔdi nɔ de, a de diskɔba di ɔlta fɔ  
yu pis

En na di olta we de mek pis, a de si yu gladi at we de  
nyu oltem

Mek a yeri yu voys, Masta, na di kev fo tink gud wan, en  
afta dat a go fen gladi at we go de sote go na evin insay  
misef Pis go ful-op mi at en olsay na mi layf, ileksef a de  
kwayet o we a de wok

Evri sta we de shayn en we de shayn na di dome na di  
. ,skay, en eni klin, klin tin we posin kin tink bot

Enitin we a du en eni fayn fayn tin we a de du go bi  
winda usay a go de luk yu, mi God we a lek

Wit komplit mental fos en long we no get end, a go sen  
mi konshens tru di spiritual yay (bitwin di aybrow) to di  
kingdom we go de sote go

A go fri mi sol from di slev we di bodi de kapcho en miks  
am wit di big si we di spirit de si

Di nid fo get saykoanalysis

Wan oda sikrit fo mek yu get sakrifays na saykoanalysis

Introspection na miro we yu kin si di hidden dip tin dem na yu  
maynd we oda we go de ayd from yu

No di say den we yu no ebul fo du en solv di gud en bad

tin den we yu de du en di tin den we yu want fo du

Yuz yusef fo ondestand usay yu de naw, wetin yu want fo

ajost, en wetin de ambog yu we de ambog yu Difayn yu rial  
wok en ondestand yu rizin na layf

Tray fo get ol di kwaliti den we yu get tru en fayn abit,

we no get lod pan wetin yu want en wetin yu want Bay we yu  
kip yu maynd alayned en gri wit God, yu go go bifo kwik kwik

wan, sef wan, en wit konfidens pan di rod fo rich di gol we yu  
want Yu oltimat aim na fo fen yu we to God Bot di wok en wok

den de bak we yu fo du na dis wol

Na dis wol wi kin tan lek strenja, en na we wi lek God

nomo wi kin bi broda en sista

Wilpawa kopl wit initiativ go ep yu fo difayn yu

komitment en fulfil den to di ful wan Wetin na initiativ? Na

wan abiliti fo mek tin den insay yu: wan spak from di Krieta

we no get end we kin gi yu di pawa fo mek sɔntin we nɔbɔdi  
no ɛva mek bifo I de mek yu du tin den insay nyu ɛn kriyaytiv  
we Di tin den we pɔsin we get maynd fo du tin kin du kin mek  
yu yay ɛn sɔprayz lɛk sta we de shot Bay we den mek sɔntin  
we tan lɛk se i no pɔsibul, den kin sho se wetin i tan lɛk se i  
no pɔsibul na sɔntin we mɔtalman kin du harnesses the  
power of the supreme creative spirit Initiative ɛn inovashɔn  
de mek yu ebul fo tinap pan yu yon tu fut, fri ɛn indipendent,  
ɛn den de pan di mak dem fo sakrifays

### Sakses Aydia Alert

Lɛ wi se yu dɔn fel te naw, na fol fo lɛ yu stop fo fet ɛn  
tek am se yu no ebul fo du natin as tin we go apin to yu  
I betɛ fo day fet-fet pas fo stop fo tray as long as pɔsin  
ebul fo du mɔ, bikɔs in tray go kontinyu fo get nyu layf ivin  
afta i day

Sakses ɛn fayl na di jɔs kɔnsɛkshɔn fo wetin yu dɔn du  
trade, ɛn bak wetin yu de du naw So, yu fo mɛn tin den we  
yu de tink bɔt sakrifays frɔm ɛksperiens den we yu dɔn get ɛn  
gi den trenk so dat yu go ebul fo kontrol di tin den we yu de  
tink bɔt fo fel na yu layf naw

Di prɔblɛm ɛn trɔbul den we pɔsin we dɔn get sakrifays  
kin get kin pas di wan den we pɔsin we no get sakrifays kin  
get Bɔt di fɔs wan den bin tren dɛnsɛf fo no gri wit di aidia fo  
mek pɔsin no ebul fo du am kpatakpata ɛn ɔltɛm  
Yu fo chenj yu maynd frɔm frustrashɔn ɛn pwɛl at to win  
ɛn win; frɔm wɔri to kol at; frɔm kɔnfyushɔn ɛn wɔri we pɔsin  
kin get wit in maynd to we i de pe atɛnshɔn pan in maynd;  
frɔm chaos ɛn trɔbul to pis; ɛn frɔm pis to oli spiritual gladi at  
We yu get dis sɛns fo no yusɛf, di rizin fo yu layf go dɔn  
krawn wit sakrifays ɛn yu go dɔn rich wit glori, wit Gɔd in ɛp  
Pawa fo tink

Yu de sho se yu dɔn get sakrifays ɔ yu no ebul fo du am  
akɔdin to di kwaliti ɛn di kayn we aw yu de tink ɔltɛm  
Uswan pawaful pas ɔl na yu layf: tink bɔt sakrifays ɔ tink  
?bɔt fo fel

If yu tinkin na mostly negative, wan wan gud tinkin nor  
go inof for atrak saksas Bɔt if yu tink ɔnes wan, yu go fɛn  
wetin yu de luk fɔ ɛn rich yu gol, ivin if yu fil se daknes de  
rawnd yu

Na yu wan get fɔ ansa fɔ yusef Nɔbɔdi nɔ go gi ansa ɔ  
setul akɔn fɔ yu di De fɔ Jɔjment Yu wok na di wɔl, usay yu  
akshɔn dɔn put yu (di rizɔlt fɔ di tin dɛn we yu dɔn du trade),  
na wan pɔsin nɔmɔ go ebul fɔ du am: yu ɛn dɛn kin tek yu  
wok as sakrifays nɔmɔ we i de sav yu kɔmpin mɔtalman pan  
sɔm we

Nɔ de tink bɔt ɛni prɔblem ɔ kɔntinyu fɔ tink bɔt am Lɛ  
tin dɛn rɛst fɔ sɔm tɛm, ɛn dɛn kin solv dɛnsɛf Bɔt nɔ mek  
dɛn rɛst so lɔng dat yu go lɔs yu ebul fɔ no Insted, yuz dɛn  
tɛm ya fɔ rɛst fɔ dip yu riflɛkshɔn ɛn rich tranquil horizons  
insay yusef We yu de in harmoni wit yusef, yu go ebul fɔ tink  
klia wan bɔt ɔltin we yu de du lvin if yu tinkin wander, yu go  
bi ebul fɔ gɛda dɛn ɛn rialayn dɛn Dis blɛsin abiliti fɔ de insay  
wanwɔd kin get tru tray ɛn praktis

Mama, akɔdin to di ticha Paramhansa  
Wan lekchɔ we i bin gi pan Mama dɛn De  
Lɛ wi kɛr dis de as gud tink fɔ ɔl di gud mama dɛn we  
dɔn mɛn dɛn pikin dɛn wit gudnes ɛn lɔv  
Dɛn nɔ bin gi wi mama in lɔv fɔ pwɛl wi wit sɔri-at ɛn nɔ  
bisin bɔt wi, bɔt fɔ mek wi get sɔri-at na wi at so dat wi go  
mek ɔda pipul dɛn at sof wit gudnes ɛn fri sol dɛn we taya  
frɔm di wɔri ɛn kɔnstrakshɔn dɛn na di wɔl Di wan dɛn we de  
drawn insay bad bad tin ɛn sɔri-at, we de sɔfa wit bɔku bɔku  
misfɔstans ɛn prɔblem dɛn, nid wi saful ɔndastandin ɛn sɔri-  
at fɔ sɔri fɔ ɔda pipul dɛn

A bin get mi spiritual layt tru di big lɔv we a bin get fɔ mi  
mama; mi tru tru lɔv fɔ mi mama na bin di mɛn rizin we mek  
a lek Gɔd mɔ ɛn mɔ, as da lɔv de bin mek a want fɔ luk fɔ di  
klin say we i kɔmɔt, ɛn a bin fɛn am insay Gɔd, we na di say  
we ɔl gud ɛn gud kwaliti dɛn kɔmɔt

Mama na pɔsin we gɛt sɔri-at ɛn fɔgiv pas papa Mama  
na di klin egzampul fɔ Gɔd in lɔv we nɔ gɛt kɔndishɔn Gɔd  
mek mama dɛn fɔ sho se i lɛk wi, wit rizin ɔ witout rizin  
A kin tek uman as di mɔtalman we de sho se i bi mama  
na di wɔl, ɛn wetin a admaya pas ɔl bɔt am na in tru tru  
mama in lɔv Di wan dɛn we de si spiritual biuti ɛn sublaym  
minin insay uman, dɛn kin wek dɛn wit nobul filin ɛn dɛn kin  
si dɛnsɛf opɪn to big big eria dɛn we gɛt inspekshɔn Yunivasal  
lɔv de ɔlsay na di at fɔ ɛnibɔdi we de tek uman wit apreshɔn  
ɛn rɛspɛkt ɛn trit am wit gudnɛs ɛn ɔnɔ  
If Gɔd nɔ bin put in lɔv na mama dɛn at, dɛn nɔ bin fɔ  
dɔn ebul fɔ lɛk dɛn pikin dɛn Bɔt, kredit de bak bikɔs ɔf di we  
aw da lɔv de de flɔ ɔl big pipul dɛn dɔn sho dɛn mama dɛn  
big big lɔv  
Di os ful-ɔp wit layt, gladi-at, ɛn blɛsin bikɔs di mama de  
de Lɛ wi kip di faya we mama in lɔv de bɔn brayt brayt wan  
na wi at ɔltɛm  
ɛn gritin to ɔl di gud gud mama dɛn na di wɔl  
ɛn to ɔl di wan dɛn we de trit dɛn fayn  
fɔ ɔnɔ dɛn ɛn fɔ sho se dɛn sabi du dɛn wok

## **Wispa dɛn na di Dip**

## **Masta Paramhansa Yogananda**

## **Di transleshɔn na: Mahmoud Masoud**

A dɔn de fɔ lɔng tɛm na di bed we Yu mek, we dɔn pas,  
we de naw, ɛn we go kam, ɛn mi—di pikin we go de sote go  
—bin de fil wɔri ɛn distɔb A bin de tray tranga wan tɛm ɛn  
bak, bɔt na fɔ natin, te a dɔn ebul fɔ jomp frɔm di bed we di  
barɛri dɛn we de rawnd di tin dɛn we de mek a nɔ gɛt  
wanwɔd we de mek pɔsin ful Yu tek mi na Yu an ɛn kray mi  
wit di myuzik dɛn we de mek pis we go de sote go we a bi di  
pikin fɔ sote go—Yu sote go—ɛn a de rɛst mi ed pan Yu bɔdi  
we de kɔba ɔltin

Nɔ wɔri, mi pikin



Insai wan tranga taim, a yeri yu vois se: "Di san of mai protekshon de shain ikwal pan yu brayt en dak awa".

No wori, mi pikin, bot get fet en smayl! Bikos sori-at na injustis to di blesin we di sol get Mek mi layt we de men posin shayn tru yu smayl den we de shayn Yu gladi, mi pikin, de mek a gladi en satisfay

Una enjoy unasef

Insay boku boku layf, a don ple wit yu en sij boku boku myuzik den A stil memba yu wam embras enitem we a kam bak na os—to yu—afta fo long long tem we a no de, wan shiver fo pat we de was oba mi En na ya a de bak, na yu prezens we go de sote go, de ple en laf wit yu, de sij to yu di sij dem fo mi lov we go de sote go

No to agens mi wil, O Day

Den no go dreg mi fos from di wol agens mi wil lek pikin we don rone we den pul from in komin den A lek God, en I lek mi; en we a go fo di las tem, a go don don dis wok na di stej fo tem—dis akt we God bin want mi fo ple as di kontinyu fo in kosmik drama We a de du mi pat na di drama fo layf, a go smayl en a go kray: gladi fo di fulfilment of wishes en anguished at the shattering of ops Bot we a don mi rol, no mata aw i at en taya, a go lef di di stej na di wol wit at we de smayl A go rest fo som tem na di embras we di kosmik mama get, a go bask insay in gladi-at, en afta dat a go go bak na di wol, a no go dro am igen bay ol tin den we den don plant we den no tek tem plant na di gadin fo ful pipul den, bot na fo ansa in saful en fayn rikwest

Lotus we lek posin

Mi maynd in bi de insay di lotus fo Yu at we get lov, O Masta, we a de sip di nekt fo Yu tenda lov Dis spiritual bi fo mi de geda di flawa den nomo we de pul Yu swit sent A pul

misef pan di ɔni we de mek a gladi en flay fa ɔp di bareɛn  
gadin den we a de imajin te a dɔn fɛn di lotus fɔ Yu oli layt  
we a bin de waka insay di fil dem fɔ inkarneshɔn, we di flawa  
den sent den drɔ to bɔku bɔku eksperiens den Bɔt naw a dɔn  
stɔp fɔ waka waka, bikɔs Yu blɛsin sent dɔn kil mi sol in tɔsti  
en satisfay mi bɔn we a want eni sent ɔ swit sent

Di fɔrest we de ful pipul den de bɔn

A bin fil se a de mi wan en at pwel na di fɔrest we gɛt  
ilyushɔn en ful, so a layt bɔndɛl den we de kɔrɛkt misef, bɔt  
di faya bin de bɔn sloslo en we nɔ gɛt faya a bin de pre frɔm  
di dip pat na mi at, en Yu kam to mi, O Masta, en layt sɔm  
pan mi wikɛd tin den, en di faya bin skata kwik kwik wan tru  
di dray brɔsh en tik tik den we mek mistek Dɔn den rich di  
bush den we gɛt chukchuk we gɛt tin den we a want en tɔch  
di ay ay tik den we gɛt prawd en prawd Di tong den we Yu  
layt de it bin it di big big jɔŋgrɔn den we a nɔ no natin en  
ridyus den to ashis A tɛl Yu tɛnki, O Divayn Bɔna! En mek Yu  
savant den tɔn to Yu fɔ beg en pre fɔ ɛp kwik kwik wan en fɔ  
wɛl kwik kwik wan

Yu tru tru siŋ

Fɔ yɛri yu, Gadian Enjɛl, a dɔn tyu di redio fɔ mi insay  
vishɔn wit di saful tɔch dem fɔ lɔv Bɔku tɛm we a de tink gud  
wan, a dɔn lisin to di swit swit myuzik dem fɔ yu sent dem we  
de nia yu: fɔ sublaym spiritual simfɔni dem, to kɔmpozishɔn  
dem we den bɔn frɔm mi at, en to di melodios siŋ we mi ol  
long long long fɔ yu Wit peshɛnt en kɔmpozishɔn  
inschrumɛnt, a dɔn tyun di myuzik fɔ mi dip filin den, en we  
slip bin wej mi yaylid en a bin de kam fɔ slip, yu ɔtɛnɛtik siŋ  
bin de flɔ tru mi En naw a de brodkas di gladi gladi ɛko den  
fɔ yu gladi gladi myuzik en ad mi vɔys to di kwaya fɔ yu  
devotee den, so dat di im den go gro mɔ en mɔ en di long en  
want go strong mɔ en mɔ

A go swim insay di si we sol den de

Insay union wit Yu, Ol-Enkɔmpas Spirit, a go bi di rial  
puls fɔ kɔsmik layf A go flot insay di si fɔ sol A go dans pan di  
wef dem fɔ oli mɔtalman imɔʃhɔn en shawa ol wit blɛsin gladi  
Frɔm di evin Himalayas, A go unleash wan yunivasal torrent  
of lofty aspirations A go bi evri kray wata we shed in sɔri-at  
fɔ ɔda pipul den A go de na di golden silens fɔ di oli wan den  
en di op den we de blo fɔ di maynd den we gɛt ros O fetful  
Fulfiller of Wishes!

We mi spak we de sote go miks wit yu layt we nɔ gɛt  
end, a go flash insay evri yay

Pis de fɔ una

### **Nyu wispa en sɛns**

Insay di sɔma de den na layf  
A kin gɛda di nɛktɔ we de mek pɔsin fil bad  
Frɔm di flawa den we gɛt swit gud kwaliti den  
Fɔ gro na di gadin den we gud sol den de  
En a bin kip di distil ɛsin na mi at  
Frɔm di ay ay flawa den we de mek pɔsin bia wit ɔda  
pipul den  
En di bɔd den we de mek pɔsin ɔmbul wit den saf sɛnt  
En di rare flawa den we gɛt tɛnda lotus aydia den  
En we di sno den we kin kɔmɔt na di kol kol winta  
ɛksperiens den kin fɔdɔm rawnd mi  
En di pen we den bin de separet na dis wɔl  
A kin luk fɔ wam en kɔrej  
Insay di nɛktɔ we den dɔn kip na di sɛl na mi at  
Insay da blɛsin sɛl de, insay yu fes  
Bɔku tɛm a kin fɛn di divayn bi  
Sip di swit we mi ol longings de mek  
A kin fil fayn, gladi, en kɔrej mi  
A go bi watafɔl den we gɛt gladi-at

Mi gladi at de ala pan wan kontinyu fo flo  
Usay di big big wata de swip go  
Di ebi ebi lod den we oda pipul den de sori en wori  
A go rosh wit spid we nobodi no go biliv  
Ova ples den we no get end  
From sol den we de sofa  
Fo mek i no fred  
En a go pul in problem den  
A go bi laytin we de shayn  
Na di net we dak pas ol  
Fo mek yu luk fayn  
Yu fayn fayn tin, we ayd from trade trade  
Bien di daknes we de na di yay den we no de si  
Mi go bi di mun biam den we de shayn  
Fo dreb daknes komot na di wol  
A go bi rays fo layt  
Di dispeller fo daknes we ayd  
Na di kona den we motalman de tink  
Na Yu Gres, O Masta  
Silashy, di we aw sens de shayn wantem wantem  
Mistek den bin de geda fo long long tem en fo long tem  
Di satisfayshon we lov de mek na di sol no de insay di  
filin sef

Bot bifo dat, na di gladi at we da filin de kin bring  
Na bikos lov de bring gladi at  
Wi lek lov bikos i de gi wi boku boku gladi-at  
Noto lov na di gol; gladi at na di gol  
God na blesin we de sote go en we de ridyus oltem  
En na so di sol tan, na dis rizin di mistik den bin de sin  
Di wan den we don si dis trut en test da spiritual gladi at

:de

."From gladi wi kam, na gladi wi de liv en wi bi de flot"  
En to kosmik gladi wi go kam bak, fo melt insay da blesin  
."de wan de  
Ol di fayn fayn filin den lek lov en sori-at

Fɔ ɡet maɪnd, fɔ sakrifays, ɛn fɔ ɔmbul nɔ ɡet wanminin  
if yu nɔ gladi  
Gladi at min fɔ gladi, ɛn i de sho se pɔsin ɡet gladi-at  
pas ɔlman  
ɔ di satisfayshən we pas ɔl  
Gladi ɛn} {ɛn yu Masta go mɔs gi yu, ɛn yu go satisfay}  
{gladi  
Pan ɔl we gladi at kin apin bikɔs ɔf sɔm tin dɛn we kin  
apin na do  
Bɔt insay in klin men tin, i nɔ de tay am wit kɔndishən  
dɛn  
Bɔku tɛm, i kin apia witout matirial kɔndishən  
Sɔntɛnde, yu kin wek na mɔnin  
Yu fil lɛk se yu de kam flay wit gladi at  
ɛn we yu sidɔm na di kwayɛt we yu de tink gud wan,  
gladi at kin pul insay yu  
Witout eni eksternal alarm wek am  
Na gladi at we di sol ɡet we nɔbɔdi nɔ ebul fɔ kɔmpia  
Bɔt we gladi at ɡet sɔntin fɔ du wit sɔm tin dɛn  
I nɔ kin kɔmɔt frɔm dɛn sem tin dɛn de  
Infakt, dɛn tin dɛn de bin sav as we fɔ ɡet gladi-at  
Wetin bin ayd fɔs insay di sol, a dig lɛk piks insay di sol  
in grɔn  
ɛn wan watawɛl we ɡet gladi at bin kɔmɔt na di wata we  
de kip gladi at we ayd insay mɔtalman  
So, insay mɔtalman ɛkspiriɛns, bɔku tɛm di nid kin kam  
To sɔm ivintɛns fɔ briŋ da gladi at we ayd de dip insay  
Lɔv bak na di kayn we aw di sol tan, bɔt i dipen pan  
gladi at  
Lɔv nɔ de we nɔ ɡet gladi at  
Yu tink se pɔsin kin tink bɔt lɔv we nɔ ɡet gladi at? Fɔ  
tru, nɔto so  
We wi de tɔk bɔt di pen we lɔv we nɔ ɡet ɛni ansa kin  
briŋ  
Wi de tɔk bɔt wan tin we wi want fɔ du we nɔ dɔn apin

Bɔt di rial ɛksperiens fɔ ɔv kin kam wit gladi at ɔltɛm  
Mi maynd na bi, i de flay  
To di gadin we nɔ de nia mi at  
Di wan we di briz we de blo mi ɔv de swɛla  
Dɛn mek am fayn wit pal dɛn we gɛt dyu, yu swit  
A dɔn plant wɔndaful lili fɔ una  
Frɔm di diskriminেশন pan Gɔd biznɛs  
ɛn yɔɔ dafɔdil dɛn  
Fɔ absɔb di kray wata we a de ripɛnt  
ɛn dilik vayɛl dɛn, we de drim fɔ ɔmbul  
ɛn mi at opin fɔ di we aw di sol de si tin  
Na yu a de gi di tik dɛn we a de tink bɔt  
Frut dɛn we fayn fɔ beg we gɛt sɛnt  
Wit ɔmbul an dɛn we dɛn mek wit branch dɛn we gɛt

doti

ɛn na di gadin we de na mi at  
Mi tinkin tan lɛk bi we de buz rawnd mi  
Intoxicated amidst di klin nɛktɔ ɔfrin fɔ yu  
."Di ol wold don foget di tru minin of di wod "lov  
Bɔku pipul dɛn dɔn yuz ɔv di rɔŋ we ɛn bɔku pipul dɛn  
dɔn kɔt in at so dat na wan wan pipul dɛn nɔmɔ no wetin ɔv  
min igen

ɔs lɛk aw ɔyl de na ɔl di pat dɛn na ɔliv, na so ɔv de  
ɔlsay na ɔl di kɔna dɛn we Gɔd mek Bɔt ɔv rili at fɔ difayn, fɔ  
di sem rizin we wɔd dɛn nɔ kin ebul fɔ tɔk bɔt aw ɔrɛnj te;  
pɔsin fɔ test di frut fɔ no in flawa Na di sem tin kin apin to ɔv  
Una ɔl dɔn ɛksperiens ɔv sɔm we dɛn na una at, ɛn na  
dat mek una gɛt wan aidia bɔt aw i tan Bɔt pipul dɛn as a ɔl  
nɔ no aw fɔ kɔltiv, klin, ɛn ɛkspen ɔv fɔ rich di divayn ɔv  
Wan spak de fɔ divayn ɔv we de na bɔku at dɛn we dɛn  
bigin fɔ liv, bɔt i kin ɔs bikɔs pɔsin nɔ no aw fɔ kia fɔ am  
Bɔrku pipul biliv se nɔr nid fɔ analayz di kayn ɔv Dɛn no  
ɔv as filin wae dɛn kin gɛt to dɛn fambul, padi, ɛn ɔda pipul  
dɛm wae dɛn kin lɛk fɔ gɛt strong at Bɔt ɔv pas dat

Di wangren we we a go ebul fɔ tɔk bɔt tru tru lɔv na bay  
we a de tɔk bɔt di we aw i de afɛkt If na pɔsin nɔmɔ bin ebul  
fɔ fil ivin smɔl smɔl lɔv we kɔmɔt frɔm Gɔd  
Wan wata we bin de mek i gladi we pas di we aw i bin  
ebul fɔ kɔntrol am, bin mek i gladi pasmak  
Wi fɔ strong fɔ du gud ɛn tray fɔ ɛp ɔda pipul dɛn Pɔsin  
we jɔs bisin bɔt insɛf ɛn in famili nɔ go gɛt bɔku gladi at, ɛn if  
i nɔ tink bɔt ɔda pɔsin we go de sɔfa, i de pul insɛf pan di  
gladi at we de kɔmɔt na di sol bay we i de es in an fɔ ɛp di  
wan dɛn we nid ɛp As a rizulta, in vessel fɔ gladi go stil smɔl  
ɛn di tin dɛn we de insay de nɔ go kɔmplit  
Mɔni, fɔ mi, min wan tin: fɔ yuz am fɔ du gud ɛn ɛp ɔda  
pipul dɛn  
Di wan dɛn we gɛt trut, we ɔnɛs, ɛn we rɛdi fɔ mek padi  
wit yu bikɔs dɛn rɛspɛkt yu ɛn nɔto fɔ ɛni ɔda rizin, nɔ bɔku  
na dis wɔl  
Dɛn padi dɛn ya we nɔ de kɔmɔt biɛn dɛn na di wɔl  
gladi, ɛn tru tru padi biznɛs pas ɛni jɛntri na dis wɔl  
Di wan we rili tru fɔ dil wit pipul dɛn go fɛn Gɔd ɛn di  
wan we gɛt lɔv na in at go rili nɔ ɔda pipul dɛn, jɔs lɛk aw  
pɔsin de si tru klia glas ɛn si wetin de insay Dis kayn nɔ bɔt  
ɔda pipul dɛn kɔmɔt frɔm we i lɛk Gɔd ɛn lɛk ɔda pipul dɛn  
wit da sem lɔv de  
Bɔku bɔku pipul dɛn kin kapchɔ wit di wɔndaful tin dɛm  
we de apin na di sabkɔshɔs maynd we kin apin we yu de slip  
Bɔt we yu de na ay stet, yu kin si ɔ nɔ wetin yu want nɔto tru  
imajinɛshɔn, bɔt tru rial tin  
A kin sidɔm na dis chia ɛn tɔn mi maynd to ɛnisay ɛn si  
di rayt tin we de apin na da ples de  
Sɔntɛnde disaypul dɛn kin liv insay di sabkɔshɛns, ɛn  
sɔm tɛm dɛn kin go ɔp to ay kɔnshɛns ɛn sɔm sɛlɛkɛt sɔm de  
we ebul fɔ pas ay kɔnshɛns ɛn gɛt kɔsmik kɔnshɛns: di eria fɔ  
di divayn spirit, we nɔ gɛt ɔrijin ɔ kɔz  
Insay wan stet we klin spiritual ɔwe, di pɔsin we de luk  
nɔ nid fɔ imajin tin dɛn bifo tɛm fɔ mek i ebul fɔ ɛkspiɛns

dən We dən jɔyn wit kɔsmik kɔnshɛns, dən ɔwe de bɔku ɛn  
jɔyn wit ɛvri atɔm we de na di wɔl, ɛn dən kin no di wan ol  
yunivas ɛn ɔl di tin dən we de na di wɔl Dis ɛksperiɛns na  
ɛkstɛnshɔn fɔ kɔnshɛns we nɔ gɛt ɛnd  
ɛnibɔdi we gɛt da kɔnshɛns de fil se i de insay di fayv  
dɛn na gras ɛn na di mawnten dən we de ɔp, ɛn i de fil ɛvri  
sɛl na in bɔdi ɛn ɛvri atɔm na di spes  
Yu tink se yu na smɔl bɔdi, we insay yu di big wɔl de  
!ʔinsay

Bɔt di kɔsmik kɔnshɛns de bifo dat bak We di pɔsin we  
de luk fɔ am kin no se dən de na ɔl di tin dən we de apin, dən  
kin gɛt gladi at we nɔ gɛt ɛnd ɛn di big big lɔv we kɔmɔt frɔm  
Gɔd

ɛn wit yu lɔv mi sɛns dən de ɛnjɔy, jɔs lɛk aw wit yu}  
{fayn fayn tin dən ɔl mi bɔdi dən ful-ɔp  
I de jɔyn wit di ɔlsay we Gɔd in kɔnshɛns de  
So gɛt gud ɛkspekteshɔn frɔm Gɔd ɛn op fɔ in fayv Nɔ  
!pwɛl at fɔ rich yu gol  
Pɔsin nɔ go ebul fɔ de wit Gɔd jɔs we i tink se i dɔn gɛt  
sɛns pan Gɔd biznɛs

Fɔ mek yusɛf bɛtɛ ɛn fɔ mek yu gɛt gud abit dən na  
impɔtant tin dən we yu fɔ du fɔ mek yu ebul fɔ rich na ay stet  
dɛn

Big difrɛns de bitwin fɔ no Gɔd di we we pɔsin kin ebul fɔ  
du ɛn fɔ no Gɔd di rayt we I jɔs pɔsibul fɔ no am tru ɔmbul,  
sɛns, tru tru, gud abit, ɛn fɔ want am wit ɔl in at  
Di pɔsin we ɔmbul na di wan we no Gɔd ɛn Gɔd no am

Di wan dən we de go dip dip wan insay di kɔsmik  
kɔnshɛns, natin nɔ de fɔ mek dən gɛt ɛkstra ɔdinari spiritual  
abiliti ɛn kɔntrol di natura pawa dən Bɔt, nɔbɔdi we gɛt tru  
tru divayn kɔnshɛns nɔ de yuz in pawa fɔ bost ɛn sho ɔf, if i  
nɔ gɛt sɛns ɔ i nɔ gɛt sɛns

Pipul dən we gɛt sɛns kin no se na Gɔd nɔmɔ de ɛp dən  
ɛn dən kin put dɛnsɛf dɔŋ ɛn gi am di wɔndaful gift dən we i  
dɔn gi dən



Yu nɔ tink se ɔltin we de na mirekul? En yu nɔ tink se  
?mɔtalman, jɔs bikɔs i de, na mirekul bak  
If mɔtalman nɔ satisfay wit ɔl di wɔndaful tin dɛn we Gɔd  
?dɔn mek, wetin mek oli pipul dɛn fɔ du mɔ mirekul dɛn  
Gɔd in oli wan dɛn we de du wetin rayt nɔ de du ɛnitin  
pas Gɔd tɛl dɛn fɔ du am, ɛn sɔntɛnde fɔ rizin dɛn we nɔ klia  
ɛn we at fɔ ɔndastand  
A go sho wit egzampul aw ay kɔnshɛns difrɛn frɔm  
sɔbkɔshɛns kɔnshɛns  
nsɛns na da stet we yu kin – we yu wek ɛn slipɔy kɔdi h  
di bay wil ɛn witoutɔnsɛns – indyuz ɛni sɛns na di bɔɛn ful k  
ɛni ɛksternal stimulus  
Insay di say we yu nɔ de tink (insay di wɔl we yu de  
drim), yu kin drink wan kɔp ɔt milk  
Bɔt dɛn kin put dis tɛst pan yu Bɔt pan ay kɔnshɛns, yu  
kin ɛksperiɛns di sem tin ɔ ɛni ɔda tin wit kɔnshɛns ɛn bay  
wilful  
Di rod kin tan lɛk se i lɔng, bɔt fɔ travul fɔ wan tawzin  
mayl kin bigin wit wan stɛp En as lɔng as pɔsin stil gɛt op, no  
tin nɔ go ebul fɔ mek i nɔ ebul fɔ rich di gol we i want  
A stil mɛmba di layf dɛn we a bin dɔn liv trade  
Na de a bin de luk fɔ yu  
En a mɛmba di bɔku bɔku nɛt dɛn  
Dɛn mek am fayn wit sta dɛn we de shayn  
En di we aw pipul dɛn kin si di san  
Di wan we gɛt di dewy inosɛns  
En di wanwɔd twilayt awa dɛn  
Wit di ritm we di ship in bɛl dɛn de mek  
En di bɔku bɔku ia dɛn we dɛn bin dɔn mek wit jɔlɔs  
Wit di flawa ɛn flawa dɛn we spring kin gɛt  
briz we kin blo insay di sɔmma  
transparent renkot dɛn  
Daymond ays klasta dɛn  
Insay di kol sizin  
Ah, aw many tɛm a bin wet fɔ yu kam

Wit at we de dans wit gladi at  
 !Mi sol klos fɔ flay wit long fɔ yu  
 Evri nɛt, we wi de slip wit pis ɛn rɛst, wi kin ɛnjoy fɔ test  
 pis ɛn gladi at  
 We wi slip dip, Gɔd de mek wi liv insay wan sublaym,  
 tranquil kɔnshɛns, we wi fɔgɛt ɔl di fred ɛn wɔri we dis  
 ɛgzistɛns de mek  
 We wi de tink gud wan wi kin ɛkspiriɛns da blɛsin  
 saykilɔjik stet de ivin we wi de wek, ɛn test pis frɔm ɔda lɛvul  
 dɛn  
 We divayn gladi at de kam dɔŋ, mi briz kin kol, ɛn mi  
 spirit kin go ɔp, a kin gɛt di gladi at we wan tawzin slip kin  
 gɛt wan tɛm, bɔt stil a nɔ kin lɔs mi ɔdinari sɛns Dis kɔsmik  
 ɛkspiriɛns na fɔ di wan dɛn we de dip dip wan fɔ rich di ay ay  
 stet fɔ kɔnshɛns  
 We pɔsin in bɔdi ful-ɔp wit di gladi-at we Gɔd kin gladi  
 fɔ, di bɔdi kin stil stil, di briz kin stɔp fɔ flɔ, di tin dɛn we i kin  
 tink bɔt kin kol, ɛn ivin smɔl smɔl i kin dɔn Di pɔsin we de  
 tink gud wan kin fil di rial tin bɔt in sol ɛn di we aw i de nia di  
 Wan we mek ɔltin, so i kin drink frɔm di divayn blɛsin ɛn test  
 di gladi gladi we wan tawzin doz wayn nɔ kin ebul fɔ gi  
 Di avrej pɔsin kin fil lɛk se i de slip na di bɔda bitwin we i  
 wek ɛn slip, i kin fil fɔ shot tɛm fɔ fil fayn, bɔt dis filin kin dɔn  
 kwik kwik wan as dɛn de drɛf go na dip slip Slip nɔto fɔ lɛ i nɔ  
 no natin bikɔs, we yu wek, yu kin no if yu slip bin de rɛst ɔ nɔ  
 bin de rɛst  
 Bɔku stet dɛn de we pɔsin kin slip—sɔm layt, sɔm dip  
 Bɔt di spiritual ɛkspiriɛns dɛn we pɔsin kin gɛt wit Gɔd we i  
 de tink, kin mek i gladi ɛn i kin mek i fil fayn pas di big big  
 gladi-at we i kin gɛt we i slip ɔ slip (di slip ɔ slip we kin apin  
 . bifo i slip)  
 (Ivin if yu nɔ de to mi lɛk aw a de yɛri ɛn si)  
 Mi yay nɔ si natin, ɛn mi yes nɔ yɛri natin  
 Bikɔs yu swit to mi yaylid pas slip  
 ɛn i swit to mi at pas sef

Bifo di sikrit en sikrit den bot slip, den oli gladi-at den ya  
de

Wi no go ebul fo mek olman gladi bikos dat no posibul a  
de tray no fo mek enibodi veks a de du mi best

Na dat nomo a go ebul fo du

Wi fo luk fo God in gladi at fos Mi wangren aim na fo mek  
God gladi A de yuz mi an fo ombul fo pre bifo am, mi fut fo  
luk fo am olsay, en mi maynd fo tink bot am en tink bot In  
wondaful tin den

God fo tek di fos ples na wi at so dat wi go fil am as pis,  
lov, ondestandin, gud, sori-at, en sens

Dis, en noto oda tin, na wetin a kam fo witness en tok bot  
Apat from we posin de tink gud wan, i fo kontinyu fo get gud  
komin

Wi no fo ron afta pipul den, bot wi fo ron afta God  
If yu si se den aidia ya fayn, tek den as blesin from God,  
bikos ol di prez fo am

Tel oda pipul den bot am; sontem den go fen insay de  
wetin yu fen Wi no fo forget fo gi ep to di wan den we nid ep  
evride, to di best we wi ebul As long as a get moni na mi  
poket, a no go stop fo gi, bikos mi sos we no de don en we no  
de fel na God

Wi fo no God lek aw di big wan den bin no Dis kin posibul  
bay we wi de tink gud wan en tray fo du sontin fo wisef  
Wan tem a bin de waka na do na di emti ples de tink bot  
mi big ticha, Sri Yuktiswar, we bin don day som ia bifo  
A bin fil se a rili want am en a bin sori fo we i no bin de  
wit mi fo enjoy di fayn fayn tin den en di ples we di emti ples  
:de, en wantem wantem i apia to mi from di skay en se  
Yu tink se na yu nomo de enjoy dis fayn fayn ples? A de"

"!enjoy am jos lek yu

Di posin we de luk fo wanwod wit God fo tray tranga wan  
fo tink gud wan en lek am evride  
En lek olman wit da lov de

Dis na di wangren we fɔ avɔyd wɔ I impɔtant fɔ wok  
togɛda pan spiritual tin dɛn, bikɔs if yu nɔ gɛt tru tru  
spiritualiti, nɔbɔdi ɔ ɔlsay nɔ go gɛt gladi at Oli wanwɔd na di  
wangren we fɔ solv ɔl di prɔblɛm dɛn we gɛt fɔ du wit bɔdi,  
mɔni, mared, gud abit, ɛn spiritual prɔblɛm dɛn  
Gladi at kin kɔmɔt frɔm we pɔsin fil nia Gɔd Mɔtalman  
dɔn put insɛf na jel biɛn di bar fɔ ignorance, ɛn na tɛm fɔ  
brok fri frɔm dis prizin we de mek pɔsin shem Di maynd fɔ de  
go to Gɔd ɔltɛm, ilɛk wetin apin  
Dɔn yu go fil big kolat ɛn gladi at  
Di wan dɛn we de rili want Gɔd, we de gi dɛn layf to Am,  
ɛnkɔrej ɛn mek dɛnsɛf gɛt layt, ɛn mɛmba Gɔd ɔltɛm na di  
wan dɛn we gladi na dis wɔl ɛn di wan dɛn we win di blɛsin  
we go de afta Gɔd  
ɔltin we de na wev-layk vaybreshɔn we Gɔd in maynd  
de dayrɛkt Dis intɛligent vaybreshɔn na di Oli Spirit, ɔ di  
fetful Spirit, we pɔsin kin tɔk to tru prea ɛn tink gud wan  
Insay di stil we yu sol stil de ɛn insay di grov we yu de  
pe atɛnshɔn pan, nɔ gɛt ɛnd to di stori bɔt lɔv wit di absolyut  
we nɔ gɛt ɛnd  
Bɔt i nɔ kin izi fɔ gɛt Gɔd if wi de tray fɔ gɛt mɔni fɔs  
Wi fɔ mek Gɔd bi wan impɔtant pat na wi layf, dɔn wi go  
gɛt ɔl wetin wi nid na dis layf  
ɛnibɔdi we mek ples fɔ Gɔd fɔ ɔltɛm na in at, Gɔd go  
mek in shea bɔku pan di gud tin dɛn na di wɔl ɛn di ɛvin, ɛn  
opin bifo am big big ɔrayzin dɛn usay di san dɛn we gɛt sɛns  
de shayn, we de shayn in rod dɛn ɛn pul di daknɛs we de  
rawnd am  
Gɔd na di pɔsin we lɛk am sote go, ɛn no gladi at nɔ de  
fɔ mɔtalman pas we i lɛk Gɔd lɛk aw i lɛk - at ɔl - in pipul dɛn  
we i lɛk pas ɔl, bikɔs if Gɔd nɔ bin de, wi nɔ bin fɔ no di kayn  
we aw lɔv tan ɔ test in flawa  
Wi fɔ lan fɔ yuz wetin wi want ɛn fɔ pe atɛnshɔn pan wi  
maynd fɔ mek wi go luk fɔ Gɔd wit ɔl wi at

Na wetin mortalman want fɔ du, ɛn dɛn abit dɛn de kin  
fos am ɔltɛm fɔ du wetin i nɔ want fɔ du  
Fɔ tru, mortalman na in yon ɛnimi we bad pas ɔl, pan ɔl  
we i nɔ no se i nɔ no aw fɔ sidɔm ɔ gi tɛm to Gɔd, bɔt stil i de  
op fɔ gɛt gladi at ɛn fɔ mek shɔ se i go go na Paradays  
!wantɛm wantɛm  
Yu nɔ go ebul fɔ gɛt oli ɛksperiɛns jɔs bay we yu rid buk ɔ  
lisin to sɛmin  
ɔ jɔs fɔ du gud tin Dɛn tin ya ɔl kin ɛp, wi nɔ gɛt wan  
dawt, bɔt dɛn nɔ kin du fɔ Kɔnekt wit Gɔd nid fɔ tek tɛm pe  
atɛnshɔn ɛn tink gud wan  
Laif na big drim  
Imajin! Bɔku bɔku ia afta naw, wi ɛgzistens go bi drim,  
ɛn ɔl wetin wi de du naw go bi pat pan da drim de  
Ivin di big big pipul dɛm na mortalman dɔn bi jɔs figment  
dɛm fɔ mortalman kɔnshɛns Bɔt dɛn big big pipul dɛm bin rich  
dɛn ɔlɛmat gol bikɔs dɛn rich di ay levul ɛn stil de alayv  
insay spirit, wit wan klia ɛn kɔnshɛns ɔwe fɔ ɔl wetin de apin,  
bikɔs dɛn gɛt wanwɔd insay divayn kɔnshɛns  
ɛnibɔdi we tray fɔ gri wit dɛn tru dɛn aidia ɛn tichin dɛn  
go mɔs fil se dɛn de de, atrak dɛn blɛsin, ɛn no dip insay in  
at se dɛn rili de tɔk to dɛn  
Laif na big drim Bɔt stil, we pɔsin luk in yon bɔdi ɛn si se  
i gɛt layf wit layf, i kin gɛt strong kɔnvikshɔn pan di rial tin  
bɔt dis drim Dɛn biliv se dɛn fɔ gɛt dis ɔ da tin de fɔ mek dɛn  
gladi  
Bɔt ilɛksɛf i fulɔp bɔku tin dɛn we i want, i nɔ go gɛt  
gladi at tru dɛn Di mɔ we pɔsin de gɛt, na di mɔ i want Di tin  
dɛn we i want, i fɔ fayn, ɛn layf fɔ simpul if i want fɔ liv wit  
kɔmfɔt, kwayɛt, ɛn satisfay insay in at  
Di skripchɔ dɛn se di pɔsin we in want ɔltɛm de flɔ insay  
(to dɛn sol) na pɔsin we gɛt ay insay pis Insay dis, dɛn tan  
lɛk di si, we nɔ de ɛva chɛnj ɔ stɔp, bɔt i de kɔntinyu fɔ ful-ɔp  
wit wata we de flɔ insay am we nɔ de stɔp Bɔt di pɔsin we de  
mek ol dɛn we want na di rizɔva fɔ dɛn pis ɛn alaw di

important wata fɔ lik ɛn west nɔ no natin bɔt spiritual pis ɛn  
gladi at we pɔsin kin gɛt insay pɔsin in at

Wi nid gayd frɔm di wan dɛn we sabi Gɔd, we gɛt di  
abiliti fɔ tɔk to am ɛn we dɛn no se dɛn de fil se i de wit wi  
Di prɔfɛt dɛn dɔn aks wi fɔ luk fɔ Gɔd wit pis we de insay  
wi at

Insay di sol in wan, usay di fetful spirit ɛn di spiritual  
gladi at we pas ɔl de

Di wan dɛn we gɛt sɛns de sɔpɔt dɛn aidia dɛn ya bak  
Dɛn de tɔk mɔ bɔt aw i important fɔ tink gud wan  
Fɔ no di ay sɛf we de na di dip dip pat na di sol  
A nɔ want pipul fɔ tink se dɛn kin gɛt no jɔs bay we dɛn  
de lisin to ɔda pipul dɛn ɔ rid buk Dɛn fɔ yuz wetin dɛn rid ɛn  
yɛri

Fɔ go na say dɛn we pipul dɛn kin wɔship Gɔd bɛtɛ pas  
fɔ tɔk to pipul dɛn we nɔ gɛt wan minin  
Bɔt ivin we pɔsin de wɔship, i fɔ tɔch ɛn fil se Gɔd de na  
in at

Imɔshɔnal ɔtburst ɛn rayshɔnal analisis nɔ kin gi wi di  
divayn no we wi sol dɛn want fɔ gɛt  
We wi sɔrɛnda wisɛf to Gɔd ɛn tɛl wi gud gud wan to di  
tin dɛn we wi want fɔ wisɛf ɛn we wi shɔ se Gɔd de wit wi  
ɔltɛm

I de liv insay wi sol ɛn inspɛkt wi wit gud ɛn nobul tink ɛn  
filin Wi go gɛt gladi at ɛn fridɔm, ɛn wi go witnɛs di san rayz  
fɔ sɛns na di ɔrayzin fɔ di sol  
Di maws we bin bi tayga

As di sɛj Paramhansa Yogananda bin tɔk bɔt am  
Long tɛm dɔn pas, dip insay wan fɔrɛst, wan ɛmitaj bin  
de usay wan oli man we sabi Gɔd bin de de Dis blɛsin man  
bin gɛt bɔku sɛns ɛn pawa dɛn we pas mɔtalman, ɛn nɔbɔdi  
nɔ bin de nia am pas wan smɔl maws we tan lɛk mɔtalman  
Bɔku disaypul dɛn ɛn ɔda pipul dɛn we bin want fɔ si di  
sɛnt bin gɛt maynd fɔ go fɛn am, pan ɔl we dɛn bin de de wit  
wayl wayl tayga ɛn ɔda wayl animal dɛn, we dɛn bin de drɔ

bikɔs dɛn lɛk am Dɛn bin de kam wit flawa ɛn frut as ɔfrin ɔl  
di wan dɛn we bin de kam fɛn di sent bin de sɔprayz fɔ si di  
tayt padi biznɛs we bin de bitwin am ɛn di maws, ɛn dɛn bin  
de trowe sɔm krɔm to di sent in taym maws

Wan de, we wan grup fɔ disaypul dɛn bin de go fɛn dɛn

ticha na in ples we i nɔ de, wan pusi bin rɔnata wan maws  
we kam de kray na di sɛns man in fut, fɔ fɛn protɛkshɔn Da  
tɛm de, bifo di disaypul dɛn yay we bin de sɔprayz, di sent  
chenj di maws we bin de fred bad bad wan to wan big pusi  
we bin de mek i fred! Bay sɔm mirekul, di maws naw bin de  
strut ɛn waka fri wan bitwin di pusi dɛn, i nɔ bin du ɛni bad  
tin I bin gladi pasmak wit dis chenj, ɛn di wangren tin we bin  
ambɔg in pis na di wispa we di disaypul dɛn bin de wispa, we  
bin de wink ɛn pɔynt to am, ɛn kɔl am pusi we kɔmɔt frɔm  
maws

Afta sɔm tɛm, di sem disaypul dɛn go fɛn dɛn ticha bak,  
ɛn wan pak wulf dɛn bin de rɔnata di pusi-maws, we bin de  
meow lawd wan, de beg fɔ protɛkshɔn na di sent in fut Di  
sent tɛl am se, "Bi wulf" Wantɛm wantɛm, di disaypul dɛn we  
bin sɔprayz si di kat-maws chenj to wulf bifo dɛn yon yay Di  
wulf dɛnsɛf bin sɔprayz wit dis wantɛm transfɔmeshɔn pan  
dɛn prey, bɔt dɛn disapɔynt ɛn go bak angri Fɔ dɔn, di wulf-  
maws bin de waka fri wan wit di ɔda wulf dɛn, it wit dɛn ɛn  
luk dɔŋ pan di smɔl animal dɛn

Wan ɔda tɛm, di sem student dɛn we bin dɔn si di tu  
mirekul dɛn we bin dɔn de bifo bin de stɔdi wit dɛn ticha  
Midway tru di lɛsin, dɛn bin sɔprayz fɔ si wan big big Bengal  
tayga de rɔnata di wulf-maus, we, lɛk aw i kin bi, bin de rɔn  
wit ful spid go na di ticha in fut fɔ fɛn protɛkshɔn Di ticha,  
wans bak yuz in mirekul pawa, stɔp di tayga na in trak ɛn  
adrɛs in tame wulf, se, "Mi dia maws, na fulish tin fɔ mi fɔ  
kɔntinyu fɔ protɛkt yu frɔm yu ɛnimi dɛn Frɔm dis tɛm, a  
want mek yu bi tayga" As di student dɛn kɔl, dɛn begin fɔ laf  
ɛn se to dɛnsɛf se, "Gud ɛvin! Luk di sent in faya faya tayga!  
"!Na jɔs maws we di sent dɔn chenj to tayga

As tɛm de go, pipul dɛn we bin de kam na di ɛmitaj bin  
kam fɔ no se di tayga we bin de fred we bin de gayd di ples,  
na bin rili jɔs jɔs wan smɔl maws we di ticha bin dɔn ɛlevɛt to  
di stɛtɔs fɔ tayga Di ol student dɛn go mek di nyu wan dɛn  
we kam na di ɛmita no biliv, ɛn tɛl dɛn se: "Nɔ fred di tayga, i  
."nɔ rili bi tayga, bɔt na maws we di ticha gi di imej fɔ tayga  
Dis buli maws bin dɔn taya wit di pɔblik shem ɛn tink to  
insɛf se: "Ah, if a kin kil di sɛnt insɛf, a go dɔn pul di kɔz fɔ mi  
."misɛf

As da aidia de kros in maynd so, i paun pan di waes  
man, intend fɔ kil am Bɔt di waes man bin de lay in wet fɔ  
am, as i bin dɔn de fala in tink prɔses ɛn no wetin i want, so i  
no wantɛm wantɛm wetin de go tru di maynd fɔ in tayga we  
."nɔ de obe am, ɛn i ala pan am, se: "Go bak lɛk aw yu bin de  
ɛn na dat bin apin, jɔs lɛk aw insay wan blink ɔf wan yay  
di prawd tayga bin chenj bak to maws we bin de fred bad  
!bad wan

Olman want mɔ mɔni pas di ɔda pɔsin ɛn we dɛn gɛt am,  
dɛn kin kɔntinyu fɔ satisfay bikɔs dɛn kin kam fɔ no se ɔda  
pɔsin jɛntri pas dɛn  
Pipul dɛn de liv insay wan spiral we gɛt sɔfa we dɛn mek  
ɛn we dɛn mek wetin dɛn want

Wi fɔ satisfay wit wetin wi gɛt bikɔs prɔpati nɔ de bring  
gladi at, bɔt bɔku tɛm i kin mek pɔsin wɔri bɔku bɔku wan ɛn  
i kin mek i wɔri ɛn fred mɔ  
Di rod fɔ go to Gɔd na di rod we simpul ɛn izi, bɔt stil na  
smɔl pipul dɛn nɔmɔ de waka de pan ɔl we dɛn gɛt bɔku  
rilijɔn rilijɔn ɛn fɔmal tin dɛn  
I bɛtɛ fɔ tɔn wi at to Gɔd ɛn aks am fɔ wetin bɛtɛ ɛn we  
go las fɔ wi

Fɔ tru, Gɔd de wet fɔ wi bikɔs i want fɔ kip wi fa frɔm  
bad ɛn denja I want wi wit am na wi at ɛn maynd bikɔs di  
smɔl smɔl tin dɛn we de na dis wɔl nɔ go ebul fɔ satisfay  
mɔtalman lɔng ɔ ful-ɔp di spiritual void  
Wetin i de fil dip dip wan



Gɔd de tɔk to wi ɔltɛm, bɔt na smɔl pipul dɛn nɔmɔ de  
yɛri in vɔys

Bɔku tɛm, da kwayɛt vɔys de kin drawn bikɔs ɔf di kray  
kray we pipul dɛn kin tink bɔt we de mek nɔys ɛn di tin dɛn  
we pɔsin kin want fɔ du klia wan

Bɔt we di tin dɛn we wi de tink bɔt dɔn stɔp ɛn di tin dɛn  
we wi want fɔ du, wi kin yɛri Gɔd in vɔys klia wan, pan ɔl we i  
nɔ tɔk natin ɛn i nɔ gɛt natin

Fɔ tru, Gɔd de du ɔltin fɔ ɛp mɔtalman; I opin domɔt fɔ  
dɛn ɛn layt dɛn rod

So dat i go si di say dɛn we in stɛp dɛn de, so dat i nɔ go  
stɔp ɔ in fut nɔ go slip, bɔt bɔku pipul dɛn nɔ no dis tru  
Di wɔl as a ɔl de mired insay kɔnfyushɔn ɛn chaos bikɔs  
ɔf selfish, gridi want we de mek wɔ Natin nɔ de we de mek  
wɔ

Di big hiro na di fɛt fɔ layf na di wan we win insɛf ɛn win  
di tin dɛn we i lɛk

Mɔni, nem, tin dɛn we wi want, ɛn ɔltin we de agens dis  
prinsipul kin ambɔg wi pis ɛn gladi at

If pipul dɛn lan fɔ tink ɔltɛm bɔt di tru tin dɛn we wi fɔ du  
na layf, dɛn go gɛt di gladi at we dɛn de luk fɔ  
Bɔt dɛn kin kɔmɔt nia wetin dɛn bin want fɔ du ɛn di  
kɔrɛnt we di tin dɛn we dɛn want fɔ liv na dis wɔl kin swip  
dɛn

A dɔn si se no tɛmteshɔn nɔ go ebul fɔ mek a kɔmɔt na  
di rod we a dɔn pik ɛn di we aw a dɔn tek fɔ misɛf  
A kin mek bɔku bɔku pipul dɛn gladi wit di pawa we Gɔd  
dɔn gi mi, bɔt da we de fɔ du sɔntin go ambɔg mi  
ɛni we aw i bi, a nɔ want fɔ mek bɔku bɔku pipul dɛn  
kɔle ɛn mek dɛn maynd tek dɛn maynd  
A jɔs lɛk fɔ si disaypul dɛn we gɛt trut ɛn we gɛt rut pan

Gɔd

Di wan dɛn we lɛk Gɔd go ɛnjoy dɛn tin ya we dɛn de  
tink bɔt, ɛn di wan dɛn we gɛt zil we de te go fil Gɔd in blɛsin  
dɛn

Wi kin si klia wan se i de de tru den tichin den ya  
I no possibul fo mek possin ful God bikos I de bien in  
maynd en i no wetin de apin na in maynd en wetin i want  
We i lef di wol en want fo get wanwod na God in yay, God  
go kam to am  
We da want de tek rut na di possin we want in at, God kin  
kam na da at de en ful-op am wit gudnes en blesin  
Di tin den we possin get de gi jos lay lay pis en satisfay  
we no de te Di wangren tru tru rizin fo mek possin liv na fo gri  
wit di Wan we mek am en fo mek i lek am  
Da agriment de fo bi agriment we go de sote go en  
agrimen we no go brok  
O Masta, mek a transparent wit klin so dat a go riflekt Yu  
hilin layt insay mi  
Kol di miro na mi maynd, we de shek wit wori, so dat i go  
sho yu fes we no get end  
Opin di winda den fo fet na mi sol so dat a go blo di sent  
fo yu pis  
A don kam fo no se di wangren tin we mek a get layf na  
fo no God  
Pipul den de we no kin biliv se fo no God na di men gol  
na layf Bot nobodi no go dinay se di gol fo layf na fo get gladi  
at En a kin se wit komplit konfidens en sho se God na di  
olimat gladi at  
Na di big big gladi-at  
Na absolyut yunivasal lov Na di gladi gladi we de sote go  
we no de eva komot na di sol fo di wan den we de insay  
wanwod wit am So wetin mek wi no de tray fo get da olimat  
?gladi at de  
Nobodi no go ebul fo gi wi am Wi fo men en kultiv am  
oltem insay wisef  
Di wol de tray oltem fo gi pipul den in gladi at, bot den  
kayn enjoyment ya we no de te kin don mek den rigret, bita,  
en rigret lvin di wan den we get laki pas ol, we tan lek se den  
get oltin, kin stil no rili gladi en den no go satisfay wit tin den

we de na dis wɔl fɔ lɔŋg tɛm, bikɔs dɛn nɔ kin kil dɛn tru tru  
tɔsti ɔ satisfay dɛn spiritual angri  
Di mɔ we wi de pe atɛnshɔn pan tin dɛn we de na do, na  
di mɔ wi nɔ go ebul fɔ fil di glori we de insay wi at  
We wi kin ɛksperiɛns bay we wi test di gladi at we go de  
sote go we di divayn spirit gɛt  
Di mɔ we wi de tɔn insay, na di mɔ wi de gɛt prɔblɛm  
dɛn we de na do na di kɔnstant iqwɔj, bɔt bɔku pipul dɛn nɔ  
kin no dis trut bikɔs ɔf di inflɛns we di wɔl kɔmpin, di sosayti  
we dɛn de liv insay, ɛn di abit dɛn we nɔ fayn  
Sosayti de mek pɔsin put inɛf dɔŋ ɛn bisin bɔt tin dɛn  
we de ɔp ɛn dɔŋ ɛn i nɔ de alaw am fɔ tink bɔt dip tru tin dɛn  
Ivin ples dɛn we gɛt fɔ du wit Gɔd biznɛs, sɔm pipul dɛn  
kin go we dɛn nɔ rili want fɔ bɛnifit frɔm di blɛsin we dɛn de  
I nɔ go te igen, dɛn nɔ kin gɛt natin frɔm dɛn visit dɛn de  
Di wan dɛn we want fɔ si Gɔd go fɛn am ɔlsay Mɔtalman  
abit dɛn de pwɛl ɛn ambɔg  
Wan wayl animal we de it animal we de pwɛl, pwɛl,  
ɔnawe wit am, ɛn ɔnawe wit am  
Na tɛm fɔ lɛ pipul dɛn lan aw fɔ gladi ɛn satisfay wit  
wetin dɛn gɛt  
Wi nɔ fɔ want ɛnitin pas wetin de kam wi we Gɔd gɛt fri-  
an; I no wetin wi nid ɛn gi wi am insay di rayt tɛm Dis nɔ min  
se wi fɔ abop pan Gɔd we wi nɔ tray fɔ du ɛnitin—nɔto atɔl I  
min se wi fɔ du wi pat di bɛst we aw wi ebul ɛn lɛf di ɔda wan  
to Gɔd, we nɔ go ɛva pul wi wetin wi nid ɛn we wi fɔ gɛt  
Di bɛst we fɔ gɛt gladi at sote go na fɔ fil se Gɔd de wit  
wi Di tin we wi want pas ɔl na fɔ no Gɔd ɛn fɔ mekɔp wi  
maynd fɔ de wit am  
Gɔd fɔ gɛt di fɔs ɛn ay ples na wi tink ɛn filin, ɛn wi fɔ tek  
am as di pila we strɔng pas ɔl ɛn we strɔng pas ɔl na wi layf  
Gɔd, insay In absolyut sɔri-at  
I de gi wi gladi at ɛn inspekshɔn  
ɛn i de gi wi rial layf  
Tru tru sɛns

En tru tru gladi-at  
 Tru ɔndastandin tru  
 ɔl di difrɛn difrɛn ɛkspiriɛns dɛn we wi gɛt na wi layf  
 Bɔt Gɔd in glori nɔ de sho  
 Eksept insay di spiritual tranquility we di sol de fil  
 En fɔ tray tranga wan fɔ mek i gri wit am  
 Na de wi tinap fes-to-fes wit di trut  
 Na ɔda kɔntri dɛn, ilyushɔn dɛn kin rili strɔng  
 Na smɔl pipul dɛn nɔmɔ ebul fɔ pul am kɔmɔt  
 Di inflɛns we di ɛksternal envayrɔment gɛt  
 Di wɔl de kɔntinyu wit in kɔmplisiti dɛn we nɔ gɛt ɛnd  
 En di bɔku bɔku ɛkspiriɛns dɛn we i bin gɛt  
 Gɔd in vɔys de biɛn di we aw layf de apia  
 I kin kɔl wi ɔltɛm ɛn tɔk to wi  
 Tru flawa ɛn oli buk dɛn  
 Frɔm wi kɔnshɛns  
 En tru ɔl di fayn fayn tin dɛn  
 We de mek layf fayn fɔ liv  
 Naytingal we de na di skay  
 Mi na yu naytɛn, we de go ɔp na di ɛvin fɔ yu kɔsmik  
 prezɛns, de luk ɔltɛm fɔ drɔp dɛn pan di ren we yu trut de  
 kam  
 A dɔn pre to yu wit dip kɔnfidɛns fɔ sɛn shawa dɛn fɔ yu  
 sɔri-at frɔm di harsh klawd dɛn we de kwayɛt  
 En bikɔs a bin tɔsti bad bad wan, a bin rili want fɔ gɛt ɛni  
 oli pɔynt we a no bɔt una  
 !Oh, a bin rili want fɔ fil yu prezɛns insay mi ɛn rawnd mi  
 Mi tɔsti we nɔ bin de dɔn, bin jɔs dɔn we yu tɔch mi sol  
 we bin de bɔn ɛn mi we a bin de bɔn wit lɔng ɛn want Di sizin  
 we a nɔ bin gɛt op ɛn we a nɔ bin gɛt op dɔn pas, ɛn di dray  
 we mi trɔbul dɛn bin dray dɔn dɔn wit di ren we de kam na  
 yu pis  
 En naw a de flay kwayɛt wan ɛn flay ɔp, de siŋ siŋ dɛn  
 we de mek a satisfay ɛn satisfay

Mi na yu nayten we de drink di wata nomo we de mek yu  
korej we de flo we no de stop from di ayt den we yu de  
Di we aw pipul den de tink bot densef nomo, di industri,  
en politiks, di filin den we de mek pipul den fil bad we den de  
tink se wan trayb bete pas oda wan, en di we aw den de sel  
tin den we den biliv en tichin den, ol dis don mek pipul den en  
difren kolo den no get wanwod en no get wanwod, en den don  
mek di wol skata wit wo den As a rizulta, ikonomi de pwel,  
pipul den no no natin bot God biznes, en olman de sofa  
Fo divelop wan kombayn kwaliti den we get fo du wit  
spiritual kwaliti den, fo sabi du tin fayn fayn wan, en fo get  
fayn fayn kwaliti den we motalman get—di kayn we we wi de  
si de sho na di layf we pipul den we get sakrifays de liv—na  
di men tin we de mek posin get gladi at en i go mek  
motalman get di best  
Eni taim, eniwe  
Wi fo fala di tin den we wi fo tink gud wan, fo biev fayn,  
en fo rili fil sori fo oda pipul den  
Fo tru, motalman de op bay we den de du tin tret, sori-  
at, en di ikwal en balans divelopment pan matirial aspek den  
Di tin den we in posin get fo get sens, pan God biznes, en  
fo biev fayn  
Di men tin we ol motalman want fo du na fo get pis,  
satisfay, sef, no, en no day  
En insay dis we aw wi want fo pafekt we ayd insay wi, na  
God in pikcho de  
Dis blesin imej de tray fo sho insaf tru motalman we de  
gri wit den ay ay nature  
Plenti pipul na di lo fo di tin den we God mek, en wanwod  
de mek posin get di tin we no get wan bot  
We den separet en sheb, di wol kin bi koldon we de boyl  
en bobul wit pen en sofa oba di faya we wo en day de mek  
Di fayn layf we de mek at get wanwod, we de mek sol  
den kam nia densef, en we de mek den kam togeda wit di trut  
Na di rod fo get gladi at, pis, en sote go

Natin no go ebul fo gi wi satisfy en was di kray wata we  
 de komot pan wi yay pas God nomo  
 Motalman sol na difren pat from di wan ol tin en i fo go  
 bak to di wan ol fo bi wan Wi de luk fo gladi at fo lid wi to  
 God, di say we ol gladi at de komot  
 Wi tosti fo no fo don komot na di watawel den we get  
 sens from God Wi pis go jos komplit we i joyn wit di pis we  
 God get we wi no go ebul fo tok bot  
 Wi egzistens nid di egzistens fo God fo mek wi go bi sote  
 go, en wi konshens go de oltem boku en big we i toch en joyn  
 wit kosmik konshens Wi gladi at go get end en i go boku boku  
 boku tem we i joyn wit divayn gladi at  
 Di bele we gridi bin kil  
 Wan tem, wan man we get sens it wit posin we de it, en  
 . "di sensman se: "A lek dis gud it  
 Bot i no bin it boku As fo di man we de it pasmak, i no  
 eva test dis kayn fayn it na in layf  
 I kontinyu fo it te i stop en day bikos i it pasmak Mek una  
 layf long  
 Di posin we get sens, we bin want fo it, bin de enjoy di it,  
 bot i no bin get di sens we i bin de get we bin de pwel di posin  
 we de it di tin den we de it Di sens posin bin de gri wit  
 transparent spiritual enaji den we de gi in sol tin fo it en gi in  
 bodi in sel den trenk, en we i de it, i bin de du am wit smol  
 smol so dat i no go ambog o ambog di flo we di kosmik enaji  
 we i bin no se i de rich to am  
 I no nid fo lef oltin en liv austre layf fo liv spiritual layf,  
 bot i nid fo memba se motalman no de liv bay bred nomo  
 Paradays we get lov en di evin we get gladi-at  
 Insay di layt we Yu bles layt de shayn, a de gi mi sol in  
 beg den  
 En a de aks yu fo tek di ombul ofrin we mi at de gi  
 Kip di gost den na daknes fa from mi  
 Luk mi from di yay na evin

From di say den we a de komot na mi at en di we aw a

de fil

Sho mi na di tempul se a lek yu

Bles mi so dat a go si gud

A kin tink bot gud tin den

En mek padi wit gud en gud pipul den

En so dat a go tink bot una

O Yu we de mek oltin we gud en du wetin rayt

Na yu gudnes, den go dreb mi komot na di oli ples fo mi

sol

Ol di ayd den we no gri wit wetin den de tok

En a de reason wit yu blesin prezens insay mi

Mek a liv na paradays we get gladi-at

Nobul en sublaym tinkin den kin kam to mi

Sprinkle mi wit di fragrance of yu bliss

Mek yu oli lov koba mi oltem

Bles mi so dat a go liv na di paradays we get lov

Enjoy yu divayn prezens

En yu pis we de na evin

En so dat a go no se mi na sol we no de day

En a de liv bay yu layt

En a de liv bay yu blesin

Mi God we a lek

From di Gadin we den kol Dawn

A go pik flawa den we get layt fo yu

Fo gi am as ofrin we ombul

Na yu fut

Mek di piercing star of mi lov fo yu

I de ron go bifo wit pawa we de buku

Tru wan atmosfes we de mek pipul den soprayz

En mi forget bot yu

En i de pul in daknes

No forget mi

Ivin if a forget yu

Memba mi

Ivin if a no menshon yu  
Gɔd na di tin we valyu pas ɔl na mi layf  
I de rul pas ɔlman na mi kɔnshɛns  
En wɔd dɛn we gɛt sɛns de mek a gɛt maynd  
I de gayd mi fɔ go na di rayt rod  
We a fɔ adopt  
Layf we balans  
We de tek ɔl di ɔ dɛn we Gɔd ɛn di tin dɛn we Gɔd mek  
de tink bɔt  
I de jɔyn fɔ du sɔntin ɛn fɔ gɛt kol at  
I de bring gladi at ɛn mek mɔtalman du wetin i want  
Yu nɔ go ebul fɔ si os we ful-ɔp wit jɔks na dak  
So, wi nɔ go ebul fɔ fil se Gɔd de de  
As long as di nɛt we pɔsin nɔ no natin de kɔntinyu fɔ win  
If di we aw wi ɔndastand Gɔd nɔto rial tin  
So dat wi nɔ go ebul fɔ du di wok dɛn we wi de du ɛvride  
if wi nɔ gɛt am  
I klia se wi nɔ bin fil se Gɔd ɛn layf nɔ gɛt ɛnitin fɔ du wit  
wi  
We wi gɛt ambishɔn ɛn krawn am wit di aidia fɔ sav ɔda  
pipul dɛn  
Wi de ɛp wisɛf bay we wi de ɛp ɔda pipul dɛn  
Oh, Masta  
Wit di spred fɔ di impɔtant san layt  
A go spre rays fɔ op na di at fɔ di po pipul dɛn ɛn di wan  
dɛn we dɔn kɔmɔt na dɛn os  
Layt di lamp dɛn fɔ mek yu gɛt maynd ɛn fɔ gɛt  
kɔnfidɛns pan yusɛf  
Insay di at fɔ di wan dɛn we tink se dɛn nɔ ebul fɔ du  
natin  
We wi no se layf na skul fɔ lan ɛn du di wok we wi fɔ du  
Na di sem tɛm, na drim we nɔ de te  
Dɔn wi go no se Gɔd de wit wi  
Layf fɔ de pan savis  
If yu nɔ gɛt da fayn gol de



Di maynd we Gɔd gi mɔtalman nɔ go ebul fɔ du am  
Di rizin we mek dɛn mek am fɔ  
We pɔsin put insɛf ɔnda Gɔd, dat kin mek i ebul fɔ du ɔl  
di wok dɛn we i de du  
Wit filin fɔ gladi ɛn tɛl Gɔd tɛnki  
Na we wi sɔrɛnda nɔmɔ wi go gɛt pis  
A go bɔn ɔl di wikɛd tin dɛn we gɛt fɔ du wit sɛns ɛn gud  
abit dɛn

Insay di faya we dɛn mek  
Bikɔs pas nɔmɔ a pul dɛn wikɛd tin dɛn de  
A nɔ go ebul fɔ si di faya we kɔmɔt frɔm Gɔd  
Oh, Masta  
Tide a go mekɔp mi maynd fɔ du sɔm patikyula tin dɛn  
Dɔn a kin du wetin a bin dɔn plan  
A go mek sho fɔs se wetin a want fɔ du na di rayt tin  
ɛn afta dat, a go fil yu trɛnk  
ɛn wit yu ɛp ɛn blɛsin, a go du wetin a want fɔ du  
Wispa ɛn Briz

**Masta Paramhansa Yogananda**

**Transleshɔn: Mahmuud Abas Masoud**

**Di smɔl ego kin strut, ɛn se wit prayz ɛn prawd:  
Mi na yu!**

**Bɔt a go tray fɔ no mi tru tru sɛf, we gɛt sɛnt wit  
ɔlkayn flawa dɛn we gɛt gudnɛs ɛn ɔmbul**

**O Gɔd, sho mi tru tru aydentiti, ɛn mek a yɛri yu  
de wispa insay mi dip, se: Mi na yu ɛgzampul ɛn yu  
na mi imej!**

**Na di gadin we dɛn kin drim na nɛt**

**Insay di gadin we a kin drim na nɛt, bɔku flawa  
dɛn kin blo: di rare flawa dɛn we a kin imajin Na  
de, usay di wam wam planɛt layt de shayn, di bɔd  
dɛn fɔ di op dɛn na di wɔl kin opin, ɛn dɛn kin spre  
brayt flawa dɛn we de sho se a gɛt fulfilment ɛn  
satisfay**

**Insay di glo we den drim den de shayn, a kin si  
di spekt den we de sho di fes den we a lek we den  
don forget, en nimf den we get filin den we a lek we  
den don ber long long tem bifo na di gron we di wan  
den we no no natin de du—ol den de rayz wit klos  
den we de shayn En fo ansa di kol we di enjel den we  
de drim den kol, a de witness di layf we ol di problem  
den we a bin don get trade don get layf bak**

**Masta, yu don gi wi freedom fo forget wi evride  
troubl wit net visit to di land fo drim Ep wi fo wek to  
yu en ronawe sote go from mortalman sori-at**

**Yu de wet fo mek a kam bak**

**O Divayn Refuge! A de dref insay di si fo layf,  
we di big big briz we de mek problem de tos mi  
lleksaf a de flot pan di wef den we de mek a gladi o  
wan wan tem a de sink insay di dip dip ples den we  
sori de, a de rili want fo ronawe pan dis duality bay  
we a de rich na yu transendant, ethereal shores Wit  
evri sigh fo mi beg, a de kam nia yu mo en mo, mi  
wangren refyuj**

**A no go stop fo tray bikos a no se una rili want  
fo kam en una rili want fo mek a kam bak!**

**bod we de na paradays**

**Mi na bod we de na paradays: bod we de na evin  
we yu blesin an den mek**

**I bin de mek mi fayn wit gudnes en fayn fayn  
kolb den: wit di donj we i get sori-at en di gold feda  
den we get spiritual flawa den**

**A bin de flay ay ay wan na di daknes en kray  
kray atmosfes na layf fo fen paradays we get gladi-  
at, en mi brayt feda den bin get dak dak spat den we  
de sho se a no get op**

**Kam, mi God, en was di bod na yu paradays wit  
rayt en klin swit wata we get pis**

**Divayn Skulpto**

**Mek evri bit fo mai hat bi nyu wod fo di poem of  
mai eternal lov fo yu**

**Mek evri sawnd we mi lip den de tok, sho blesin  
vaybreshon from yu oli vɔys**

**Mek ol di tin den we a de tink bot, ful-op wit di  
gladi at we yu get we yu de de**

**Mek mi wil bi chaj wit yu divain vitality**

**Adorn ol mi tinkin, eksprashon, en aspireshon  
wit Yu gris**

**O divayn skapultɔ we oli pas ol, shep mi layf as  
yu si se i fayn, akodin to yu speshal dizayn**

**Yu na mi posin we de protekt mi**

**Masta, ep mi fo no wek di animal den we de veks  
en pawa insay sol den we no rifin Bot if den atak mi,  
a go ronawe na di rok kev we yu de protekt insay mi  
sol**

**O Divayn Protekta! If Yu no de, a no go fen eni  
sef ɔ sikyɔriti, ivin na di motalman fot den we no go  
ebul fo ambɔg Bi mi kova we de protekt mi en mi  
stedi shild agens di bom projektayl den we problem  
de kam En bles mi, so dat a go men—thru oli  
ɔpreshon—ol di wan den we de sofa wit layf wund en  
shrapnel**

**oli gladi gladi we posin kin get**

**We yu pipul den we de fala yu de pre, a kin gɛda  
di rayt den we de mek oli gladi at komot na den yay  
en miks den wit mi spiritual zil fo gi den as drink we  
de mek a fil fayn to mi tink den we a tɔsti; so dat  
den de drink te den donawe wit den, en den pen en  
fred no de igen**

**En to di wan den we de luk fo korej en komfot, a  
de gi dis majik drink insay transparent kop den we  
get tru tru at en gud intenshon**

**Mek olman we de drink dis blasin eliksri get  
gladi at we go de sote go, fɔget den prɔblem den en  
fɔ dɔnawe wit den pen den!**

**Klin mi insay di faya we bad bad tin kin apin**

**Di raw metal na mi layf de melt insay di ɔfna fɔ  
bad bad tin den en prɔblem den, en ɔl lay lay tin den  
de rifin insay di faya den we oli eksperiens en  
ambishɔn den de mek**

**Divayn Krieta, fri mi frɔm mɔtalman wikɛdnɛs en  
gi mi wil we strong lɛk ayen en spiritual rizɔlt lɛk stɛl  
we dɔn at ɛp mi fɔ shep mi rifin ɛsin to ifektiv  
inschrumɛnt fɔ sɛlf-disiplin en tru ditarminieshɔn**

**En wit di sɔd we de balans mi maynd, a go pwel  
mi enimi den we de insay mi - mi faya faya abit den  
- we de wet fɔ mi en tray fɔ mek a nɔ tink bɔt yu  
wan ɔltɛm**

**Bi mi san en mi mun**

**O Masta, sɛn di raytin fɔ Yu sɛns fɔ gayd mi tru  
mi gladi gladi de den fɔ ajɔst, en di layt fɔ Yu sɔri-at  
mun fɔ layt mi rod den tru mi dak nɛt den we a de  
sɔri**

**Kam to mi**

**Yu tink se di do fɔ da de de go brok, we fɔ tɔk  
yu blasin nem go mek wata kray we go ful-ɔp di  
bank den we a nɔ no natin en wet mi at?**

**Dɔn, insay di lek we mi kray wata we a dɔn  
gɛda, di lili den we get oli sɛns go gro, en den layt go  
pul mi daknɛs sote go**

**O yunivasal Mama we de ɔlsay, kam to mi, bikɔs  
natin nɔ go ebul fɔ pul mi sɔri-at en pul mi daknɛs  
pas di fes fɔ Yu sɔri-at we de ɔlsay en Yu sɔri-at we  
nɔ get end**

**Bɔnd den we nɔ go brok**

**Tich mi, Masta, fɔ fɛn mi wanwɔd wit Yu insay  
pis insay mi at en insay di nɔys na di wɔl I nɔ**

**important if a de rawnd saylens ɔ noys, sote a ebul fɔ  
fil Yu ɔl-kɔmbas prezens ɔlsay ɛn ɔltɛm**

**So mek a du mi wok wit gladi at**

**Yu de wok taya ɛn briŋ smayl to bɔku bɔku gladi  
at Blɛs mi so dat a go gɛt - lɛk yu - smayl we nɔ de  
dɔn as a de wok na di faktri fɔ layf**

**Mek di wef dɛm fɔ yu trɛnk dans ɔltɛm pan di  
riva fɔ mi ɛvride aktiviti dɛm**

**Divayn Mama, jɔs lɛk aw yu lɛk fɔ disayn atɔm,  
flawa, ɛn yunivas, tich mi di sikrit fɔ wok ɛn mek wit  
balans maynd ɛn sol we satisfay**

**Mental, saikɔlɔjik, ɛn bɔdi wɛl bɔdi**

**Ɛp wi, O kɔsmik spirit, fɔ mɛn di bɔdi bay we yu  
de chaj am wit yu kɔsmik ɛnaji, fɔ mɛn di maynd wit  
gladi at ɛn mental fɔs, ɛn fɔ mɛn di sol frɔm di rut  
kɔz fɔ ɔl di kɔz dɛm - ignorance - bay we yu yuz di  
mɛrɛsin we wok pas ɔl: ɛvride oli meditashɔn pan  
Gɔd**

**Affirmation fɔ mɛn pipul dɛn**

**O Divayn Spirit, Yu mek mi bɔdi, ɛn na dat mek i  
saful ɛn wɛlbɔdi bikɔs Yu de insay am Yu na pafɛkt  
insef, ɛn dɛn mek mi lɛk Yu; so, a de wɛl ɛn a de na  
di bɛst kɔndishɔn!**

**Affirmation fɔ mɛn ɔda pipul dɛn**

**Yu na Gɔd in imej, ɛn In pawa we go de sote go  
de ɔlsay na ɛvri sɛl ɛn tisu na yu bɔdi Yu ɔl biin de  
puls wit In divayn prezens; yu gɛt wɛlbɔdi bikɔs ɔf In  
gudnɛs**

**Bi di kapten fɔ mi ship**

**O Masta, bi di kapten fɔ di ship fɔ mi ɛvride  
wok, ɛn gayd am to Yu oli sho, we na di say we sef  
ɛn rɛst fɔ di wan dɛn we taya**

**Di faya dɛn we ful-ɔp wit mistek**

**Insay di nɛt we wi kin mek mistek, wi bin de  
rɔnata di mirej we de sho se wi kin gɛt gladi at we**

**kin mek pɔsin nɔ fil fayn; ɛn as wi bin de kɔmɔt nia  
di rod fɔ go bifo pan Gɔd biznɛs, wi bin de stɔp insay  
di swamp dɛn we bin de mek wi at pwɛl ɛn we wi bin  
de lɔs**

**O Masta, Yu we de wach ɛn pe atɛnshɔn ɔltɛm,  
nɔ alaw di faya we de mek pɔsin ful we de kam ɔp di  
shalo wata we gɛt pasɔn ɛn ilyushɔn fɔ mek wi go  
insay di dɔti ɛn trap dɛn we nɔ gɛt wan valyu**

**Wi na yu pikin dɛm, we de want fɔ rich na wi os  
we de na ɛvin Blɛs wi so dat wi go rich wi gol bay  
we wi de fala di layt we de insay di Spirit in sɛns,  
we na yu oli bikɔs, we de gayd ɛn kɔl wi fɔ sel go na  
yu blɛsin sho!**

**A yɛri yu vɔys**

**Insay bɔku layf a dɔn yɛri yu saful saful wispa  
se: Kam na os!**

**Bɔt i bin dɔnawe ɛn i nɔ bin de igen midul di  
nɔys we di tin dɛn we nɔ gɛt blɛsin bin de mek i  
want**

**A dɔn lɛf di krawd kiyu dɛn fɔ di tin dɛn we a  
want ɛn a go invayt yu fɔ go na di vajin ritrit dɛn na  
mi at**

**We a sidɔm fɔ tink gud wan bɔt yu, yu go pul di  
tɛmteshɔn dɛn we de na dis wɔl we stil de ayd na di  
kɔna dɛn na mi memori?**

**Insay di stil we mi sol stil de, a de wet wit ɔl mi  
at fɔ yɛri yu blɛsin vɔys**

**Mɛmorial kandul**

**A kin lɔs mi we ɛn waka waka na dak rod ɛn dak  
dak labirint dɛn, bɔt O kɔsmik mama, gayd di tint  
kandul fɔ mɛmba fɔ yu so dat di briz dɛn we de mek  
yu dawt ɛn we nɔ shɔ nɔ go ɔt am**

**A dɔn aks fɔ ɔl di tin dɛn we de na dis wɔl jɔs fɔ  
diskɔba las las se a want fɔ yu wan, Mama! Kam ɛn  
nɔ ɛva lɛf mi!**

**Daknəs de fade bifo yu layt**

**O Divayn Ticha, mek a no se ivin if di daknəs we  
a no no natin dɔn ol lək tɛm sɛf, wit di dawn fɔ Yu  
layt di daknəs go dɔnawe lək se i no ɛva de!**

**Ple di flut fɔ mi layf**

**O Masta we lək mi, wit mi an dɛn fɔ ɛp yu pikin  
dɛn**

**Tɔk wit mi vɔys, ɛn yuz mi maynd fɔ inspekt ɔda  
pipul dɛn**

**Briz wit mi briz, bikɔs na yu nɔmɔ ebul fɔ ple yu  
myuzik dɛn we go de sote go na di flut na mi layf**

**Mi na spak frɔm yu kɔsmik faya**

**We di krieshɔn bigin, we di spak dɛn fɔ krieshɔn  
bin de flay frɔm yu faya bɔdi, a bin de siŋ wit di  
kwaya fɔ planɛt layt dɛn we bin de prich di gud nyus  
bɔt di we aw yu wɔl dɛn dɔn kɔmɔt**

**Mi na spak we go de sote go frɔm yu planɛt faya**

**O Divayn At we gɛt lɔv ɛn peshɛnt! ɛp mi fɔ  
ridyus—tru we a de tink gud wan—di agriment fɔ lək  
ɛn fɔ gɛt wanwɔd bitwin wi Lɛ a no se insay mi  
blɛsin joyn fɔ go bifo pan oli tin dɛn—layf afta layf—  
yu ɛn mi spiritual gaydman dɔn bi, ɛn wi go bi mi  
padi dɛn we go de sote go ɛn we go de sote go**

**Fɔ no bɔt gladi-at**

**Na tru se, we a se Gɔd na blɛsin, a min bak se I de  
sote go ɛn i de no bɔt In yon blɛsin ɛgzistens ɛn we wi  
want fɔ gɛt gladi at we go de sote go ɔ di divayn  
prezɛns, wi rili want fɔ gɛt ɛgzistens we go de sote go,  
we no de chenj ɛn fɔ no ɔ fil da blɛsin de ɔltɛm**

**Wi dɔn sho insay di lɛkshɔn dɛn we dɔn pas, tru  
rɛshɔnal argument, se wi ɔl - frɔm di wan dɛn we ay  
pas ɔl to di wan dɛn we smɔl pas ɔl - de luk fɔ gladi at,  
ɛn dis tin dɔn bi sɔntin we dɛn kin aksept we wi de**

**tink bɔt wetin pipul dɛn de du ɛn wetin mek dɛn want fɔ du sɔntin**

**Lɛ wi rifrɛz dis argument smɔl: Lɛ wi se wan pɔsin we ay pas am fɔ kam to wi ɛn tɛl ɔl di pipul dɛn na di wɔl se, "O mɔtalman, a go gi una sɔri-at we go de sote go ɛn pen we nɔ de dɔn wit ɛgzistens we go de sote go Yu go aksept dɛn?" Na tru se nɔbɔdi nɔ go gri fɔ tek dis kayn ɔf, bikɔs ɔlman want fɔ gɛt gladi at we go de sote go wit layf we go de sote go We yu luk wetin mɔtalman de du, yu go si se ɔl mɔtalman want fɔ gɛt gladi at**

**Semweso, nɔbɔdi nɔ want fɔ dɔnawe wit am ɔ fɔ dɔnawe wit insɛf, lɛk aw ivin di jɔs sɔgzhɛshɔn we dɛn gi am kin mek pɔsin fred ɛn fred ɔlman want fɔ de sote go, bɔt if dɛn gi am ɛgzistens we go de sote go we i nɔ no ɔ no bɔt da ɛgzistens de, wi go rijɛkt am Nɔbɔdi nɔ want ɛgzistens we nɔ gɛt kɔnshɛns Wi ɔl want ɛgzistens we nɔ gɛt ɛnd**

**Naw, wetin na Gɔd? If Gɔd na bin sɔntin ɔda pas blɛsin ɔ suprem gladi, if kɔmyunion wit am nɔ bin mek wi gladi, ɔ if i nɔ bin mek wi nɔ fil pen, wi nɔ bin fɔ want am, ɛn wi nɔ bin fɔ tɔn to am If Gɔd na bin sɔntin we nɔ gɛt yus to wi, wi nɔ bin fɔ bisin fɔ kam nia am Wetin gud na di aidia fɔ wan Masta we de kɔntinyu fɔ de we wi nɔ no, we in prezɛns wi nɔ go ebul fɔ fil insay wisɛf ɔ insay at least sɔm aspek dɛn na wi tap?**

**Ilɛk wetin wi maynd tink bɔt Gɔd, lɛk: (I pas ɔlman ɔ I de insay wi ɛn rawnd wi), da kɔnsɛpt de stil de rawnd ɛn kɔba am wit ambiguity ɛn mistɛri pas wi no bak se I de**

**Bikɔs ɔf dis kɔnfyushɔn ɛn ambiguity na wi ɔndastandin bɔt Gɔd ɛn wi ɛksperiɛns bɔt am, wi kin si se wi nɔ ebul fɔ ɔndastand In impɔtants to wi ɛn in prɛktikal valyu to rilijɔn Dis we aw wi de si tin we nɔ klia nɔ kin mek wi gɛt inof kɔnvikshɔn insay wi, ɛn dat**



**mek i nɔ de chenj wi layf ɛn i nɔ de afɛkt wi bihayvya bay we wi de si, ɛn i nɔ de mek wi tray tranga wan fɔ no Gɔd**

**ɛn wetin di rilijɔn na di wɔl se bɔt Gɔd? I se di pruf fɔ se Gɔd de insay wisɛf Na ɛksperiɛns we de insay yu layf Yu fɔ mɛmba at le wan tɛm na yu layf, we yu de pre ɔ beg, we yu fil se di tin dɛn we yu nɔ ebul fɔ du na yu bɔdi ɛn tin dɛn we de ambɔg yu dɔn lɔs ɔ i dɔn lɛf smɔl fɔ lɛ yu nɔ gɛt bɛtɛ lɔv ɛn et, gladi at ɛn pen ɔ dɔn stɔp na yu maynd, ɛn klin gladi at ɛn pis bin de kɔmɔt na yu at, ɛn yu bin ɛnjɔy wan kwayɛt nɔ de ambɔg ɛnitin we gɛt gladi-at ɛn satisfay**

**Pan ɔl we dɛn nɔ kin gi ɔlman dis kayn fayn fayn ɛksperiɛns, wi nɔ gɛt wan dawt se wi ɔl, sɔm tɛm, ilɛksɛf na prea, wɔship, ɔ tink gud wan, dɔn gɛt sɔm tɛm dɛn we wi kin gladi fɔ di spirit ɛn klin pis Dis nɔto pruf fɔ se Gɔd de? Us ɔda dairekt pruf wi go gi fɔ sho se Gɔd de ɛn in nature pas di klin gladi at we wi kin fil insay wisɛf we wi de pre wit ɔl wi at ɔ we wi de wɔship am wit ɔl wi at?**

**Pan ɔl we di kɔsmik pruf de fɔ se Gɔd de—from ɛfɛkt to kɔz, from di wɔl to di Wan we mek di wɔl—di tɛliɔlɔjik argument de bak (we gɛt fɔ du wit di fɛn fɔ di rizin fɔ di nature), from di kɔsmik plan ɛn adapteshɔn to dɛn plan dɛn de to di Yunivasal Intɛlekt, di wan we mek ɔl di plan ɛn adapteshɔn Dɛn de bak di moral argument: from kɔnshɛns ɛn di sɛns fɔ pafɛkt to di infallible Being bifo udat wi stand, accountable for our duties and responsibilities Bɔt wi fɔ no se dɛn argument ya na tin dɛn we dɛn mek wit sɛns, dɛn difrɛn pan di digri, bikɔs wi nɔ go ebul fɔ gɛt kɔmplit ɔ dairekt no bɔt Gɔd tru di smɔl pawa dɛn we di maynd gɛt**

**Di fakulti fɔ tink, ɔ intɛlekt, de gi wan fragment ɛn indayrɛkt we fɔ si tin Fɔ no sɔntin intɛlektual wan min**

**fɔ nɔ si am we yu gɛt wanwɔd wit am, bɔt fɔ si am we yu separet frɔm am Bɔt, intuition na di dairekt we fɔ no trut Tru dis intuition, pɔsin kin gɛt blɛsin kɔnshɛns ɔ divayn awareness**

**No disagreement nɔ de bɔt di absolyut egzistens fɔ blisful kɔnshɛns ɛn di kɔnshɛns fɔ Gɔd, bikɔs we wi gɛt blisful kɔnshɛns, wi kin fil se wi individyualiti ɔ wi limited pɔsinliti dɔn chenj ɛn chenj, ɛn se wi dɔn pas di duality fɔ lɔv ɛn et, gladi ɛn pen, rich wan lɛvul usay di limited stet dɛm fɔ ɔdinari kɔnshɛns kin bi klia wan fɔ Wi ɔlso ɛkspiriɛns wan insay ɛkspenshɔn ɛn wan kɔmprehɛnsif ɛmpati fɔ ɔltin Insay dis stet, di nɔys na di wɔl de dɔn, di gladi gladi de lɔs, ɛn insay wi de rayz wan sɛns fɔ di wanwɔd we de ɛn wan klia vishɔn fɔ di kɔsmik layt ɔl dɔti ɛn dɛvyayshɔn dɛn de sɔlv to natin, ɛn wi fil lɛk se wi dɔn muf to ɔda eria: to di sɔs fɔ gladi gladi we nɔ de dɔn ɛn gladi at we nɔ gɛt ɛnd lɔ nɔto, so, blɛsin kɔnshɛns di kɔnshɛns fɔ Gɔd we ɔl di stet dɛn we wi bin dɔn tɔk bɔt fɔ no de sho tru?**

**So, i klia se Gɔd kin jɔs tink bɔt am as blɛsin if wi brɪŋ am kam na di say we pis ɛn gladi gladi mɔtalman ɛkspiriɛns Dɔn Gɔd nɔ go bi jɔs wan hypothesis igen we de ɔnda intelektual tiori dɛn Dis aidia bɔt Gɔd nɔ pas ɔl ɔda wan dɛn? I de sho insɛf na wi at as di gladi at fɔ tink gud wan, insay dip prea ɛn wɔship wit ɔl wi at Blɛsin na di wan we gɛt kol at sol!**

**If wi ɔndastand Gɔd dis we—dat na, as di pɔsin we de sho di gladi at—dɛn wi kin mek rilijɔn bi sɔntin we ɔlman nid, bikɔs nɔbɔdi nɔ de dinay se i want fɔ gɛt gladi at ɛn if pɔsin want fɔ gɛt am tru di rayt we, dɛn kin tek am se na rilijɔn bikɔs i de nia Gɔd ɛn i no am, lɛk aw wi dɔn tɔk bɔt Gɔd se i de nia di at insay di we aw i de bi ɛnjoy**

**Dis filin fɔ gladi, ɔ divayn awareness, kin pas ɔl wi akshɔn ɛn abit if wi alaw am ɛn if wi ebul fɔ kip am, wi**

**kin jɔj di rilijɔn valyu fɔ di akshɔn ɛn motiveshɔn fɔ  
ɔlman na dis wɔl**

**If wi bin fɔ no, ivin jɔs wan tɛm, se fɔ gɛt blɛsin  
kɔnshɛns na wi rilijɔn, wi gol, ɛn di men tin we wi  
want fɔ du, dat min se ɔl di dawt dɛn we gɛt fɔ du wit  
di minin fɔ di difrɛn tichin dɛn, rɛkɛmɔndeshɔn dɛn, ɛn  
tin dɛn we di difrɛn rilijɔn dɛn na di wɔl nɔ gri fɔ, go  
dɔn ɔltin go dɔn insay di layt fɔ di stej fɔ divɛlɔpment  
we dɛn bin dɔn prɛskrib ɛn dekrɛt dɛn tichin dɛn de fɔ  
Di layt fɔ di trut go shayn, di mistɛri dɛm fɔ ɛgzistens  
go kɔmɔt na do, ɛn di ditel dɛm fɔ wi layf, wit dɛn  
difrɛn akshɔn ɛn motiveshɔn dɛm, go layt Wi go ebul  
fɔ difrɛns bitwin rial ɛn ilyushɔn, wek ɛn drim Wi go si  
bak di fɔlt fɔ kɔstɔm ɛn tradishɔn dɛm we dɔn so bɔku  
tɛm mistek mɔtalman ɛn bil barɛri bitwin pipul dɛm  
Pantap dat, if dɛn ɔndastand rilijɔn dis we, nɔbɔdi nɔ  
de pan dis di wɔl—yɔŋ ɔ ol—nɔ go ebul fɔ praktis am,  
ilɛksɛf na student, wokman, lɔya, dɔktɔ, injinia,  
kapɛnta, ticha, wokman, pɔsin we de ɛp pipul dɛn, ɔ  
ilɛk wetin dɛn gɛt na layf**

**If rilijɔn na fɔ pul di filin we pɔsin kin fil se i nid  
sɔntin ɛn fɔ gɛt gladi-at, udat nɔ go want fɔ bi rilijɔn, ɔ  
udat nɔ go tray fɔ bi so mɔ if dɛn lan di rayt we ɛn we  
dɛn?**

**Nɔto di fɔs tin we dɛn fɔ pe atɛnshɔn pan ya fɔ bi  
pan di bɔku bɔku rilijɔn dɛn ɔlman na di wɔl kin bi  
rilijɔn insay in yon we, ɛn i kin du am mɔ sakrifays bay  
we i de yuz fayn fayn we dɛn Na ya, nɔ diskrimineshɔn  
nɔ de bikɔs ɔf klas ɔ biliv, sɛkt ɔ dinomineshɔn, drɛs ɔ  
klaymat, ej ɔ man ɔ uman, wok ɔ stetɔs, bikɔs dis na  
rilijɔn we de ɔlsay na di wɔl jɔs lɛk aw Gɔd na di men  
pila fɔ ɔl rilijɔn ɛn biliv, we de rɛkɔgniz I wit gladi at  
na di kɔmɔn trɛd na di kɔnshɛns fɔ di prɔfɛt dɛn na ɔl  
rilijɔn Dɛn nɔ fɔ tek am se dis aidia bɔt Gɔd na**

**abstrakt ɔ no get natin fɔ du wit wi spiritual op ɛn  
aspireshɔn dɛn**

**God nɔto pɔsin we tan lɛk wi, wit wi limited  
horizons ɛn finite human vision Wi egzistens,  
kɔnshɛns, filin, ɛn kriaytiv abiliti na jɔs shado fɔ In  
kɔnshɛns ɛn gladi-at I na absolyut ɛn transɛndant  
prezɛns, we wi egzistens, kɔnshɛns, ɛn filin dɛn na  
limited ɛn ɔdinari Dɛn tin ya no get limit insay God in  
bi; fɔ tru, dɛn pas ɔl ɛn dɛn no get ɛnd**

**Wi de si God insay pafɛkt pis, ɛn wi de no am tru  
gladi-at fɔ no Wetin ɔda pruf de fɔ se I de? Insay dis  
kayn gladi at, wi spiritual op ɛn aspireshɔn dɛn kin get  
fulfilment ɛn rialize insay God, jɔs lɛk aw wi want dɛn  
kin fɛn sɔntin ɔ sɔntin we wi de wɔship**

**Insay di kɔnshɛns fɔ gladi-at wi de rayz pas di  
gladi at ɛn sɔri-at na di wɔl, bɔt wi no de pas di nid fɔ  
du wi wok ɛn ɔbligayshɔn dɛn**

**Di wan we get sɛlf-no bɔt insɛf no wit shɔ se na  
God na di wangren ɛjɛn we de, bikɔs ɔl di pawa fɔ ajɔst  
de kɔmɔt to wi Wit di kultivashɔn fɔ detachment, di  
smɔl smɔl ego de fade ɛn diminish, ɛn wi fil se wi de  
du wi asaynd rol dɛn na di stej na di wɔl we wi no get  
saykilɔjik afɛkt bay pɔsitiv ɔ negatif sikɔstɛms, bay lɔv  
ɔ et we get fɔ du wit dɛn rol ya Dis ple fɔ layf no get  
biginin ɛn ɛnd Wi ɔl fɔ ple di pat we di Gret Dayrɛktɔ fɔ  
di Stej dɔn gi wi fɔ du witout kɔmplɛn ɔ vɛks, bikɔs wi  
lɛk di ple ɛn rɛspɛkt fɔ di Dayrɛktɔ Di wan dɛn we get  
di kɔnshɛns fɔ gladi go fil se di wɔl na stej ɛn dɛn go  
du dɛn wok di bɛst we aw dɛn ebul ɛn di atis skil dɛn,  
dɛn go mɛmba ɔltɛm se dɛn de wok ɔnda di  
dayrɛkshɔn ɛn gayd we di Gret Dayrɛktɔ fɔ di Stej: God  
ɔlmayti, di sɔs we ɔl gud ɛn gladi at we de**

**Pis de fɔ una**

## **Glimpses of kosmik kōnshēns**

Man de apia lēk strenja we de travul in wan na dis wōl

Di pipul dēn we i tink se na in yon nōto rili

Wi destiny de sho di wan wan rod fō ēni wan pan wi, ēn

nōbōdi nō go ebul fō kōntrol ɔ get ɔda mōtalman

Bōt pan ɔl dat, nōto wi wangren de na dis wōl, bikōs sōm

tayt padi biznēs de wit dip ēn las rut dēn, we wi kin get sōpōt

ēn gladi at frōm

?Udat dēn pipul ya we de nia wi

Nōto ɔltēm dēn kin bi pipul dēn na wi famili, bōt na di

wan dēn we wi kin fil se wi get tayt padi biznēs wit

Fō egzampul, pipul dēn de we di prinsipul dēn we a biliv

dōn mēn ēn dōn gro Dēn gladi fō mi, ēn a de ansa dēn lōv ēn

rēspēkt, ēn a fil se blēs in bon dēn de mek wi get wanwōd pan

gudnēs, lōv, ēn pis

Man ēn uman we de jōyn dēn layf fō ēp ēn inspekt dēnsēf

wit nobul valyu ēn ideal dēn de bil dēn mared pan di

fawndeshōn dēn fō lōv we nō get kōndishōn

Fō kōltiv klin ēn nō get kōndishōn bitwin man ēn uman,

mama ēn papa ēn pikin, padi ēn padi, wisēf ēn ɔlman na lēs in

we wi kam na dis wōl fō lan

Tru mared na lēbōtri usay dēn kin tōn di pōyzin dēn we

kin mek pōsin tink bōt insēf nōmō, bad wamat, ēn bad we aw

pōsin de biev, kin put am na di tēst tiub fō peshēnt fō mek

dēn nō get prōblēm dēn ēn chenj dēn prōblēm dēn de bay di

pawa we kin mek pōsin get lōv ēn di tray we dēn kin tray

ɔltēm fō du sōntin wit ay pōzishōn ēn rēspēkt

If wan patikyula kwaliti de na patna (A) we de mek pōsin

get wan kwaliti we nō fayn na patna (B), dēn patna (B) fō no

se rizin de fō dis, we na fō sho di pōyzin dēn we ayd insay am

so dat i go no dēn ēn pul dēn kōmōt, ēn dis go mek in kōlchō

ēn in nature klin

Di big tin we maredman ēn mareduman kin want fō

dēnsēf na fō opin dēn at pan Gōd biznēs, we kin mek dēn get

di gud kwaliti den we na fo ondastand, fo peshent, fo bisin bot  
oda pipul den, en fo lek densef  
Bot den fo memba se den no go ebul fo fos oda posin fo  
gro pan God biznes

We posin eksperiens lov insay insaf en translet am to di  
langwej we i de du, di wan den we i lek go fil in gud pawa en  
den go ansa am wit lov en respekt insay di kayn we  
If mared pipul den no ondastand di ay rizin we mek den  
mared, den no go ebul fo enjoy mared layf  
Fo du mami en dadi biznes pasmak, fo sabi pipul den  
pasmak, fo raf, fo tink bad bot scontin, fo tok bad en fo du  
scontin we de provok am, fo agyu bifo di pikin den, fo mek den  
veks, en fo blem di oda patna wit problem den tin ya na tin  
den we den no fo alaw fo pwel di fawndeshon den fo mared  
Maredman en mareduman fo fetful to densef en den ol fo  
du ol wetin den ebul fo mek di oda posin gladi pan ol we i  
possibul

Layf patna den no fo lef densef bikos wan patna no get  
enitin fo du wit God biznes, bot den ol tu fo get gud inflowens  
pan di oda wan as long as i possibul

Mared na big laborator fo develop sori-at en respekt fo  
densef

Na skul bak fo develop gud wil, klin lov from doti, en  
sakrifays fo tink bot densef nomo fo mek den go sav en mek  
oda pipul den gladi

Insay mared layf, i impotant fo respekt di oda posin in  
poynt en fo avoyd fo agyu en agyu bot tin den we no impotant  
We yu respekt densef, dat kin mek yu get gladi at, pan ol we  
if yu no tek di oda posin in opinion, dat kin mek yu fil bad, yu  
kin veks, en yu kin poyzin di atmosfer

Mared-os go bifo pan ay spiritual en mental kwaliti den  
lek fo lek posin we de shayn, fo du gud, fo gri fo le posin bisin  
bot oda pipul den, fo fil sori fo oda pipul den, fo ondastand  
densef fayn fayn wan, fo get opin maynd, en fo fil fayn

Maredman en uman fɔ fil lɛk fɔ dɛnsɛf ɛn nɔ fɔ stɔp da  
filin de fɔ sɔm tɛm dɛn, ɔdasay dɛn go si se dɛn de go na di  
say dɛn we dɛn de bost, vɛks, ɔ ivin et dɛnsɛf ɛn sɔntɛm dɛn  
go dayvɔs bak

Lɔv strong pas wi bɔdi ɔ maynd wik, ɛn dat mek i nɔ fɔ  
gɛt tin dɛn we de ambɔg am  
Dɛn nɔ go ebul fɔ tek lɔv frɔm ɔda pɔsin bay fos, bɔt dɛn  
kin jɔs tek am as gift we pɔsin kin gi insɛf frɔm at to at  
Lɔv de gro ɛn gro fayn fayn wan na say we pipul dɛn kin  
gri fɔ du wetin dɛn want ɛn we dɛn kin abop pan, ɛn i kin day  
na say we pipul dɛn kin jɛlɔs ɛn jɛlɔs  
Lɔv de liv insay klos - rimot ɛn day insay misguided  
familiarity

En sɔm pan In sayn dɛn na dat I mek fɔ una frɔm unasɛf  
mared-os so dat una go gɛt kol at insay dɛn; ɛn I put lɔv ɛn  
sɔri-at bitwin una Fɔ tru, na dat sayn dɛn de fɔ pipul dɛn we  
de tink

{ɛn di tu go bi wan bɔdi}

Di fɔs ɛn impɔtant tin we pɔsin fɔ du fɔ mek mared gɛt  
gladi at na fɔ gɛt wanwɔd pan spirit - fɔ fiba di tin dɛn we  
pɔsin kin want fɔ du ɛn di tin dɛn we i want fɔ du wit Gɔd  
biznɛs, ɛn fɔ rili want fɔ rich dɛn gol dɛn de bay we i de stɔdi,  
tray tranga wan, ɛn disiplin insɛf

Mared pipul dɛn we gɛt wanwɔd, go ebul fɔ mek dɛn  
mared go bifo pan ɔl we ɔda tin dɛn nɔ de  
Di sɛkɔn tin we dɛn nid fɔ mek mared go bifo na fɔ gɛt di  
sem tin dɛn we dɛn gɛt pan sɛns, sɔshal, envayrɔment ɛn  
ɔda tin dɛn we dɛn lɛk

Di tɔd ɛn di tin we nɔ impɔtant pas ɔl, pan ɔl we i kin bi  
di fɔs ples pan di wan dɛn we nɔ gɛt sɛns, na fɔ mek pɔsin  
lɛk in bɔdi

Fɔ atrak pɔsin in bɔdi kin lɔs in apil ɛn trɛnk kwik kwik  
wan if dɛn nɔ mit di fɔs ɔ sɛkɔn tin we dɛn nid

\* \* \*

Wi fɔ de du tin na dis wɔl, ɛn du wok we go ɛp wi ɛn we  
go ɛp wi  
Bɔt we wi dɔn fɔ du wi wok, wi fɔ rɛst ɛn fɛn kol at insay  
wisɛf  
Wi fɔ mɛmba bak se wi nerv dɛn nid fɔ rɛst ɛn kwayɛt fɔ  
mek wi gɛt layf bak ɛn fɔ mek wi gɛt nyu trɛnk  
If wi gɛt kol at, wi go ebul fɔ du ɔl wetin wi de du, ɛn pan  
ɔl dat, wi go gri wit wisɛf ɛn gri wit Gɔd  
\* \* \*

:I tɛl wan grup we de fala am se  
Di kɔp fɔ yu layf de ful-ɔp ɛn ful-ɔp wit di divayn prezɛns,  
bɔt bikɔs yu nɔ pe atɛnshɔn yu nɔ de fil da blɛsin prezɛns de  
We yu de in tune wit redio brodkas, den yu de fil se yu  
de in tayt kɔntakt wit Gɔd  
If yu ful-ɔp bɔtul wit si wata, sial am tayt wit kɔk, dɔn yu  
trowe am na di si, di wata we de insay di bɔtul ɛn di si wata  
nɔ go miks Bɔt if yu pul di kɔk, dɛn go miks wantɛm wantɛm  
So, wi fɔ pul di plɔg fɔ nɔ pe atɛnshɔn ɛn nɔ bisin bɔt ɔda  
pipul dɛn na di bɔtul we de na wi kɔnshɛns bifo wi ebul fɔ  
tɔch di divayn prezɛns  
Ki fɔ Paradays ɛn Gladi At  
Bɔt gud tin na dat, wi kin begin ɛnitɛm ɛn ɛnisay fɔ pe  
atɛnshɔn fɔ gɛt di fayn kwaliti dɛn we wi nɔ gɛt  
If wi nɔ gɛt pawa fɔ du wetin wi want, lɛ wi pe atɛnshɔn  
fɔ adres da pat de, ɛn if wi tray tranga wan, wi go ebul fɔ  
mek wi want strong wit Gɔd in ɛp  
If wi want fɔ fri wisɛf frɔm fred, wi fɔ tink bɔt maynd, ɛn  
di tɛm go kam we wi go fri frɔm di grip fɔ fred  
Fɔ tɔk am simpul wan, ɔl wetin wi nid fɔ du na fɔ riplɛs di  
tin dɛn we de mɔna wi we wi want fɔ pul kɔmɔt wit gud,  
kɔnstrɔktiv wan dɛn Dis na di ki fɔ wan paradays we gɛt gladi  
at ɛn sakrifays, ɛn i de fɔ ɛnibɔdi we want fɔ yuz am  
\* \* \*



Sɔm pipul dɛn kin tink se i nɔ pɔsibul fɔ tray fɔ pul di et  
ɛn mek mɔtalman gɛt di divayn lɔv we di wan dɛn we gɛt  
sɛns dɔn ɛkspiriɛns ɛn prɛd, bɔt i rili nid fɔ chenj di we aw  
dɛn de du tin ɛn riplɛs di et wit lɔv

Di aydia dɛn we nɔ biliv se Gɔd de de fɛt agɛns di lɔ dɛn  
we de na ɛvin ɛn tray fɔ pul spiritual kɔnsɛpt dɛn kɔmɔt na  
pipul dɛn sol, ɛn di wɔl de rɔsh wayl ɛn kwik kwik wan fɔ go  
na say we dɛn nɔ no

We wi de tray fɔ stɔp di big big briz we de blo, sɔntɛnde  
wi kin tan lɛk smɔl smɔl ant dɛn we de swim na di si, bɔt wi  
nɔ fɔ ɔndastand di pawa we Gɔd dɔn put pan mɔtalman pan  
gud tin dɛn, ɛn wi nɔ fɔ smɔl wetin wi ebul fɔ du

Di wangren tin we go pul di sɔfa we di wɔl de sɔfa—we  
pas mɔni ɔ ɛni ɔda tin we pɔsin gɛt—na fɔ tink gud wan ɛn fɔ  
sɛn wef fɔ no bɔt Gɔd biznɛs we di wan dɛn we de tink gud  
wan kin fil

Wi fɔ spre mɛsej dɛn bɔt gudwil ɛn gudwil to di wɔl, tray  
fɔ ɔndastand Gɔd in plan fɔ mɔtalman, ɛn wok insay wanwɔd  
wit In waes universal wil  
."A tɛl am se: "Gɛt op

If yu go tru ɔl yu ɛkspiriɛns dɛn de smayl ɛn abop pan  
Gɔd, witout dawt de krip insay yu maynd, yu go si aw di  
divayn lɔ de wok

we a bin de plan fɔ go waka na ,[Insay di 1920 dɛm]  
lɛkchɔ na San Fransisko, a bin jɔs gɛt 200 dɔla na di bank,  
we nɔ bin ivin du fɔ stat di tour, ɛn big big bil dɛn bin de fɔ  
:pe, so a bin se

Gɔd de wit mi I dɔn trɔs mi dis wok ɛn i go ɛp mi fɔ du"  
am, bikɔs di wok we a de du na fɔ in sek ɛn i go mɔs ɛp mi ɛn  
."mek tin izi fɔ mi

Ivin if di wan ol wɔl lɛf yu, ɛn yu no fɔ tru se Gɔd de wit  
yu, in lɔ dɛn go du wɔndaful tin dɛn fɔ yu

We mi sɛktri kam to mi ɛn a tɛl am bɔt di mɔni we a gɛt  
na di bank, i bin sɔprayz ɛn i bin rili fɔdɔm na grɔn  
."A tɛl am se: "Gɛt op

I ansa, i de shek shek se: "Wi go go na prizin bikɔs wi nɔ  
"!go ebul fɔ pe di bil dɛn we wi fɔ pe  
A se, "Wi no go prizin Insaid seven dez wi go get ol di  
."moni we wi nid fo dis lekcho tour  
Doubt dɛn bin de insay am, pan ɔl we mi fet bin stil  
tinap tranga wan  
A nɔ bin nid moni fɔ ɛni pasɔnal bɛnifit ɔ rizin, bɔt fɔ mek  
a prich wan divayn mɛsej Fɔ fred nɔ bin kam insay mi at pan  
ɔl we a bin gɛt bɔku prɔblɛm dɛn, ɛn a kin se fred de fred mi  
Wetin yu de fred? Natin nɔ fɔ mek yu fred Fes ɔl prɔblɛm  
wit fet we nɔ de shek pan Gɔd, ɛn win go bi yu yon  
We pɔsin in at put insɛf pan Gɔd, i go ebul fɔ win ɔl di tin  
dɛn we de ambɔg am ɛn di prɔblɛm dɛn we i gɛt wit Gɔd in  
ɛp ɛn blɛsin dɛn  
Insai da wik de, as a bin de waka fo front of di Palace  
"?Hotel, wan old uman kam nia mi en se, "A kin tok to yu  
Wi chenj sɔm wɔd dɛn, ɛn witout preamble i se, "A gɛt  
"?bɔku moni, a kin ɛp yu  
A ansa se, "A nɔ nid yu moni, ɛn wetin mek yu de gi mi  
"?moni we yu nɔ ivin no mi  
."Shi ansa se, "Bot a sabi yu, a don yehri plenti about yu  
Wantɛm wantɛm, a rayt wan chɛk fɔ 27,000 dɔla (na big  
big moni dɛn tɛm dɛn de), ɛn a si Gɔd in an biɛn am

\* \* \*

If pɔsin nɔ gɛt intuition ɔ di fakulti fɔ intuition, i go  
disayd fɔ du di rɔng tin, pik biznɛs patna dɛn we nɔ fayn, ɛn  
put insɛf pan di rɔng pɔsin in rilayshɔnship  
Bikɔs di jɔjment fɔ di sɛns we pɔsin kin si kin bi mɔ pan  
di infɔmeshɔn we di maynd kin gɛt tru di sɛns, if di sɛns dɛn  
kin ful am bay di we aw pɔsin de luk, pɔsin kin biliv se pɔsin  
na wɔndaful pɔsin we i nɔ no wetin de insay am  
ɔ i kin tink se i dɔn fɛn patna - ɔ layf patna - ɛn go insay  
mared rilayshɔn we kin mek i nɔ gladi ɔ i kin dɔn wit dayvɔs  
Bot intuition nɔ de ɛva mek dɛn kayn mistek dɛn de; i nɔ  
de luk di magnetik pawa we de na di yay ɔ pan pɔsin in fes

we fayn, bɔt i de si kɔrɛkt wan ɛn no insay di dip pat na di at  
di tru we aw da pɔsin de tan  
Fɔ mek pɔsin want fɔ get bɔku prɔpati na spirit  
A nɔ go ɛva fɔget di wɔd dɛn we wan sɛls klɔk bin tɔk to  
mi na wan big stɔ usay a bin go bay kot fɔ misɛf  
I se, "Sɔ, a nɔ want fɔ sɛl yu ɛnitin, a jɔs de tray fɔ fɛn  
."ɔut ɛksaktɔli wetin yu nid  
Da kayn man de nɔ bin tray fɔ sɛl mi kot we dia pas ɔ,  
bɔt i sho mi wan kot we nɔ dia pasmak we fit mi pan ɔltin  
A bin fil fri fɔ get wetin a nid fɔ di prayz  
We i bin de du dat, i bin mek a bi kɔstɔma ɔltɛm fɔ in  
kɔmni

Pipul fɔ introduks wan spiritual ɛliment insay dɛn  
prɛktikal ambishɔn ɛn tink bɔt fɔ gi di rayt savis to di nid fɔ  
dɛn kɔmpin mɔtalman  
I nɔ go du fɔ mek pɔsin get mɔni bay we i de gi savis ɛn  
get mɔni bak, bɔt i fɔ wok fɔ get mɔni ɛn yuz am fɔ mek  
fasiliti ɛn institiushɔn dɛn we de sav pɔblik nid  
We pɔsin get bɔku mɔni ɛn di sem tɛm i de ɛp in patna  
ɛn wokman dɛn, in jɛntri ɛn prɔsperiti de bɔku, ɛn na so i de  
yuz in jɛntri fɔ ɛp ɔda pipul dɛn so dat dɛn go ɛp dɛnsɛf Dis  
."na wetin a kɔl "the spiritualization of ambition  
Mama ɛn papa dɛn we jɛntri we kin lɛf bɔku bɔku mɔni  
to dɛn pikin dɛn kin stɔp dɛn divɛlɔpmɛnt bay we dɛn get  
sakrifays we dɛnsɛf mek ɛn dɛn kin mek dɛn nɔ ebul fɔ abop  
pan dɛnsɛf ɛn di gladi at we dɛn kin get we dɛn ebul fɔ du  
sɔntin

\* \* \*

Gɔd dɔn sho in trut insay difrɛn we dɛn we i de tɔk insay  
indipɛndɛnt sivilizayshɔn, kɔntri, ɛn wan wan maynd  
Tru dis big difrɛns, Gɔd dɔn put bifo wi wan chenj ɛn  
difrɛn pikchɔ bɔt di layt pɔtnɛshɛl we mɔtalman get, ɛn na  
mɔtalman in wok fɔ pul frɔm dɛn bɔku bɔku difrɛn kayn  
kwality dɛn ya di ay ɛn bɛst kwality dɛn ɛn fɔ put dɛn insay  
insɛf, insay in kɔntri, ɛn insay in wɔl

Na dat pipul den we get sens kin du na evri tem en ples

Den de bifo den tem fo boku boku ia, en tru den aydia  
den we get opin maynd en di we aw pipul den de no mo, den  
de sho di fawndeshon den we de calsay na di wol fo tru, we de  
sote go en we no de chenj

Den prinsipul ya na di men tin fo di tru tru art fo get  
gladi at Den na prinsipul den we rili impotant, we den kin yuz,  
en we no impotant fo mek olman get sakrifays en gladi at  
Di difrens bitwin pipul den, neshon den, etnik grup den  
en difren tichin den no fo mek pipul den no get wanwod, bot i  
fo bi wan besik model fo kompia en fo pik di best kwaliti en  
we den we go ep fo mek di fayn fayn motalman en di sosayti  
divelop

Di art fo get konfidens pan yusef

Na smol pipul den nomo kin gladi we den no get propati,  
o at ol we den no get bete moni en welbodi

Boku pipul den nid som tin den fo mek den fil gladi, en  
den gladi at kin dipen pan tin den we de apin na do bikos den  
no tren den maynd fo enjoy gladi at we no get eni kondishon  
insay den at

Possin kin tink se i go gladi—mek God bles yu—if i get ol

wetin i biliv se i nid Bot want de bon want, en enibodi we  
kontinyu fo boku wetin i want go get satisfay as fa from am  
lek aw di Pleiades de from di wol

Bifo yu bay sontin, yu kin fil se yu no go ebul fo du am if

yu no get am en yu fo get am atol, ileksef i get di prayz Bot  
we yu don get am, yu no want am smol smol, en yu kin begin  
fo tink bot sontin we bete, en oda tin den

Sakses na di art fo satisfay yusef: Get wetin yu rili nid en

afta dat, satisfay wit wetin yu get

Boku wokman en wokman den kin spen den moni fo du

tin den we den no nid en dis kin mek den de drawn pan det

A bin sabi wan man en in wef we de liv na fayn fayn os

na siti Enitem we den si sontin we den want, den go bay am

wantem wantem, ivin pan instolment Bot as tem de go, den  
fayn fayn os bin de mek den fred  
Den no bin ebul fo pe di instolment pan di tin den we den  
don geda na den os, so a tel den wan tem se: "Den tin ya noto  
yu yon en yu no get den, una lent den insay instolment So  
wetin mek una no de mek una layf simpul we una no de wori  
"?oltem we de pwel ol di pis en enjoyment we una get  
Bikos of di det den we den bin don fedom pan, den bin  
don los oltin, en dis bin mek den fo go bak to simpul layf en  
begin bak

Di tin den we possin kin want fo du we get welbodi en tin  
den we no get frut de Helth, valyu tin den we possin want, tan  
lek os we get gud blod we, instead fo ker yu go na vali we get  
daknes, i kin ker yu go na brayt crayzon den we get gladi at  
en satisfay Na possin in wok fo analayz di tin den we i want fo  
no if i go ep fo mek possin get gladi at o fo mek possin fa from  
am

Enitin we de fri yu from di tin den we yu want en we de  
mek yu kam nia tru tru gladi at na tin we yu want fo get  
welbodi No se tru tru sakrifays de pan fo get welbodi tin den  
we yu want, noto fo get tin den we oda pipul den de spen  
Di jentri we possin kin get tru we we possin kin kondem kin  
tan lek se i don wok fayn, bot dis kayn jentri we pasmak kin  
mek di sol sofa en i kin mek i no get pis Konshens we get  
problem na—ekskyuz di we aw i de tok—lek tayt sus we kin  
luk fayn bot we kin pinch di fut wit evri step  
Possin we get klin konshens de get pis wit inself, wit oda  
pipul den, en wit God If yu konshens klia, yu kin tinap yu wan  
agens di global poblik opinion, en ilek aw di daknes we de  
rawnd yu, wit God in ep, yu go ebul fo chuk di daknes wit di  
layt we yu konshens we get layt de gi

\* \* \*

Wi no nid fo mek mortalman get glori en prez am bikos  
mortalman in natin no de chenj en mortalman de memba fo  
shot tem

Fɔ gladi fɔ Gɔd ɛn fɔ mek wi gladi fɔ am na wetin wi fɔ  
tray tranga wan fɔ ɛn tray tranga wan fɔ du am, bikɔs di  
valyu we pɔsin gɛt dipen pan di we aw di pɔsin we de chɛk in  
at ɛn di pɔsin we no sikrit go gri wit am  
If wi klin ɛn de wɔship Gɔd na Gɔd in yay, dat min se na  
dat impɔtant pas ɔl

We wi de du gud tin dɛn, sɔntɛnde wi fɔ sɔfa, bɔt di taya  
we wi kin taya, di we aw wi nɔ kin fil fayn, di we aw wi de  
kɔrɛkt wisɛf, ɛn di we aw wi de tren wi maynd nɔto natin we  
wi kɔmpia am to di gladi at we wi gɛt na Gɔd in yay we  
nɔbɔdi nɔ go ebul fɔ gɛt glori na dis wɔl

Di gladi at we di wan dɛn we de kam gɛt na big ɛn nyu,  
ɛn di gol fɔ layf na fɔ rich da gladi at de we go de sote go ɛn  
ɛvri fayn fayn aidia de briŋ wi wan step nia wi ɔltime gol  
Dɛn kayn tin dɛn ya tan lɛk riva we de go na di si we de  
na di sol, usay pis, satisfay, ɛn gladi at de insay  
brek-bruk

A dɔn brok di big big fɔrɛst usay pipul dɛn nɔ no natin  
ɛn a kɔt wan rod we gɛt layt insay de  
A bin fɔs tɔk bɔt sɔm tin dɛn we nɔ izi fɔ du ɛn tin dɛn we  
wi nɔ ebul fɔ du

A bin fala am wit bush dɛn we gɛt chukchuk want brum  
Di faya bin de kam tranga mɔ ɛn mɔ  
Flames bin de rayz

ɛn i bin de go fɔ it di prawd we de mek prawd  
ɛn blatant ignorance  
ɛn dɛn bɔn di wayl animal dɛn we gɛt wamat ɛn we gɛt  
wamat

As a de mek mi we  
Midul di ashis we mɔtalman mistek dɛn we dɔn ol  
A go mek rod fɔ ɔl di wan dɛn we want fɔ krɔs di fɔrɛst  
we nɔ no natin

\* \* \*

Insay wi rilayshɔn wit ɔda pipul dɛn, i rili impɔtant fɔ  
notis ɛn gladi fɔ di kwaliti dɛn we dɛn dɔn mek frɔm dɛn layf

If yu stɔdi ɔda pipul den wit opin maynd, yu go ebul fɔ  
ɔndastand den en get gud padi biznɛs wit den, en yu go ebul  
fɔ no udat na di pɔsin we yu de dil wit en aw fɔ dil wit am  
Nɔ tɔk to pɔsin we sabi bɔt ɔs rɛs, ɔ to sayɛnsman bɔt  
aw fɔ kia fɔ os  
Wi fɔ no wetin impɔtant to di ɔda pɔsin en tɔk to den bɔt  
dat, nɔto bɔt wisɛf  
Kɔmpitishɔn bitwin man en uman  
I tan lɛk se kɔmpitishɔn bin de bitwin man en uman  
ɔltɛm, bɔt den ikwal pan di men tin, en nɔbɔdi nɔ bɛtɛ pas di  
ɔda wan  
Pɔsin fɔ proud fɔ di valyu we i get en di gud abit den en  
di impɔtant kwaliti den we Gɔd dɔn put insay am  
Di man de agyu se uman den kin fil bad en den kin du tin  
kwik kwik wan en den nɔ kin ebul fɔ du tin wit rizin en sɛns  
Di uman de kɔmplɛn se di man nɔ ebul fɔ ɔndastand am  
en gladi fɔ di we aw i de fil  
Bɔt uman den ebul fɔ tink gud wan, pan ɔl we filin na di  
pawa we strong pas ɔl na den nature  
En di man ebul fɔ fil pan ɔl we na rizin de mɔna in layf  
Di gol na fɔ mek balans bitwin rizin en filin so dat den nɔ  
go ebul fɔ win di ɔda wan ɔ nɔ gri wit di wok we i de du  
Dis balans kin bi bay we ɔl tu di man en uman lan frɔm  
dɛnsɛf tru padi biznɛs en ɔndastandin  
Insay di wan den we get layt, wi kin si wan wɔndaful  
blend fɔ man en uman kwaliti den En we wi rich wan stet we  
pafɛkt balans bitwin rizin en imɔshɔn, wi dɔn lan di big big  
lɛsin den we wi kam fɔ dis wɔl

\* \* \*

Spiritual puls den  
Mi na spak fɔ kɔsmik layt  
Mi essential self nɔto blɔd en bon  
Bifo dat, na rayt we kɔmɔt frɔm di san we Gɔd gi  
A go divɛlɔp di ebul fɔ pe atɛnshɔn pan di maynd  
A go rid gud buk en matirial den

En a go go dip dip wan insay di tin den we a de tink bot

En pan ɔltin

A go dayv insay di si we mi sol de

En a kin tink bot di sikrit den we God don put insay de

A de aks yu, O Masta

Fɔ fɛn riflɛkshɔn insay mi aktiviti

En wan aktiviti we a de tink bot

So dat mi ol layf

Wan gift fɔ lɛk yu ɛn fɔ de biɛn yu

?A go ebul fɔ fɛn yu

?Apat frɔm di say we oli na mi at

A go plant ros den we get brɔda ɛn sista lɔv

Insay di grɔn we padi biznɛs ɛn fɔ de biɛn pɔsin

O Masta, wek wi frɔm wi slip we nɔ de don

Mek wi no se yu prezɛns de sho insay di layt fɔ rizin

En we de shayn insay di tɔch den we get sɛns

A go kol don na di pul we get divayn lɔv

Ayd biɛn di wɔl den fɔ tink gud wan

?Wetin na dis layf we de flɔ na mi veins

Yu tink se i rayt fɔ mek i nɔ get sɔntin we kɔmɔt frɔm

?God

Di kɔnsɛpt fɔ efyushɔn

!Tink nɔ get limit ɔ ɛnd

Evri kayn wɔd ripresent wan kɔnsɛpt we get wanwɔd we

de ɔlsay na di wɔl, bikɔs fayn wɔd ɛn klin tink den get sɔntin

we kɔmɔt frɔm God

Bɔku wef den de we get big big aydia den we de dans na

di brɔst fɔ di si fɔ tru

Wi intelektual ɛksprɛshɔn fɔ kɔnsɛns na wev den na di si

fɔ ɔndastand ɛn no

?Wetin na di minin fɔ emaneshɔn

Na fɔ ridyus layf ɛn fɔ go ɔp to ay levul

?Wetin den de elevɛt ɛn aw den de elevɛt am

Wi fɔ ɔndastand di minin fɔ di nyu layf ɔltin we de de go

ɔnda wan prɔses we de chenj ɛn chenj



Dən çenj ya kin ambəg ɔ bənifit di tin we dən de çenj  
Fə egzampul, if a tek dətə glas ən nak am tranga wan na  
?grən, i go çenj, nəto so  
Bət dis kayn çenj nə go bənifit wi; bifo dat, i min fə du  
bad to di tin we dən dən pwəl  
Bət if yu was di glas ən mek i klia ən shayn, dat min se di  
çenj go bənifit yu  
So, emanation min əni çenj we go bənifit, iləksef to tin  
dən we wi de si ɔ to mətalman  
kriet aktiviti  
:Tri kayn pipul dən de we gət spirit fə mek tin dən  
Eksepshənəl kategori – ekstra ɔdinari  
midul klas  
ən ɔdinari kategori  
Bəku pipul dən de we nə de insay əni wan pan dən  
kategori ya  
:Pəsin kin lək fə aks insəf se  
A don trai to kriet somtin nyu and yunik, somtin we go"  
"?bənifit mi sef and oda pipul  
Dat na di say we yu fə bigin fə du tin dən we yu de mek  
If i nə bin dən tink bət dat, dat min se na wan pan di wan  
dən we biliv se dən nə gət əni abiliti fə mek tin dən pan ɔl we  
dən gət di tin dən we de insay de, bət di advays dən we dən  
siep insay dən frəm dən sabkəshəs dən mek dən biliv se big  
big distans de bitwin dən ən di kriaytiv  
Di wan we de go tru layf lək pəsin we de slip, fə wek  
:insəf, ən afəm to insəf  
A gət di big big gift we mətalman gət, di spirit fə mek"  
."tin dən  
Olman gət spak fə ebul ən initiativ, we de mek dən ebul  
fə mek səntin we spəshal Bət di infləns we di envayrəmənt  
gət tan lək hipnosis, ən di limited mətalman kənshəns kin izi  
fə ful if pəsin nə de wach ən ebul fə bia wit di bad tin dən we  
de ambəg di envayrəmənt

Enibodi we se to imsef, "Ol rod de wel-trod and kraud, so  
wetin bi di point fo trai?" alaw insef fo fɔdɔm ɔnda di hipnotik  
inflɔens fo wan wɔl kɔnshɛns we de stop pɔsin fo disayd fo du  
sɔntin, ɛn dis de ɛksplen wetin mek bɔku pipul dɛn nɔ kin get  
sakrifays pan ɔltin na layf bikɔs dɛn nɔ get di spirit fo mek tin  
dɛn

Pɔsin fo ajɔst to di tin dɛn we kin apin to am na layf  
akɔdin to wetin in kɔnshɛns se ɛn wetin in at de tɛl am, ɛn i  
nɔ fo du sɔntin we i nɔ tek tɛm tink bɔt am

Enibodi we get strong fet dip insay insef, Gɔd go mek i  
get mɔ fet, trɛnk, ɛn mekɔp in maynd fo du wetin i want fo du  
na layf

A get strong trɔst pan Gɔd ɛn strong biliv pan In ɛp, so I  
dɔn blɛs mi wit blɛsin spiritual trɛnk wan wilpawa we nɔ go  
ebul fo stop we dɔn mek chans fo mi ɔltɛm, opin domɔt fo mi,  
ɛn mek bɔku bɔku rod dɛn bifo mi, bay In gudnɛs

Tru tru gladi at we go de sote go de na Gɔd nɔmɔ  
Divayn no na jɛntri; enibodi we fɛn am nɔ want ɛni ɔda  
tin

Insay Gɔd, ɛn nɔto ɔda wan, sef nɔ de, na in wangren de  
rɔnawe ɛn rɔnawe pan ɔl di fred ɛn wɔri  
If nɔto dat, rial sef nɔ de na dis wɔl

So, wi fo tray tranga wan fo no am ɛn tɔk to am mɔnin  
ɛn nɛt, ɛn pan ɔl di wok dɛn we wi de du ɛn di wok dɛn we wi  
de du

Enisay we Gɔd de, nɔbɔdi nɔ de fred ɔ sɔri  
Di wan dɛn we sabi am nɔ de shek bikɔs ɔf tin dɛn we de  
apin na di wɔl ɔ dɛn nɔ de shek difrɛn bad bad tin dɛn, bikɔs  
dɛn sef ɛn sef bikɔs Gɔd de wit dɛn ɛn i de protɛkt dɛn

Beg fo beg

Oh, Masta

Pan ɔl we sɔntɛnde di layt fo yu lɔv kin dak bikɔs ɔf di

bad tin dɛn we de na di wɔl

Bɔt wi de wok tranga wan fo sho yu layt

Mek di layt we yu blɛs de shayn kɔntinyu fo flɔ

I de shayn midul di daknes en i de pul am kɔmɔt

kɔatakɔata

A fil yu glori pawa de ɔlsay na mi bɔdi

If yu ɛp en blɛs yu, di wan dɛn we lɛk gud tin kin ebul fɔ

du am

Fɔ win di bad tin dɛn we de apin na di wɔl

En yu lɔv stil de bi di pawa we pas ɔ

We dɛn fɔ put insay maynd en at

Fɔ mek dɛn nɔ gɛt wɔ

Distɔblɛshɔn en nɔ gɛt wanwɔd

A de fil di pen we mɔtalman de fil

A want fɔ du ɔl wetin a ebul fɔ mek mɔtalman nɔ sɔfa

Blɛs wi, O Masta, so dat wi go rayz di tɔch dɛn fɔ Yu lɔv

en Yu layt

Enisay we wi tɔn en enisay we wi go

A want fɔ de wit di wan dɛn we lɛk yu

En a want fɔ gladi fɔ yɛri yu nem we oli pas ɔ

Yu na di fɔs en las lɔv na mi at

Blɛs ɔlman so dat dɛn go fil yu lɔv en glori

Lɛ wi lɛf fɔ du tin dɛn we nɔ gɛt wan bɔt en fɔ drim dɛn

we nɔ gɛt wan bɔt

Wi ful-ɔp wit yu wɔndaful lɔv

A wan tɛl ɔda pipul dɛn bɔt yu lɔv en yu wɔndaful tin dɛn

Instill in wi di kɔnstant awareness fɔ yu lɔv

En di want we yu want fɔ tɔch yu divayn prezɛns kwik

kwik wan

Lɛ wi lɛf ɔltin we de drɛb wi en mek wi nɔ de nia una

Na yu nɔmɔ na di trut we go de sote go, we go de sote

go, en we go de sote go

No layf nɔ de if yu nɔ de

Fri ɔlman jɔs lɛk aw yu fri mi

En a de tɛl yu tɛnki frɔm di dip dip tin dɛn na mi sol

Fɔ gi mi dis blɛsin gladi at

We de akɔmpan mi de en nɛt

Kwayɛt aktiviti en aktif kwayɛt

Pɔsin nɔ fɔ spɛn in tɛm fɔ gɛt mɔni nɔmɔ, bɔt i fɔ spɛn in  
tɛm bak fɔ du ɛksɛsayz, fɔ rid, fɔ tink gud wan, fɔ lɛk Gɔd, ɛn  
fɔ biev fayn ɛn nɔ ambɔg am  
Wi fɔ lan aw fɔ bi kwayɛt aktif ɛn kwayɛt aktif, ɛn fɔ chaj  
wi ɛvrɪde aktiviti wit da sereniti we wi kin gɛt we wi tink bɔt  
Gɔd ɛn introspektin

Wi fɔ du wi wok bikɔs wi lɛk di wok we wi fɔ du, ɛn  
aksept di tin dɛn we kin kɔmɔt frɔm wi maynd balans, we wi  
nɔ fɔ mek wi nɔ tek di sakrifays smɔl ɔ wi fɔ fil bad we wi nɔ  
ebul fɔ du sɔntin

Wi de aks yu, Masta, fɔ ɛp wi fɔ liv wit pis na wɔl usay yu  
trut na wi gayd, lida, ɛn mentɔ, so dat wi go liv wit brɔdaship  
lɔv ɛn divɛlɔp wi bɔdi, maynd, ɛn sol insay wan balans we, so  
dat yu pis na ɛvin go sho tru wi layf ɛn ɛvrɪde wok  
Blɛsin wit wɛlbɔdi, kɔmpɛtɛnshɔn, ɛfyushɔn, ɛn sɛns,  
mek wi inspekt wi kɔmpin mɔtalman fɔ brɪŋ dɛn rifin nature  
ɛn nobul kwaliti dɛn

Mek di layt fɔ yu lɔv shayn pan di ɔlta we wi want fɔ yu  
ɛn lɛ wi gɛt di abiliti fɔ wek yu lɔv na ɛvri at

\* \* \*

Wan pan di disaypul dɛn aks bɔt di bɛst we fɔ gɛt pis  
:insay wi at, ɛn di ticha se

Wok fɔ mek di tin dɛn we de mek yu wɔri we de rɔsh go  
na do ɛn dayrɛkt di tink insay

Wok fɔ mek yu tink ɛn wetin yu want, gri wit di tin dɛn  
we naf ɛn kɔmplit tin dɛn we dɔn ɔlrɛdi de insay yu  
Dɔn yu go fil wan swit wanwɔd we de ɔlsay na yu layf ɛn  
kɔba yu layf ɛn ɔl di tin dɛn we Gɔd mek

If yu op ɛn wetin yu de op fɔ gri wit dis wanwɔd we yu  
bɔn wit, yu go waka fayn ɛn izi wan na layf in rod dɛn ɛn flay  
pan di wing dɛn we gɛt pis  
ɛn na dis de di dip ɛn fayn fayn tin dɛn we de na di sol in  
layf

\* \* \*

Sɔntɛnde, ayd dɛn kin wok pas wɔd dɛn

Mortalman maynd na di pawaful tin we de transmit en  
tek pas olman

If yu de brodkas gud tin den oltem en chaj den wit di  
enaji we de gi yu lov, den tin den de go lef gud impreshon  
pan oda pipul den

Semweso, if yu fri di tin den we yu de tink bot we yu de  
jelos o et, oda pipul den go get den tin den de en ansa den wit  
di sem tin

A de aks God fo sopot yu tray wit in trenk en blesin  
Fo egzampul, if di man de komot bien di rayt rod, di  
uman fo aks God fo ep in man en pul di filin fo jelos en veks  
na in at, en fo mek in man no in mistek en go bak to di rayt  
rod

If di prea na tru en di tin den we wi want fo du klin, di  
chenj we wi want go apin wit God in ep  
\* \* \*

Boku tem, a don yuz di pawa we a want fo du fo lef wan  
abit we bin de tray fo tek mi  
We a bin de it som kayn it den en a bin si se a no want fo  
it den kayn it den de, a no bin de it den it den de te di we aw  
a bin want fo it den no de igen  
We a go na Singapoo, a bin fen wan fayn fayn frut de, bot  
a bin de wach misef so dat a no go mek a want am, as a kam  
fo no se if a no pe atenshon en tek tem, a go si se a want am  
monin, midde, en net, en dis we wi de stop wisef  
Pan ol we a bin rili enjoy di frut da de de, a no bin mis  
am en a no bin rigret se i no bin de di neks de  
If wi de pe atenshon pan di tin den we wi de enjoy, wi no  
get natin fo fred Wi fo kip wi fridom pas ol oda tin  
If a se a no go du scontin, di disayd na las en i no go ebul  
?fo chenj Noto fridom dat  
I rili fayn fo du tin noto bikos wi get di abit o fo ansa oda  
pipul den we de tray fo win wi, bot na bikos sens de tel wi fo  
!du am

We sɛns mek wi biliv se wi fɔ du sɔntin, natin nɔ fɔ stɔp  
wi fɔ du am, bɔt na sɛns de gayd wi  
Wan bɛnifit abit kin bi tru wil pawa ɛn sɛns A gɛt di abiliti  
fɔ favɔret ɛnitin we sɛns de sho

Di ɔrijinal patɛns ɔ archetypes fɔ bɔku mɔtalman dɔn so  
fix dat dɛn nɔ go ebul fɔ chɛnj dɛn, bɔt di wan dɛn we de kip  
dɛn aidia dɛn fleksibul tru pɔlitiks ɛn kɔntrol dɛnsɛf kin chɛnj  
izi wan fɔ bɛtɛ

Di maynd fɔ malleable lɛk kle Waiz de gi dat fleksibiliti,  
ɛn na dat na di fridɔm we a want ɔda pipul dɛn fɔ ɛnjoy  
We pɔsin fri frɔm di slev we i gɛt, i go si se no big gladi-  
at nɔ de pas fɔ du tin bay wetin i want fɔ disayd fɔ du sɔntin  
ɛn fɔ biliv insɛf

Pɔsin nɔ fɔ alaw tin dɛn fɔ pans ɛn slap am ɛn win am,  
bifo dat, i fɔ du ɔl wetin i ebul fɔ win di tin dɛn we de apin to  
am

Enibɔdi we gɛt strong wil, go win ɔl di prɔblɛm dɛn wit  
God in ɛp  
\* \* \*

ɛnitin we pɔsin kin du na in bɔdi gɛt sɔntin we i kin du  
wit in maynd

Wi de yuz wi bɔdi trɛnk fɔ du sɔm akshɔn dɛn, bɔt di  
akshɔn gɛt sɔs we wi de tink, ɛn na pɔsin we de gayd wi  
maynd de dayrɛkt am

Tif na bad tin; bɔt di bad tin we pas ɔl na di mental akt  
fɔ tif, we de mek di rod fɔ tif na bɔdi, bikɔs na di maynd na di  
tru tru masta

Eni bad tin we pɔsin want fɔ avɔyd, dɛn fɔ drɛb am fɔs  
na in maynd

If yu jɔs de pe atɛnshɔn pan di tin dɛn we yu de du na yu  
bɔdi, i nɔ go izi fɔ mek yu kɔntrol yu

Di tin fɔ pe atɛnshɔn pan di maynd ɛn fɔ kɔrɛkt di mistek  
dɛn we pɔsin kin tink, dɔn di akshɔn go dil wit am ɔtomɛtik  
ɛn smol smol ɛn saksɛsful wan

\* \* \*

We yu fil se yu gət pis  
Insay evri muvmənt  
Frəm di we aw yu bədi de muv  
En yu kin fil kolat we yu de tink  
En insay yu wil  
En insay yu ləv  
En i kin fil se i gət pis  
En na di divayn prezəns  
Insay yu ambishən dən  
Məmba se yu  
Yu layf dən rich to Gəð  
Prez, kəndəm, en flat

Fə flat pəsin kin fayn we i de enkərej pəsin fə du gud, bət  
i kin bi bad we dən yuz am fə ayd wund dən we gət fə du wit  
Gəð biznəs, we kin mek i fester en dis kin mek di sol pəyzin  
wit di sik we de mek i nə no natin  
Bəku pipul dən lək fə tək fayn, jəs lək aw bəku pipul dən  
kin lək fə it ɔni we dən nə no se sɔm pan am kin gət pəyzin  
Apat frəm di wəd dən we ɔda pipul dən kin tək bad bət,  
bəku təm wi yon tin dən kin jəstifi wi bad bad fəlt dən en ayd  
big big saykilɔjik abses dən we kin bəs en pəyzin pəsin in wan  
ol spiritual layf

So, di we aw ɔda pipul dən de flat wi en di wispa we wi  
de wispa wi kəmfyut tink dən kin mek di sɛns fə yeri gladi, en  
wi sɛns kin fəðɔm na di an dən we pəyzin wəd dən kin tək bət  
Bəku pipul dən de we kin west mɔni, təm, wɛlbədi, en  
ivin gud abit dən bay wilful en bay wilful bikɔs lay lay padi  
dən kin tək lay lay tin dən

Bəku sol dən dən pwɛl bikɔs dən nə bin lisin to advays  
dən we gət sɛns en bikɔs dən bin gri pan di tɛmteshən fə swit  
swit tək we gət kɔni kɔni kɔni we en bad at  
Fə liv na ɛfaya wit wan pəsin we ɔnəs en we de tək stret,  
bɛtɛ pas fə liv na paradays wit tən pipul dən we de tək fayn  
en we nə gət gud maynd Pipul dən we de mek pipul dən fil

fayn kin tɔn ɛvin to ɛlfaya, ɛn gud padi dɛn we nɔ de kɔmɔt  
 biɛn dɛn kin chenj ɛl to ɛvin  
 Wi fɔ tɔk di tru ɔltɛm, ɛn di sem tɛm wi fɔ avɔyd fɔ mek  
 ɔda pipul dɛn fil bad wit wɔd dɛn we kin bi tru bɔt we at ɛn  
 we nɔ go mek wi gɛt gud tin  
 Fɔ ɛgzampul, if yu adres blaynd man bay we yu se "Yu  
 blaynd man," wetin yu de tɔk kin bi tru, bɔt dis kayn tɔk nɔ  
 fayn ɛn i kin mek pɔsin fil bad, ɛn dat mek yu fɔ avɔyd dis  
 kayn stayl we de mek pɔsin fil bad  
 I nɔ fayn fɔ kɔndɛm pɔsin we nɔ want fɔ mek dɛn  
 kɔndɛm am, bɔt i go fayn fɔ lisin to pɔsin we de tɔk bad bɔt  
 am wit gud at, ɛn i fayn fɔ gri fɔ kɔndɛm am bad bad wan bɔt  
 kɔrɛkt wit smayl ɛn tɛl tɛnki to am wit padi biznɛs  
 Wan man we gɛt sɛns bin gɛt wan padi we bin de  
 kɔndɛm am bad bad wan, ɛn di wan dɛn we bin de fala di  
 sɛns man bin vɛks pan dis kɔmɛnt Wan de, wan pan di  
 disaypul dɛn kam to in ticha wit gladi at ɛn tɛl am se: "Gladi,  
 ."ticha, bikɔs yu ɛnimi, di pɔsin we de fɛn fɔlt, dɔn day  
 Di waes man bɔs in kray wata ɛn se, "O, na big big lɔs!  
 ."Mi bɛst spiritual kritik dɔn day, ɛn a fil se mi at dɔn brok  
 Bɔku pipul dɛn nɔ lɛk fɔ kɔnstrɔktiv, sɛnsful kɔmɛnt ɛn  
 bifo dat dɛn kin lɛk fɔ sakrifays ɔltin fɔ flat ɛn tɔn dɛn bak  
 pan di frank wɔd dɛn we sɛns pipul dɛn kin tɔk ɛn dɛn kɔrɛkt  
 fɔ si tin bifo tɛm  
 :Pɔsin fɔ aks insɛf wan wan tɛm  
 Dɛn dɔn ful mi wit swit wɔd dɛn ɛn alaw di an dɛn we"  
 "!?de flat misɛf fɔ stɔp mi sɛns ɛn blaynd mi sɛns  
 Di Tale of di Sent ɛn di Gɔst fɔ Smɔlpoks  
 We wan pan Gɔd in oli oli pipul dɛn we de du wetin rayt  
 bin de tink gud wan let na nɛt, di smɔl pɔks we de mek i fred  
 bin apia to am we i de go insay di vilej usay i de, so i ala pan  
 :am se  
 Stay usay yu de, gɔst, ɛn go bak usay yu kɔmɔt Yu nɔ"  
 fɔ du bad to di pipul dɛn we de na di tɔŋ usay a de wɔship  
 ."Gɔd



Di ghost ansa se, "A go onli tek tri pipul, no mo, in  
."akodin to di lo fo karma en in fulfilment of mi cosmic duty  
Di posin we de kia fo di pikin no bin want fo tek di  
eksplen

Di neks de tri pipul den day wit smelpoks, en di tod de  
som oda wan den day, en evride afta dat som pipul den na di  
vilej bin de sofa wit di bad bad sik  
Bikos di sent biliv se i don fedom pan big big ful, i tink  
:gud wan en kol di gost We i apia, di sent korekt am, en se  
Yu ful mi, Ghost, en yu no tel tru wen yu tel mi se yu go"  
."onli tek tri pipul

Di gost ansa se, "A swe bay di Suprim Spirit se a don tok  
."di tru

Di gaydman se, "Yu bin promis mi se yu go tek tri pipul,  
."bot di sik don tek dozen pipul den layf  
Di gost ansa se: "O padi fo God, na tri nomo a tek, di oda  
."wan den day bikos of fred

No, mi padi dem – mek God inkrisayz una no – se fred de  
mek wan negatif vaybreshon insay posin, de rawnd am wan  
we o oda we, de rap am wit rop den we posin no de si we at  
fo pul, en mek i izi fo get oltin we no fayn pan oda pipul den  
we de rawnd am, so i de kam nia wev den we no get welbodi  
If na so i bi, i kin mek i sik, i kin fil bad, i no kin get op, i  
kin dawt, i kin sofa, i kin fil bad, en sontem i kin ivin day

### Wilpawa: Di Kosmik Aktiveta

Evri movment na di bodi de sho se yu want fo mov  
diotru di wilpawa sistem, di enaji de send wayales to di b  
or na di bren en di intelligent kowe de yuz di enaji we den st  
di kosmik enaji we de rawnd di b

We yu taya, yu kin gi di bodi trenk bay we yu de it, blo  
oksijen, drink wata o oda tin den  
Bot we yu tens yu an en bodi fo es ebi ebi wet, yu de bring  
enaji insay yu bodi tru di pawa we yu no de si

We yu tayt di bɔdi wit kɔnshɛns fɔs (te i de shek shek  
witout stres), yu de tɔch di kɔsmik ɛnaji we Gɔd gɛt we gɛt  
sɛns

Dis na aw wi kin mek ɛnaji ɔ aktiviti na di bɔdi, nɔto frɔm  
matirial sɔs dɛm we de ausayd di bɔdi, bɔt frɔm di divayn sɔs  
we ayd ɛn de insay ɛn ausayd di bɔdi

Fɔ gɛt akses to ɛn bɛnifit frɔm di kɔsmik ɛnaji, pɔsin fɔ  
fɔs fɛn di mis link bitwin kɔnshɛns ɛn matta, bitwin bɔdi ɛn  
sol Dis link kin bi bay we i de pe atɛnshɔn, tink gud wan, ɛn  
no di tru we aw pɔsin de ɛn in kɔnekshɔn to divayn kɔnshɛns  
Laif na karavan

Bɔku pan di wan dɛn we bin de wit wi las ia nɔ de wit wi  
?naw, ɛn udat no udat go de ya nɛks ia  
Dat na layf, ɛn in joyn de kɔntinyu Na karavan we wi de  
travul wit fɔ shɔt tɛm

Sɔm pan wi kɔmpin dɛn dɔn fɔdɔm insay di ol we dɛn de  
lɔs, bɔt we di pen we dɛn de sɔfa go pas dɛn, dɛn go bigin fɔ  
fɛn gayd ɛn dayrɛkshɔn frɔm di Masta fɔ di karavan, we na di  
Masta fɔ dis wɔl bak: Gɔd we gɛt pawa pas ɔlman

Pan ɔl we wi separet na dis karavan, ɛn sikrit de rawnd  
di biginin ɛn di ɛnd, layf stil gɛt dip minin: i de mɛmba wi se i  
impɔtant fɔ luk fɔ Gɔd wit ɔl wi at  
:Wi kin kɔmpia dis wɔl bak to wan ple

Dis laif na tori we wan karakta de tel di nait na kova"

."and di de na di plegrɔun

Akto dɛn nɔ de kɔmɔt na natin Bastej de, ɛn afta dɛn rol  
dɔn, akto dɛn nɔ de stɔp fɔ liv, bɔt dɛn kin lɔs biɛn di kɔtin na  
di ɛtɛ fɔ fɛn rɛst

Wi de ya fɔ fala di plan we di Divayn Tiatri Dayrɛkto gɛt  
fɔ ple wi rol dɛn fɔ sɔm tɛm na dis stej na layf ɛn afta dat wi  
go kɔmɔt na di say we di tin apin

Wi nɔ de day insay di tradishɔnal sɛns fɔ day, bɔt wi de  
lɔs biɛn di kɔtin fɔ tɛm, akɔdin to di dayrɛkshɔn we di  
dairekta fɔ di kɔsmik tiyata de gi

Wi go apia na di stej fɔ layf tɛm afta tɛm te wi masta di  
pɔfɔmɛnshɔn ɛn ple wi rol dɛn fayn fayn wan akɔdin to wetin  
God want

We wi impruv wi pɛfɔmɛns ɛn fala wetin di Suprim  
Maneja ɛn Plɛna in wil we wi nɔ lɔs kɔrej ɔ intafya pan di diti  
dɛm fɔ di plan we God dɔn ɔda, wi nɔ go nid fɔ tray bak, bɔt  
wi go bi pila dɛn we nɔ de day na di strɔkchɔ fɔ ɛgzistens we  
go de sote go, pipul dɛn we de de fɔ ɔltɛm na di Kingdom ɔf  
Evin

Dɛn go de de sote go  
Enibɔdi we win, a go mek am pila na mi divayn tɛmpul, }  
{ɛn i nɔ go ɛva kɔmɔt na do igen  
\* \* \*

Fɔs a bin de shem fɔ bi ticha, bikɔs di tin dɛn we dɛn nid  
ɛn di tin dɛn we dɛn kin du kin rili bɔku ɛn dɛn kin mek a  
fred, bikɔs ticha fɔ bi pɔsin we kin mek pɔsin shɔk, ɛn di tɛm  
we i kin wɔri ɛn kɔnfyus, i nɔ kin ebul fɔ ɛp di wan dɛn we de  
aks fɔ in ɛp

Tru ticha fɔ lɛk ɔlman, ɔndastand mɔtalman, ɛn no God  
We mi ticha (Sri Yuktiswar) tɛl mi se mi wok na dis layf  
na fɔ bi spiritual ticha, a kɔl God in pawa we nɔ gɛt ɛnd fɔ  
sɔpɔt mi

We a begin fɔ gi lɛkshɔn, a bin mek di intenshɔn se a nɔ  
go tɔk frɔm di no bɔt buk dɛn we kɔmɔt frɔm tiori stɔdi, bɔt  
frɔm insay inspekshɔn, a rili no se di kriyaytiv pawa we in  
spring nɔ de ɛva rɔn dray ɛn we in sɔs nɔ de ɛva dɔn, de biɛn  
ɔl mi wɔd dɛn

Dɛn dɔn yuz da pawa de bak na ɔda tin dɛn fɔ ɛp ɔda  
pipul dɛn na dɛn wok ɛn bɔku difrɛn we dɛn

A dɔn yuz mɔtalman maynd fɔ sho se pɔsin nɔ de day  
A nɔ se, "Du am fɔ mi, Masta," bɔt a se, "A want fɔ du  
am, Masta, ɛn a de aks yu fɔ gayd mi, inspekt mi, ɛn tek mi  
."an

Wan kin du smɔl smɔl tin dɛn di kayn we we rili spɛshal

I fɔ bi di bɛst pɔsin pan in wok, ɛn nɔ alaw in layf fɔ go  
 bifo di we we ɔdinari  
 ɛn fɔ du sɔntin we yusful we nɔbɔdi nɔ dɔn du bifo sɔntin  
 we go mek di wɔl sɔprayz  
 ɛn fɔ sho se di kriet, nyu divayn ɛliment de wok tru ɛn  
 bay am  
 Wan fɔ gɛt maynd ɛn mekɔp in maynd we nɔ de shek fɔ  
 waka na di rod dɛn na layf we i nɔ fɔ alaw di tin dɛn we i de  
 tink bɔt we i nɔ ebul fɔ du ɛn di mistek dɛn we i dɔn mek  
 trade fɔ tinap as tin we de ambɔg am  
 Laif kin dak, prɔblɛm kin kam ɛn chans kin lɔs we dɛn nɔ  
 tek am, bɔt di disaypul nɔ fɔ se to insɛf se, "Gɔd dɔn lɛf mi ɛn  
 ."mi fate dɔn sial  
 ?Udat go ebul fɔ ɛp pɔsin lɛk dis  
 Pɔsin in famili kin rijɛkt am, gud fɔchɔ kin lɛf am – akɔdin  
 to aw i de si am – ɛn mɔtalman ɛn natura pawa kin plan  
 agens am, bɔt i kin, bay Gɔd in gudnɛs ɛn di spirit fɔ mek tin  
 dɛn we de insay am, fɔ drɛb ɔl di atak dɛn we de agens am  
 ɛn mach wit triumph to di paradays fɔ rial ajɔstment  
 Ivin if yu win wan ɔndrɛd tɛm, mek yu maynd se yu go  
 win di prɔblɛm dɛn ɛn win di krawn fɔ glori  
 Disapɔyntment nɔ kin las sote go, ɛn fɔ fil bad na tɛst fɔ  
 shot tɛm  
 Gɔd want wi fɔ win na layf ɛn sho di ful pawa we de  
 insay wi, so dat wi go ebul fɔ du wi wok we pas ɔl na di stej  
 na layf  
 Na ɛl wit wan Sɛj  
 Wan tɛm, wan ascetic we bin de wɔship Gɔd bin de na di  
 bank dɛn na wan riva we gɛt blɛsin I bin spɛn bɔku ia na in  
 layf fɔ tink gud wan, bɔt i sɔri fɔ no se, di tray we i bin tray  
 nɔ bin bi frut, ɛn i nɔ bin gladi fɔ avɛst bɔku bɔku pis, pan ɔl  
 we i bin de tray fɔ fɛn ɛn chɛk di sikrit dɛn na layf ɛn di say  
 dɛn we pɔsin kin gɛt gladi at  
 Pan ɔl we wi padi bin de rawnd ɔltɛm wit wan ples we de  
 na ɛvin we i kam pan fayn fayn ples dɛn, gud sol dɛn, valyu

buk dən, ən bləsin səklə dən fə məmba am, pan ol dat, in  
maynd bin kontinyu fə tink bət di we dən we fit pas ol fə tif  
pipul dən ən du dən bad

Dat tinkin nə bin ebul fə kontrol am ən i bin tan lək se i  
kəmət frəm di ol karma kəz dən Di mə we i bin de tray fə drəb  
dən tin dən de we i nə bin wəlkom, na di mə dən bin de  
invayd in maynd, ambəg in pis ən tek am fə gət kol at  
Fə dən, i prəmis inşef, se: "A go kontinyu fə pre ən beg,  
ən a nə go stəp te a fri frəm dən tin ya we de ambəg mi we  
."de chuk mi pis na di sayd we a de tink gud wan  
Wan awa pas, dən tu awa pas, ən bad bad tin dən kam  
na in maynd lək ebi ebi ren, we de nak di strəkchə we i de  
tink bət ən shek am bad bad wan

Fə dən, afta tri awa we i bin de tray tranga wan, di tin  
dən we i bin de tink bət we bin de mənə am bin kəmət na in  
maynd wantəm wantəm, ən insay dən ples, i si insay wan  
fayn vishən we Gəđ in oli wan tinap wit bəđi ən bləđ bifo am  
Di sent we bin de shayn nə bin jəs tan lək se i de alayv

:bət i bin tək bak wit di bəst səri-at, ən i se

Mi pikin, insay yu fəs inkarnəshən yu na bin pəshənəl"  
tifman we nə gət ɔda tin fə wəri bət pas fə trap ɔda pipul dən  
ən tif dən prəpati Bət jəs bifo yu day yu kənshəns wek ən yu  
disayd fə kərəkt yuşef ən prəmis yuşef se yu go chenj yu  
shemful kəndəkt ən fala di rod fə gudnəs Fə dis rizin dən bən  
yu insay dis layf wit strəng spiritual ditarminieshən fə bi gud  
pəsin, bət pan ol dat yu səf." bring wit yu bad tinkin dem we  
."bin de fos fo yu laif fo yu previous inkarnation

I nə fayn, mi pikin, se yu de liv insay dən bləsin təm ya,"

we yu de rawnd gud padi dəm, səklə dəm fə məmba ən tink  
gud wan, yet pan ol dat, yu de liv na el we gət saykiləjjik wəri  
."ən destruktiv, trəbul tink dəm

Afta we di pəsin we de gayd am nə tək natin fə sməl təm,

:i kontinyu fə tək se

So, akədin to di lə we de ɔlsay na di wəl, ən bikəs yu nə"

du yu bəst fə tek advantej pan di spiritual chans dən we yu

get insay dis bɔdi, pas yu dubl yu tray fɔ tink gud wan naw,  
:di tɛm we yu day yu go get fɔ pik bitwin tu tin dɛn  
Either liv fɔ heven wit ten fulish pipul or liv fɔ hell wit"

"?wan waes man, wich wan yu go laik  
:Di disaypul nɔ bin de fred fɔ ansa se  
O padi fɔ Gɔd, a lɛk fɔ liv na ɛl wit wan waes man bikɔs"

a no frɔm mi yon ɛksperiɛns se tɛn fulman dɛn de mek ɛl  
kɔmɔt na paradays, we a biliv na mi at ɛn no fɔ tru se if a de  
wit wan waes man, ivin na di bɔt ɔf di ɔndawɔl i go ɛp mi fɔ  
."tɔn ɛl to paradays

Fridɔm fɔ du sɔntin

Bɔku pipul dɛn fil se dɛn fɔ it tri tɛm mit fɔ wan de, ɛn  
ɔda wan dɛn biliv se na vɛjitebul ɛn nɛt nɔmɔ dɛn fɔ it ɛn dɛn  
!go sik if dɛn chenj di it dɛn we dɛn de it smɔl

Dɛn kayn biliv ya na wan we fɔ mek pɔsin bi slev Pɔsin  
nɔ fɔ alaw ɛni wan pan di abit dɛn na layf fɔ stɔp am, bɔt i fɔ  
get di ebul fɔ chenj in abit dɛn akɔdin to wetin sɛns de sho ɛn  
wetin rayt de tɛl am

Wi fɔ lan fɔ liv stret, yuz di pawa fɔ fri fɔ pik, we gud no  
de drɛb ɛn gayd wi

Pɔsin fɔ ebul fɔ slip pan soft matres wan nɛt, ɛn na grɔn  
ɔda nɛt, wit di sem kɔmfɔt

Da fayn fayn we fɔ rɔnawe pan di tin dɛn we de ambɔg  
di abit na di fridɔm we di wan dɛn we get sɛns de kɔl fɔ  
Sɔm pipul biliv se fridɔm na fɔ du ɛnitin we pɔsin lɛk fɔ  
du, ɛn na dis a kɔl fridɔm fɔ du sɔntin ɛn fɔ want fɔ du sɔntin  
Bikɔs sɔm mama ɛn papa dɛn kin tink di rɔŋ we bɔt aw  
fridɔm rili tan, dɛn kin mek dɛn pikin dɛn bi slev to abit dɛn  
bay we dɛn de obe wetin dɛn want ɛn dɛn nɔ kin no wetin fɔ  
du

Na dis bies, di pikin kin gro ɔp ɛn biliv se as lɔng as  
wetin i want, i go kɔntinyu fɔ gladi ɛn di rizin fɔ layf na fɔ  
satisfay di tin dɛn we i want

Bɔt leta i kam fɔ no se dɛn dɔn ful am Di wɔl we de na  
do na di os difrɛn atɔl frɔm wetin i si ɛn yus to insay di os

I no izi fɔ satisfay ɛnitin we yu want na layf! Ɔda pipul  
dɛn kin push am na sayd we dɛn de tray tranga wan fɔ gɛt  
wetin i want, ɛn insɛf kin fred, at at fɔ mek i ebul fɔ du wetin  
i want ɛn gɛt wetin i want, ɛn i kin biliv se fɔ du wetin i want  
na in bɔdi na di men tin we mɔtalman want fɔ du, i kin shɔ se  
dis wɔl na ɔltin

Mama ɛn papa dɛn fɔ mek dɛn pikin dɛn gɛt strong wil  
ɛn jɔjment gud gud wan so dat dɛn go ebul fɔ mek dɛn we na  
di wɔl ɛn di bad abit dɛn we de de nɔ go ambɔg dɛn

\* \* \*

Wi de prez ɛn tɛl Gɔd tɛnki fɔ di gift we wi de gi wi ɛvri  
nyu ia ɛn fɔ di op ɛn prɔmis dɛn we i de bring kam tru  
No pawa nɔ de we pas fɔ beg am wit ɔl in at, fɔ mek wi  
gɛt kɔnekshɔn wit Gɔd, fɔ mek wɔndaful chenj dɛn kam na di  
layf fɔ ɛnibɔdi ɛn di tin dɛn we de apin na di wɔl, ɛn fɔ mek  
pis ɛn mɔtalman brɔdaship

Wi de pre to Gɔd se di prea we pɔsin kin pre wit ɔl wi at,  
di we aw wi de si tin dɛn we ay, ɛn di tin dɛn we wi no we de  
gro, go chenj to spiritual pawa we gɛt blɛsin we de bring rial  
chenj na grɔn

Blɛs wi, O Masta, so dat wi go gayd wi wit Yu layt ɛn layt  
layt lamp dɛn na di rod dɛn, ɛn so dat wi go wek Yu lɔv na wi  
at ɛn ɔda pipul dɛn at, ɛn kɛr tɔch dɛn we gɛt layt we gɛt layf  
ɛn yuz wi talent dɛn fɔ du wetin Yu gladi ɛn bɛnifit pipul dɛn  
ɛp wi fɔ mek wisɛf kɔnduit dɛn we Yu kɔsmik ɛnaji ɛn  
gayd layt go flɔ tru fɔ ɛp ɔda pipul dɛn ɛn fɔ mek dɛn nɔ sɔfa  
ɛn fɔ mek dɛn sɔfa, bikɔs tɛnki fɔ Yu wi gɛt di pawa fɔ ɛp  
mɔtalman ɛn wisɛf

Wi gɛt blɛsin so dat wi go fil sɔri fɔ di wan dɛn we de  
sɔfa

Wi de skata gud aidia ɛn tin dɛn we wi want fɔ du ɔlsay  
na di wɔl

Mek pis ɛn brɔdaship bi sɔntin we pɔsin kin liv

## **From wetin di ticha Paramhansa Yogananda tok**

Pipul den kin kɔmplen bɔt di aidia fɔ lɛf sɔm tin den na layf, pan ɔl we fɔ tru, den kin giv ɔp bɔku valyu tin den, we nɔto di las tin na fɔ gɛt pis na den maynd, ɛn sɔntɛnde den kin ivin sakrifays dɛnsɛf fɔ mɔni, we kin pwɛl ɛn lɔs

Una sɔrɛnda unasɛf to Gɔd ɛn una go si se una layf dɔn  
tan lɛk fayn fayn ritmik myuzik

Turn yu atɛnshon insaid from dis wɔld to di big big  
kingdom of God we de insaid yu

Insay di ship we gɛt kol at yu kin sel go na da wɔl de pas  
wi drim usay di divayn spring de flɔ we nɔ de stɔp from di dip  
dip at ɛn sol

Masta, ɛp mi fɔ ple mi pat pan di ple na layf di we we go  
mek Yu gladi, ilɛksɛf a wik ɔ a strong, a sik ɔ a gɛt wɛlbɔdi, a  
gɛt nem ɔ a nɔ no, a jɛntri ɔ po, we a no se Yu lɛk mi ɛn yu  
nɔ go ɛva lɛf mi

Dɛn kin tek jɛntri from pɔsin, ɔ dɛn kin tek am from am,  
we i kɔmɔt na dis wɔl, ɛn dɛn nɔ go ebul fɔ tek am wit dɛn In  
tru valyu de fɔ spɛn am fɔ du tin dɛn we go bɛnifit pɔsin ɛn fɔ  
mek pɔsin ɛn ɔda pipul dɛn gladi di we we go mek Gɔd ɛn in  
kɔnshɛns gladi

Di wan dɛn we de tink bɔt dɛn yon sikyɔriti ɛn kɔmfɔt  
nɔmɔ, fɔgɛt ɔ nɔ pe atɛnshon to wetin ɔda pipul dɛn nid, de  
in rialiti de kɔt di po we go bi dɛn lɔt wan de Di wan dɛn we  
de tay pan dɛn jɛntri instead fɔ yuz am fɔ du gud tin nɔ de  
brɪŋ dɛnsɛf prɔsperiti na dɛn layf afta layf bɔt dɛn bɔn dɛn  
po, wit di tin dɛn we di jɛntriman dɛn want ɛn krayb Bɔt di  
wan dɛn we de sheb dɛn bɔku ɛn prɔsperiti wit ɔda pipul dɛn  
atrak gudnɛs ɛn bɔku ɛnisay we dɛn go



We yu gi to di wan den we fit fo get am wit ol yu at, yu  
go si se God de wit yu oltem en i no go eva lef yu en yu no go  
nid natin Wi no fo foget se na God de sopt wi layf dairekt  
wan en we wi no se wi maynd, wi wil en wi aktiviti den ol de  
dipen pan God en get den trenk from am, na da tem de wi go  
get dairekt gayd from am en wi go no se wi layf na wan wit in  
layf we no get end

Meditashon de gi pruf fo se God de Wans di wef dem fo  
sens don klia from di maynd in pond, divayn gladi gladi de  
komot from di sol Dis gladi gladi don olredi de insay di sol,  
bot i don vel

Oh, Masta A go yuz mi wilpawa en intelekt Fo akomplit  
smol smol tin den fos En afta dat a go go bifo pan big big tin  
den we a don du

Ivin if ol di matirial ambishon den don apin Yet i jos de gi  
gladi at we no komplit — en bay we a fen God a go diskoba  
rizova den we no de don fo gladi En i no de eva stop fo flo en  
ron Insay di gadin en evagrin medo den na di sol  
Haus: Viktri Square

If possin spen in layf de ronata wan thrill afta di oda wan,  
den no go eva no di teist fo tru tru gladi-at Possin fo liv simpul  
wan en aproch layf wit izi I fayn fo mek possin spen tem in  
wan, tink bot wetin i de du wan wan tem, en praktis pis insay  
in at, we de brin welbodi, yon, en nyu trenk

If tin den we de ambog possin oltem en oda tin den we de  
mek possin fil bad de bom di sens, di nev den go sofa bikos of  
dat, boku boku impotant enaji go west , en di sol go fil tens en  
pwel at Don bak, possin no fo bisin tumos fo korekt oda pipul  
den; bifo dat, possin fo korekt insef bifo i tray fo korekt oda  
pipul den

Mek wi no se di os na di big big ples fo fet Possin we na  
enjel na den os go bi enjel enisay

Di swit we di voys swit en di pis we di fayn fayn we aw  
possin de biev de sho, den nid am mo na di os pas eni oda say

Jɔs lɛk aw daknɛs nɔ go ebul fɔ de usay layt de shayn,  
na so bak di daknɛs we sik fɔ dɔn we Gɔd in layt de shayn na  
di bɔdi in sɛl dɛn , ɛn na smɔl pipul dɛn nɔmɔ de no dis tru  
We pipul dɛn fil se dɛn want fɔ wɛl , dɛn kin pre wit at  
we trɔbul ɔ wit filin fɔ pwɛl at , dɛn kin tek am se Gɔd nɔ go  
lisin to dɛn prea ɔ dɛn kin pre bɔt dɛn nɔ de wet So dat dɛn  
go no if dɛn prea dɔn rich to Gɔd

Jɔs lɛk aw pɔsin nɔ kin ebul fɔ lisin to myuzik we dɛn de  
brodkas tru di ays we i de yuz wan fɔlt risiva, na so bak pɔsin  
nɔ kin ebul fɔ pik di vaybreshɔn dɛn we gɛt wɛlbɔdi, trɛnk, ɛn  
sɛns we de kɔmɔt frɔm Gɔd wit wan sayk aprɛshɔn we nɔ de  
wok fayn wit fred, wɔri, ɛn ɔlkayn wɔri, dawt, ɛn nɔ shɔ

Lɛ wi mɛmba ɛn tɛl Yu tɛnki, Masta, we wi nid ɛn  
prɔsperiti, we sik ɛn wɛlbɔdi, we dak ɛn layt, ɛn pan ɔltin we  
de apin Lɛ wi mɛmba wit tɛnki di de dɛn we Yu dɔn gi wi fɔ  
gɛt wɛlbɔdi ɛp wi fɔ opin di yay fɔ fet so dat wi go si Yu blɛsin  
layt, we de mɛn ɔl sik ɛn sik dɛn

Mi na di kapten fɔ mi ship we gɛt gud tinkin, mi gud wil,  
ɛn mi frutful, bɛnifit aktiviti a go stiar di ship fɔ mi layf, ɔltɛm  
kip mi yay pan di shayn planɛt we gɛt pis na di skay we a de  
tink bɔt dip

A go yuz mi kreativ tinkin skills fɔ ajɔst sakrifays pan  
ɔltin we a de du Gɔd go ɛp mi if a tray bak fɔ ɛp misɛf  
Tide a go til di gadin fɔ layf wit nyu tray ɛn plant am wit  
di sid dɛn we gɛt sɛns, wɛlbɔdi, satisfay, ɛn gladi at A go  
wata di sid dɛn wit fet ɛn kɔnfidɛns pan misɛf, ɛn a go wet fɔ  
di ɔlmayti in blɛsin fɔ gi mi jɔs avɛst lvin if a nɔ avɛst di avɛst  
we a bin de op fɔ, a go kɔntinyu fɔ tɛl tɛnki ɛn tɛl tɛnki fɔ di  
pis na mi maynd we de kɔmɔt frɔm tray fɔ du mi bɛst

A go tɛl Gɔd tɛnki se a ebul fɔ kɔntinyu fɔ tray te a gɛt  
sakrifays, bay in gudnɛs ɛn a go tɛl am tɛnki we a rich di tin  
we mi at want pas ɔl A go tray fɔ du ɔl di tin dɛn we impɔtant  
ɛn we fit fɔ du, fɔ fɛn Gɔd in gladi at  
Di wɔl ful-ɔp wit natura ɛn mɔtalman big big briz, ɛn Gɔd  
na di strong shild ɛn sɛf ples frɔm di big big briz, ebi ebi ren,

en di bad tin den we de apin na dis wol Enisay we Gɔd de,  
nɔbɔdi nɔ de fred ɔ sɔri Di tru biliva tinap tranga wan en  
prawd insay di fet fɔ layf en di stretch fɔ tin den we de apin, i  
shɔ se Gɔd de wit am, i de protekt am from bad tin en i nɔ de  
eva lef am fɔ wan mɔnt So, fred de lɔs na in at en shɔ se i de  
tek am, na protekshɔn we den nɔ go ebul fɔ fos am

No fɔ fred min fɔ gɛt fet pan Gɔd en in protekshɔn, en gɛt  
fet pan in jɔstis, sens, sɔri-at, lɔv, en de ɔlsay

Fɔ fred kin mek pɔsin nɔ gɛt in maynd trenk, i kin mek in  
maynd klawd, en i kin mek di at in natura ritm nɔ fayn  
Pantap dat, fred kin mek i gɛt prɔblem wit in bɔdi en i kin gɛt  
sik den we i kin gɛt na in maynd Insted fɔ le pɔsin sɔfa pan  
wɔri en fɔ de na in maynd, i fɔ mek shɔ se i sef we Gɔd de  
protekt am, we de si ɔltin, we de yeri ɔltin, we nɔ gɛt wan  
prɔblem fɔt, en in sɔri-at en kia we i de rawnd am

Ilɛksɛf na di Afrikan jɔngrɔn, na fet-fet ples, i de sɔfa wit  
sik ɔ po, pɔsin fɔ biliv insɛf se Gɔd in an strong pas eni denja  
en i ebul fɔ protekt di wan den we de fɛn say fɔ rɔn go to am  
No mɔ we de fɔ protekt am Na tru se pɔsin fɔ yuz rizin fɔ dil  
wit tin den we de apin en di sem tɛm i fɔ gɛt kɔmplit fet pan  
di ɛp we Gɔd de ɛp am Fet nɔ eva min fɔ bi pɔsin we nɔ de  
tek tɛm ɔ du sɔntin unwisely in the face of adversity Bifo dat,  
ilɛk wetin apin, pɔsin fɔ afɛm to insɛf se na Gɔd nɔmɔ ebul fɔ  
ɛp pan tin den we nɔ izi en we nɔ izi fɔ du if i tɔn to Am wit ɔl  
in at, sol, en sens

We prɔblem den de kam dɔŋ lɛk avalanche, wi nɔ fɔ alaw  
den fɔ paralayz wi wil ɔ fɔ mek wi nɔ si klia wan en wi sens,  
lɔjik we fɔ du tin Bifo dat, wi fɔ kɔntinyu fɔ gɛt fet pan Gɔd en  
wi bɔn wit sens fɔ no wetin rayt en rɔŋ, en tray fɔ fɛn we fɔ  
kɔmɔt Wit Gɔd in ɛp, wi go si am Ultimately, tin go impɔtant  
bikɔs Gɔd in pawa en wɔndaful tin den de ayd bien di  
kɔntradikshɔn den na mɔtalman layf Di wan den we nɔ de  
aksept di inevitability of circumstances en insted tray fɔ go

insay pas di vel wit den intelekt en fet go fen di domot opin fo den—wan domot we evri an we biliv de nak pan

Laif de koba daknes, en sontende wi kin stop en shem fo go bifo Wi fo mek God in layt bi wi gayd lamp as wi de waka na layf in dak rod den God na di ful mun insay di net den we wi no no natin en daknes, di san we de shayn insay di awa den we wi de wek, di layt we de gayd wi, en di sta we de gayd di wan den we de travul na di si den na di wol, egzistens we no de te

Problem den go kontinyu fo de na di wol, so usay posin go ton fo gayd en dayrekshon? Di tin den we posin de tink, we di abit den, di we aw i de tink bot oda pipul den, di we aw i de tink bot oda pipul den, en di we aw i de biev, no get eni yus, en di tin den we de ambog di say we i de, in famili, in kontri, o di wol no ebul fo gi am tru tru gayd So, i fo ton to God en lisin to di kwayet, kwayet voys we de komot na di dip dip pat den na di sol, we na voys we gri wit di trut

Di difrens bitwin mental kontemplashon en spiritual introspection

If posin program insef wit tiori no, i kin tan lek posin we de waka rikodo, we de ripit provab en ay ay frayz, en oda pipul den kin tek am se den don lan en get sens Bot da kayn no de no de riinfos bay we posin de si tru dairekt wan, en i no de mach am bak bay we i get spiritual attainment Dis kayn intellectualization o intellectualization de kip di "self" we tay to di sensory mind, we insef de limited by the physical mind sens Tiori no no go ebul fo get divayn no, en i fayn fo mek posin no west in presho tem pan tiori den we den no go ebul fo yuz insay rial tin, so dat posin no go si insef los na wan dense intelektual jongron, we no ebul fo pas di eria we tiori de

Dis proses no go mek wi no di trut bikos di trut de pas di  
opinion en tiori, en boku pipul den we de fala dis we fo du tin  
kin bi bound wit den yon subjektiv konklushon

If posin yuz in maynd pawa jos fo get moni en propati,  
den go dro in konshens insay di matirial wol en i go miks wit  
komplisiti den we no get end So, pipul den we get sens se  
posin no fo dediket ol di mental abiliti den we God don gi am  
fo du tin den we no de te, so dat i no go los insef insay di  
labyrinth of materialism en mek limiteshon we no nid en  
constraints for themselves Bifo dat, den fo yuz den maynd  
pawa fo get di tin den we den nid na layf en tray fo develop  
den gud abit den fo mek den ebul fo no difrens bitwin wetin  
rayt en wetin rong, en bitwin wetin de ambog en wetin go  
benifit We den de koltiv den spiritual sens, den go ebul fo no  
God insay densef en no di spiritual trut den we ayd bien di  
dense vels fo matirialism Den kol dis stet spiritual  
introspekshon

Ilek wetin de mona wi, God fo de bifo oltem na wi layf  
Wan pan di impotant tin den we go mek wi gro na God in yay  
na di konekshon we wi get wit God oltem, we yu go get from  
yu at, we yu go si wan wondaful, fayn chenj we go rili kole yu

We posin want fo si sho , o bay nyu klos o nyu motoka ,  
yu no tink se na tru se in maynd kin bisin oltem? We i kam  
pan den tin den de en aw fo ajost o get den? I no go rest te i  
du wetin i want , en i go kontinyu fo wok tranga wan fo mek i  
go ebul fo du den tin den de

So, motalman maynd fo de tink bot God En afta dat ol di  
smol smol tin den we i want go chenj To wan strong want fo  
fil God en tok to am

We di maynd de wispa to God wan wispa we komot na in  
at, we get zil we de komot from di dip dip tin den we wan sol  
we want fo du am de

Di sol in kɔl go tɔch di kɔsmik at , ɛn di ansa go kam, we  
go bring bɔku gladi at

We yu de wispa wit sɛns, dat kin mek yu gɛt pawa fɔ du  
sɔntin , te yu gɛt inof trɛnk fɔ rich di gol we yu want

We pɔsin in maynd ɛn wetin i want gri wit Gɔd , dɛn kin  
chaj am wit pawa we nɔ gɛt limit , so dat fɔ jɔs tink bɔt sɔntin  
kin bi inof fɔ mek i apin , bikɔs di lɔ we Gɔd gi kin wok fɔ di  
wan dɛn we gri wit di tin we pas ɔl

ɔl di wɔndaful tin dɛn we a dɔn du na mi layf dɔn  
akɔmplit tru di pawa we wan maynd gɛt we gri wit Gɔd We di  
divayn jenɛra de rɔn, ɔltin we a want kin kam fɔ bi frut witout  
ɛksɛpshɔn, fɔs i kin tek shep lɛk wan dizayn we nɔ de si, we  
gɛt ethereal ɛn afta dat i kin sho wit pawa we pɔsin nɔ go  
ebul fɔ stɔp insay rial tin

### **Di sikrit fɔ mek pɔsin gro**

Wi de gro tru ɛvri ɛksperiɛns we wi de go tru, as long as  
wi no se wi kin lan valyu lɛsin frɔm dɛn Fɔ ɛvri pen ɛn sɔfa  
we wi de ɛksperiɛns gɛt minin ɛn rizin

Pan ɔl we di prɔblɛm dɛn we wi kin gɛt tranga, dɛn tan  
lɛk faya we de mɛlt ayɛn ɔyl, we de chenj am to fayn fayn,  
strɔng, ɛn versatile stɛl Di sɛns we wi de fɔj tru di scorching  
flames of experience na rili wɔndaful Layf de klin wi,  
transfɔm wi bays nature dɛn to prɛshɔ ɛliment dɛn, alaw wi  
fɔ liv wit sol dɛn we klin lɛk jɔlɔs, we strɔng lɛk stɛl, yet ɛn we  
ebul fɔ bia, we wi nɔ de brok ɔnda di prɛshɔn dɛn we prɔblɛm  
ɛn prɔblɛm dɛn kin gɛt

We wi si fes dɛn we vɛks dɔn chenj, we dɛn de si we dɛn  
de du bad bad tin dɛn, we dɛn de si de mek wi want fɔ drɛb  
di bad tin dɛn we de na wi yon sol—sol we nɔ tɔch ɛnitin pas  
bad tin ɛn dip grɔj we de mek di blɛsin divayn imej we de  
insay wi nɔ klia, jɔs lɛk aw sɔt de pwɛl miro Di penful akshɔn

dɛn we ɔda pipul dɛn de du fɔ wek insay wi di want fɔ mek wi  
yon biev fayn ɛn kɔntrol wisɛf, so dat wi go bi masta fɔ wi tin  
dɛn we wi nɔ ebul fɔ kɔntrol, nɔto slev to dɛn

Kind wɔd na wɔndaful mɛrɛsin fɔ bɔku sik dɛn, i gɛt  
pawaful, ɔlmost majik, magnetik pawa we de bring bɔku blɛsin  
ɛn prɔsperiti to dɛn spika Di wan dɛn we de yuz wɔd dɛn we  
de mek dɛn fil fayn, we saful saful, kin fil se wan kɔrɛnt we  
nɔ de si klia wan de flɔ tru dɛn we nɔ de ambɔg dɛn, dɛn kin  
ful-ɔp wit bɔku bɔku kwayɛt Dis na bikɔs da kɔrɛnt de kɔnɛkt  
to in ay sɔs, we de ɔltɛm ɛn ɔltɛm rich di sol dɛm we gɛt  
wanwɔd wit am Dɔn dɛn go ebul fɔ transmit dis flɔ fɔ gladi at  
to sol dɛm we de want pis

ɛvride, pɔsin kin luk na di miro fɔ si in fes bikɔs i want fɔ  
apia di bɛst we to ɔda pipul dɛn, So, i rili impɔtant fɔ mek i  
tinap wit dɛnsɛf ɛvride ɛn luk insay di miro we de analays  
insay fɔ no wetin de ɔnda di say we de shayn! Fɔ ɔltin we  
atraktiv na do de gɛt in atrakshɔn frɔm di insay sɛf ɛn natin  
nɔ de dɔti di klin miro na di sol lɛk saykolojik distɔrshɔn lɛk  
vɛks, vɛks, jɛlɔs, ɛn et ɛnibɔdi we tray fɔ fri insɛf frɔm dɛn  
kɔmpawnd ya, we nɔ de nia di nature of di spirit, go alaw di  
layt fɔ insay biuti fɔ rayt frɔm insay

Tru analisis, wi de diskova se mɔtalman prɔblɛm gɛt tri  
tin: prɔblɛm ɛn dizayd de we de atak mɔtalman bɔdi, ɔda  
wan dɛn we de atak di maynd, ɛn wan tɔd kategori we de  
blok di rod dɛm fɔ di sol

Sik, ol ej, ɛn day na di prɔblɛm ɛn tin dɛm wae de ambɔg  
di bɔdi wae de mit Saikɔlɔjik sik, bɔt, kin kam insay di maynd  
tru sɔri-at, frayd, vɛks, wae pɔrsin nɔr want fɔ du, wae pɔrsin  
kin vɛks, et, wae pɔrsin kin fil bad, wae pɔrsin kin fil fayn,  
wae pɔrsin kin fil bad, ɛn de saykilɔjik kansa wae kin mek  
pɔrsin nɔr de fil fayn, bɔt di sik wae de mek pɔrsin nɔr de fil  
fayn, bɔt na de sik na di sol, we de sho se i nɔ no natin, we ɔl  
ɔda sik dɛn kin kɔmɔt ɛn skata

## Gud pas bad tin de na di wɔl

We dawt de krip insay, wi fɔ mɛmba di layf fɔ big pipul  
dɛn Na tru se wi na mɔtalman, bɔt Gɔd dɔn gi wi ɛkstra  
ɔdinari pawa dɛn we wi nɔ kin yuz So wetin mek wi de shek  
shek bikɔs wi de fred fɔ ol, sik, ɛn sɔri? Wi fɔ du wetin wi ebul  
fɔ kia fɔ wi bɔdi, bɔt wi nɔ fɔ gri fɔ fred ɔ bɛr wisɛf ɔnda bɔku  
bɔku pipul dɛn we nɔ no natin

Di bɔdi nɔto di wan ol pɔsin

Gud pas bad na dis wɔl bikɔs na Gɔd na di pawa we pas  
ɔl Bɔt we bad tin apin to wi, wi kin tink se wi nɔ gɛt pawa fɔ  
kɔntrol am ɔ fɔ rɔnawe pan am

Storms of evil are bound to blow , bɔt wi kin win di ifɛkt  
dɛn we dɛn de du ɛn rayz pas dɛn

Dɛn nɔ gi wi layf fɔ mek i pwɛl wi, bɔt fɔ mek wi no se wi  
go de sote go, ɛn wi fɔ mɛmba dis trut

If pɔsin nɔ gɛt fridɔm fɔ tink, i nɔ go ebul fɔ tɔk insɛf di  
we we klin, we kin apin bay insɛf, ɛn we natin nɔ de fɔ du  
Mɛmba se yu rili fri Di pawa we di wil gɛt na fri ɔltɛm

If yu yuz yu wil pawa kɔrɛkt wan, i go mek gud karma fɔ  
yu, bɔt bɔku pipul dɛn nɔ want fɔ chenj ɛn dɛn nɔ want fɔ  
tray, so dɛn kin krɔs pan prɔblɛm dɛn ɛn dɛn nɔ kin ebul fɔ  
bia wit prɔblɛm dɛn

Fɔ du ɛnitin we pɔsin want nɔto fridɔm, bikɔs mɔtalman  
de tay am wit wetin i want, ɛn dat mek dɛn nɔ go ebul fɔ kɔl  
di tin dɛn we dɛn de du fridɔm atɔl Tru fridɔm min fɔ du ɔltin  
wit wil we sɛns de gayd Pɔsin kin kɔntrol di bad tin dɛn we go  
apin to am we i dɔn du trade, we nɔ go ebul fɔ fala am, if dɛn  
aktiv in wil ɛn yuz am fɔ du gud ɛn bɛnifit If yu kɔndɔkt yu  
akshɔn wit rizin ɛn wil pawa, di fɔs dɛn pan di bad tin dɛn we



yu bin dɔn du trade go wik ɛn di abit dɛn we de kɔmɔt frɔm  
di gud tin dɛn we yu dɔn du go strong

Wi kin want wetin wi nɔ gɛt ɔltɛm ɛn wi kin gɛt tayt padi  
biznɛs wit tin dɛn we nɔ impɔtant Wans sɔntin dɔn gɛt wi, wi  
kin lɔs wi fridɔm fɔ disayd fɔ sɔm tɛm Jɔs lɛk aw pipul dɛn na  
Ist kin bi slev to di kɔstɔm dɛn we bin de trade trade, na so  
bak di pipul dɛn na di Wɛst kin bi slev to di wan dɛn we de  
naw Wi kin mek wi yon destiny ɛn wi kin tay am

Wetin mek dɛn bɔn wan pikin na wikɛd famili ɛn dɛn bɔn  
ɔda wan na gud famili? ɛni wan pan dɛn bin yuz dɛn fridɔm  
fɔ liv wan patikyula we we dɛn bin de liv trade (insay wan  
layf we dɛn bin dɔn liv bifo) ɛn dis bin mek dɛn tin dɛn de  
apin to dɛnsɛf na dis layf

Tru tru fridɔm nɔ de if Gɔd nɔ de Wi fɔ tink bɔt am ɔltɛm  
Ilɛk wetin wi de wɔri ɛn tink bɔt, Gɔd fɔ tek di fɔs ples na wi  
at , ɛn we wi rili alaynɛd wit am, dɛn go gi wi di abiliti fɔ du  
wetin wi fɔ du, ɛni tɛm, wit In ɛp frɔm Gɔd

### **Advays fɔ di disaypul**

Wan pan di student dɛn aks di ticha Paramhansa Fɔ gi  
am sɔm advays fɔ mek i bɛtɛ, i se : If yu want fɔ lɛ dɛn lɛk yu  
Start bay we yu lɛk ɔda pipul dɛn we nid yu lɔv

ɛn if yu de op fɔ ɔda pipul dɛn Bi fetful ɛn fetful to dɛn  
so dat dɛn go bi tru to yu

If yu want fɔ mek ɔda pipul dɛn nɔ du bad ɛn kɔni kɔni  
we , nɔ alaw lay lay tin fɔ kam insay yu yon maynd , ɛn nɔ du  
tin di we we go ambɔg ɔda pipul dɛn

If yu want ɔda pipul fɔ sɔri fɔ yu Start fɔ sho se yu de fil  
sɔri fɔ dɛn , mɔ to di wan dɛn we de arawnd yu

If yu want ɔda pipul dɛn fɔ rɛspɛkt yu , yu fɔ sho se yu  
rɛspɛkt yɔŋ ɛn ol

If yu want pis frɔm ɔda pipul den , yu fɔ liv layf we gɛt  
wanwɔd

If yu want pipul den fɔ bi rilijɔn , bi spiritual in nature ɛn  
mek ɔda pipul den fil se yu na gud ɛgzampul ɛn den kin abop  
pan yu ɛn abop pan yu

Fɔ tɔk smɔl, ɔl wetin yu want ɔda pipul den fɔ sho Wan  
pan di gud kwaliti den na fɔ sho am na yu layf fɔs , ɛn yu go  
si se pipul den go biev to yu di sem we

If yu ebul fɔ no di eria den na yu layf we nid fɔ impɔtant  
we yu nɔ go gɛt pwɛl at ɔ divɛlɔp wan kɔmpleks we nɔ  
impɔtant, ɛn if yu de wok ɔltɛm fɔ mek yu yon abit bɛtɛ, den  
di tɛm we yu de spɛn pan dis go bi fa fawe pas if yu fɔ west  
fɔ wish se ɔda pipul den go impɔtant dɛnsɛf Yu fayn  
ɛgzampul ɛn di fayn we aw yu de biev gɛt pawa fɔ chenj ɔda  
pipul den pas wetin yu want, vɛks, ɛn wɔd den nɔmɔ

O Masta, Yu na di sɔs fɔ ɔl gudnɛs ɛn di ɔrijin fɔ ɔl pawa  
Blɛs wi so dat wi go sho Yu blɛsin pan wi pan wi wɛlbɔdi, wi  
intɛlektual aspireshɔn, ɛn wi spiritual ɛkspresheɔn Yu na di  
raytin na di sta dɛm, di ɛnaji na di atɔm dɛm, di gudnɛs na  
at, ɛn di fayn fayn tin dɛm na trut ɛp wi fɔ ful wisɛf wit Yu  
suprɛm pawa, Yu sɛns we nɔ gɛt ɛnd, ɛn Yu we nɔ gɛt bɔnd  
na tru tru tin

Masta, mek wi no se Yu na di watawɛl fɔ wɛlbɔdi, di si  
we de gi layf, ɛn di say we ɔlman ɔndastand ɛn no Fri wi frɔm  
ignorance ɛn di tin den we i de du, frɔm fred ɛn wɔri, ɛn mek  
di wata we de rɔn na Yu sɛns swip ɔl di dɔti ɛn rɔblɛs na wi  
layf

Tear away, O Lord, di vɛls we de ayd Yu fes frɔm wi Lɛ  
wi si Yu as layt we so brayt, lɛk bɔku bɔku san den na di  
ɔrayzin na wi layf Lɛ wi fil Yu as pawa we de nyu ɔltɛm we de

inspekt wi tinkin, gi wi sol tin fɔ it, sɔpɔt wi bɔdi, ɛn fulfil wi  
drim

Amen

Mɔs pipul dɛn nɔ no wetin mek Frɔm dɛn ɛgzistens na  
dis wɔl , dɛn biliv se di rizin fɔ layf Na fɔ fulfil di tin dɛn we  
pɔsin want Fɔ gɛt di tin dɛn we pɔsin nid fɔ liv Fɔ fɛn gladi at  
ɛn mɔtalman lɔv , ɛn leta fɔ sɔrɛnda to di las pɔsin we kɔl

Pipul dɛn bigin dɛn layf Programma dɛn wit patikyula tin  
dɛn we dɛn want ɛn we dɛn nɔ bin dɔn du trade ɛn dɛn de  
tray – wit wetin smɔl fri wil we dɛn dɔn lɛf – Bay we dɛn de  
falamakata wetin ɔda pipul dɛn want ɛn du , if dɛn de miks  
wit biznɛsman dɛn , dɛn want fɔ tan lɛk dɛn , ɛn if dɛn de  
miks wit atis dɛn , art kin bi ɔltin to dɛn

Gɔd want wi fɔ bi prɛktikal na dis wɔl I dɔn gi wi angri we  
nid fɔ wok fɔ satisfay am, bɔt fɔ luk fɔ it, ples fɔ slip, mɔni ɛn  
prɔpati nɔmɔ min se mɔtalman fɔgɛt di say we in gladi at  
kɔmɔt

Na tru se wi fɔ wok fɔ gɛt wetin wi nid ɛn tray fɔ rich wi  
rayt gol dɛn, bɔt fɔs ɛn fɔs, wi fɔ opin wi at to Gɔd ɛn fɛn in  
gayd ɛn aprɔval pan ɔl wetin wi de du Dɔn wi go mɔs gɛt  
sakrifays na di skul fɔ layf, bikɔs wi go gɛt wi dayrɛkshɔn  
frɔm di Suprim Maneja ɛn Prɔvayda we no wetin wi nid ɛn  
wetin bɛtɛ fɔ wi So, wi fɔ put wi trɔst pan Am ɛn put yusɛf  
ɔnda wetin I want fɔ du wit sɛns

## **Frɔm di lekchɔ dɛn we di ticha Paramahansa bin gi**

We di gladi gladi we de insay di sol de ɔbskɔr bay wan  
tik layt we gɛt smɔl smɔl tin dɛn we de mek pɔsin fil fayn, di  
gold glɔ we di spirit de shayn de dak, ɛn di sol in transparent  
fakulti dɛn de ayd biɛn di density of matter We pɔsin in  
maynd de drɔ to jɛlɔs ɛn jɛlɔs, ɛn kɔba am wit klawd dɛn we  
de fred ɛn wɔri, pɔsin kin bi misɛf, sɔri, ɛn win Bɔt we pɔsin

dayrekt di sem atenshon to lov, pis, en wanwod, i kin get dip  
gladi at

Di sol kin fil gladi we i tön fröm di tin den we di bōdi want  
we miks wit sofa en sofa to di transparent gud kwaliti den we  
di spirit get, we ful-ɔp wit fayn fayn tin den we pōsin kin gladi  
fɔ

If di sol begin fɔ put insef dɔŋ ɔlsay na di kɔs kɔs kɔs wɔl  
gladi at, i nɔ kin bisin bɔt fɔ tray fɔ get ay gladi at en i nɔ kin  
ebul fɔ get gladi at na Gɔd in yay Bɔku pipul den kin tɔk se i  
nɔ go izi fɔ lɛ pōsin lɛf fɔ enjɔy insef na dis wɔl ɔ we i de liv  
wit pipul den we den tink bɔt tin den nɔmɔ we get fɔ du wit  
prɔpati Bɔt, i nɔ nid fɔ mek di avrej pōsin lɛf di wɔl en tön in  
bak pan mawnten en fɔrest fɔ fɛn kol en pis Bifo dat, den fɔ  
de na dis wɔl we den nɔ alaw in pawaful kɔrent fɔ swip den,  
so dat di trɔbul wef den na dis layf nɔ go ambɔg den

Pōsin nɔ fɔ de tink bad bɔt di tin den we de arawnd am,  
en di sem tɛm i nɔ fɔ alaw di tin den we i lɛk fɔ get fɔ mek i  
nɔ si in yay, so dat i nɔ go lɔs in spiritual nature en nɔ ebul fɔ  
test di gladi gladi we i get fɔ gladi en witnes di layt den we  
Gɔd de gi

Layf, wit di men tin, di tin den we i de du, en di gol den  
we i get , na pɔzl we at fɔ ɔndastand bɔt nɔto tin we nɔ  
pōsibul fɔ solv , en wit di we aw wi de tink go bifo, wi de solv  
sɔm pan in sikrit den evride

Di divays den we den mek bay prɛsis sayens prinsipul  
den na dis tɛm rili impɔtant , en di tin den we sayens dɔn  
kam wit de mek wi si klia wan bɔt di we den we layf kin bɛtɛ  
Bɔt pan ɔl di ikwipment, tin den we wi dɔn mek, en di strateji  
den we wi get , i tan lɛk se wi stil tan lɛk pɔpet den we de na  
di an fɔ fate , en di rod we de bifo wi stil lɔng Bifo wi fri fröm  
di kontrol we di nature get

Fɔ tru, fɔ liv wit di sɔri-at fɔ di nature nɔto fridɔm Wi  
maynd we gɛt zil kin ɔva ɛn shackled bay wan sɛns fɔ nɔ  
ebul fɔ ɛp wi we wi fil se wi na viktim fɔ flɔd, hariken, ɔ  
atkwɛk , ɔ we tin dɛn we de apin snatch away frɔm wi -  
witout lojik rizin - wi pipul dɛn we wi lɛk klos to wi at Wi dɔn  
no se wi nɔ dɔn ajɔst bɔku win , ɛn wi nɔ dɔn ajɔst ebul fɔ win  
bad bad tin dɛn Bikɔs pan ɔl we wi de tray fɔ mek layf lɛk aw  
wi want am fɔ bi , sɔm tin dɛn go de apin ɔltɛm na dis wɔl  
stej , ɛn tin dɛn we wan pawaful maynd de dayrɛkt we wi nɔ  
no bɛtɛ bɔt , we wi de wok kɔmplit wan we nɔ gɛt ɛnitin fɔ du  
wit wi opinion ɛn wi go Di bɛst we wi go du na fɔ wok ɛn mek  
sɔm impɔtant tin dɛn

Wi kin plant wit ɛn mek flawa , bɔt udat mek di fɔs sid?

Wi kin it bred we dɛn mek wit flawa , bɔt udat mek wi bɔdi  
?ebul fɔ dayjɛst am? ɛn aw fɔ chenj it to tin fɔ it

Insay ɛvri kɔna na layf I tan lɛk se wan divayn an we rili  
impɔtant Wi nɔ go ebul fɔ manej wi afɛkt dɛn we wi nɔ gɛt  
am , ɛn wit ɔl di shɔt tin dɛn we wi gɛt Wi nɔ no ustɛm di at  
go stɔp fɔ wok So di nid fɔ bold rilayns Pan di supɛm divayn  
pawa ɛn fɔ abop pan wi ay sɛf , we kɔmɔt frɔm da ɔlman we  
wi de mɔdel afta

Wi fɔ gɛt fet we nɔ gɛt prawd , ɛn waka wit kɔnfidɛns na  
layf rod dɛn

Wi nɔ gɛt panik ɛn shek shek , ɛn nɔ gɛt prɔblɛm ɛn put  
pɔsin na jel

### **Fɔ dil wit alɛji**

Fɔ win di we aw pɔsin de fil na tin we nɔ izi fɔ du, ɛn fɔ  
kɔntrol di we aw pɔsin de du tin kwik kwik wan impɔtant fɔ  
mek i gɛt balans ɛn fayn fayn pɔsin

Sɛnsitiviti kɔmɔt frɔm misɔndastandin, inferiority  
kɔmpleks, inflated prayz, ɛn ɛgzajarayt ego

We pɔsin tink se dɛn dɔn fil bad, da tink de kin tek rut na  
in maynd, we kin mek dɛn nerv, we kin bi tɛns ɛn tɔn agɛns  
Vɛks kin bɔn na in at bikɔs ɔf di filin we dɛn wund Bɔt sɔm  
pipul dɛn kin ebul fɔ kɔntrol dɛn filin, so dɛn sayn dɛn we de  
na do nɔ kin apia pan ɔl we dɛn kin vɛks bad bad wan insay  
dɛn ɔda pipul dɛn kin sho dɛn vɛks tru di riakshɔn dɛn we kin  
sul dɛmɔapin wantɛm wantɛm, we kin sho na dɛn yay di m  
ns dɛmɔd vɛbul rɛspɔn dɛm, ɛn tru shap, kɔs ɛksprɛshɔn di f  
If pɔsin fil bad pasmak, i kin gɛt siriks prɔblɛm dɛn; i kin  
mek di tin kɔmplikt ɛn mek wan tin we nɔ fayn we kin afɛkt  
ɔda pipul dɛn bad bad wan

Dɛn fɔ tray fɔ kɔntrol dɛnsɛf ɛn fɔ mek dɛn nɔ gɛt  
wanwɔd, fɔ mek pipul dɛn ɔndastand dɛnsɛf ɛn gɛt wanwɔd  
we go mek pis de instead fɔ mek dɛn gɛt tɛnsiɔn ɛn fɔ pul di  
smok we de mek pipul dɛn strɛs Di wan dɛn we de du dat go  
bi masta fɔ dɛn yon destiny ɛn di wan dɛn we de arawnd dɛn  
go gɛt blɛsin fɔ tɛl tɛnki ɛn rɛspɛkt dɛn

Fɔ fil bad pasmak na wan kwaliti we bɔku pipul dɛn gɛt,  
ɛn we dis filin we nɔ gɛt sɛns kin bɔn, i kin mek pɔsin nɔ ebul  
fɔ ɔndastand ɛn mek di yay dɛn we gɛt sɛns klawd lvin di  
wɔs tin na dat, di pɔsin we fil bad pasmak biliv se dɛn de  
tink, fil, ɛn du tin pafɛkt wan, pan ɔl we infakt dɛn bihayvya  
!kin rili rɔng

Bɔku pipul dɛn biliv se dɛn fɔ sɔri fɔ dɛnsɛf we dɛn de  
kɔndɛm dɛn, ɛn dat fɔ sɔri fɔ dɛnsɛf kin mek dɛn gɛt sɔm  
fridɔm Bɔt lɛk pipul dɛn we de tek drɔgs, di mɔ we dɛn de tek  
drɔgs, na di mɔ dɛn adikshɔn de strong

Pɔrsin wae gɛt bɔrku sɛnsitiv kin sɔfa bɔrku tɛm wae nɔr  
nid am Bɔrku tɛm, nɔrbɔdi nɔr kin no wetin mek dɛn de fil  
bad ɔr di kayn we aw dɛn de grɔmbul, dat kin mek dɛn gɛt  
mɔr pwɛl hat pan dɛn sɛlf-impose isolation Natin nɔr kin ebul  
fɔ ajɔst bay wae dɛn de silently de dwelling on perceived

insults or criticisms I bete fa fawe fo adres di rut koz dem fo  
dis kayn hypersensitivity tru objective analysis en self-  
control

Dis kayn aleji we no fayn kin get sirios problem den; i de  
it di at lek faya en pwel di tisu den we de mek pis So, den fo  
dil wit am wit sens, we get lojik, en wit strong wil

. \*\*\*

A de wok tranga wan fo sav olman, bot we a de ton bak  
to mi wan fo tink gud wan, a no de alaw enibodi fo ambog mi  
tinkin Oda tin den kin wet, bot mi evride apontinment wit God  
no fo forget o forget

Bifo yu du eni akshon, stop en tek tem tink bot di bad tin  
den we go apin en di impak we den go get pan yu maynd,  
bodi, en sol Akshon den we posin fo fos yu fo du noto fridom,  
bikos akshon den we de agens di lo den we de fo mek olman  
get wanwod en fo go bifo go stop di posin Di oda we, di tin  
den we posin kin du we i no en we i gri wit in konsheens, na  
gud kwaliti en i kin mek posin get fridom

We yu disayd fo du gud tin, o no du bad, en yu stik to da  
disayd de en du wetin yu want, no se yu sheb fridom boku

God want wi fo yuz di fridom fo disayd we wi don gi wi fo  
luk fo am en fen am, bot i no want fo fos inself pan wi

Di want fo kam nia God en fo no am no kin kam fo inself,  
bot i fo aktiv en kia fo am If yu no get da want de, layf no get  
eni valyu o teist

Mek yu spiritual sens gayd yu tink en sakrifays go fala  
yu enisay we yu go

To God a de dediket mi voys, mi an, mi fut, mi at, mi  
bodi, mi filin, mi wil en oltin

Lov na di spiritual wepon we de don ol wɔ

Bifo dis wɔl, wɔl den de we nɔ get limit usay wi go mit  
bak di wan den we wi bin tink se don lɛf wi sote go

Dis wɔl layf de chenj ɔltɛm sɔri de fala sɔri ilyushɔn pan  
ilyushɔn Dis miraj we de apia na di dɛzat na wi kɔnshɛns fɔ  
ɔdnawe, ɛn wi fɔ wek wi tru tru sɛf frɔm ɔnda di dense vel  
dɛm fɔ matirial

Nɔ tray fɔ bays yu op pan dis layf Usay yu garanti de?  
Yu go onli sɛf wen yu tek refuge fɔ sabi God

Di men tin we de insay di sol tan lɛk ol ol gold we den  
bɛr ɔnda di grɔn We den pul di grɔn na di gold ɛn was am wit  
di wata we den de tink bɔt, i de shayn nyu wan wit kɔmplit  
klin ɛn klia

Masta, lɛ wi si wetin gud, tink gud tin den, ɛn kip kɔmpin  
wit di wan den we get gud abit ɛp wi fɔ tink bɔt Yu ɛn tink bɔt  
Yu, O Yu we na di say we ɔltin rayt ɛn di ɔrijin fɔ ol gud tin

### **Fridɔm frɔm wikɛd tin**

Di bɛst we fɔ lɛf wikɛdnɛs na fɔ lɛf fɔ tink bɔt am; if nɔto  
dat, di aidia bɔt wikɛdnɛs go ɔva yu kɔnshɛns ɛn dominate  
yu insay We wi brinj layt insay wisɛf, daknɛs go don lɛk se i  
nɔ ɛva de

Dat aidia de brinj fayn fayn inspekshɔn den to mi

We den put layt insay wan kev we don kɔba daknɛs fɔ  
tawzin ia, di daknɛs kin don wantɛm wantɛm Semweso,  
wikɛdnɛs ɛn mistek den kin don we wi alaw God in layt fɔ  
kam insay wi kɔnshɛns, ɛn di daknɛs we nɔ no natin nɔ kin  
ebul fɔ de Dis na di filɔsofi we wi fɔ liv bay

Prokrastination is useless Di wil na layf nɔ de ɛva stɔp fɔ  
tɔn, ɛn di de den na wi layf pas kwik kwik wan ɛvri minit we



wi spen fɔ tink klia wan ɛn du tin wit sɛns na saksɛsful ɛn  
prɔfit investismɛnt fɔ wi gladi at

Bɔku pipul dɛn kin spen dɛn wan ol layf fɔ tink bɔt mɔni,  
mami ɛn dadi biznɛs, ɛn fɔ gɛt nem, ɛn dɛn nɔ kin pe  
atɛnshɔn pan di impɔtant tin dɛn we kin mek dɛn gɛt pis na  
dɛn maynd ɛn mek dɛn no mɔ bɔt am

Ilɛksɛf pɔsin in wok ɔmbul, Gɔd go si am as pɔsin we go  
ebul fɔ du am gud gud wan if i no aw fɔ spen in tɛm wit sɛns  
ɛn dayrɛkt wetin i de tink di rayt we

We Gɔd in layt de shayn pan pɔsin, i nɔ de fil se i nid  
ɛn itin bikɔs di gladi at we de pas am de mek ɔl in drim dɛn  
kam tru ɛn mek i fil dip dip wan se na in jɛntri pas ɔlman ɛn  
di wan dɛn we gladi pas ɔlman na dis layf

Tɛnal fɔ Layt

Di wan dɛn we dɛn spiritual ɔwe de wek bay we dɛn de  
tink gud wan, gud tin dɛn, fayn filin, ɛn dip tinkin kin no se  
dɛn de kɔmɔt na di bɔdi di las tɛm we dɛn de kɔmɔt tru di  
spiritual yay We dɛn de na di wɔl, di yogi de praktis fɔ si di  
tanɛl fɔ di spiritual yay na di bɔda bitwin matirial ɛn spirit, ɛn  
di tɛm we dɛn de kɔmɔt na di wɔl, dɛn kin go insay dis tanɛl  
we gɛt layt ɛn pas frɔm dis wɔl to Gɔd in say we nɔ gɛt ɛnd  
we gɛt layt, gladi-at, pis, ɛn fridɔm we nɔ gɛt ɛnd

{Layt pan layt}

Di lamp fɔ di bɔdi na di [spiritual] yay

If yu yay na singl

Dɔn yu wan ol bɔdi go ful-ɔp wit layt

ɛn di layt de shayn na daknɛs, ɛn di daknɛs nɔ bin no}

{ am

Fɔ ɛp ɔda pipul dɛn na fɔ fil di sɔri we ɔda pipul dɛn de  
fil, fɔ kam nia dɛn, fɔ tɔk to dɛn, fɔ tray wit ɔl wi at fɔ kɔrej  
dɛn we dɛn gɛt bad bad tin, fɔ gladi fɔ dɛn gladi at, ɛn fɔ du  
wi bɛst fɔ kip di spekt fɔ fred, nid, ɛn wɔri frɔm dɛn

Di wan we gɛt di spirit fɔ altruism nɔ de du tin akɔdin to  
di limited kɔlkyulɛshɔn ɛn ɛkspekteshɔn, bɔt i de yuz in sɛns  
ɛn fayn jɔjment ɛn go bifo fɔ ɛp inɛf ɛn ɔda pipul dɛn, tɛl  
Gɔd tɛnki fɔ di sakrifays we i dɔn gɛt If i nɔ ebul wan tɛm ɔ  
bɔku tɛm, i nɔ kin fil bad, bɔt i kin gɛt mɔ maynd, dubl in tray  
ɛn ripit di tray, fɛn nyu aidia ɛn chanel dɛn, we di layt fɔ rizin  
de gayd am, ɛn we de aks Gɔd fɔ ɛp am te i rich in gol ɛn  
rich in fayn fayn tin we i want fɔ du

Di wan we de wok fɔ mek ɔda pipul dɛn gladi, na Gɔd de  
mek am gladi wit wan insay filin fɔ saykilɔjik kɔmfɔt ɛn if i lɔs  
sɔntin fɔ di sek fɔ di wan dɛn we i de tray fɔ ɛp, i nɔ de si am  
as lɔs bikɔs in ritɔn i de gɛt Gɔd in gladi at ɛn pis na in  
maynd I de liv fɔ lɛk, wok, gi, ɛn plant di sid dɛn fɔ gud ɛn pis  
na di fil dɛm fɔ mɔtalman

ɛnibɔdi we pas in pasɔnal wɔl insay in tink ɛn filin de  
mek i no mɔ, i de mek i sɔri fɔ ɔda pipul dɛn, ɛn fil se di wɔl  
na in os ɛn mɔtalman na in famili I no se di rizin we mek i de  
na dis wɔl na fɔ rifɔm inɛf bifo i tray fɔ rifɔm ɔda pipul dɛn,  
bikɔs ɛnibɔdi we rifɔm inɛf de ɛp ɔda pipul dɛn fɔ rifɔm  
dɛnsɛf tru di ɛgzampul fɔ in layf Akshɔn dɛn gɛt dip impak ɛn  
mɔ profaund ifɛkt pan di ɔda pipul dɛn sol pas wɔd dɛn

## **Short stop dɛn**

:Di brilians fɔ sincerity

Sɔm pipul dɛn kin tray fɔ rɔnawe pan dɛn prɔblɛm bay  
we dɛn de smayl, bɔt dis kayn we fɔ rɔnawe nid fɔ gɛt klin  
kɔnshɛns, we nɔ gɛt ipokrit ɛn lay lay tin We pɔsin de du  
ɔnɛs wan wit inɛf ɛn ɔda pipul dɛn, ɛn du tin wit ay pozishɔn

en fɔ du wetin rayt, in yay kin klia, en wan speshal layt kin  
kɔmɔt frɔm dɛn—di layt we nɔ gɛt wan mistek we de sho se i  
rili want fɔ du sɔntin

:Fɔ bi ɔnɛs

Sɔm pipul dɛn kin tɔk bɔku tin dɛn insay di nem fɔ ɔnɛs,  
bɔt yu nɔ kin ebul fɔ tɔk to ɔlman bɔt ɔltin We yu de gi  
advays en gayd, sɔm pipul dɛn nɔ kin ɔndastand yu wɔd dɛn  
en dɛn nɔ kin gɛt natin frɔm wetin yu de tɔk; dis na west ɛfɔt  
en na wok we dɛn nɔ gladi fɔ Saylɛns pan dɛn kayn kes ya na  
golden, bɔt dis nɔ min se fɔ sɛt mɔt bɔt bad tin

:Fɔ mek ɔlman gɛt wanwɔd

Fɔ tru, fɔ mek yu gɛt wanwɔd wit yusɛf, bɔku pipul dɛn  
no aw i nɔ kin izi fɔ mek yu gɛt wanwɔd wit ɔda pipul dɛn,  
bɔt yu dɔn ɛva tink bɔt fɔ gɛt wanwɔd wit yusɛf? I rili at, yet i  
pɔsibul If yu analayz yusɛf, yu go si se yu de agɛns yusɛf  
ɔltɛm If yu nɔ lɛk yusɛf, yu nɔ go lɛk ɛni ɔda pɔsin ɛn if pɔsin  
?nɔ de gri wit insɛf, aw i go gri wit ɔda pipul dɛn

Fɔ mek yu gɛt wanwɔd wit di wɔl rili impɔtant fɔ mek yu  
gɛt wanwɔd wit di wɔl So, i impɔtant fɔ valyu ɛn lɛk yusɛf,  
bikɔs yu fit fɔ gɛt da lɔv de Pɔsin fɔ lɛk insɛf bikɔs Gɔd mek  
wi ɛn gi wi fayn fayn pɔtnɛshɛl Fɔ lɛk dis insay sɛf, dis ɛsin  
we ful-ɔp wit gud kwaliti dɛn, i de mek pɔsin biev fayn ɛn i de  
klin di maynd frɔm dɔti ɛn di at frɔm bad ɛn vɛks

:Fɔ kalibrayt di kɔmpas we gɛt fɔ du wit di buk dɛn

Wan nɔ go ebul fɔ ful in kɔnshɛns, jɔstify di bad tin we i  
du, ɔ rɔnawe pan di bad tin dɛn we kin apin to am we i de  
biev we nɔ rayt, ilɛksɛf i travul go na ɔda planɛt Di tin dɛn we  
i kin du kin go wit am, ɛn i fɔ kɔrɛkt in kɔs ɛn kalibrayt in  
moral kɔmpas so dat in nidul go sho di rayt say ɔltɛm

Sɔm pipul dɛn kin liv na di wɔs kɔndishɔn ɛn yet dɛn kin  
gɛt wanwɔd wit dɛnsɛf, ɔda wan dɛn kin gɛt ɔl di chans ɛn ɔl  
wetin dɛn nid ɛn yet dɛn kin gɛt kɔnflikt wit dɛnsɛf ɔltɛm So,  
pɔsin nɔ fɔ wet fɔ mek di tin dɛn chenj Kɔnvins yusɛf se yu  
de fayn pan ɔl we yu de na di say we yu de, we kin difrɛn  
frɔm wetin yu want

Enibɔdi we put insɛf pan di sɔri-at fɔ di tin dɛn we de  
apin, I de wet fɔ mek tin chenj, ɛn in wet go long

Dɛn se man bin sabi tɔk ettin langwej dɛn, yet i bin so  
po dat i nɔ bin ebul fɔ bay lamp fɔ rid bay So i go go na kɔna  
ɛn sidɔm ɔnda strit layt fɔ rid Fɔ tru, wil pawa de mek minin,  
mek chans, mek op nyu, du wok, ɛn fulfil wetin i want ɛn  
drim

Di rial kɔmyunikeshɔn wit di wan dɛn we sabi Gɔd kin bi  
tru pɔsin in yon kɔntakt wit dɛn, ridin dɛn raytin dɛn wit  
maynd, ɔ dip ɛn padi biznɛs tink bɔt dɛn Di impɔtant pɔynt fɔ  
mɛmba I de gri wit dɛn kɔnshɛns, we gri wit Gɔd

We wi alaynɛs wi kɔnshɛns wit big sol dɛn we lɛk Gɔd,  
dis wanwɔd de chenj wi layf smɔl smɔl insay wan we we rili  
wɔndaful Dis wanwɔd nɔ de mek di wil bi slev bɔt i de mek in  
skɔp ɛn mek in pawa strong Dis na di difrɛns bitwin fɔ de  
insay wanwɔd wit pipul dɛn we ful-ɔp wit ɛgo ɛn we de bisin  
bɔt wetin dɛn kin gɛt, ɛn fɔ de insay wanwɔd wit pipul dɛn  
we lɛk Gɔd ɛn mɔtalman we dɛn aim na fɔ gi ɛn wek divayn  
lɔv insay di sol dɛm fɔ di wan dɛm we de insay wanwɔd wit  
dɛm Di magnetizm fɔ dɛn blɛsin pipul ya de briŋ wi kam nia  
divayn magnetizm

Wi fɔ mɛmba se pan ɔl we wi de tray fɔ mit wi yon nid,  
wi fɔ ɛp ɔda pipul dɛn bak fɔ gɛt wetin dɛn nid ɛn sheb wit di  
wan dɛn we nɔ gɛt bɛtɛ laki di gud tin dɛn na layf we de kam  
wi we Lɛ wi mɛmba se wi na impɔtant pat pan di wɔl famili  
ɛn wi nɔ go ebul fɔ liv witout dis big famili

Aw layf go tan lek if den no bin get kapenta, pipul den we de mek tin den, fama den, en oda pipul den? Tru gi en get, en chenj savis, God want wi fo tink bot en sori fo oda pipul den Na big mistek fo liv fo yusef nomo we wi no tink bot oda pipul den We wi de tink bot wi yon gladi at, wi fo tink bak bot oda pipul den gladi at Wi no nid fo gi ol wetin wi get fo di welbodi fo di wol famili, as dat no possible Bifo dat, wi fo sori fo oda pipul den en du wetin wi ebul fo ep den en fo mek den no get boku lod den

Rilayshon de bitwin sakrifays En bitwin di satisfayshon we di sol get , insay di konteks fo di envayroment usay di posin de liv

Tru sakrifays na di rizolt fo kondokt we gri wit di prinsipul den fo du wetin rayt, en i inklud fo gladi en welbodi fo oda pipul den as important pat pan posin in satisfayshon Enibodi we yuz dis prinsipul fo in matirial, maynd, gud abit, en spiritual layf go si se dis difinishon fo sakrifays komplit en komplit

Pipul den kin tink bot sakrifays difren we den dipen pan den gol den na layf Wan wan tem, som pipul den kin ikwal am wit tif, den kin tok tin den lek, "I na sakrifays tifman!" Dis sho se noto ol di sakrifays den we posin kin want fo get; wi sakes no fo ambog oda pipul den

Wan oda tin we wi fo du fo mek wi get sakrifays na fo mek wi get wanwod en fayn tin den , noto jos to wisef , bot wi fo sheb den benifit den de wit oda pipul den bak

Fo get sakrifays pan moni biznes no jos min fo enjoy wetin wi fo get; i min bak fo get moral risponsibiliti fo ep oda pipul den fo mek bete layf fo densef Enibodi we get sens kin get moni, bot if den get lov na in at, den no go ebul fo yuz da moni de fo densef nomo; bifo dat, den go sheb wetin den get wit oda pipul den

Mōni kin bi swē na pipul dēn we nɔ ɡet wan rɛspɛkt ɛn  
we nɔ ɡet wan valyu, bɔt na blɛsin ɛn ɡift to di wan dēn we  
ɡet fri an ɛn fayn at

Gud sol dēn kin atrak gud sol dēn ɛn dēn kin atrak dēn

Wi fɔ lan fɔ lɛk wi neba lɛk wisɛf ɛn mɛmba se wi de ya  
na dis layf fɔ shɔt tɛm, afta dat wi de kɔmɔt na ɔda wɔl we in  
lɛvul de dipen pan di lɛvɛl we wi de tink ɛn di kwaliti we wi  
de du we wi de na dis wɔl

Udat na wi tru tru fambul dēn? Fɔ di pɔsin we ɡet sɛns,  
ɔlman na fambul, ɛn ɛni wan pan dēn na "neba" Na tru se di  
pɔsin we ɡet sɛns ebul fɔ nɔ ɛn ɔndastand se pan ɔl we di  
san de shayn in layt pan kol ɛn dayamɔn, di dayamɔn nɔ tan  
lɛk kol, i ɡet di spɛshal pawa fɔ ɡet ɛn sho layt fayn fayn wan  
Pɔsin fɔ luk fɔ di kɔmpin fɔ di wan dēn we dēn tink ɛn filin klin  
lɛk dayamɔn ɛn fɔ dediket tɛm fɔ fɛn tru tru padi dēn Di wan  
dēn we de liv klin ɛn ɔnɛs layf go ɡet padi dēn we dēn kɔl klin  
ɛn ɔnɛs, ɛn di wan dēn we de liv bay bay instinkt we nɔ ɡet  
sɛns go ɡet padi dēn we ɡet di sem kayn padi dēn

If yu valyu ay ideal ɛn lofty prinsipul, i fayn fɔ avɔyd fɔ  
de wit pipul dēn we nɔ biliv pan dēn ideal ɛn prinsipul dēn de  
ɛn we de kɔnfyus tink ɛn distɔb di mud, so dat dēn  
vaybreshɔn nɔ go lɔs yu vaybreshɔn lɛvɛl At di sem tɛm, nɔ  
pul ɛnibɔdi kɔmɔt na yu sɛklɔ fɔ lɔv

Apat frɔm dat Pɔsin nɔ fɔ jɔs gi lɔv , bɔt i fɔ mek pis, so  
dat ɛnisay we i go, i go mek wanwɔd ɛn kol at, i go mek di  
wan dēn we de rawnd am ɡet trɛnk wit dēn kayn prezɛns  
Nɔbɔdi nɔ want fɔ go nia skunk we de smɛl bad bad wan—  
ɛkskyuz di ɛksprɛshɔn—ɔlman de avɔyd am Semweso, pɔsin  
we de fred, we nɔ want fɔ du sɔntin, ɛn we de agyu bɔt ɔda  
pipul dēn kin anɔynt ɛn ripel ɔda pipul dēn Wi want fɔ bi lɛk  
pɔsin we de blo ros dɛm we de pul wan swit sɛnt we de mek

di at gladi Le wi tray fɔ mek di swet fɔ pis ɛn di briz fɔ gudnɛs  
skata ɛnisay we wi de go ɛn ɛnisay we wi de

Gɔd in kiɲdɔm nɔ de midul di klawd ɔ na wan patikyula  
ples na di spes I pas di daknɛs we wi de si we wi lɔk wi yay,  
ɛn we wi de tink gud wan ɛn pre, di spirit in yay we de na di  
fɔɛd de opin insay wi, ɛn wi de si wan blɛsin layt ɛn fil gladi  
we de ɔlsay na ɛvri sɛl na di bɔdi, ɛn wi de fil se dɛn dɔn es  
di vel ɛn dɛn dɔn opin wan sikrit domɔt fɔ Gɔd in kiɲdɔm

Gɔd na gladi at we de nyu ɔltɛm, gladi we de ɔlsay Wi fɔ  
fil wan wit da gladi at de we de insay wi ɛn we de rawnd di  
tin dɛn we nɔ gɛt ɛnd

Bifo di vaybreshɔn bɔda dɛm fɔ dense matirial, de  
kɔnshɛns we nɔ gɛt ɛnd, we de kɔba ɔltin, we nɔ de diskrayb  
am wit ɔl in glori, big big, ɛn we nɔ gɛt bɔda Dis na di kiɲdɔm  
na ɛvin, we na kɔnshɛns gladi we go de sote go, we nɔ gɛt  
bɔda, ɛn we nɔ gɛt ɛnd

We di sol in sɛns de bɔku , ɛn i fil in prezɛns ɔlsay , i kin  
jɔyn wit di divayn spirit

Glori to di Absolut Infinite , we sidɔm na di ɔrayzin , usay  
ɛvin mit di si ɛn glori to di Suprim Infinite , we sidɔm pan di  
pis we de insay wi ; bay we wi de pe atɛnshɔn pan di Infinite  
insay , wi kin gɛt in pawa we nɔ gɛt bɔda

Di no we pɔsin kin gɛt we i de stɔdi buk ɔ we pɔsin kin  
no, na smɔl tin we i no, bɔt di no we pɔsin kin gɛt dairekt  
fɾɔm Gɔd kin gi pɔsin di pawa we i gɛt fɔ sɛns, i kin mek i gɛt  
fayn fayn tin dɛn we pɔsin kin no, i kin mek pɔsin in at kol, ɛn  
i kin mek i gɛt pis

O Masta, tich mi fɔ pre wit dip kɔnsɛntreshɔn ɛn fɔ miks  
mɛditeishɔn wit at lɔng ɛn mek mi at klin ɛvrɪde bay mi klin  
lɔv fɔ Yu

Brek fri frɔm di kɔnstrakshɔn dɛn we karma gɛt

ilɛksɛf na maynd ɔ bɔdi , kɔnshɛns ɔ nɔ no , gɛt ,  
patikyula impak pan pɔsin in layf Di tin dɛn we dɛn bin dɔn  
du trade nɔto jɔs di wan dɛn we dɛn bin dɔn du de, mɔnt, ɔ ia  
bifo , bɔt na di tin dɛn we dɛn bin dɔn du frɔm layf we dɛn  
bin dɔn liv trade

Yu bin dɔn day, ɛn I gi yu layf; dɛn I go mek yu day, dɛn  
I go gi yu layf bak; dɔn to Am yu go kam bak

Di gud ɛn bad ifɛkt dɛn we pɔsin de du Insay in layf naw,  
dɛn trays ya de stil de na di tin dɛn we i nɔ no ɔ we i nɔ de  
tink bɔt , ɛn di ifɛkt dɛn we pɔsin de kɛr (ɔ we in sol de kɛr)  
frɔm di inkarnɛshɔn dɛn we i bin dɔn gɛt trade, de slip lɛk sid  
dɛn we de na di tin dɛn we i nɔ no , we de wet fɔ di rayt tin  
dɛn we go apin Fɔ sprout ɛn gro na wan patikyula karma tɛm  
Di lɔ fɔ karma, we de balans tin dɛn , involv akshɔn ɛn  
riakshɔn , kɔz ɛn ɛfɛkt , fɔ plant ɛn ripɛnt

Olman de shep in yon destiny tru in tink ɛn akshɔn, ɛn di  
ɛnaji dɛn we dɛn de pul, ilɛksɛf na sɛns ɔ ful, nɔ go ebul fɔ  
avɔyd fɔ kam bak to dɛn as dɛn statin pɔynt, jɔs lɛk aw wan  
sɛklɔ de kɔmplit insɛf wit pafɛkt prɛsishɔn [Di kwɛstiyɔn na] di  
pɔsin we rɛdi fɔ luk fɔ am fɔ fes—agens wetin i want—di  
kɔnsikuns dɛn we nɔ go ebul fɔ avɔyd fɔ di tin dɛn we dɛn bin  
dɔn du trade, ɔ wetin dɛn kɔl predestination? Di ansa na nɔ  
Gɔd na lɔ ɛn lɔv , ɛn di pɔsin we de luk fɔ am we tɔn to Am  
wit tru tru lɔng ɛn gɛt kɔmplit fet, alaynɛs wetin dɛn de du  
wit di divayn lɔ, ɛn luk fɔ Gɔd in lɔv we nɔ gɛt kɔndishɔn, go  
mɔs gɛt di divayn blɛsin we de layt ebi lod ɛn mek di tin dɛn  
we de apin bɛtɛ

Gɔd put wi na dis wɔl we ful-ɔp wit ilyushɔn, ɛn i no di  
sɔfa we wi de sɔfa ɛn di prɔblɛm ɛn trɔbul dɛn we wi de bia  
Mɔtalman de dip di daknɛs we de insay di spiritual ignorance  
we dɛn de si dɛnsɛf se dɛn dɔn drawn insay sin ɛn nɔ gɛt



pawa fɔ ɾɔnawe pan in dip l bɛtɛ fɔ mek dɛn tray fɔ kɔrɛkt  
dɛnsɛf, de fɛn ɛp ɛn sɔri-at frɔm di at fɔ di divayn sɔri-at, op  
fɔ fɔgɪv frɔm di wan dɛn we lɛk, sɔri-at, ɛn fɔgɪv Gɔd

We wi no se wi gɛt tayt padi biznɛs wit Gɔd, us karma go  
tay wi? Nɔ mek ɛnɪbɔdi biliv yu se yu pen ɛn prɔblɛm dɛn na  
di rizɔlt fɔ yu karma As spirit insay yu ɛsin, yu nɔ gɛt karma  
Bifo dat, yu fɔ no dis trut bay we yu afɛm to yusɛf se yu na  
wan wit di ɛsin fɔ layf, layt, ɛn kɔsmik fɔs If yu no dis tru, yu  
nɔ gɛt natin fɔ fred , ɛn Gɔd go opin bɔku domɔt fɔ yu ɛn gi  
yu bɔku chans

If yu nɔr kɔmfɔt wit di we aw yu layf de go, chenj yu  
maynd ɛn chaj yu sɛns wit pɔsɪtɪv ɛnaji ɛn yu go fil di difrɛns  
yusɛf

No nid nɔ de fɔ mek pipul dɛn kray ɛn kray fɔ wetin dɛn  
dɔn mis, ɔ fɔ se dɛn nɔ gladi fɔ di mistek dɛn we dɛn mek na  
dis layf ɔ insay di tɛm we dɛn bin dɔn de fa fawe, bikɔs dis na  
wan we we dɛn nɔ de tek tɛm wit dɛn na Gɔd in yay Dɛn fɔ  
du sɔntin ɛn pul di gras dɛn kɔmɔt na di gadin we de na layf,  
ɛn afta dat di flawa dɛn we swit ɛn we gɛt layf pas ɔl go blo  
ɛn bia di frut dɛn we swit ɛn we dɛn want pas ɔl Na in  
gudnɛs, di Di Wan we Ay pas ɔlman

Fɔ put wisɛf ɔnda Gɔd nɔ min se wi nɔ fɔ yuz wetin wi  
want fɔ mek wi at pwɛl ɛn wet fɔ mek Gɔd sɔlv wi prɔblɛm  
dɛn we wi nɔ tray fɔ du, bikɔs Gɔd de ɛp di wan dɛn we de ɛp  
dɛnsɛf

Di pɔynt na dat wi kin lan aw fɔ go to Gɔd fɔ gayd wi wil  
ɛn blɛs ɛn strɔng wi rayt tray We wi win di tin we de ambɔg  
wi we wi nɔ want fɔ sɔrɛnda, wi de fɛn insay Gɔd di  
prɔtɛkshɔn we nɔbɔdi nɔ go ebul fɔ gi wi na dis wɔl, ɛn wi de  
fɛn bak trɛnk we no tɛst nɔ go ebul fɔ win

Olman kin mek speshal rilayshon wit God if i no aw fo  
opin in at to God en want fo in divayn prezens, we de bring  
gladi at en sho

We pssin fil se i rili nid God, bikos i no se i no go ebul fo  
du am if i no de, i go si se God de ansa wan we o oda we Bot i  
fo fcs get da strong filin de, bikos di ansa no go kam bay insef

If wi no gi God di fcs ples na wi layf, di we aw wi de tink  
go wori en konfyus, en wi no go ebul fo dil wit di tin den we no  
get end na layf

En wetin na di we fo mek wi get da want de? Evri taim  
we wi de fes misfortune or hardship , en evri taim we wi fil  
hevi na wi hat , wi mus ton to God en aks fo im ep , no se  
enibodi we laik God En im kip am fo in maind en hat In  
situeshon go improve In situeshon de chenj fo bete

We wi stir en churn di ether Wit wi at prea en sincere  
apil Wi go pul di esens fo di divayn rispons We get it, hilin, en  
gladi at

Fo di wan den we want fo get spiritual nourishment ,  
past frustrations and failures are irrelevant Lesin den kin lan  
from den , en pssin kin tray bak , fo ripit di tray from di  
beginin Sakses go garanti, wit God in ep , fo ol di wan den we  
no de fil bad we den no ebul fo du sontin , we den disayd no  
wik bikos of bad bad tin den , en we biliv wit fet we no de  
shek Dat God de scpt di wan den we de bia Di wan den we  
de na di rayt rod , en I de gi den op, trenk, en op , te den rich  
den men gol En fo rich di rizin fo layf

Tink na pawa lek ilektrishon , en saykolojik stet I de go  
bak to tink en di we aw pssin de tink

Ilektrishon kin benifit en i kin ambog pssin ; enibodi we  
yuz am wit sens de put am na den savis Odasay, i kin ilektrik

am En so bak tink If den dayrekt am na di rayt rod I de bring  
gladi at to in ona , odasay i de bring trouble to am

Tink tan lek wayl os , bot stil fo tam am no possible , en fo  
tink gud wan na wan we fo kontrol di we aw posin de tink

Fo tink gud wan na tayt padi En sik maynd na enimi  
oltam

Saund tinkin attracts peace and safety , while unhealthy  
thinking faya deadly aros that rebound on their owner  
twofold Na dat mek den se, "Di blesin na di sem kayn we lek  
di tin we den du" As long as posin de sen gud intenshon , in  
tinkin go ton to toch , layt di chemba den na di sol en dreb di  
hip den we get daknes , so dat i go fil dip komfort , en in yay  
den de shayn wit smayl we de sho se i satisfy! Mek di smayl  
las na yu yay En pis de pan yu

Laif tan lek mil we de grind Di sid den we de test en tray  
fo frut , fo mek di bred we de mek layf I tan lek rod we de  
rawnd rawnd , wit flawa den we get buku buku flawa den na  
di tu say den we get brayt botaflay En tik den we get fayn  
fayn frut den na den branch den , bot stil wi no kin stop Le wi  
enjoy fo si am en it di swit we i swit ; indeed, we are often on  
tenterhooks To reach wider areas , wi tink se na mo pleasant  
views de pas wetin wi si Bot as wi de muf go smol smol Na  
flawa, fruitful rod , wi de fen tik den we dak pas fresh , en afta  
dat di flawa den de disappear En wit am, botaflay en bak  
frut , na fo fen wisef da tem de na di barren dezat

Mortalman layf tan lek di wata den na di si , we klin en bi  
fresh Na we yu go op na di opa atmosfes I tan lek monin drim  
 , i de brayt mo en mo wit di ej , bikos tin den kin tan lek se i  
klia en difren I tan lek waka we di say we wi de si kin chenj as  
wi de travul distans Don di sem tin kin chenj as wi de kam  
nia am, en so de go

Laif nɔ de disapɔynt di wan den we get sɛns , bikɔs den  
de dil wit am skilful wan ɛn ɛnjoy am Witout alaw am fɔ tek  
kɔntrol pan den ɛn pul den fridɔm Fɔ ɛgzampul, den de ɛnjoy  
wata Den de drink am ɛn was insay am, bɔt den nɔ de alaw  
dɛnsɛf fɔ drawn insay am Den de ɛnjoy di klos den we den lɛk  
Witout excessive adherence to formalities and formalities  
that are considered superficial Den de ɛnjoy fɔ it we den nɔ  
alaw gluttony fɔ kɔnsum den , bikɔs if pɔsin it pasmak, i de  
mek di bɔdi wik ɛn i de it di tin den we i de ɔndastand ɛn i go  
pwɛl am kpatakpata ɛn so, pɔsin fɔ ɛnjoy layf Bɔt i nɔ fɔ taya  
di sɛns den tru di wata we i de insay

get along with others I nɔ min fɔ gri wit den pan ɔltin , ɔ  
sakrifays di ideal dɛm fɔ den sake , bikɔs dis stayl fɔ kɔnfɔm  
nɔ fayn ɛn i nɔ alaynɛd wit di trut Di rifɔma dɛm ɛn di bigman  
dɛm nɔ bin gri Wit bɔku pipul dɛm we bin de rawnd den , den  
pan ɔl dat den bin de ɔl fast to den ideal , bikɔs den bin no se  
wetin den bin de du Dat bin rili rayt

Fɔs ɛn di men tin, pɔsin fɔ gri wit Gɔd , dɔn wit in  
kɔnshɛns, dɔn wit pipul den

Di prinsipul nɔ fɔ kɔmprɔmis ɛn nɔ fɔ yuz ulterior  
motives fɔ ajɔst wan patikyula purpose , bikɔs dat nɔ fit fɔ  
pipul den we get prinsipul

Udat go ebul fɔ liv di we we go mek Gɔd gladi? Nɔ du  
ɔda pipul den bad, bikɔs den nɔ get natin fɔ fred If dis we aw  
den de du tin nɔ de satisfay ɔda pipul den , i go du fɔ mek  
pɔsin fil fayn insay ɛn fil pis insay in at we de mek i nɔ get  
ɛnitin fɔ du wit pipul den

Di trɛnk ɛn di tin we di sol want Fɔ tɔn to Gɔd Den kɔl am  
spiritual magnetism ɛn wit dis magnetism Di sol de atrak  
blɛsin to insɛf ɛn fayn fayn vaybreshɔn ɛn ɔl di gud  
mɔtalman ɛksperiɛns den We de mɛmba am bɔt gudnɛs ɛn  
rayt

spiritual magnetism Na di pawa we I de yuz fɔ mek i  
atrak ɛn drɔ di pɔsin to insɛf Gud padi ɛn impɔtant ɛn  
impɔtant tin dɛn ɛn wan ɔndastandin we pɔsin kin ɔndastand  
bɔt tin dɛn Dis pawa kɔmɔt frɔm di atraktiv magnetik fɔs we  
Gɔd gɛt

Kandul fɔ Pis

Tek wan mental pot Fil am wit yu pis

Tek di botul fɔ mi filin Fil am wit Yu sɔri-at

Tek mi ɛmti sol basket Fil am wit di frut dɛn we yu gɛt

Put di wata we yu lɛk insay mi sol A go tɔn am na di kɔp  
dɛn fɔ di sol we tɔsti

Tear down di walls of ego Immerse mi in yu total  
prezens

Di ray fɔ dawn fɔ lɔv

Mek i luk aut frɔm di opin dɛn na mi at

I de mɛmba mi di san layt we yu lɛk

Spread kross di skay na mi layf

Di layt we de shayn we yu lɛk dɔn shayn

Pan misɛf, ɛn i bin gɛt layt

Yu layt bin ful-ɔp mi spiritual ples

Yu na di layf we de sɔpɔt mi bɔdi

ɛn di maynd we de mek a tink

ɛn di sɛns we de pul mi ignorance

A de layt di slɛnd kandul fɔ mi lɔv

Fɔ rid di gold buk

Dən dən kip am insay mi frəm trade trade

Yu ləv bin de ən stil de

Di kandul we wi nə de si we de mek pis

We de pul di daknəs ən sho mi yu məsej dən

Di blək de na di pej dən fə at

Mek yu glori sho, O Masta

Mek di layt fə yu sənəs nə de igen

Nə no natin, nə gət wanwəd, ən jələs

Frəm di shore dən na di wəl sote go

Turn wi wiked tin to trənk

Ən wi wik ən mek wi disayd fə du səntin

Chaj wi bədi wit impətant iləktrishən

Ən ful-əp di maynd ən sol wit yu layt we de mən pipul

dən

Tek wi an so dat wi nə go drawn insay di wata we yu nə  
de pe atənsən to, ən ful wi layf wit Yu ləv ən sənəs Lə wi fil se  
wi rili de nia Yu ən di san we Yu səri fə de shayn pan wi ɔltəm

A kin put di flawa dən fə mi tink dən we de wispa ən we  
gət layf

Na di strəkchə fə stilnəs

In sənə we nə de tək natin de siŋ

Ən i de siŋ bət yu glori

Ən wit di layt we yu oli layt de shayn

A de si di fayn fayn tin dən we yu de du

Mi gladi gladi drim den kin kam tru

We yu layt de flik insay mi sol

Di vel den de bon wit faya we de mek sens

A de si yu glori, en mi gladi at de buku

Mek God layt yu wit in layt

En gritin from di sol to yu

Buku dimand en rikwayment den de we di wol de put pan  
wi en mek wi biliv se den important pas ol en i no posibul fo liv  
witout den o fo ebul fo du witout den Bot di men rikwayment  
fo bi fo get di pis we God get, we in sos no de eva dray en we  
in wel spring no de eva ron dray, en we de gi oltin na layf  
teist en minin

Le wi memba se God na di men tin we wi bi, en se lov na  
di winda we wi de luk in glori fes Enibodi we want fo fil di  
divayn prezens en men da sublaym long we de insay tink en  
du, God go gri fo wetin den aks fo en ep den fo pwel di vel den  
we de mek den no si di layt den we den don bles

Enibodi we don mekop in maynd fo go bifo pan di rod no  
go mek enitin ambog am, en enitin we go ambog am no go  
ambog am te i rich in gol en rich wetin in at want

### **Spiritual Pal en Gem den**

Di wan den we de sho oda pipul den wiked tin en mek  
den shem en veks de fa from sens en joyment fayn Wi fo  
disgres di sin, noto di posin we de sin, bikos na wi broda na  
wi spirit, pan ol we di daknes we no no natin de koba en  
rawnd am Di rizin fo kondem fo bi fo men, noto fo gladi en  
wund Wi fo trit wi sinful broda lek aw wi go want den fo trit wi  
if wi bin de na in ples en in sityueshon

Enibɔdi we ayd in brɔda in fɔlt dɛn na dis wɔl, Gɔd go  
ayd in fɔlt dɛn na di layf we de afta dat

Jɔs lɛk aw wi de jɔj ɔda pipul dɛn, na so spiritual lɔ de jɔj  
wi di sem digri Wi nɔ fɔ ɛkspekɪt tumɔs frɔm ɔda pipul dɛn, ɛn  
wi nɔ fɔ ɛkspekɪt gud rizɔlt frɔm ɛnibɔdi ɔltɛm, ilɛksɛf dɛn de  
du dɛn bɛst

Pɔsin kin fɔdɔm ɛn stɔp, bɔt i go kɔntinyu fɔ sef as lɔng  
as i de du ɔl wetin i ebul fɔ klaym di lada fɔ gud kwaliti ɛn fɔ  
du wetin rayt bak

Evride wi fɔ tray fɔ es di pɔsin in spirit pan bɔdi, maynd,  
ɔ spiritual tin na wi say, jɔs lɛk aw wi de ɛp wisɛf ɔ wi famili  
mɛmba dɛn

Enibɔdi we tray frɔm tide fɔ liv akɔdin to di divayn lɔ dɛn  
- instead ɔf di ol selfish layf we de brɪŋ prɔblɛm ɛn misɛf - go  
si se ilɛksɛf i ɔmbul di wok we i de ple na layf, i de kɔntinyu  
fɔ bi impɔtant wok as lɔng as i de du in wok to di ful mak  
akɔdin to di dayrɛkshɔn we di dairekta fɔ di kɔsmik ple ɛn di  
masta fɔ ɔl wi destinies de dayrɛkshɔn: Gɔd Olmayti

We wi de tɔk to ɔda pipul dɛn wit rial trut, tru tru lɔv, ɛn  
tink bɔt aw wi de fil, wi go brɪŋ gud padi dɛn kam na wi layf  
we wi nɔ go gɛt ɛnitin fɔ du wit wi yon intres ɔ fɔ  
kɔlkyulɛshɔn fɔ wisɛf nɔmɔ we nɔ go tek tɛm tink bɔt am; if  
nɔto dat, wi nɔ go ebul fɔ no wi tru tru padi dɛn

I nid fɔ pul ipokrit ɛn mek lɛk se wi de du tin, ɛn du tin di  
we we nɔ go du bad to ɔda pipul dɛn bay wilful

Padi dɛn nɔ fɔ vɛks, put wi dɔŋ, ɔ et wi, ɛn dɛn nɔ fɔ gi  
dɛn ɛni rizin fɔ kip wi padi biznɛs wit wi, dɛn nɔ fɔ trit wi padi  
dɛn bad, yuz wi, ɔ gi dɛn advays we dɛn nɔ aks fɔ am We dɛn  
aks fɔ advays, dɛn fɔ gi am wit ɔl dɛn at ɛn wit gud at, ɛn dɛn  
nɔ fɔ fred se bad bad tin go apin to dɛn Padi dɛn de ɛp



densef bay we den de konstrak, we den de koment wit broda  
en sista

paralayz wi wil ɔde kam f ɔDifrent layf eksperiens dem n  
ng wi fet panɔn en strɔlushɔshap wi res ɔt na fɔen win wi, b  
nfidens Som pipul den mistek biliv se denɔGɔd en wi sɛf-k  
ɔs dem we wi nɔeksperiens en chalenj dem ya na destruktiv f  
p Welth mindset is essential toɔ win, en so den giv ɔgo ebul f  
activating our inner strength to effectively deal with life and  
its trials

If pɔsin nɔ kɔmpit wit pɔsin we strong pas insɛf, i nɔ go  
strong Semweso, we wi de fes wi prɔblem den wit kɔrej en  
maynd, wi kin strong en ebul fɔ bia

Wi maynd na wan impɔtant pat pan Gɔd in ɔl-kɔmpas  
kɔnshɛns ɔnda di wef we wi kɔnshɛns de lay di si fɔ In  
ɔndastandin we nɔ gɛt ɛnd We di wef fɔgɛt se na pat pan di  
big si, i de separet insɛf frɔm da osean pawa de As a rizulta,  
pipul den maynd kin wik bikɔs ɔf matirial limiteshɔn en den  
nɔ kin ebul fɔ wok we gɛt bɔku frut en bɔku bɔku prodakshɔn  
We maynd de shek di dɔst fɔ ignorance en brok di chen dem  
we de tay den pawa, den go bi mɔ ebul fɔ mek tin en fɔ gɛt  
fayn intarakshɔn wit layf

We yu ol fast to wan patikyula aidia en imbue am wit  
strong wil, da aidia de transfɔm to dinamik fɔs En we tink bi  
dinamik, i kin mek di rayt envayrɔment fɔ sakrifays, akɔdin  
to di map we yu nɔ si we den drɔ na yu maynd

Pipul den kin fel bikɔs den kin giv-ɔp pan bad bad tin den  
we kin apin to den na layf en den nɔ kin tinap tranga wan,  
bifo den tinap tranga wan fɔ tinap tranga wan

I nid fɔ ɛksesais en aktiv wil pawa

Di wan den we de go insay di oliples we gɛt kol at kin  
tɔk to ɔda sol den we lɛk Gɔd pan Gɔd biznɛs, en den kin

ondastand di langwej we ros en ol di tin den we get layf kin  
tɔk

O Masta, bi di wangren Kin we sidom pan mi lov en long

Di wan den we de tink gud wan kin get dip pis, en dis  
insay kwayet fo de ivin we den de wit oda pipul den Wetin  
posin kin lan we i de tink gud wan fo du am evride en fo tok  
to oda pipul den, en no alaw enibodi fo ambog in pis o kol at

We yu want fo mek gud abit o pul bad abit, pe atenshon  
pan di bren sel den usay di we aw difren abit den de wok de

Fo mek yu get gud abit, fos sidom kwayet wan en tink  
gud wan, luk fo ep from God Fokus yu maynd pan di sent fo di  
pawa we yu want, we de na di forest bitwin yu aybrow, en fo  
afem di abit we yu want fo put insay yu bren tranga wan We  
yu want fo pul bad abit den, konsentret yu atenshon bak pan  
dis sent fo di wil pawa en afem tranga wan se ol di grov den  
usay den abit den de don stop den de eras Wit fos en wil  
pawa, yu kin eras ivin di dip dip grov dem we get dip rut, ol  
abit Riashu yusef boku tem se yu get inof wil pawa fo pul di  
abit dem we no fayn na di bren rijyon

Di tem we fit pas ol fo dis kayn affirmation na ali monin  
we di wil en atenshon de wach

Kip de affirm to yusef se yu fri from ol di dikte en wan de  
yu go si se - Wit God in ep - yu don olredi fri yusef from di abit  
we yu bin want fo pul

Enitin we yu de fred, drab yu tinkin pan am en lef am to  
God Strong yu fet pan God en trust se i ebul fo ep yu

Borku sofa kin komot from wori en wori Wetin mek yu fo  
sofa we wetin yu de fred nor ivin apin yet? Imajin God in layt  
we de protekt yu olsay, en yu go fil in wondaful protekshon

Bikɔs bɔku pan wi wɔri kin kɔmɔt frɔm fred, if wi pul fred  
kɔmɔt na wi layf, wi go fil fri ɛn wɛl go de wantɛm wantɛm  
ɛvri nɛt, rayt bifo yu go slip, afɛm to yusɛf se Gɔd de wit yu,  
de protɛkt ɛn wach yu

Insay dis kɔsmik drama, mɔtalman dɛn we kɔmɔt na ɔl  
difrɛn kɔlɔ dɛn de mek di stori bɔt layf na di stej fɔ tɛm Wi fɔ  
ɔndastand di minin fɔ layf we wi nɔ fɔ bisin tumɔs wit ɔ ɔva-  
obsess wit wi rol dɛn we nɔ de te

Bɔku tɛm, di we aw wi de si layf kin chenj ɛn difrɛn bikɔs  
wi kin luk wit di yay dɛn we de tink bɔt wisɛf nɔmɔ ɛn we nɔ  
gɛt bɛtɛ tin fɔ du If wi luk wit di yay fɔ di sol, wi go si tin dɛn  
frɔm wan difrɛn we

We wi opin di yay fɔ sɛns, wi de si Gɔd in layt we de  
kɔba ɔltin, ɛn insay da layt de wi de si wi spiritual nature, we  
de sho di kayn we aw di yunivasal kɔnshɛns we de ɔlsay na  
ɔl di patikyula ɛn pat dɛn na di yunivas

Spiritual trut dɛn de rawnd wi, de nak na di domɔt dɛn  
na wi yay we dɛn lɔk, de ɛnkɔrej wi fɔ si di layt instead fɔ  
daknɛs, fɔ du tin wit sɛns pas fɔ nɔ no natin, fɔ ful wi at wit  
lɔv pas fɔ et, ɛn fɔ wok togɛda fɔ mek pis ɛn briŋ bɔku bɔku  
tin ɛn sef na wi wɔl We wi du dat, ignorans go dɔn, difrɛns  
pan situeshɔn go dɔn, wi go si wanwɔd na di sɛns, ɛn wi go  
gri mɔ wit wetin Gɔd want

Wi rilayshɔn wit Gɔd nɔto kol ɔ lɔv, lɛk di wan we de  
bitwin pɔsin we de gi wi wok ɛn pɔsin we de wok fɔ Wi na In  
famili, I de kia fɔ wi ɔltɛm, ɛn I de lisin to wi ɔltɛm Wi na  
important pat pan In bi, ɛn wi rilayshɔn wit am de alayv ɛn gɛt  
layf

Di Wan we mek wi dɔn gi wi bɔku bɔku lɔv, ɔndastandin,  
sɛns, gudwil, ɛn spiritual trɛnk we nɔ go dɔn, bɔt stil bɔku  
pan wi dɔn spend dis jɛntri pan natin we Gɔd want wi fɔ liv

insay sef, pis, en padi biznes wok togeda, lek aw i fit fo wan  
famili we get ay pozishon en we lek wi, bot gridi en  
kolkyuleshon we wi de tink bot wisef don tek rut na wi at en  
no gri bitwin wi

God want wi fo bi masta, bot wi don pik fo bi slev

Motalman don komot fa from in os na evin en los di  
paradays we de insay we i de fil se i de nia God en God de  
nia am, en i no go ebul fo get da paradays de bak if i no tray  
fo du am

God mek wi lek aw i tan, bot dis trut don ronawe pan wi  
maynd Wi don sokdom to di ilyushon se wi destiny na had en  
wi fate na annihilation Wi fo tear away di vel of illusion wit di  
dagger of wisdom fo si di radiant truth bihayn am

?Udat wi na en wetin na wi tru tru we

Motalman get klia difrens, ileksef na den maynd o filin  
mek-ap, di wok we den de du na layf, di wok en di tin den we  
den de du, o di tin den we den de fil Bot onda ol den difrens  
ya, tu tin den de we olman want en nid witout eksepsion  
Wan na fridom from ol kayn pen en want Di oda wan na gladi  
at we komplit en we go de sote go—komplit satisfay, usay  
pis, lov, sens, en gladi at de

Fo tru, wetin motalman de tray fo get na God, ileksef den  
yuz da nem de o den no yuz am Di wan den we get sens se  
God na di men tin we de mek posin gladi en di spirit we de  
mek posin gladi En posin no go get komplit satisfay pas i pul  
am dairekt from di kosmik sos Dis na impotent poynt fo  
ondastand di we aw motalman de

?Bot usay pipul den kin luk fo wetin den de luk fo

Den de luk fo am nomo pan tin den we de na di wol: pan  
propati, tin den we de apin na do, en fo get rilayshon wit oda

pipul den Bɔt i nɔ pɔsibul fɔ fɛn am na ɛnitin, ɛnibɔdi, ɔ ɛni  
tin we de apin na dis wɔl, we yu tink bɔt di kayn we aw Gɔd  
mek ɔltin

Krieshɔn de bays pan di prinsipul fɔ duality I nɔ pɔsibul  
fɔ gɛt pikchɔ insay wan kɔlɔ nɔmɔ, as no we nɔ de fɔ du if i  
nɔ gɛt in ɔpɔzit Semweso, i nɔ pɔsibul fɔ mek ɛni aspek fɔ  
ɛgzistens de insay isolation frɔm duality Bɔt, we wi chɛk di  
tin den we pipul den want we de mek pipul den want fɔ du  
sɔntin, wi go si se wi ɔl wan wan want ɔl di gud, fayn, fayn,  
ɛn fayn tin den, we wi nɔ want fɔ dil wit ɛnitin we nɔ fayn ɔ  
nɔ fayn Bɔt dat nɔ pɔsibul

Insay dis wɔl we gɛt tu pipul den, no gladi at nɔ de we nɔ  
gɛt pen, layt nɔ de we nɔ gɛt daknɛs, gud nɔ de we nɔ gɛt  
bad, layf nɔ de we nɔ gɛt day Di tu say den na di kɔyn nɔ de  
separet Dis min se wetin wi want fɔ dip insay wisɛf nɔ go  
ebul fɔ gɛt frɔm dis wɔl

Pipul den kin luk fɔ—yes, den kin luk wit ɔl den pawa—  
bɔt den nɔ kin ebul fɔ fɛn wetin den de luk fɔ, we kin mek den  
nɔ gɛt op ɛn nɔ gɛt op Dis kin mek den nɔ gɛt op igen bɔt den  
kin mek den vɛks bad bad wan ɛn den kin vɛks bad bad wan,  
ɛn bikɔs ɔf dat, den kin du fɛt-fɛt ɔl dis kin apin bikɔs den nɔ  
de luk fɔ wetin den de luk fɔ na di rayt ples, ɛn as a rizulta,  
den nɔ kin fɛn wetin den at want

Pipul den insay wi yon tɛm nɔ no bɔku tin bɔt wetin layf  
min ɛn wetin mek den de du am, ɛn na dat mek den de sɔfa  
wit kɔnfyushɔn ɛn kɔnfyus

Bay nature, mɔtalman na purpose-driven beings If den  
nɔ gɛt purpose na layf, ɛn if den maynd, enaji, wil, ɛn filin nɔ  
de dayrɛkt den fayn ɛn kɔnstrɔktiv we, den go tɔn to  
destructive paths lɛk alcohol and drug abuse, resorting to  
violence, ɛn so on Di ultimate goal of life is knowing God and  
it is incumbent upon individuals to harmonize their roles and

external activities through righteous di tin den we den de du,  
di we aw den de si tin fayn fayn wan, di we aw den de tink  
gud wan, en di benifit we den de chenj di we aw den de fil

Den tu tin ya na wi nature—di insay ɔ spiritual aspek en  
di outa aspek—no de agens densef if den ɔndastand am  
kɔrekt wan Bifo dat, den de sɔpɔt wisef en ep wi fɔ divelɔp en  
ep wi fɔ ebul fɔ du tin en di tin den we wi ebul fɔ du na wi  
bɔdi, maynd, filin, en spiritual tin den

Pipul den de liv na big void, we no get intelektual  
stimulashɔn ɔ saykolojik stimulashɔn Den kin fil se den de  
bost bikɔs den no get enitin fɔ du wit den en den no get enitin  
we go gi den layf valyu en minin Di avrej pɔsin kin ebul fɔ  
wok en biev lek se den get saykilɔjik en maynd saful, bɔt den  
?gladi

Di men tin we mek wi get layf na fɔ no udat wi bi en  
wetin na wi tru tru we If wi gi di dip pat den na layf di  
atenshɔn we den fɔ get, wi no go ebul fɔ avɔyd fɔ fil gladi,  
bikɔs mɔtalman gladi-at get fɔ du wit fɔ kɔnekt wit pɔsin in  
spiritual sɛf, if i no get am, i no get eni egzistens ɔ bi

Di frayd fɔ fel ɔ sik de mɛn bay we yu de tink bɔt am  
ɔltɛm te di aidia fɔ fel de siep frɔm di maynd we de na di  
kɔnshɛns en leta i go rich di ay kɔnshɛns Dɔn, di fred, we dɔn  
stɔp na di sabkɔshɛns en ay kɔnshɛns, begin fɔ bɔku en gro te  
i ful di kɔnshɛns maynd wit gras den we de mek pɔsin fred  
we no izi fɔ dɔnawe wit am as di fɔs tin we den bin de tink  
bɔt we i gro Den bad bad gras ya kin dɔn bia frut we get  
pɔyzin en we kin kil pipul den Laki, den kin pul in rut den  
kɔmɔt insay bay we den de pe atenshɔn tranga wan pan  
maynd en mek pipul den no se den get fet ɔlsay pan Gɔd en  
se I ebul fɔ ep di wan den we want fɔ ep densef en protekt  
den frɔm bad tin

Wan tɛm, wan smɔl bɔbul bin de flɔt na di si , we i bin de  
tek tɛm wit big big briz ɛn laytin , we i yɛri wan vɔys de  
"?wispa to am : "Smɔl bɔbul we gɛt layf, wetin de apin to yu

Yu nɔ no se yu na pat pan di si we gɛt layf? Di smɔl  
bɔbul luk rawnd ɛn no da tru tin de

Mɔtalman kɔnshɛns de flɔt lɛk smɔl bɔbul Na di si we de  
na di kɔsmik kɔnshɛns , tink se na bɔbul fɔ sɔm tɛm , de shek  
shek wit fred fɔ sik, po, ɛn day Oh bɔbul, yu de fred di si ?  
Luk rawnd yu observe carefully Shift yu perspektiv frɔm yu  
immediate surroundings to God's infinite realm Delve dip,  
broaden your understanding , so dat yu go no ɛn bi shɔ Se  
yu na wan wit In big si , ɛn se Gɔd de wit yu I de protɛkt yu , i  
de sɔpɔt yu , naw ɛn sote go

Fɔ avɔyd trap ɛn trap

ɛnitɛm we yu fil wan strong want na yu at we de ɛnkɔrej  
yu fɔ fulfil am, yuz sɛns ɛn aks yusɛf, "Dis na gud want we  
pɔsin kin fulfil, ɔ bad want we nɔ fɔ ɔnɔ?" Di tin dɛn we wi  
want fɔ du we nɔ fayn kin ɛnkɔrej wi bad abit dɛn bay we i de  
gi wi lay lay op ɛn gladi gladi we wi nɔ de tink bɔt Insay dɛn  
kayn tin ya, wi fɔ yuz di pawa we wi gɛt fɔ no di trut Bad abit  
dɛn kin mek wi nɔ gɛt gladi at We dɛn kin no aw dɛn tru, dɛn  
nɔ kin gɛt pawa fɔ mek pɔsin insay di trap dɛn we de mek  
pɔsin sɔfa ɛn di trap dɛn we de mek pɔsin sɔfa

### **Tin dɛn we pɔsin kin tink bɔt ɛn stori dɛn**

Insay layf ɛn insay day, insay sɔri-at ɛn bad bad tin dɛn,  
mi fet pan Yu, O Masta, de kɔntinyu fɔ strong ɛn nɔ de shek,  
strong ɛn nɔ de shek

ɛvri briz we a de blo we a want ɛn beg, de opin domɔt  
ɛn winda dɛn na mi sol usay a de pas tru to Gɔd in blɛsin

Jɔs lɛk aw di san de shayn na di say dɛn we pipul dɛn kin  
ful-ɔp pas ɔl, na so a go si di rayt we Gɔd lɛk pan ɔl di tin dɛn  
we a de du na mi layf ɛn di tin dɛn we a de du ɛvride

Bles mi, O Masta, so dat a go wek mi sol wit di do ɛn bring  
am to Yu blesin treshold

Di stori bot di musk dia

Mask na wan valyu tin we get strong sent, we dɛn kin si  
na di navel fɔ di musk dia we de na di ay ay Himalayas

We di dia dɔn rich wan patikyula ej, di mɔsk we de mek  
pɔsin in at go begin fɔ kɔmɔt na in nɛf sikrit wan, ɛn di dia kin  
vɛks bikɔs ɔf da fayn sent de ɛn i kin begin fɔ dans ɛn luk fɔ  
usay da fayn sent de kɔmɔt

I de muf frɔm wan ples to ɔda ples, i de snɛf bitwin rɔk  
dɛn ɛn ɔnda tik dɛn, ɛn i de luk ɔlsay fɔ usay da fayn fayn  
sent de kɔmɔt

Fɔ dɔn, i kin vɛks ɛn vɛks ɛn wɔri mɔ we i nɔ ebul fɔ tɔk  
ɛn i nɔ ebul fɔ fɛn wetin i de luk fɔ wit long ɛn pawa

Fɔ tray fɔ rich usay di musk kɔmɔt, i kin jomp frɔm di ay  
ay rɔk klif dɛn ɛn go insay di dip vali fɔ fes in fate ɛn mit in  
day, na da tɛm de di ɔntinman dɛn kin ebul fɔ kech am ɛn  
pul di musk sak ɔ gland frɔm am

We i kam pan dis, wan pan di pɔyt dɛn we get sens bin  
:tɔk sɔntin we se

!O musk dia, yu ful

?Wetin mek yu de sɔfa? Wetin mek yu nɔ de slip

Dis musk de we yu kin get

!Wit yu bɛɛ sak, yu ful

Ivin if yu tɔch wit yu nos



From yu, di sikrit sent de kɔmɔt

Yu bin fɔ dɔn win wetin yu bin de op fɔ

En yu bin liv witout spend

Yu nɔ tink se, mi padi dɛn, se bɔku pipul dɛn kin biev lɛk  
musk dia? Dɛn kin de luk fɔ gladi at ɔltɛm ɛn sote go ɔlsay  
apat from dɛnsɛf

Yes, dɛn de luk fɔ gladi at we dɛn de ple, ɛn indulj dɛnsɛf  
fɔ taya pan tin dɛn we dɛn want ɛn we dɛn want Dɛn de  
klaym di slip rod dɛn we gɛt jɛntri te dɛn kin dɔn jomp from  
di klif dɛn we gɛt ay op to di rɔk dɛn we de mek dɛn at pwɛl  
ɛn we dɛn nɔ ebul fɔ fɛn di tru tru gladi at we dɛn dɔn kip na  
di dip dip ples dɛn na dɛn sol

If wi tɔn wi tinkin insay, ɛn tink gud wan, wi go si insay  
di kol at we de na di sol di sɔs fɔ tru ɛn las gladi at we wi de  
luk fɔ

Wi nɔ fɔ tan lɛk di musk dia, we de day we wi de luk fɔ  
gladi at na di rɔng ples Bifo dat, wi fɔ de wach ɛn tray fɔ fɛn  
gladi at insay wisɛf, nɔto ausayd wisɛf

Di Stori bɔt di Bɔtin

Wan tɛm wan man kam to mi ɛn tɛl mi se i gɛt wan sik  
:we nɔ de mɛn na in at, ɛn i tɔk bak se

."A don trai plenti tins, bot a no fit get rid of di hat pen"

Afta a tink gud wan, a aks am fɔ brɪŋ siza to mi I luk mi  
:wit shek shek ɛn se

"?Yu intend fɔ kɔt mi at opin, sa"

A laf ɛn ansa se, "A nɔto dɔkɔ Yu dɔn ɛva yɛri bɔt pɔsin  
"!we de yuz siza fɔ du ɔpreshɔn

Fɔ dɔn, i nɔ bin want fɔ kam wit siza, so a kɔt wan pan di  
bɔtin dɛn na in kot ɛn tɛl am se i nɔ fɔ si ɔda bɔtin na in ples,  
ɛn nɔ fɔ put in an na di say we di bɔtin nɔ de a tɛl am bak fɔ  
kam bak to mi afta tu wiks, ɛn a bin de ɛkspekt se i go wɛl  
insay da tɛm de

Di man laf ɛn se, "A go du wetin yu aks bikɔs a trɔst yu,  
"!bɔt a tink se na di strenj mɛɛsin we dɛn dɔn ɛva gi mi  
:Tu wiks afta dat, i kam rɔn to mi ɛn se, i sɔprayz se

Di spɛshal pipul dɛn mek a biliv se a dɔn wɛl pan at sik"  
So, fɔ Gɔd in sek, wetin yu du? Yu pul wan jini kɔmɔt na  
"?bɔtin

A ansa wit smayl: "Yes! Yu an bin de ple wit di bɔtin  
."ɔltɛm, ɛn di bɔtin bin de alaynɛd wit di at

Dat bɔtin na bin di jini we bin de mek yu at pen So a kɔt  
di bɔtin ɛn tɛl yu nɔ fɔ riplɛs am ɔ put yu an pan yu at Da we  
!de, yu at bin pul di prɛshɔn ɛn stɔp fɔ du yu bad

ɔltin de muv kwik kwik wan, ɛn pipul dɛn bizi wit bɔku  
tin Naturally, i bɛtɛ fɔ ripɛnt di wɔl in bounty pas fɔ west tɛm,  
lɛf di sizin pas yu ɛn dɔn ɛmti-an Bɔt wetin pɔsin fɔ ripɛnt na  
layf in richest harvest: fɔ kam nia Gɔd ɛn fɔ no Am Di  
wangren we fɔ gɛt tru tru gladi at na fɔ akɔmplit sɔntin na  
dis wɔl ɛn bak fɔ ajɔst spiritual sakrifays

Di wan dɛn we sabi Gɔd nɔ kin begin dɛn ɛvrɪde wok bifo  
dɛn fɔs tink gud wan bɔt Gɔd ɛn chaj dɛn maynd ɛn bɔdi wit  
blɛsin divayn ɛnaji

Di bɔku tin dɛn we di wɔl de aks fɔ kin mek di wan dɛn  
we de luk fɔ dɛn spiritual gol dɛn nɔ ebul fɔ waka ɛn pul dɛn  
kɔmɔt na di rod we dɛn dɔn pik Bɔt di wan dɛn we gɛt maynd  
we nɔ de shek nɔ de alaw ɛnitin fɔ push dɛn fɔ kɔmɔt na di  
rod; dɛn kin bia wit maynd ilɛksɛf tin tranga ɔ bad tin apin

Ilɛk wetin di wɔl gi wi, i nɔ go satisfay di tin we wi at  
want, we want fɔ get sɔntin we tinap tranga wan, we  
important pas ɔl, ɛn we get valyu pas ɔl wetin di wɔl in jɛntri  
ɛn jɛntri get

We pɔsin day—mek yu liv long—nɔ pawa na di wɔl nɔ go  
ebul fɔ du ɛnitin fɔ am Udat go ɛp wi afta wi dɔn kɔmɔt na dis  
wɔl? Gɔd So, wi fɔ mɛmba ɔltɛm se dis wɔl na jɔs fɔ stɔp fɔ  
sɔm tɛm we wi de travul fɔ go na wi os na ɛvin, usay wi go liv  
sote go bifo di Wan we get sɔri-at pas ɔlman

If yu jɛntri pasmak nɔ de mek yu get wɛlbɔdi, pis, ɛn yu  
go ebul fɔ du gud, bɔt if yu get pis ɛn yu go ebul fɔ du gud  
tin, dat go mek yu get balans sakrifays pan Gɔd biznɛs ɛn  
pan prɔpati

Mɔs pipul dɛn kin divɛlɔp mental ɛfyushɔn jɔs fɔ get  
matirial sakrifays Bɔt we pɔsin bi masta pan inɛf ɛn manej  
in saykilɔjik pawa ɛn akt akɔdin to di divayn plan, in layf go  
get blɛsin, ɛn i go test di nɛktɔ fɔ di spirit we i de na dis wɔl I  
nɔ go bi prizina igen fɔ di abit ɛn di tin dɛn we i want, bɔt in  
kɔnshɛns go chɛnj to di at fɔ di divayn prezɛns, ɛn i go de de  
ɛnjɔy nyu ɛnjɔymɛnt dɛn we nɔ gri fɔ tɔk bɔt

Di bɔdi na di big big famasi

Di wan dɛn we de stɔdi bɔt mɛrɛsin dɔn kam fɔ no se we  
wi get bɔku gladi at, di bɔdi kin mek mɛrɛsin fɔ mek wi nɔ fil  
bad ɛn ɔda tin dɛn we kin mek wi nɔ strɛs ɛn we kin wok fayn  
lɛk di wan dɛn we dɔktɔ dɛn kin gi wi Di bɔdi na di big big  
famasi na di wɔl, we ebul fɔ mek di rayt tin di rayt tɛm we wi  
de gri wit di spiritual balans we Gɔd dɔn put insay wi

tant ɛnɛji weɔNɔto ɔl strɛs kin ambɔg; strɛs de wek di im  
dɔɔdu tin ɛn muv S ɔdi ɛn i de mek wi ebul fɔtru wi b ɔlɔde f  
bɛnɛfit ɔstrɛs we wi nid f ɔdɛm dɛn sho se f

Bɔt di prɔblɛm kin kam we di strɛs pas di lɛvɛl we pɔsin  
kin gɛt wɛlbɔdi

Wi ɔl gɛt wan limit fɔ strɛs, ɛn we dɛn pas da limit de, wi  
kin strɛs pas aw wi fɔ strɛs, ɛn wi nɔ kin no bɔt am te  
prɔblɛm bigin fɔ apia na wi bɔdi, filin, ɛn maynd

Layf wit Gɔd na gladi at ɛn gladi at, we if Gɔd nɔ de,  
wɔri, trɔbul, prɔblɛm, ɛn ivin disasta de So aw wi go gɛt pis  
ɛn kol at na layf we bad bad tin dɛn ɛn bad bad tin dɛn de  
?apin, ɛn brin sɔm gladi at na dis wɔl

Di fɔs tin we wi fɔ du na fɔ no di prɔblɛm dɛn we de mit  
wi na layf we dɛn de kɔntrol wi

Gɔd na ɔltin we gɛt sɛns ɛn we sabi ɔltin, ɛn i dɔn gi wi  
bɔdi sayn dɛn lɛk kɔmfɔt, diskɔmfɔt, kolat, ɛn wɔri, ɛn wi fɔ  
pe atɛnshɔn to dɛn sayn ya Wan Gɔd in sɛns de insay wi bɔdi  
we de tray fɔ tɛl wi sɔntin, ɛn wi fɔ lisin to dɛn mɛsej ya di  
tɛm we wi strɛs ɔ rɛst We yu fil strɛs, put yu maynd pan di  
pat na yu bɔdi we de we yu de gɛt strɛs, dɔn yu tek dip briz  
ɛn, di sem tɛm, tɛns da pat de jisnɔ te i shayk Dɔn rilaks ɛn  
rilis di tɛnsion Dis go ɛp fɔ mek yu gɛt ɛnaji ɛn impɔtant  
balans na di bɔdi ɛn protɛkt am frɔm di bad bad tin dɛn we  
strɛs kin du

Wi kin ebul bak fɔ kɔntrol di strɛs we yu de fil bay we yu  
de blo We yu fil frayd ɔ ɛni ɔda bad bad imɔshɔn, briz insay  
ɛn kɔmɔt sloslo, dip, ɛn ritmik bɔku tɛm, we go mek yu bɔdi  
rilaks wit ɛni tɛm we yu de blo Dis go ɛp fɔ slo yu at bit we  
de rɔn, fɔ mek yu blɔd go bak nɔmal, fɔ mek i izi fɔ mek yu  
maynd kol ɛn fɔ mek yu tink klia wan

Layf nɔto tin we kin apin we pɔsin kin gɛt ɛnitin fɔ du wit  
am; na fayn fayn tin we Gɔd de tɔk, ɛn wi fɔ ɛnjoy am Lɛ wi  
mɛmba se smayl na pawa; if wi nɔ yuz am, wi kin lɔs wan  
impɔtant pat na layf

Mortalman na sol we get filin en filin, en den get bɔdi we  
den de wɛr lɛk klos ɔ ɔda kot Bɔt as long as wi de liv jɔs pan  
di level we di bɔdi en filin de, wi go fɔdɔm ɔnda di bad tin we  
stress en tension kin get

We wi de insay wanwɔd wit wi important nature, we na di  
spirit, di gladi at we di spirit get de flɔ insay di at en chenj to  
lɔv Fɔ fil dis lɔv, we get kɔnekshɔn to di pis en kwayɛt we di  
sol get, en fɔ akt en intarakt ɔnda in harmoni inflɔɛns, na di  
we we fit pas ɔl fɔ liv natin nɔ de na di wɔl we ful-ɔp wit  
tension en kontradikshɔn Fɔ gri wit dis gladi at na di solv fɔ  
layf in problem den

Notis: Bɔt di tin we den tɔk se: "Di bɔdi de mek wan  
mɛɛsin we de mek pɔsin fil bad en ɔda tin den we de ridyus  
stress en tension, we nɔ get bɛtɛ pawa en we nɔ de wok fayn  
pas di wan den we dɔktɔ den dɔn gi am," dis nɔto advays fɔ  
lɛf fɔ gi advays en di mɛɛsin den we den kin gi pɔsin, na dat  
mek den nid fɔ mek den no klia wan

### **Magnetik ikwɛshɔn den**

Pɔsin we get strong prezɛns en bad abit + pɔsin we get  
gud at bɔt we wik = bad magnetism de win pas gudnɛs

Wan pɔsin we wik wit wikɛd tin den + pɔsin we get  
strong maynd wit gud tin den = di gud magnetism de win di  
bad wan

Wik spiritual magnetism + bad bayomagnetism = strong  
bad magnetism

Strong moral trɛnk + wik moral trɛnk = big moral trɛnk

Pɔsin we vɛks en fɛt fɛt + pɔsin we ɔmbul en gud = di  
magnetism fɔ vɛks de win pas ɔmbul

Strong, balans, en kol at + temperament we sɔm tɛm  
dɛn kin tɛnd to discontent = di magnetism of calmness de  
prevails

ng feilɔnik ingrained feil + less ingrained feil = strɔKr  
magnetism

Strong pɔsitiv sakrifays + lɛs pɔsitiv sakrifays = ɛnhans  
sakrifays

Strong fayl vaybreshɔn + strong sakrifays vaybreshɔn =  
ɔl tu strong fayl magnetizm ɔ strong sakrifays magnetizm,  
dipen pan di envayrɔment ɛn kɔndishɔn

Strong, saful maynd + kɔmplit ignorance = ɔl tu  
shrewdness ɛn skil ɔ ignorance ɛn stupidity

ɔtstandin spiritual pawa + ɔtstandin prɛktikal pawa =  
Spiritual magnetism - na tru tru ɔtstandin prɛktikal pawa

If pipul dɛn bin ebul fɔ si di bɔku bɔku planɛt dɛn we de  
na di ɛtɛ we de rawnd dɛn, sɔntɛm sɔm go tray fɔ fɛn dɛn  
pipul dɛn we dɛn lɛk we dɔn day Gɔd dɔn opin mi spiritual  
yay, ɛn a si bɔku pan dɛn sol dɛn we dɔn kɔmɔt na di wɔl bay  
we a de pe atɛnshɔn dip wan pan di spiritual yay (di sɛnt fɔ  
di fɔrɛst), pɔsin kin si wit insay vishɔn di wɔl we de shayn we  
ɔl di gud sol dɛn we dɔn go ɔp to de liv di etheric plane to di  
prezɛns fɔ di Wan we gɛt sɔri-at pas ɔlman

Insay mɔtalman, di at de wok lɛk wayales risiva ɛn di  
spiritual yay de wok lɛk transmita Ivin if yu nɔ ebul fɔ si di  
wan dɛn we yu lɛk we dɔn day, if yu kol at fɔ put yu filin pan  
di at, yu kin fil di prezɛns fɔ di wan dɛn we yu lɛk we naw de  
liv insay ɛthɛreal bɔdi, de ɛnjɔy Gɔd in pis ɛn sikyɔriti ɛn  
gladi fɔ dɛn fridɔm frɔm di kɔnstrakshɔn dɛn na di bɔdi, so yu  
go gɛt kɔmfɔt insay dɛn pis ɛn yu at de bin mek pɔsin fil fayn  
bɔt dɛn

We a de tɔk Gɔd in nem, mi ɔl biin de mɛlt to supɾɛm  
gladi Bɔt dis stet jɔs kam to mi afta big tray Fɔs, a nɔ bin bi  
wan fɔ want, bikɔs mi maynd bin de drɛf da tɛm de Bɔt naw,  
jɔs lɛk aw a de fos mi tink ɛn awareness pan di spiritual  
sɛnta—di spes bitwin di aybrɔw—ɔl tinkin dɛn kin dɔnawe, di  
briz kin stɔp fɔ insɛf, di at kin stɔp fɔ bit, di trɔbul fɔ di  
maynd kin stɔp, ɛn di stet dɛn fɔ bi kin kam dɔŋ pan di sol,  
so dat a kin gɛt spiritual gladi at ɛn a kin kɔba wit divayn  
gladi at

### **Golden wɔd dɛn**

Gladi at na mi rayt, mi ɛritaj, ɛn mi divayn trɔs we a ayd  
Gayd mi fɔ fɛn insay misɛf di trɔs dɛn we pas di drim dɛn we  
kiŋ dɛn kin drim  
\* \* \*

Laif na muvmɛnt we gɛt sɛns wit ritm we de ɔltɛm l de  
shep insɛf pan tin dɛn we nɔ gɛt layf, ɔ tek wan we we gɛt  
layf ɛn we de muv Layf de kɔba ɔltin ɛn i de ɔlsay  
\* \* \*

O Greatest Lover, Yu na layf Yu na mi gol ɛn mi  
aspireshɔn  
\* \* \*

Mek mi wan ros we de blo na yu gadin we de na ɛvin, ɔ  
wan spak spak bid na yu layt lɔv nɛks, ɔ gi mi di big big ɔnɔ:  
di smɔl ples na yu at  
\* \* \*

ɛnisay we ɔda pipul dɛn gladi fɔ di tray we a de tray fɔ  
du gud, na de a go ebul fɔ gi di bɛst savis  
\* \* \*

Lɛ wi wev wan gold kap we gɛt drim wit silk trɛd dɛn we  
gɛt swit mɛmori ɛn fayn fayn tin dɛn  
\* \* \*

Lɔv tan lɛk sand pepa we de polish di maynd ɛn pul rɔf  
rɔf pan pɔsin in abit  
\* \* \*

Pandemik, bad bad tin, en vaylent chenj den na di  
nature we de bring pwel pwel, pwel pwel, en bad bad tin we de  
apin ɔlsay na di wol noto "divayn decrees" Den disasta ya  
kɔmɔt frɔm mɔtalman tink en akshɔn Enisay we di wol in dilik  
balans fɔ gud en bad de ambɔg bikɔs ɔf di akumulashɔn ɔf  
bad bad wef en vaybreshɔn we mɔtalman in bad intenshɔn  
en bad tin den de mek, chaos de rul en bɔku bɔku tin den we  
den kin pwel kin apin

\* \* \*

A go tek di bɛst frɔm ɔlman, en a go gladi fɔ di gud  
kwaliti den we ɔl di kɔntri den get en a nɔ go pe atenshɔn pan  
den fɔlt den

\* \* \*

ɔs lek aw wi bisin bɔt di nyutrishɔn valyu we wi it evride  
get, wi fɔ pe atenshɔn bak to di saykolojik nyutrient den we  
wi de gi wi maynd evride

\* \* \*

Kind wɔd na wɔndaful mɛresin fɔ bɔku sik den, i get  
pawaful, ɔlmost majik, magnetik pawa we de bring bɔku blɛsin  
en prɔsperiti to den spika Di wan den we de yuz wɔd den we  
de mek den fil fayn, we saful saful, kin fil se wan kɔrɛnt we  
nɔ de si klia wan de flɔ tru den we den nɔ de ambɔg den, den  
kin ful-ɔp wit wan dip sɛns fɔ mek den get kol at Dis na bikɔs  
dis kɔrɛnt get kɔnekshɔn to in ay sɔs, wan kɔnstant flɔ we de  
rich sol den we de gri wit da sɔs de, we de mek den ebul fɔ  
transmit gladi at to di wan den we want fɔ get pis

\* \* \*

Bɔku fayn wɔd den we kɔmɔt na di at dɔn pul bɔku sɔri-  
at en bɔku sɛns vɔys den dɔn layt dak rod den wit lamp den  
!we de mek pipul den gladi en get kol at

\* \* \*

Wi de gro tru evri ɛksperiɛns we wi de go tru, as long as  
wi no se wi kin lan valyu lɛsin frɔm den Fɔ evri pen en sɔfa  
we wi de ɛksperiɛns get minin en rizin

\* \* \*



Pan ɔl we di tin den we den kin du fɔ tray tranga wan,  
den tan lek faya we kin mɛlt ayen ɔyl fɔ mek i tɔn to fayn  
fayn stɛl we kin te, ɛn we kin yuz bɔku tin den  
\* \* \*

ɔl di wɔndaful tin den we a dɔn du na mi layf dɔn  
akɔmplit tru di pawa we wan maynd get we gri wit Gɔd We di  
divayn jenɛra de rɔn, ɔltin we a want kin kam fɔ bi frut witout  
ɛksɛpshɔn, fɔs i kin tek shep lek wan dizayn we nɔ de si, we  
get ethereal ɛn afta dat i kin sho wit pawa we pɔsin nɔ go  
ebul fɔ stɔp insay rial tin  
\* \* \*

We di maynd wispa to Gɔd wan wispa we kɔmɔt na in at,  
we get zil frɔm di dip dip dip tin den na wan sol we want, di  
spirit in kɔl go tɔch di yunivasal at, ɛn di ansa go kam, we go  
brɪŋ bɔku bɔku gladi at Dis intɛlektual wispa de kɔltiv di wil  
te i get di trɛnk we i nid fɔ rich di gol we i want  
\* \* \*

We pɔsin in maynd ɛn wetin i want gri wit Gɔd, den kin  
chaj am wit pawa we nɔ get limit, so dat fɔ jɔs tink bɔt sɔntin  
go du fɔ mek i ebul fɔ du am, bikɔs Gɔd in lɔ de wok fɔ di  
wan den we gri wit di tin we pas ɔl  
\* \* \*

Pɔsin nɔ fɔ devote ɔl di intɛlektual fakulti we Gɔd dɔn gi  
am fɔ du tin den we nɔ de te , so dat i nɔ go lɔs insɛf na di  
labirint fɔ matirialism ɛn mek limiteshɔn ɛn kɔnstrakshɔn we  
nɔ nid fɔ insɛf Bifo dat, i fɔ yuz in intɛlektual pawa fɔ get di  
tin den we i nid fɔ liv ɛn tray fɔ divɛlɔp den moral fakulti fɔ  
mek den ebul fɔ no difrɛns bitwin rayt ɛn rɔŋ, ɛn bitwin wetin  
na bad tin ɛn wetin de bɛnifit  
\* \* \*

Di trut de pas di opinion ɛn tiori dɛm, ɛn bɔku pipul dɛm  
we de tek dis we fɔ du tin kin get fɔ du wit den yon tin den  
we den kin tink bɔt  
\* \* \*

Opin, O Masta, di get dem fɔ kwayet en gayd di oli ples  
fɔ mi spiritual tinkin frɔm di atak dem fɔ mi wispa en mek di  
ros dem we a want fɔ blo blo na di gadin na mi at as a de wet  
fɔ di dawn fɔ Yu kam

\* \* \*

Tiori no nɔ go ebul fɔ get divayn no, en i fayn fɔ mek  
pɔsin nɔ spen in valyu tɛm pan tiori dɛn we dɛn nɔ go ebul fɔ  
yuz insay rial tin, ɔdasay pɔsin go si inɛf na di midst ɔf  
dense intelektual jɔŋgrɔn en i nɔ go ebul fɔ pas di eria we  
tiori dɛn de

\* \* \*

Gladi at na di frut fɔ saykilɔjik win pan di volatil  
sikɔstems na layf

\* \* \*

Di wan we Gɔd no, di wɔl nɔ go no am

\* \* \*

If pɔsin program inɛf wit tiori no [we nɔ get rial tɛst], i  
go tan lɛk pɔtabl rikodin divays we de ripit prɔvab en ɛko ay  
ay frayz, en ɔda pipul dɛn go tek am as masta sabi bukman  
we lan buk, bɔt da kayn no de nɔ de strong mɔ bay we i de  
ɔndastand di tru dairekt wan, en i nɔ de kɔmpia am wit di tin  
dɛn we i de du na Gɔd in yay

\* \* \*

Prɔblɛm dɛn go kɔntinyu fɔ de na di wɔl, so usay pɔsin  
go tɔn fɔ gayd en dayrɛkshɔn? Di tin dɛn we pɔsin de tink, we  
di abit dɛn, di we aw i de tink bɔt ɔda pipul dɛn, di we aw i de  
tink bɔt ɔda pipul dɛn, en di we aw i de biev, nɔ get ɛni yus,  
en di tin dɛn we de ambɔg di say we i de, in famili, in kɔntri,  
ɔ di wɔl nɔ ebul fɔ gi am tru tru gayd So, i fɔ tɔn to Gɔd en  
lisin to di kwayet, kwayet vɔys we de kɔmɔt na di dip dip pat  
dɛn na di sol, we na vɔys we gri wit di trut

\* \* \*

Opin una at to di divayn ɔtpourin so dat i go flɔ tru una  
en ful una layf wit spiritual blɛsin en gudnɛs

\* \* \*

Ilɛk us wok yu de du ɛn ɛnitin we yu ebul fɔ du, mɛmba  
ɔltɛm se na Gɔd de gi yu ɔl di trɛnk we yu nid fɔ wok ɛn ajɔst

\* \* \*

Mek a mɛmba yu, Masta, we yu po ɛn we yu gɛt bɔku  
prɔpati, we yu sik ɛn we yu gɛt wɛlbɔdi, we yu nɔ no natin ɛn  
we yu gɛt sɛns, ɛn mek a si yu blɛsin layt we de gi wɛlbɔdi ɛn  
wɛlbɔdi insay wan wantɛm

\* \* \*

Insay di solitude of mi tinkin, a de long fɔ yɛri yu blɛsin  
vɔys Banish frɔm mi di harsh, earthly voices we ayd insay di  
folds of mi memory A want fɔ lisin to yu serene, melodious  
voice sote go insay di tranquility of mi sol

\* \* \*

Laif de kɔba daknɛs, ɛn sɔntɛnde wi kin stɔp ɛn shem fɔ  
go bifo Wi fɔ mek Gɔd in layt bi wi gayd lamp as wi de waka  
na layf in dak rod dɛn In na di ful mun insay di nɛt dɛn we wi  
nɔ no natin ɛn daknɛs, di san we de shayn insay di awa dɛn  
we wi de wek, di layt we de gayd wi, ɛn di sta we de gayd di  
wan dɛn we de travul na di si dɛn na di wɔl, ɛgzistens we nɔ  
de te

\* \* \*

Na tɛm fɔ mek mɔtalman wek in kɔnshɛns frɔm di slip we i  
de slip fɔ fɔgɛt to wek di spirit

\* \* \*

Wi de aks yu, Masta, fɔ mek wi no frɔm di dip dip tin dɛn  
we nɔ no natin ɛn di smɔl, smɔl tin dɛn we wi de tink bɔt to di  
ɔrayzin dɛn we gɛt pis, layt, lɔv, ɛn mɔtalman sɔri-at we de  
ɔlsay na di wɔl

\* \* \*

Tin go dɔn bɛtɛ bikɔs Gɔd in pawa ɛn wɔndaful tin dɛn  
de ayd biɛn di tin dɛn we de agɛns mɔtalman layf, ɛn ɛnibɔdi  
we nɔ biliv se di tin nɔ go ebul fɔ avɔyd ɛn tray fɔ go insay  
wit in maynd ɛn fet to wetin de biɛn di vel, go gɛt di domɔt  
.opin fɔ am we [ɛvri an we biliv de nak pan am]

\* \* \*

Fet nɔ ɛva min fɔ tek tɛm ɔ nɔ fɔ dil wit di tin dɛn we de  
apin to am wit sɛns Bifo dat, ilɛk wetin apin, pɔsin fɔ mek sho  
se na Gɔd nɔmɔ ebul fɔ sɔpɔt am pan tin dɛn we nɔ izi ɛn we  
de mek i strɛs if i tɔn to Am wit ɔl in at, sol, ɛn filin

\* \* \*

If wi sɛns dɛn bin de tɛl wi di wan ol trut, wi go si di Wɔl  
as riva dɛn we gɛt ilɛktron dɛn, ɛn wi go si ɔl di dɔst dɛn lɛk  
layt we de ɔl

\* \* \*

Di wan dɛn we de go insay wit dɛn sɛns frɔm tin to spirit  
ɔndastand di kayn we aw ilyushɔn tan ɛn no di men tin we  
tru

\* \* \*

Ilɛksɛf pɔsin de na di jɔŋgrɔn na Afrika, na say usay dɛn  
de fet, i de sɔfa wit sik ɔ po, i fɔ mek insɛf biliv se Gɔd in an  
strong pas denja ɛn i ebul fɔ protɛkt di wan dɛn we de go fɛn  
say fɔ rɔn go to am

No we nɔ de we go mek i protɛkt insɛf pas dis Na tru se  
pɔsin fɔ yuz lɔjik we i de dil wit tin dɛn we de apin ɛn di sem  
tɛm i fɔ gɛt ful fet pan di ɛp we Gɔd de ɛp am

\* \* \*

Di lɔv we de insay ɔl di tin dɛn we Gɔd mek in at—di lɔv  
we ɔl mama, papa, padi, ɛn di wan dɛn we dɛn lɛk gɛt—na  
frɔm Gɔd in lɔv

\* \* \*

Dɛn fɔ mek difrɛns bitwin big ɛn smɔl wok, fɔ put di wan  
we impɔtant pas ɔl di wan dɛn we jɔs impɔtant Dɔn bak, nɔ  
duty nɔ fɔ agens ɔda wan Di skripchɔ dɛn tɛl wi se we wan  
duty de agens ɔda wan, na pruf fɔ se i nɔto tru tru duty

\* \* \*

As di san in impɔtant rayt dɛn de skata, a go spre di rayt  
dɛn we gɛt op na di po ɛn di wan dɛn we dɛn dɔn lɛf [di wan

dɛn we di sosayti dɔn lɛf] dɛn at, ɛn a go mek nyu maynd na  
di at fɔ di wan dɛn we tink se dɛn nɔ ebul fɔ du natin

\* \* \*

Di ticha Paramahansa se to wan pan in disaypul dɛm se:

"Nɔ pul ɛnibɔdi kɔmɔt na yu sɛklɔ fɔ lɔv Kip ɔlman na yu at  
."ɛn dɛn go kip yu na dɛn yon

\* \* \*

Masta, ɛp mi fɔ yuz wetin a want ɔltɛm fɔ du tin dɛn we  
go bɛnifit mi ɛn we go mek a du gud

ɛp mi fɔ gri wit wetin yu want so dat ɔl di tin dɛn we a  
de tink bɔt go gri wit wetin yu want ɛn go gri wit wetin yu  
want

I bin ɛp mi fɔ wek di pawa we ayd, we gɛt blɛsin insay mi  
so dat a go ebul fɔ win ɔl di prɔblɛm dɛn ɛn prɔblɛm dɛn

\* \* \*

Wek to da bold ɛn ɔmbul spiritual pɔsin de – wan we de  
kɔba di trɛnk we layɔn dɛn gɛt wit di saful saful we dɔv dɛn  
gɛt

\* \* \*

A nɔ go de mɔna mi wit bita, lay lay kritik, ɔ wit bɔku  
bɔku prez ɛn flat mi wangren tin we a want na fɔ du Yu wil, O  
Masta, ɛn gɛt Yu fayv

\* \* \*

Yu nɔ go ebul fɔ imajin di gladi at we go ful yu we yu fil  
di divayn prezɛns Yu sol go dɔn drɔnk wit Gɔd in lɔv we nɔ  
gɛt bɔda Na lɔv we pas ɛni mɔtalman lɔv bɔku bɔku tɛm pas  
am—lɔv we de fulɔp ɔl wetin yu want ɛn ful yu at wit gladi ɛn  
satisfay

\* \* \*

Tru insay fɔs, yu kin ɛksperiɛns spiritual gladi gladi  
dairekt wan insay yusɛf ɛn rawnd yu If yu kɔltiv dis ɔwe, yu  
pɔsin go gro wanwɔd, ɛn yu go gɛt wan atraktiv magnetizm  
fɔ pipul ɛn ɔda pipul dɛn

\* \* \*

O Gret Protékta, a nɔ bisin if a lɔs ɔltin bikɔs ɔf mi  
destiny, we na mi yon mek, bɔt a de aks yu, mi wangren  
refyuj, fɔ protékt di kandul fɔ mi lɔv fɔ yu frɔm di briz we a nɔ  
de pe atɛnshɔn ɛn fɔget

\* \* \*

Lɛ wi drink te wi ful-ɔp wit di klin wata we de mek pis we  
de flɔd frɔm di spring dɛn we gɛt fayn fayn tin dɛn, we wi dɔn  
mekɔp wi maynd fɔ tink gud wan ɛn gɛt op fɔ si tin

\* \* \*

Kɔnshɛns na sɛns we pɔsin kin ɔndastand we de sho aw  
pɔsin in tru tru pɔsin ɛn wetin mek i want fɔ du sɔntin We yu  
kɔnshɛns klia, ɛn yu no se yu de du wetin rayt, yu nɔ gɛt  
natin fɔ fred Klin kɔnshɛns na tɛstament fɔ gud kɔndɔkt frɔm  
Gɔd Fɔ bi fri pɔsin na di kɔt fɔ kɔnshɛns min fɔ gɛt gladi at ɛn  
fɔ gɛt Gɔd in blɛsin

\* \* \*

Tray fɔ du tin dɛn we gɛt maynd ɛn we go mek yu gladi  
we bɔku pipul dɛn nɔ de du, ɛn gi lɔv ɛn pis to di wan dɛn we  
ɔda pipul dɛn nɔ de si dɛn

\* \* \*

:Di ticha Paramahansa tɛl wan pan in disaypul dɛn se  
If yu nɔ spɛn tɛm fɔ kɔltiv di maynd, no ɔmɔs matirial"  
prɔsperiti nɔ go satisfay yu Dis kɔltivɛshɔn nɔto fɔ mek yu  
sɔfa bɔt na fɔ tren yu kɔnshɛns fɔ nourish di tink ɛn akshɔn  
."dɛm we de mek yu gɛt gladi at

Yu gladi gladi na yu saksɛs, so nɔ mek ɛnibɔdi tif am  
frɔm yu Protékta yusɛf frɔm di wan dɛn we de tray fɔ mɔna yu  
We a bin smɔl, a bin de lɔs mi pɛshɛnt ɛnitɛm we sɔm pipul  
dɛn de spre lay lay tɔk bɔt mi Leta, a kam fɔ no se mi pis na  
mi maynd impɔtant pas fɔ mek pipul dɛn gladi ɔ fɔ admaya  
mi

\* \* \*

If yu bin no di stori bɔt Gɔd in lɔv we sɔm pipul dɛn we  
de wɔship Gɔd kin gɛt! No ɔda ɛkspiriɛns nɔ de na layf we yu  
go kɔmpia to da gladi at de we a bin no wan sent we bin de  
ɔltɛm insay di lɔv fɔ Gɔd, ɛn in fes bin de shayn oli lɔv Gɔd in  
yay de ɔltɛm pan di wan dɛn we lɛk am, ɛn I nɔ de ɛva lɛf  
dɛn fɔ wan mɔnt

\* \* \*

Na smɔl pipul dɛn nɔmɔ de we want fɔ divɛlɔp dɛn  
maynd ɛn spiritual pawa

\* \* \*

Nɔ alaw yusɛf fɔ sink to di bottom fɔ prokrastineshɔn  
Rays frɔm di slip we de boring ɔdinari rialiti ɛn set ɔf to di  
ɔrayzɔn fɔ wan rifin layf usay achivmɛnt, gladi, ɛn pis de

\* \* \*

Insay yu, bɔku bɔku pɔtnɛshɛl dɛn de we de wet fɔ mek  
dɛn put yu mɔni, ɛn na yu nɔmɔ ebul fɔ aktiv ɛn bɛnifit frɔm  
am

\* \* \*

Fɔ fri frɔm di tin dɛn we bad abit ɛn tin dɛn we nɔ fayn  
kin tɛl yu fɔ du, dat kin mek yu gɛt gladi at pas fɔ gɛt bɔku  
prɔpati

Literary saksɛs de bring wan saikɔlɔjik gladi at we  
ɛkstɛrnal sikɔstɛms nɔ go ebul fɔ tek away frɔm yu

\* \* \*

Yu kin spɛn ɔl yu tɛm fɔ gɛda mɔni, bɔt da mɔni de nɔ go  
gi yu di pis ɛn sikyɔriti we go de sote go we yu de luk fɔ  
Difrɛn frɔm dat, i go mek yu nɔ gladi mɔ bikɔs gladi at ɛn pis  
de na di maynd, nɔto insay tin dɛnsɛf

\* \* \*

Nɔ alaw wikɛd tin fɔ kam insay yu maynd, ɛn tek tɛm we  
yu de kip kɔmpin wit pipul dɛn we gɛt bad tin fɔ tink ɛn we  
nɔ gɛt bɛtɛ op, so dat dɛn wik tin dɛn nɔ go kam insay yu  
maynd, pas nɔmɔ yu maynd dɔn rich wan digri we i go gɛt  
trɛnk so dat di tin dɛn we ɔda pipul dɛn de tink nɔ go ebul fɔ  
wikɛd am, bɔt bifo dat, difrɛn frɔm dat, i go ebul fɔ mek ɔda

pipul den tink mo en mo en mek den get mo konfidens pan  
densef

\* \* \*

God de kam fos, en wi no fo begin o don wi de we wi no  
tink bot am Wi fo memba se if wi no bin get di trenk en enaji  
we wi de get from God, wi no bin fo ebul fo du eni wan pan wi  
wok den Dis na wi big wok fo du to am

\* \* \*

Wan we de fo evaluate en joj kostom en tradishon Fos,  
evri tradishon bin get jostis If wi si se jostis stil de ol tru, den  
di tradishon get minin en benifit Bot, i no mek sens fo fala  
tradishon blaynd wan Wi fo no wetin rayt en fala am, no  
wetin kin mek wi get gladi at en afta dat wi fo yuz am

\* \* \*

We yu si boku pipul den no get gladi at o sakrifays, no  
tink se na den destiny Yu kin mek yusef enitin we yu want fo  
bi Yu insay sakrifays na in rili de mek yu get sakrifays

\* \* \*

If yu no get natin insay yusef, yu no go gladi Bot if yu no  
get natin rawnd yu en yu gladi insay yusef, yu no get wan  
dawt se yu get sakrifays So, i no posibul fo joj pipul den bay  
wetin den de du na do

\* \* \*

Pan di boku boku krawd den, sontem posin go de we don  
rich wan say we i don go bifo pan God biznes en we get pis  
insay in at en gladi at we pas ol na in spirit

\* \* \*

A no fo tru se ol wetin a nid go kam to mi, en na dat mek  
a no de wori bot wetin go apin tumara bambay Dis noto fo  
bost o fo mek lek se a de du am, bikos a don eksperiens di  
wok en di efektiv we da blesin pawa de du na mi layf boku  
tem

\* \* \*

Illeksef a de flot na di wol o a de drawn na di dip dip si, a  
no se a de wit God en I de wit mi, en natin no go ambog mi



Da no de don gi mi wan gladi at we a no go ebul fo tek bot en  
we dip

\* \* \*

No dawt no de se fo bay nyu tin na tin we kin mek yu  
gladi Bot afta som tem, da gladi gladi de kin don smol smol,  
en yu kin ivin los intres pan am otogeda, forget bot am en  
want oda tin Bot, den no go forget di bil fo da tin de, mo if yu  
!bay am pan installment

\* \* \*

Possin fo tek kontrol pan in layf en mek am izi as i possibul

Den fo kip som moni fo tin den we i nid en fo enitin we go  
apin to am, put di moni we i de kip pas fo spen pan lojishon,  
en ep oda pipul den di best we aw i ebul We yu ep oda pipul  
den, ep go kam to yu wan we o oda we, en yu no go los natin  
en yu no go get natin

\* \* \*

Insay di gladi at we olman gladi, O Masta, en insay di  
padi biznes we ol di fetful pipul den get, a de fil Yu lov a gladi  
en mi at gladi fo di sakrifays en prosperiti we mi padi den get,  
jos lek aw a de gladi fo mi yon welbodi en izi As a de inspekt  
sens pan oda pipul den, a de multiply di trus dem fo mi yon  
sens, en insay di gladi at fo olman, A kin fen mi yon

\* \* \*

Di big enimi fo gladi at na fo lent moni fo bay lojishon  
Pipul den mistek biliv se den no go ebul fo gladi pas den get  
sontin we patikyula Bot ivin afta den don get da tin de, den  
no go get tru tru gladi at, pan ol di gladi at we i de bring fo  
som tem Wetin na di poynt fo ronata di mirej fo gladi at na di  
wol we promis fo brok nomo? Pipul den fo liv simpul layf, en  
den no nid fo get boku propati den we nid fo pe atenshon to  
den oltem

\* \* \*

Mi paradays de insay mi As a de enjoy God in blesin den,  
a de tel am tenki, en mi insay gladi at de gro If a no bin get  
da satisfay we a de insay mi at, ivin di gladi at en gladi at we  
de na dis wol de bi el a don kam fo no se if da gladi at de we  
de insay mi no bin de, di lod fo di wok we den put pan mi fo  
don pul mi pis en mek a no get gladi at

\* \* \*

If den joyn di jentri wit sik en problem, di bad tin den we  
go apin to am go buku Hajin en welbodi biznes de pan di tin  
den we di West get trenk Insekt den we de ambog en di jem  
den we de kil pipul den, den kin kontrol den fayn fayn wan na  
divelop kontri den, we den buku na oda kontri den Bot fo pul  
den peshent den ya noto di men tin we den kin du, bikos oda  
kayn problem den de na divelop kontri den, lek we i at fo pe  
bil en di problem den we kin mek posin swela bikos of di  
sistem den we den kin bay insay instolment—sofa we kin mek  
posin no slip fayn en we kin mek posin no get pis na in maynd

\* \* \*

Wi na impotant pat pan di sem konshens we dis big  
yunivas komot

\* \* \*

Yu don eva si wan grup we get ship? If wan pan den  
jomp, di oda ship den de falamakata am witout hesitation  
Mos pipul den tan lek dat Sombodi kin kam wit wan aidia o  
introduks nyu tren, en oda pipul den go jomp pan di  
bandwagon wantem wantem en kopi am Dis paten don de fo  
jenereashon den Ol neshon get in kostom en tradishon, en wi  
no go ebul fo tok se den ol korekt o saund Bot udat no?  
Sontem som pan den kostom en tradishon den de no get wan  
minin en den no get wan minin

\* \* \*

We di trobul storm fo tinkin don stop, wi de go insay di  
kingdom fo pis en toch di divayn prezens

\* \* \*

Tink bɔt Gɔd, ɔ wan fayn fayn ples we de mek pis de, ɔ  
wan ɛksperiens we gɛt gladi-at ɛn we de mek pɔsin gladi If yu  
de du gud tin na yu maynd, i kin mek yu gɛt trɛnk ɛn i kin  
mek yu fil fayn

\* \* \*

Wi de liv insay wan wɔl we chaotic ɛn trɔbul Yu kin tink  
se mɔni min gladi at, bɔt we yu gɛt am, yu go si se yu stil nɔ  
gladi Yu kin gɛt jɛntri ɛn—Gɔd nɔ alaw yu—lɔs yu wɛlbɔdi ɔ  
yu kin gɛt gud wɛlbɔdi ɛn lɔs yu mɔni ɔ yu kin gɛt ɔl tu jɛntri  
ɛn wɛlbɔdi bɔt yu kin sɔfa bɔku bɔku prɔblɛm wit ɔda pipul  
dɛn, ɔfrɛd gudnɛs nɔmɔ fɔ mek yu mit wit vɛks ɛn et in bak If  
Gɔd nɔ de, natin nɔ de insay dis layf kin rili satisfay yu

\* \* \*

Di wɔl kin bi ples fɔ mek pipul dɛn sɔfa fɔ di wan dɛn we  
de liv we dɛn nɔ no bɔt di divayn plan Bɔt we yu si di tin dɛn  
we de apin na layf as yu ticha dɛn ɛn lan frɔm dɛn di tru tin  
we dis wɔl tan ɛn di wok we dɛn dɔn gi yu fɔ du na di kɔsmik  
drama, dɛn ɛksperiens dɛn de kin bi valyu layt dɛn na di rod  
fɔ satisfay ɛn gladi at we go de sote go

\* \* \*

Na de, biɛn di daknɛs we nɔ dak, di stilnɛs we nɔ gɛt  
sawnd, ɛn di natin we nɔ mek, na de di tin we de sote go de,  
we na di ɔrijin fɔ ɛgzistens ɛn di sɔs we ɔl di pawa ɛn tin dɛn  
we pɔsin kin si, we pɔsin kin si ɛn we pɔsin nɔ kin si, de

\* \* \*

Gɔd nɔ mek dis wɔl fɔ wi jɔs fɔ it, slip, ɛn day, bɔt fɔ mek  
wi no wetin i want ɛn ɔndastand di rizin we mek wi de Na  
wan anful pipul dɛn we gɛt sɛns dɔn ɔndastand wetin di  
kɔsmik plan min, bɔt bɔku pipul dɛn blayn ɛn dɛn nɔ no bɔt  
da rizin de

\* \* \*

Mɔni nɔ bin ɛva bi mi gol na layf; mi gol na fɔ sav mi  
brɔda ɛn sista dɛn na mɔtalman So, Gɔd opin bɔku domɔt fɔ  
mi fɔ sɔpɔt misɛf ɛn fulfil mi mishɔn

\* \* \*

Gɔd mek dis yunivas fɔ wok akɔdin to wan lɔ we nɔ de  
chenj ɛn we nɔ de chenj If wi pwel ɛni wan pan dɛn lɔ dɛn ya  
we de na di wɔl, wi de pɔnish wisef Pɔsin we jomp frɔm di ruf  
na wan lɔng bildin go brok dɛn bon So, wi nɔ go ebul fɔ  
ignore di lɔ fɔ graviti we wi nɔ sɔfa di bad tin dɛn we go apin  
to am

\* \* \*

We wi tek dip luk pan di wɔl in sivilizayshɔn ɛn fɛn di  
sikrit dɛn we ayd fɔ di ol sivilizayshɔn dɛn, wan big pikchɔ de  
kɔmɔt, wit layn dɛn we miks togɛda, difrɛn chaptɔ dɛn, ɛn  
prɛsis ditil dɛn, ɛn wi si se mɔtalman na pɔsin ɛn na soshal in  
nature di sem tɛm

\* \* \*

If Gɔd bin want wi fɔ liv wi layf nɔmɔ wit tin dɛn we wi  
gɛt, wi go satisfay wit prɔpati ɛn satisfay wit di tin dɛn we de  
na di wɔl

\* \* \*

Rays fɔ klin, pis, ɛn gladi at pas drim de flik ɛn dans  
insay wi impɔtant dip

\* \* \*

Wit ɛni ɛkspiriɛns we de apin na di skay na wi layf di tɛm  
we wi de travul na dis wɔl, wi fɔ lan aw fɔ mek wi no mɔ ɛn  
aw fɔ ɔndastand mɔ bɔt di tin dɛn we de arawnd wi ɔ we wi  
de go tru, ɛn afta dat wi go ebul fɔ liv fayn fayn wan ɛn dil  
wit pipul ɛn layf fayn fayn wan ɛn sef wan

\* \* \*

Bɔku pipul dɛn kin falamakata ɔda pipul dɛn Pɔsin fɔ bi  
ɔrijinal ɛn kreativ, ɛn masta ɔltin we i de du

Insay di Is, di men tin we dɛn dɔn pe atɛnshɔn pan na fɔ  
mek pɔsin gɛt gladi at na Gɔd in yay, pan ɔl we bɔku tɛm dɛn  
nɔ de tek tɛm wit di tin dɛn we pɔsin kin gɛt na layf Insay di  
Wɛst, sɔm tin dɛn de we pɔsin kin gɛt fɔ ɛnjoy insɛf bɔt na  
smɔl tin dɛn we pɔsin kin gɛt na in maynd Wɛtin dɛn nid na

fɔ balans bitwin di tu tin dɛn, bikɔs fɔ pe atɛnshɔn pan wan  
tin nɔmɔ na layf kin mek pɔsin nɔ balans ɛn i nɔ kin ebul fɔ  
dil wit wetin layf want

\* \* \*

Di big big gladi at - afta divayn gladi at - na fɔ mek pɔsin  
gɛt pis wit in fambul dɛn we i gɛt fɔ liv wit ɛvrɪde insay di ia

\* \* \*

Pipul dɛn kin west bɔku tɛm fɔ rɔsh ɛn du tin dɛn we nɔ izi fɔ  
du ɛn nɔ du bɔku tin Na smɔl pipul dɛn kin stɔp fɔ tink ɛn  
tray fɔ ɔndastand wetin layf gɛt fɔ gi

\* \* \*

Wi fɔ wok fɔ bil insay bildin dɛn we gɛt sɛns na gadin  
dɛn we gɛt pis we de gro ɛn shayn wit bɔku bɔku flawa dɛn  
we gɛt wɔndaful spiritual gud kwaliti dɛn

\* \* \*

Insay wanwɔd na bɔku tin we de mek pɔsin gɛt trɛnk ɛn i  
de mek pɔsin gɛt nyu ɛnaji

\* \* \*

We pɔsin luk layf, i kin si se sakrifays nɔ kin izi Bɔku tɛm  
Layf kin tranga ɛn nɔ kin fɔgɪv, ɛn wi fɔ tray tranga wan fɔ  
gɛt mɔni Tink bɔt di tray we yu nid fɔ tray fɔ sɔpɔt yu bɔdi ɛn  
kip am wɛlbɔdi ɛn nɔ gɛt sik! Ivin if yu saksɛs pan dis, dat  
saksɛs na fɔ shɔt tɛm Di bɔdi—mek yu liv lɔng—go go dɔn fɔ  
rɛst Nisiti de dikte fɔ fɛt bɔku bɔku fɔs dɛn, insay ɛn ɔdasay,  
fɔ gɛt di sakrifays we yu want Dɛn fɔs ya de wok tranga wan  
fɔ tif yu ɛni rili impɔtant tin we yu dɔn du

\* \* \*

Tray fɔ kɔntinyu fɔ gɛt kol at ɔnda ɔl di tin dɛn we de  
apin, ɛn mek di sid fɔ yu pis blo wit gladi at ɛn smayl fɔ  
satisfay

\* \* \*

Ivin di big big oli wan dɛn nɔ kin gɛt kɔmplit sev pas dɛn  
sheb dɛn sakrifays wit ɔda pipul dɛn, dat na, dɛn spiritual  
ɛksperiɛns ɛn ay no, bay we dɛn ɛp dɛn fɔ gɛt oli no

\* \* \*

Fɔ dis rizin, di wan den we de rich den stej den de en rich  
den stet den de kin rili want fɔ gi ɔndastandin to di wan den  
we nid am If yu want fɔ get tru tru sakrifays, yu nɔ go jɔs  
mek sho se yu get yusef pasɔnal gladi at bɔt yu go get gladi  
at bak fɔ ɔda pipul den  
\* \* \*

Enibɔdi we get sɛns kin mek mɔni Bɔt if den get lɔv na  
den at, den nɔ go eva yuz da mɔni de fɔ dɛnsɛf nɔmɔ; bifo  
dat, den go sheb am wit ɔda pipul den Mɔni na swɛ en  
misfɔstans na di an fɔ di wan den we de tink bɔt dɛnsɛf nɔmɔ  
en di wan den we misɛf, en na blɛsin en gift na di an fɔ di  
wan den we get gud at en sol we get fri-an  
\* \* \*

Sɔmbɔdi kin disayd fɔ sɛt mɔt fɔ lɔng tɛm, nɔ gri fɔ tɔk to  
in famili mɛmba den da tɛm de Pan ɔl we dis pɔsin kin get  
sɔm pis insay in at bikɔs ɔf dat, di we aw i de biev na fɔ jɔs  
bisin bɔt insɛf nɔmɔ en i kin ambɔg in famili in gladi at Den  
nɔ go ebul fɔ tek den as pɔsin we rili get sakrifays pas di wan  
den we den lɛk dɛnsɛf bɛnifit frɔm wetin den dɔn du  
\* \* \*

Sɛmweso, fɔ get prɔpati sakrifays nɔto jɔs wi rayt fɔ  
ɛnjoy wɛlbɔdi fɔ wisɛf, bɔt na wi moral rɛspɔnsibiliti to ɔda  
pipul den we i kam pan fɔ ɛp den fɔ mek den bɔdi en layf bɛtɛ  
\* \* \*

A de protɛkt biɛn di wɔl dɛm fɔ mi klia kɔnshɛns a dɔn  
bɔn di dak past en a jɔs bisin bɔt tide  
\* \* \*

Tide a no se a na wan wit di layt fɔ di big big gud en a na  
layt fɔ di wan den we de tray tranga wan fɔ fɛt di wɛf den na  
di si we get sɔri-at  
\* \* \*

Pipul den get difrɛn we fɔ si en tiori bɔt sakrifays, i dipɛn  
pan wetin den want fɔ du na layf I nɔ kɔmɔn fɔ yɛri sɔm pipul  
den de ikwal sakrifays wit tif, den de tɔk tin den lɛk, "I bin bi  
saksɛsful tifman!" Dis de sho se sakrifays pan ɔl in fɔm en

difren kayn tin den we pɔsin kin want en we pɔsin kin luk fɔ  
Bɔt, wi sakrifays nɔ fɔ ambɔg ɔda pipul den

\* \* \*

Wan ɔda tin de bak we wi kin du fɔ mek wi gɛt sakrifays:  
we wi ebul fɔ briŋ wanwɔd en bɛnifit rizɔlt fɔ wisɛf, wi fɔ put  
ɔda pipul den bak insay wi sakrifays en sheb in frut den wit  
den

\* \* \*

Sakses min se pɔsin in satisfay en satisfay insay in  
envayrɔment Tru sakes na di rizɔlt fɔ akshɔn den we den bil  
pan prinsipul den fɔ du wetin rayt, en i de kɔba di gladi at en  
wɛlbɔdi fɔ ɔda pipul den as impɔtant pat pan pɔsin in yon  
gladi at If wi yuz dis prinsipul to wi matirial, intelektual,  
moral, en spiritual layf, wi go gɛt wan kɔmplit en  
kɔmprehensif difinishɔn fɔ sakrifays

\* \* \*

Na ya na dis wɔl we nɔ bɔku, wi de si long, wayd, en  
density, bɔt ɔda levul de usay dimenshɔn nɔ de; ɔltin klia en  
transparent—ɔltin na kɔnshɛns en sɛns Di sɛns fɔ te na fɔ no,  
lɛk di sɛns fɔ smɛl Wi filin, tink, en bɔdi na stet fɔ kɔnshɛns  
ɔs lɛk aw wi kin si, yɛri, smɛl, test, en tɔch na drim, so bak,  
pan da ay levul de, wi kin ɛksperiɛns ɔl den sɛns ya tru klin  
kɔnshɛns

\* \* \*

O Masta, mek wi gladi bay we wi fil se yu de nia wi, fri wi  
frɔm di shaklɔs fɔ di tin den we wi want, en gi wi wan insay  
gladi at we nɔ de afɛkt di tin den we de apin na layf en di tin  
den we de apin we de chenj

\* \* \*

We wi maynd de in tune wit di ay percepshon, spiritual  
consciousness de wek insay wi en wi de experience amazing  
wondars of divain waes en lov

\* \* \*

If wi læk Gɔd ɔltogɛda ɛn tɔn to am wit ɔl wi maynd ɛn at,  
wi go fil se wi de nia am ɛn wi go si se na in na di big ples fɔ  
sef na layf  
\* \* \*

Insay di ples we tan læk se i ɛmti ɛn ɛmti, wan kɔsmik  
kɔnekshɔn ɛn layf we go de sote go de we de mek wi jɔyn wit  
ɔl di tin dɛn we gɛt layf ɛn we nɔ gɛt layf na di yunivas wan  
wef we gɛt big layf de flɔ tru ɔltin we de  
\* \* \*

Di tɛm we wi de sote go na wi tru tru os ɛn ples fɔ de  
sote go, ɛn wi de insay dɛn bɔdi ya na fɔ shɔt tɛm nɔmɔ, læk  
fɔ rɛst fɔ shɔt tɛm fɔ karavan we de travul krɔs di dɛzat  
\* \* \*

We wi alaynɛd wisɛf wit di kriyaytiv fɔs dɛm fɔ di spirit,  
wi go kɔnɛkt wit di yunivasal ɛn infinite maynd we ebul fɔ  
gayd wi ɛn sɔlv wi prɔblɛm dɛm Krio pawa go flɔ to wi we nɔ  
go ambɔg frɔm di big big sɔs we wi bi, we go mek wi ebul fɔ  
gɛt kriyaytiv sakrifays pan ɛni eria we wi de du  
\* \* \*

Lɔv de gro ɛn go bifo na say we pipul dɛn kin abop pan  
dɛn, we dɛn kin gri wit dɛnsɛf, ɛn we dɛn kin rɛspɛkt dɛnsɛf  
\* \* \*

Bles wi, O Masta, wit di layt fɔ klin tink ɛn gud abit, so  
dat if di daknɛs fɔ bad abit ɛn deviant tinkin kam nia wi, i go  
kɔmɔt wantɛm wantɛm ɛn ɛp wi fɔ læk Yu wit lɔv we so dip  
dat nɔto matirial ilyushɔn ɔ di wɔl tɛmteshɔn nɔ go ebul fɔ  
trap wi ɔ tek wi maynd ɛn at  
\* \* \*

Tin dɛn we izi fɔ gɛt nɔ kin gɛt valyu Wi no dis frɔm we  
wi stɔdi bɔt big man ɛn uman dɛn layf ɛn aw dɛn bin bi big  
pipul dɛn bay we dɛn de divɛlɔp dɛn talɛnt, du wetin dɛn fɔ  
du, bil dɛn gud abit dɛn, we dɛn de du dip stɔdi, ɛn avɔyd fɔ  
tink bɔt dɛnsɛf nɔmɔ Bɔt di tin dɛn we dɛn bin ebul fɔ du ɛn  
di tin dɛn we dɛn bin ebul fɔ du bin bɔku pas di tray we dɛn  
bin de tray



\* \* \*

Tru fridom de insay di fridom fɔ disayd fɔ du sɔntin we  
sens de gayd am ɛn we pɔsin ɔndastand, kɔrɛkt, ɛn we i want  
fɔ du sɔntin, sɔpɔt am

\* \* \*

We yu wek yu wil, di maynd, ɛn di sens we yu de tink  
bɔt, pawa dɛn we yu nɔ de si de kɔmɔt frɔm di ay kɔnshɛns—  
tru di sens we di sol gɛt—fɔ ɛp yu ɛn fɔ layt di rod dɛn we de  
go to saykilɔjik kɔmfɔt ɛn gladi at, wit Gɔd in ɛp

\* \* \*

Pɔsin fɔ opɪn di chanel dɛn fɔ di sol tru in yon tray Nɔbɔdi  
nɔ want fɔ pik sɔfa ɛn sɔfa pas pis ɛn gladi at Ignorance na di  
rut fɔ sɔfa ɛn di tin we de ambɔg we dɛn fɔ pul ɛn pul  
Ignorance na wan bad bad gras, we gɛt dip rut, we de gro na  
di gadin fɔ mɔtalman ɛn krawd di gud ɛn bɛnɪfɪt plant dɛn

\* \* \*

Ignorance must be overcome by unwavering will and  
resolute determination Di grɔn na di maynd fɔ plant wit fɔs  
atɛnshɔn [pan di gud tin dɛm], ɛn gud sid dɛn fɔ wata wit di  
wata fɔ fet We di impɔtant ɛn wam wam rayt dɛm fɔ lɔv  
shayn, di sid fɔ gudnɛs go gro ɛn win di gras ɛn parasayt  
plant dɛm, bikɔs daknɛs nɔ go ebul fɔ de we layt de

\* \* \*

Di gladi gladi we pɔsin kin gɛt kin dɔn ɛn nɔ de igen, bɔt  
divayn gladi at nɔ de ɛva dak Na divayn gladi at we nɔ gɛt  
ɛnd ɛn we pɔsin nɔ go ebul fɔ tɔk bɔt

\* \* \*

Wi nɔ fɔ ɛva yuz di rɔŋ we fɔ gɛt gladi at, ɛn wi nɔ fɔ lɛf  
di pis ɛn spiritual jɛntri we wi gɛt insay wisɛf fɔ fɛn kɔmfɔt we  
na lay lay kɔmfɔt ɛn layf we de shayn we kin dangle bifo wi  
bay ɛl akshɔn ɛn bihayvya wit pwɛl pwɛl ifɛkt

\* \* \*

Serenity na di bɛst kamɛra fɔ kech di divayn prezɛns Tru  
di lens fɔ klin ɛn prɛsis fɔs tranquility, di blɛsin imej go apia  
wit pafɛkt klia

\* \* \*

Infakt, ɔl di sɛns de insay yusɛf ɛn ɔl wetin yu nid na fɔ  
no am wit ɔl yu at

\* \* \*

Tru satisfay de pan fɔ impɔtant yusɛf, so dat ɔda pipul  
dɛn de luk fɔ yu pas yu fɔ luk fɔ dɛn Lɔv ɛn padi biznɛs fɔ gi  
fri wan, we yu nɔ de ɛksprɛkt ɔ dimand ɛksprɛkt de jɔs bɔn  
misɛf ɛn nɔ gladi lvin we pɔsin de tray fɔ impɔtant insɛf,  
pɔsin fɔ tinap in wan, sɛf ɛn gɛt pis insay di fɔt we in gud  
kwaliti dɛn ɛn sɛlf valyu de

\* \* \*

Mek wata we de fɔdɔm we gɛt gladi at ɛn we gɛt op fɔ  
kɔmɔt na mi at ɔltɛm, ɛn mek dɛn sprɛy we de mek a fil fayn,  
tɔch ɔl di wan dɛn we a de mit

\* \* \*

Spiritual gladi-at de mek di sol gɛt di want fɔ ɛp ɔda  
pipul dɛn pan ɔltin, ɛn i de divɛlɔp di abiliti fɔ gladi fɔ di rifin  
moral gladi gladi we de mek pɔsin gɛt gladi at, so dat i de  
ridyus di inklinshɔn to kruk gladi-at

\* \* \*

I nɔ mata aw yu wok smɔl, i stil impɔtant lɛk di big big  
wok dɛn we i de du fɔ kɔntribyut to di sakrifays fɔ di kɔsmik  
ple we sol dɛn de du na di stej na layf

\* \* \*

Tɔtɔl kɔnshɛns na absolyut, infinite kɔnshɛns, we de  
ridyus insɛf ɔltɛm ɛn in kriaytiv nɔ de ɛva dɔn, ɛn tru yu i de  
tray fɔ ɛksprɛs wan spɛshal aspek fɔ insɛf

\* \* \*

If yu test di divayn lɔv ivin wan tɛm, yu nɔ go ɛva giv am  
bikɔs natin nɔ de we tan lɛk am na di wan ol yunivas

\* \* \*

Di wan den we no God don rich di spiritual stej den we  
rili advans, so dat den no kin satisfay wit fo jcs gi spiritual  
advays to sina den, bot den kin - bay God in gudnes en ep -  
chaj den wit di spiritual pawa we de fri den from di bad tin  
den we den kin du we den sin  
\* \* \*

Ol di gud en bad tin den we posin kin du kin ayd na di  
bren sel den en i kin tan lek gud o bad abit o tin den we posin  
kin tink bot  
\* \* \*

Posin we de sofa wit abit den we no fayn bikos den de  
chaj in bren sel den wit di pawa we den abit den de get kin fri  
insef tru di pawa we i want, we i de tink gud wan, we i de pre  
wit ol in at, en we i de kontinyu fo tok fayn fayn wan te ol di  
abit den we i no want, chenj to gud abit den fo get pis en  
kwayet Dis kin apin we di layf fcs we den de dayrekt di rayt  
we de wok fo chenj di abnormal we aw di bren sel den de di  
sel den kin ful-op wit ol wetin gud, gud kwaliti, en fayn  
\* \* \*

Ondastandin na di insay yay, di vishon fo di sol, en di  
teliskop fo di at Na di balans bitwin di kompazishon we di  
maynd get en di klin we di konsheins klin  
\* \* \*

Evride wi de si difren tin den we de apin, en evride de  
brinj nyu lesin fo lan Den de op se mortalman go lan di lesin  
bay we i de pe atenshon pan di men rizin we mek i de: fo no  
usay i komot en di fawndeshon fo in layf  
\* \* \*

Le wi wok fo forget di sori-at we bin de trade en disayd no  
fo de tink bot den Wit ditarminieshon en aktif wil we no de  
shek, le wi ridyus wi layf, ep fo mek wi sakrifays den go bifo,  
en men insay wise gud abit en nobul kwaliti den  
\* \* \*

Enibodi we de sho se oda pipul den wiked en mek den  
shem en veks, no get sens en joj gud gud wan

## Sayings fɔ ɔl di tɛm ɛn ples dɛn

Di wan dɛn we gri wit Gɔd kin si fayn fayn tin dɛn we kin  
mek pɔsin blo ɛn dɛn kin test di swit we pas ɔl we pɔsin nɔ  
go ebul fɔ si ɛni ɔda we

We mi sol kɔl Yu, di klawd dɛn we Yu kwayɛt bin bɔs, O

Gɔd, ɛn di ren we Yu sɔri-at bin de kam dɔŋ insay big big  
wata te i bi wata we de flɔd fɔ Yu gudnɛs Yu blɛsin riva bin  
kɔba di bank dɛn na mi bɔdi, ɛn mi sol bin fɔdɔm insay di  
wata we go de sote go, ɛn di bɔbul fɔ mi smɔl layf bin sɔlv  
insay di si usay Yu ɔl-ɛn-kɔmpas de de

Mi mentɔ bin tich mi aw fɔ yuz di chisel fɔ sɛns fɔ mek

misɛf bi tɛmpul we fit fɔ di divayn prezɛns

If yu want fɔ rich wan fayn gol, begin bay we yu mek wan  
mental mɔdel fɔ am Yu kin naw fɔ mek ɛni dairekshɔn fayn  
fayn wan na yu kɔnshɛns if yu plant wan strɔng aidia na yu  
maynd; dɔn yu wan ol pɔsin go gri wit da aidia de, ɛn di tin  
dɛn we yu de du go alaynɛd wit am

We yu tɔch di divayn at, yu trɔbul dɛn go dɔn, lɔv go ful

yu at, ɛn wɔndaful spiritual ɛksperiɛns dɛn go dans lɛk klin  
watawɛl dɛn na di gadin dɛn na yu maynd

Bɔku klawd dɛn de tray fɔ ayd yu ɛn ayd yu frɔm mi, bɔt

tru di dyu we de kɔmɔt na di kray wata we a want, yu blɛsin  
nem de apia to mi we de flash wit brayt gold lɛta dɛn frɔm

bien ɔl di kɔtin ɛn vel dɛn

Fɔ klin kɔnshɛns min fɔ dil wit di trut klia wan

Impɔtant nid dɛn de ɛn wetin sɔm pipul dɛn kin tek as

"necessities" we rili nɔ nid ɛn we nɔ impɔtant Layf fɔ simpul  
bay we dɛn de pe atɛnshɔn pan di bɛsis nid dɛn ɛn pul di

lɔjishɔn dɛn we nɔ nid

Yu ay, O padi biznɛs, ɛn yu grɔn fayn ɛn oli! Lɔv na yu

nourishment ɛn loyalty yu drink

We tu pipul den waka insay wanwɔd ɛn gri pan ɔl we den  
difɛn, den kin gɛt wanwɔd wit wan gol: fɔ fɛn pis ɛn kwayɛt  
na den sol insay klin lɔv ɛn fɔ de biɛn dɛnsɛf ɛn usay di pɔsin  
we lɛk dɛnsɛf nɔ de luk fɔ gladi at pan di ɛkspɛns fɔ di pɔsin  
we den lɛk da tɛm de, na di gadin we de mek padi biznɛs wit  
ɔda pipul den, di flawa den we gɛt fayn fayn sɛnt fɔ padi  
biznɛs kin blo ɛn spre den swit sɛnt  
Di wɔl de tren wi maynd difɛn we, we de mek wi yus to  
bɔku tin den we de mek wi bigin tink se gladi at nɔ go ebul fɔ  
gɛt if den nɔ de Bɔt layf, ɛn mɔ pikin den layf, fɔ mek i izi; if  
nɔto dat, layf go tich den tru bita disapɔyntment  
Di trut kɔrɛkt ɛn rial pas fɔ jɔs tink ɔ imajin, bɔt wetin wi  
de tink ɔ imajin kin apin sɔntɛnde  
Imajinɛshɔn na impɔtant tin na di kriyaytiv tinkin prɔses  
Bɔt, imajinɛshɔn fɔ machɔ ɛn transfɔm to wan strong  
kɔnvikshɔn, ɛn dis nɔ pɔsibul if yu nɔ gɛt strong wilpawa  
If yu imajin sɔntin wit ɔl yu wil pawa, yu imajinɛshɔn go  
chenj to yu yon kɔnvikshɔn, ɛn we yu go ebul fɔ kɔntinyu fɔ  
biliv da kɔnvikshɔn de  
Pan ɔl di opinion den we nɔ gri wit dɛnsɛf, di kɔnvikshɔn  
we yu gɛt go rili apin  
Pɔsin fɔ lan fɔ tinap fɔ insɛf, ɛn in yon gud kwaliti den ɛn  
di valyu we i gɛt fɔ sɔpɔt insɛf  
Spiritual gladi at na nyu gladi-at ɛn i de apia mɔ ɛn mɔ  
pan di wan den we de tink dip bɔt Gɔd Na gladi-at we de ɛp  
fɔ mek di rayt disizhɔn ɛn du di rayt tin, ɛn we den fɛn am, di  
tin den we pɔsin kin want ɛn di tin den we i want we nɔ fayn  
kin dɔn bikɔs den kin lɔs den apil we yu kɔmpia am to gladi  
at na di spirit  
Wi ɔl mayti Krieta dɔn gi wi layf, trenk, ɛn sɛns, ɛn na wi  
wok fɔ gi am wi atɛnshɔn ɛn rayz wi at to Am wit lɔv, tɛnki,  
ɛn no se i lɛk am ɛn i du gud to am  
ɛp mi, O Gɔd, fɔ mek a nɔ bɔn di faya we de mek a vɛks,  
so dat a nɔ go bɔn wit di faya we de mek a vɛks di grɔn

oases fɔ pis insay misɛf ɛn ɔda pipul dɛn ɛp mi fɔ ɔt di faya  
we de mek a vɛks wit di ren we de flɔ ɔltɛm we a lɛk  
Mek di lek fɔ mi saful saful ɛn mi pis kɔntinyu fɔ de  
kwayɛt ɛn stil, nɔ go ambɔg di big big briz we de mek a nɔ  
satisfay we nɔ de brɪŋ natin pas misɛf  
Fɔ du tin dɛn we pɔsin kin du bikɔs i fil se yu fɔ du  
sɔntin, ɔ fɔ sakrifays wetin yu want fɔ sav ɔda pɔsin ɛn fɔ lɛk  
am, bɛtɛ fa fawe pas fɔ du dat bikɔs yu de fred  
lvɪn we pɔsin stɔp fɔ pwɛl Gɔd in lɔ dɛn, i fɔ du dat bikɔs  
i lɛk Gɔd, nɔto bikɔs i de fred se i go pɔnish am  
ɛnitin we yu de fred, tɔn yu tinkin kɔmɔt pan am Lɛf am  
to Gɔd ɛn mek yu abop pan am strong  
Fɔ fred de wit mɔtalman ɔltɛm, ɛn fɔ pul am kɔmɔt na di  
wɔl i pɔsibul bay we yu de tink bɔt Gɔd ɛn fil se i de wit yu  
I kin at fɔs fɔ waka di rod dɛn we de sho se pɔsin de du  
gud, bɔt dɛn na rod dɛn we gɛt blɛsin we de mek pɔsin gɛt  
pis na in maynd ɛn tru tru gladi at  
Mek Gɔd in glori shayn pan ɔl di kɔna dɛn na wi layf,  
mek in lɔv de na wi at, ɛn mek in layt ful wi kɔnshɛns  
O mi divayn pɔsin we a lɛk, di flawa dɛn de blo ɛn di  
sizin dɛn de chenj, ɛn ɔl de tɔk bɔt yu Di ful mun de sho di tin  
dɛn we yu de smayl, ɛn di san de kɛr yu sɛlestial lamp A de  
swim insay wan si we gɛt kray wata, we de ful-ɔp wit lɔng fɔ  
yu Insay di tik dɛn lif dɛn ɛn di vein dɛn fɔ mɔtalman de flɔ  
yu layf ɛn vitality, ɛn a de fil di bit fɔ yu kɔsmik at de trob  
insay mi yon  
We a fil yu prezɛns, a kin fil lɛk se a wek na ɔda wɔl, ɛn  
wan wan tɛm a kin drim bɔt dis wɔl ɛn dis smɔl bɔdi—mi yon  
a kin wek wit gladi at we nɔ de dɔn, ɛn mi de drim bɔt layf na  
dis wɔl kin mek pɔsin fil fayn wit di gladi gladi memori dɛn  
we a kin wek wit yu a dɔn pul di gras dɛn we a kin drim bad  
bad drim dɛn na di gadin we a bin de drim ɛn plant di ros dɛn  
na mi inspekshɔn, usay di sɛnt fɔ mi lɔng go dɔr yu insay, ɛn  
yu go kam fɔ tek mi wit yu to di ɔrayzin dɛn fɔ gladi at we go  
de sote go

O Gɔd, mek a transparent wit klin ɛn klin so dat a go  
 bring Yu hiling layt insay mi  
 Kɔl di miro we de shek shek na mi maynd so dat i go sho  
 yu fes we nɔ gɛt ɛnd  
 Opin di winda dɛn we gɛt fet so dat a go blo di sɛnt fɔ yu  
 pis

O Yu We de shayn insay Yusef, O Majesty We defy  
diskripshon, luk wit mi yay we de want Yu, so dat a no go si  
natin we de pas Yu  
Bien ol di tin den we de apin en di tin den we de apin na  
layf, na God in voys we no de tok de, we de kol wi oltem tru  
flawa den, oli buk den, wi konshens, en ol di fayn fayn tin den  
we de mek layf fit fo liv  
Enitin we di posin we de luk fo di tray we i de tray fo rich  
di say den we God de tok, God de kont am fo am en i de bles  
am fayn fo am

Wi de aks yu, O Masta, fɔ layt wi maynd wit di layt fɔ yu  
 trut, fɔ mek wi at bit wit yu lɔv, ɛn fɔ ful wi sol wit yu gladi at  
 ɛn di bɔku bɔku gudnes we yu get  
 Frɔm da transparent ɔrayzin we di maynd nɔ ebul fɔ go  
 insay, Gɔd de tɔn In layt we de sote go ɛn frɔm di kɔsmik  
 maynd de kɔmɔt sublaym inspekshɔn ɛn blɛsin pawa dɛn, ɛn  
 kriyaytiv aktiviti de flɔ insay opin ɛn wanwɔd maynd  
 We yu si se yu sol, yu at, ɛvri spak we de mek yu get  
 inspekshɔn, di blu skay, di sta dɛn we de shayn, di mawnten  
 dɛn, di wɔl, di bɔd dɛn, ɛn di flawa dɛn ɔl dɔn tay togɛda wit  
 wan tred we get kɔsmik ritm, spiritual gladi, ɛn wanwɔd we  
 de ɔlsay na di wɔl dɛn yu go no se dɛn ɔl na wef dɛn na di  
 brɔst fɔ di divayn si we nɔ get sho  
If wi fɔget di Wan we mek wi, wi fit fɔ sɔfa Wi fɔ no se  
Gɔd na wi pɔsin we wi lɛk ɛn i lɛk wi, ɛn dis no go fri wi frɔm  
 wi prɔblɛm ɛn sɔfa

Di pɔsin we rili lɛk Gɔd nɔ de ɛva stɔp fɔ luk fɔ am,  
ilɛksɛf i nɔ ebul fɔ fɛn am afta we i dɔn tray bɔku tɛm jɔs lɛk  
aw wɛf fɔ kam bak na di at na di si afta di big big briz dɔn go

dɔŋ, na so di pɔsin we de luk fɔ am wit ɔl in at; i gɛt wan biliv  
we nɔ klia se di tin dɛn we de ambɔg am go krɔs ɛn i nɔ go  
ebul fɔ avɔyd fɔ jɔyn wit di kɔsmik si kwik ɔ leta—dat si we  
nɔ gɛt ɛnd usay i kɔmɔt ɛn usay i de kam bak  
We di maynd de tink ɔltɛm bɔt di pɔsin we Gɔd lɛk, di at  
kin siŋ siŋ dɛn fɔ gladi ɛn gladi at  
Spiritual emanation na we mɔtalman kɔmɔt frɔm wetin i  
bi naw to wetin i go bi tumara bambay  
Pɔsin nɔ kin ebul fɔ ayd in tru tru nature frɔm ɔda pipul  
dɛn di vaybreshɔn we dɛn de tink bɔt go sɔm kayn we de sho  
pan in bihayvya ɛn go apia tru wetin i de du  
Bɔku pipul dɛn de we nɔ tink di rayt we bɔt fridɔm; dɛn  
kin tek fridɔm as fɔ du ɛnitin we pɔsin lɛk fɔ du, ɛn a kɔl dis  
fridɔm fridɔm fɔ du sɔntin  
Bikɔs dɛn nɔ ɔndastand di tru tru we aw fridɔm tan, sɔm  
mama ɛn papa dɛn kin mek dɛn pikin dɛn bi slev to tradishɔn  
bay we dɛn de du wetin dɛn want wantɛm wantɛm Di pikin  
kin gro ɔp biliv se as lɔng as dɛn gi dɛn wetin dɛn want, dɛn  
gladi, ɛn di rizin fɔ layf na fɔ fulfil ɔl wetin dɛn want Bɔt, leta  
dɛn kin kam fɔ no se dɛn bin mistek, as di wɔl we de na do  
rili difrɛn frɔm layf na os, ɛn dɛn kin lan se fɔ fulɔp ɔl wetin  
yu want nɔ izi! ɔda pipul dɛn kin push dɛn na sayd ɛn nɔ pe  
atɛnshɔn to dɛn fɔ du wetin dɛn want Fɔ du dat, di pikin kin  
tranga ɛn nɔ kin fil fayn bikɔs i kin want fɔ satisfay wetin dɛn  
want So, mama ɛn papa dɛn fɔ ɛp dɛn pikin dɛn fɔ divelɔp  
dɛn wil ɛn sɛns so dat dɛn go ebul fɔ liv na di wɔl we nɔ go  
fɔdɔm insay in trap ɛn trap dɛn  
Di mama se, "Tich am wit lɔv" Na tru se fɔ trit pikin dɛn  
wit lɔv jɔs fayn, bɔt tumɔs switnɛs kin pwɛl dɛn tit, ɛn  
semweso, tumɔs pampering kin pwɛl pikin Dɛn digri fɔ mek i  
strong ɛn disayd fɔ du sɔntin, bɔt if dɛn trit pikin ɛn pɔnish  
am bad bad wan fɔ mistek, di bad tin dɛn we go apin to am  
go rili bad Blɛsin fɔ de pan aw dɛn de trit pikin dɛn ɛn dil wit  
dɛn; ɛvri papa fɔ temper in temperament wit lɔv ɛn



tenderness, en evri mama fɔ sizin in lɔv wit sɛns en  
rationality

Pɔsin fɔ kip in stebul saykilɔjik stet fɔ lɛk en lɔng fɔ Gɔd

A dɔn tray bɔku wok, bɔt ilɛk wetin na mi wok, mi tinkin de  
wit Gɔd ɔltɛm

Wi fɔ ɛnjoy dis krieshɔn, bɔt wi nɔ alaw am fɔ mek wi bi

slev En ɛksperiɛns dɔn tich mi se di gladi at we pɔsin kin gɛt  
we a fɛn Gɔd nɔ gɛt wan kɔmpitishɔn

Bifo pɔsin bigin fɔ du big big wok dɛn, i fɔ sidɔm kwayɛt

wan, mek in sɛns en tinkin kol, tink gud wan, en aks Gɔd fɔ  
ɛp am fɔ mek i go gayd am na Gɔd in yay en fɔ mek i go ebul  
fɔ dayrɛkt am fayn fayn wan

Mek a no se di smayl we yu de smayl we yu de smayl na

do, na flawa dɛn lip, en di bigman man en uman dɛn fes na  
yu smayl

A nɔ go afɛkt di pikchɔ dɛn we de kam afta dɛnsɛf bɔt  
misfɔstans, bad lɔk, sik, ɔ ɛnitin we a nɔ bin de ɛkspekt bikɔs  
a no se wan kɔnshɛns we gɛt disiplɛn we gɛt fɔ du wit di  
kɔsmik kɔnshɛns nɔ de sɔfa implisit wan wit fɔlt en  
anɔyntmɛnt

Fridɔm min fɔ ebul fɔ du tin akɔdin to sɛns, nɔto akɔdin

to wetin di tin dɛn we pɔsin lɛk, abit, en tin dɛn we pɔsin  
want fɔ du fɔ obe di ego de mek pɔsin bi slev, pan ɔl we fɔ  
gri fɔ du wetin di spirit de tɛl pɔsin fɔ du, i de mek pɔsin fri  
frɔm tin dɛn we de ambɔg am

I nɔ mek ɛni difrɛns to mi if a de liv na fayn fayn pales ɔ

na ɔmbul kɔtjɛt, as lɔng as Gɔd de wit mi

A go yuz di mɔni we a dɔn gɛt wit ɔnɛs fɔ liv simpul layf,

en lɛf fɔ liv bɔku bɔku tin dɛn

Tru fet pan Gɔd en di yus fɔ di pawa we pɔsin gɛt, i kin  
win sik, fɔ fel, en nɔ no natin, as lɔng as di vaybreshɔn na di  
wil strɔng pas di vaybreshɔn fɔ di sik dɛn we i gɛt na in bɔdi  
ɔ na in maynd Di mɔ di sik we de te, na di mɔ di wil fɔ strɔng  
en mek i gɛt maynd, en di fet we dip en tinap tranga wan, fɔ  
mek i ebul fɔ gɛt di tin we i want

Inspekt mi, O Masta, fɔ put mi trɔst pan Yu wan, nɔto  
pan mɔtalman we fɔ protɛkt mi Lɛ a nɔ mek fred ɛn wɔri  
paralayz mi trɛnk we nɔ gɛt bɔda fɔ fes ɛni wan pan di  
prɔblɛm dɛn we go mit mi na layf Lɛ a nɔ imajin aksident,  
bad bad tin dɛn, ɛn misfɔstans bikɔs a de fred fɔ mek dɛn rili  
sho dɛn tru tink ɛn imajineshɔn Ɛn mek a no, O Masta, se  
ilɛksɛf a wek ɔ we a de slip, wek ɔ lɔs insay de drim, we de  
alayv ɔ we de day, Yu protɛktiv prezɛns stil de kɔba ɛn gayd  
mi

Di wan dɛn we gɛt sɛns se: Di frut fɔ gud tin we pɔsin kin  
du we i lɛk Gɔd ɛn gud kwaliti, na fɔ gɛt wanwɔd ɛn klin Di  
frut we pɔsin kin du we i want fɔ du sɔntin ɛn we i want fɔ du  
sɔntin, na pen ɛn sɔfa Di frut we pɔsin kin du we i nɔ no natin  
ɛn we i nɔ gɛt sɛns

Gud tin dɛn kin mek pɔsin gladi, ɛn di tin dɛn we pɔsin  
kin du na di wɔl we i lɛk insɛf kin mek i sɔfa ɛn fil pen, bɔt we  
pɔsin kɔntinyu fɔ du bad tin, dat kin pwɛl di we aw pɔsin kin  
ebul fɔ no ɛn ɔndastand

If yu want fɔ liv wit pis ɛn wanwɔd, di tin dɛn we yu want  
fɔ du fɔ bi gud, ɛn yu fɔ skata di tin dɛn we yu de tink bɔt  
gud ɛn filin fɔ lɛk If yu de liv fayn layf, yu go ɛp ɔda pipul dɛn  
tru yu ɛgzampul ɛn gud we aw yu de biev

Di tɛm we a kin fil wɔri ɛn kɔnfyus na mi maynd, a go  
tɔn bak to stil ɛn tink gud wan te a gɛt maynd bak, ɛn a go  
bigin ɛvrɪde bay we a de tink bɔt Gɔd ɛn aks fɔ In ɛp ɛn gayd  
Rizɔlt nɔ fɔ alaw di gras dɛn we de mek yu swɛla we yu  
et fɔ gro ɛn kam insay di gadin na yu layf, gadin we ful-ɔp  
wit di gud kwaliti dɛn we wan nobul spirit gɛt Ɛn di mɔ yu de  
plant dɛn kwaliti dɛn ya we gɛt fayn fayn sɛnt, we tan lɛk  
ros, na di mɔ Gɔd go sho yu di big sikrit we de insay yu  
Di rizin fɔ layf na fɔ gɛt pis, satisfay, nɔ de day, sɛf, ɛn  
no di trut, ɛn na di at fɔ dɛn tin ya we de mek wi want fɔ du  
sɔntin we de mek wi want fɔ du sɔntin, na di divayn tin we  
de dip insay wi

Mek a fən mi fridom insay Yu, O Masta, ən no se mi tru  
os na Yu total egzistens ən a na important pat pan Yu kosmik  
konshens

O big, divayn si, mek di riva den we a want, we de flo tru  
di dezat den we get tin den we de ambog ən tin den we de  
ambog, fo don miks insay yu big dip9

Na di divayn fot nomo wi kin fən protekshon ən sef, ən no  
say no de we sef pas fo fil se wi de nia God ən toch In prezens

Bikos motalman de gayd di abit den we de shep di tin  
den we den kin want, di we aw den kin biev, di we aw den de  
biev, ən di tin den we den want, if den abit den de bad, di  
abit den kin bi bad tin ən di tin den we wi de du kin bi bad So,  
i fayn fo put gud abit den fos, bikos den kin gayd wi tin den  
we wi de du ən tink bot fo rich di fayn fayn gol den ən mek wi  
get welbodi ən gladi at

Enisay we sol den we sori ən we de sofa de, a kin get mi  
komfort fo sav ən korej den a go du ol wetin a ebul fo mek oda  
pipul den gladi ən a go sori fo den filin lek se na mi yon

ot den stil deotalman, bodi mental abiliti dem de insay m  
Itok ebul foku pipul dem, ən if den nop insay bonda divel  
di, dios tin dem Lek di boden abiliti dem ya i kin mek i get siri  
helth ən vitality ot fayn ən eksesayz f maynd nid f

Daymond kin get ən riflēs layt, ən na so bak klin,  
transparent sol den we no God ən we de shayn wit In prezens  
O Masta, Yu na di tru tru jentri na layf, ən bay we a fən

Yu fos a go fən ol wetin a nid insay Yu  
Pipul den kin jos pe atenshon pan it, briz, ən san layt fo  
mek den get gud welbodi, bot tem kin kam we welbodi kin  
pwel pan ol we den tin ya we de na do boku boku wan de na  
di bodi Na da tem de di nid kin kam fo chaj di bodi in enaji  
from insay

If di bot na mi maynd de nia di rok den we get gridi want  
we get fo du wit denja ən risk, we di bad bad briz we de mek  
a no no natin de dreb, den bi, O mi God, mi layt ən gayd mi  
oltəm to di shore den fo Yu rayt ən gudnes

Tink tan lek faya we den fo yuz in konsentret pawa fo  
bon di tin den we de ambog we de mek posin no ebul fo du  
sontin

Wi kin fen God tru di divayn lov oltem We wi lek God pas  
in gift den, I go kam to wi I don gi wi freedom fo disayd en di  
pawa fo pik so dat wi go difrens bitwin di wol in gift den we  
de pas en we no important en di gift fo de nia am en di gladi  
at we i get fo in blesin prezens

Den bin gi wi memori so dat wi go praktis fo memba gud  
tin den te wi go ebul fo memba di gud tin we pas ol: God  
Di briz we Yu lek de blo tru mi, O Masta! En di lif den na  
mi layf de dans wit gladi at we Yu de kam Den fayn fayn rosh  
de dref na di ays, de invayt di wan den we taya fo rest na di  
shed fo Mi spiritual pis

Di problem den we kin apin na layf no min fo du wi bad;  
bifo dat, problem en sik den de gi wi lesin den Wi pen  
ekspiriens den no min fo pwel wi, bot fo mek wi klin en mek wi  
go bak kwik kwik wan to wi klin sos—God—we de wok olkayn  
we fo ep wi en bring wi bak na wi os na evin  
Infiniti na wi tru tru os, en wi travul to dis wol en insay  
den bodi den ya tan lek shot tem visa trip

Masta, a no se prez no de elevet mi, en fo korekt mi no  
de stop mi A bi lek aw a de bifo mi konsheins en bifo Yu a go  
kontinyu fo waka na dis rod, du mi best fo sav olman en tray  
fo get Yu fayv—na dat de mi gladi at  
Yu na wan speshal kricho en yu esin na wondaful, so kam  
fo no yu tru tru sef

We yu kam, di bod den we a want go blo en ton to flawa  
den we get sent en we get layf

O Masta, mek da de de kam kwik kwik wan we a go wev  
wan neks wit den flawa den de we get dyu en put am na Yu  
blesin treshold

Bifo i tray oltem fo mek in wangren gladi, i fo tray bak fo  
mek oda pipul den gladi We i de tray fo sopt oda pipul den

pan Gɔd biznɛs, fɔ ɡɛt sɛns, ɔ fɔ ɡɛt mɔni, i go si se dɛn de  
du wetin i nid ɛn di kɔp fɔ in layf ful-ɔp wit gladi at

Di wan dɛn we go win daknɛs na di wɔl fayn fayn wan go  
ɡɛt di layt we de gi glori as dɛn pat ɛn dɛn go ɡɛt pis ɛn gladi  
at insay dɛn at

O Masta, kɔntinyu fɔ skata di sid dɛn fɔ Yu blɛsin dɛn na  
di grɔn na mi at, we a de plɔɡ wit beg, so dat dɛn go gro to  
tik dɛn we ɡɛt shado we dɛn branch dɛn de bia di frut dɛn we  
swit ɛn swit pas ɔl fɔ no yusɛf

Bɔku tɛm wi kin kɔntinyu fɔ fil pen we wi nɔ tray fɔ  
chenj, ɛn na dat mek wi nɔ kin ɡɛt pis ɛn satisfay we go de  
sote go If wi bin kɔntinyu fɔ bia ɛn tray tranga wan, wi go  
mɔs ebul fɔ win ɔl di prɔblɛm dɛn we kin mit wi Wi fɔ tray fɔ  
kɔmɔt na misɛf to gladi at, ɛn frɔm we wi nɔ ɡɛt op to wi ɡɛt  
maynd

O Divayn Lɔv, jɔyn mi lɔv wit Yu lɔv, blend mi layf wit Yu  
gladi, mi maynd wit Yu kɔsmik kɔnshɛns, ɛn kwɛn mi tɔsti  
frɔm di watawɛl we Yu gladi we go de sote go de

Di at fɔ di pɔsin we de luk fɔ di trut kin wispa ɔltɛm se:

"O mi Gɔd ɛn mi Lɔv, a nɔ want fɔ put mi insay di trɔbul we  
dis ilɛshɔn wɔl de mek, ɛn ɔl wetin a want na fɔ wek Yu lɔv  
na pipul dɛn at Mi at, mi sol, mi bɔdi, mi maynd, ɛn ɔl wetin a  
ɡɛt na Yu yon, O Masta" Da pɔsin de we de luk fɔ mi, rich to  
Gɔd ɛn kam fɔ no Am

Masta, gi wi nyu ɛn tru ɔndastandin bɔt brɔdaship Lɛ wi  
lɛf wɔ ɛn mɛn di wund dɛn we nɛshɔn dɛn ɡɛt wit di balm fɔ  
lɔv ɛn di kɔmfɔt we go las fɔ ɔndastandin wit sɔri-at

Blɛs wi so dat wi go fri frɔm di inflɛns fɔ gridi, di  
dominans fɔ ful, ɛn di kɔntrol fɔ ilɛshɔn, ɛn ɛp wi fɔ bil nyu  
wɔl usay sik, ignorance, ɛn angri nɔto natin pas drim fɔ wan  
dak ɛn bad bad past

Lɛ wi solv ɔl di prɔblɛm dɛn nɔto wit di lɔjik we de na di  
jɔngrɔn, bɔt wit ɔndastandin, trut, ɛn fet we nɔ de shek pan  
Yu ɛn Yu divayn jɔstis

Laif dɔn brɪŋ wi toɡɛda ya fɔ sɔm tɛm, afta dat wi go go  
wi separet we Bɔt if Gɔd in lɔv de insay wi, i nɔ mata usay wi  
de go, bikɔs ilɛk aw fa wi de rɔnawe, wi go de insay di sɛklɔ  
fɔ divayn lɔv ɛn wi nɔ go ɛva rili separet  
Masta, mek mi bi igl we de go bifo pan spiritual tin dɛn  
we de flay ɔp ɔp di rod dɛn we gɛt smɔl smɔl maynd ɛn we  
de du tin pasmak  
Kɔl mi fɔ go na say dɛn we ay ɛn ay, pas di bad bad at  
we di wɔl de shek ɛn di klawd dɛn we de blok di san layt  
Mek a tek di wing dɛn fɔ balans fɔ liv rayt, ɛn mek a flay  
go na dɛn ay ay skay dɛn de ɔp ɔl di big big briz ɛn ebi ebi  
ren, usay big big ɔrayzin ɛn sublaym pɔsibul dɛn de  
Pis kin kam we wi opin wi at fɔ lɛk ɛn du gud Di wan dɛn  
we gɛt at we gɛt lɔv ɛn we de wok tranga wan fɔ du gud wok  
kin gɛt pis bikɔs i de insay dɛn Pis na di say we oli na ɛvin ɛn  
di fawndeshɔn fɔ wan gladi layf  
Wi fɔ tink ɔltɛm bɔt di fayn fayn tin dɛn we Gɔd mek biɛn  
di flawa dɛn, di layt we de biɛn di san, ɛn di big layf we de  
flik na ɛni yay  
We pɔsin rili gud ɛn sho rɛspɛkt to ɔda pipul dɛn, ɛn gi  
am bak di kɔmpliment dɛn we i du, dɛn go trit am wit tɛnki  
ɛn rɛspɛkt ɔltɛm  
A go spre mi lɔv to ɔda pipul dɛn so dat a go opin get fɔ  
Gɔd in lɔv fɔ kam to mi ɛn de na mi at  
Masta, mek a bi layt fɔ di wan dɛn we de drawn na di dip  
dip sɔri-at ɛp mi fɔ brɪŋ gladi at to ɔda pipul dɛn fɔ tɛl tɛnki fɔ  
di spiritual gladi at we Yu dɔn gi mi  
A go mɛlt et insay di faya we a lɛk, ɛn a go fɔgɪv ɔda  
pipul dɛn ɛn gi lɔv to ɔl di at we tɔsti  
Tru lɔv na di lɔv we de gladi we di pɔsin we i lɛk de kɔrej  
am  
Mek yu layt shayn pan wi, O Masta, ɛn mek yu lɔv ful wi  
at sote go

Fɔ get spirit fɔ du sɔntin min fɔ get di pawa fɔ imajin tin  
den we de mek pɔsin ebul fɔ invent sɔntin we nɔbɔdi nɔ dɔn  
du bifo Olman bɔn wit dis gift we Gɔd gi am  
Di big big lɔv na divayn lɔv, we de mek layf fayn pas  
wɔd We yu fil Gɔd wit yu, kam to yu enisay we yu de en gayd  
yu step, divayn lɔv dɔn begin  
Di pawa we trut get de agens di briz  
Masta, we a de get prɔblem den fɔ sɔm tɛm, lɛ a mɛmba  
Yu bɔku bɔku blɛsin den we yu bin dɔn gi mi trade, a no se  
Yu ɛp nɔ de ɛva lɛf mi en Yu kia de wit mi ɔltɛm To Yu A de gi  
mi at tɛnki fɔ ɛvri blɛsin we de kam to mi frɔm Yu fri an  
Drɔp den we get lɔv de shayn na gud sol den, en na di si  
we get lɔv nɔmɔ den kin fɛn Gɔd  
Ondastandin na di lamp we de layt pɔsin in rod en mek i  
get sakrifays  
Insay spring, Gɔd kin mek di tin den we Gɔd mek fayn  
wit di fayn fayn ros en flawa den we get fayn fayn klos den en  
brayt kɔlɔ den  
Pis na di fɔs herald we de anɔys di aprɔch to di Divayn  
Prɛzɛns Afta dat, pis de chenj to layt den we brayt pas gladi  
at we nɔ get end  
We a de delv dip insay di si we a de tink gud wan, a kin  
fil wan blɛsin flɔt insay mi bɔdi en a kin yɛri wan vɔys we de  
."wispa se, "A dɔn nia  
Wan fɔ tɔn insay, to usay di sol de sho inɛf Frɔm di dip  
dip tin den we de na di sol spring ɔl di ɛkspiriɛns den we de  
insay layf  
We di sol no inɛf wit divayn kɔnshɛns, i kin fil big gladi  
en expansion insay di boundless space  
If yu yuz ɔl di ɔda tin den we yu get en di tin den we yu  
get, apat frɔm di tin den we yu ebul fɔ du, fɔ mek yu ebul fɔ  
win ɔl di tin den we go ambɔg yu, yu go get di pawa den we  
Gɔd dɔn gi yu: den pawa den we nɔ get limit we de kɔmɔt na  
di dip dip tin den we yu get  
Lɔv de waka na di golden rod we de go to Gɔd

A go spre di san shayn fɔ gud wish ɛn gud intenshɔn  
enisay we di daknɛs fɔ misɔndastandin dɔn krep insay  
We problɛm dɛn atak yu, bɔt stil yu nɔ gri fɔ stɔp fɔ tray  
ɛn tray, pan ɔl di tin dɛn we de ambɔg yu ɛn tin dɛn we de  
ambɔg yu, da tɛm de Gɔd go ansa yu ɛn krawn yu tray wit  
sakraifays

O Masta, a go pul di flawa we de mek a want fɔ de na di  
gadin we de na mi at ɛn put am as ɔfrin fɔ lɔv na Yu oli  
trɛshɔl

Bikɔs wi tink ɛn wɔd na di sid dɛn we go briŋ wi di avɛst  
fɔ tumara bambay, a go bigin tide fɔ ful mi kɔnshɛns wit gud,  
fayn fayn tin dɛn

A de flay ɛn flay na di plen we mi kɔnshɛns de ɔp ɛn dɔŋ,  
nɔt ɛn rayt, insay ɛn ausayd ɛn ɔlsay fɔ fɛn se na ɛvri kɔna  
na di spes a bin de ɛn stil de na Gɔd in fes

Liv ɛvri mɔnt wit ɔwe fɔ yu rilayshɔn wit di Absolut we nɔ  
gɛt ɛnd Nɔ ɛnd nɔ de fɔ yu kɔnshɛns, ɛn ɔltin de flik ɛn shayn  
lɛk sta dɛn na di skay we yu bi

Detachment, ɔ nɔ atak, na di waes rod we di pɔsin we  
de luk fɔ de tray, we i gri fɔ rayz pas tin dɛn we nɔ impɔtant  
fɔ di sake of big wan dɛn I nɔ de tay insɛf to fleeting sensual  
pleasures in pursuit of a renewed inner joy Detachment is  
not an end in itself, bɔt i de mek we fɔ mek di sol in gud  
kwality ɛn spiritual pawa dɛn kɔmɔt

Di pɔsin we win pan Gɔd biznɛs de go bifo wit maynd  
stɛp dɛn na di rod dɛn na layf

Pɔsin fɔ mek di bɛst pan in layf naw, ɛn opin di winda  
dɛn na in at ɛn wek ɛn gi layf bak to di dormant fakulti dɛn  
na in sol

Bihayn di mask dɛm fɔ chenj ɛn transfɔmeshɔn de di  
divayn prezɛns ɛn ɛnibɔdi we ebul fɔ stedi di miro na dɛn  
maynd ɛn mek i nɔ shek, go si insay da klia miro de di fes fɔ  
di kɔsmik pɔsin we dɛn lɛk

Lɔv strong pas day ɛn di bad bad tin dɛn we tɛm de du



Self-analysis na di ki fɔ sakrifays, ɛn riflɛkshɔn na miro  
we wi de si insay kɔna dɛn we ɔda we go de ayd frɔm wi yay  
Wi fɔ no di tin dɛn we wi nɔ ebul fɔ du, difrɛns bitwin di gud  
ɛn bad tin dɛn we wi de du, ɛn no di tin dɛn we de ambɔg di  
prɔgrɛs ɛn sakrifays

Una rili wɔndaful, O padi biznɛs! Yu we de pul frɔm di  
wata we de bisin bɔt yu wit ɔl yu at, we gɛt padi biznɛs wit  
yu, ɛn we di dyu we gɛt swit we de insay ɛn we de na do we  
de kɔmɔt na di dip dip at we gɛt tru ɛn fetful at, wet yu lif  
dɛn

Wan tɛm a si wan smɔl ant de tray fɔ klaym wan bɔku  
bɔku san, ɛn a tink to misɛf: di ant go mɔs de tink se i de  
klaym di Himalayas! Di bɔku bɔku san go dɔn tan lɛk se i rili  
big to di ant, bɔt nɔto to mi yay Semweso, bɔku bɔku ia dɛn  
we wi gɛt na di san kin nɔ rich wan minit na Gɔd in maynd  
Wi fɔ tren wisɛf fɔ tink bɔt big big tin dɛn lɛk fɔ sote go  
ɛn we nɔ gɛt ɛnd

A bin de waka waka na di wɔl we nɔ gɛt ɛnd ɛn witnɛs di  
mist we de shayn na di land we layt de, ɛn insay da layf  
brilians de a rid di minin dɛn fɔ di sikrit dɛn we dɛn rayt na di  
pej dɛn fɔ tɛm

We yu slip, yu pasiv wan kwayɛt tink ɛn filin Bɔt we yu  
kɔnshɛns kwayɛt tink ɛn filin tru meditashɔn, di fɔs tin we yu  
kin ɛkspiriɛns na wan stet ɔf pis, ɛn yu fes mɔsul dɛn natin nɔ  
de fɔm wan smayl we de sho insay pis Bɔt yu fɔ luk bifo dis  
stet ɔf pis fɔ no di klin we yu sol klin—na klin klin we nɔ dɔti  
bay sɛns stimuli ɔ ɔtomɛtik riakshɔn to tink dɛn we gɛt fɔ du  
wit di senses Di stet we yu de ɛkspiriɛns da tɛm de na wan  
we de mek yu gladi ɔltɛm, we de ridyus ɔltɛm  
If yu put wan bol wata ɔnda di mun layt ɛn afta dat yu  
stir am, yu go mek wan distɔrjment imej fɔ di mun We di  
wata setul na di bol, di riflɛkshɔn kin klia Di tɛm dɛn we di  
wata we de na di bol stil ɛn riflɛsɛ di mun in fes wit pafɛkt  
klia, yu kin kɔmpia am to wan stet we pis de tink gud wan ɛn  
wan stet we dip stil de Insay di pis we yu de tink bɔt, ɔl di

wef dɛn we yu de fil ɛn tinkin dɛn kin stɔp fɔ flɔ frɔm di  
maynd ɛn insay dis dip stet fɔ pis, di pɔsin we de tink gud  
wan, insay da kwayɛt de, de si di ful mun fɔ divayn prezɛns  
we de sho insay di lek we di sol de

Fo tin dɛn de we di ɔdinari pɔsin no bɔt: gladi at we i du  
wetin i want, nɔ gladi we dɛn dinay am, bore we i nɔ gladi ɔ  
pwɛl at, ɛn pis we i win dɛn filin ya ɔ saykolojik stet fɔ gladi,  
pen, ɛn bore

Pis na stet we pɔsin kin rili want, we kin kɔmɔt frɔm we  
pɔsin nɔ gɛt sɔri-at ɛn gladi at, ɛn we pɔsin nɔ de bost Dɛn  
stet ya kin shift ɛn ripɛl ɔltɛm na di sol in fes Afta yu dɔn  
rayd di trɔbul wef dɛn we de mek pɔsin fil pen ɛn gladi,  
inklud fɔ go insay di dip dip ples dɛn we pɔsin taya, gladi at  
de fɔ flɔt na di kol si we pis de Bɔt i pas pis na spiritual  
ecstasy—di gladi gladi we di sol gɛt—di gladi at we pas ɔl Na  
gladi at we de sote go we nɔ de ɛva dɔn bɔt we de wit di sol  
fɔ sote go Dis supɛm gladi at kin jɔs apin tru di awareness fɔ  
di divayn prezɛns

Tru tru smayl na smayl fɔ spiritual gladi at we pɔsin kin  
gɛt we i de tink gud wan ɛn tink bɔt Gɔd ɛn fil se i de wit am  
Mi smayl kɔmɔt frɔm wan dip gladi at we de insay mi—  
gladi we ɔlman kin ebul fɔ gɛt I tan lek di sɛnt we de kɔmɔt  
na di at fɔ wan ros we de blo Dis big gladi at de invayt ɔda  
pipul dɛn fɔ put dɛnsɛf insay di oli wata we gɛt gladi at  
Insay di layt fɔ blɛsin fɔ fɔgiv, di daknɛs fɔ et we dɛn dɔn  
gɛda fɔ long long tɛm kin dɔn

Gɔd kin du ɛnitin we di wan dɛn we de wɔship am nid  
kwik kwik wan bikɔs dɛn dɔn fri dɛnsɛf frɔm di tin dɛn we dɛn  
kin tink bɔt dɛnsɛf nɔmɔ we kin mek dɛn nɔ ebul fɔ tray ɛn  
mek dɛn nɔ gɛt op igen

Di wan we Gɔd de protɛkt, natin nɔ go ebul fɔ pwɛl am  
Nɔto wi wangren de na dis wɔl, bikɔs Gɔd de wit wi, ɛn  
padi biznɛs de we go de sote go, we go mek wi gɛt tayt padi  
biznɛs, ɛn we gɛt padi biznɛs wit wi, we wi kin gɛt sɔpɔt ɛn  
gladi at

O sta we de shayn we de gayd yu na di evin we get sens,  
yu brayt flash de invayt mi fo fen yu blesin crayzin den, en mi  
bod we de long de rosh wit big spid, de chuk di dense, dak  
atmosfes, we i de dreb bay we i want yu en fo bask insay yu  
mos oli layt

fil - tru op en blo we i ebul fadivel analiti de begin foin pas  
t diddi boshal bolid foto di son - se noinsay, intuitiv sensesh  
dicrant we de sote go insay di bospiritual k

We di disaypul in at ful-op wit lov fo God, in fes go shayn  
wit smayl we get pis en sens, en di layers fo ignorance we de  
koba in sol go kros en donawe wit am kpatakpata

We yu luk flawa o tik, yu no se den fayn fayn layf ya no  
kam fo densef na God shep den en gi den sent en fayn fayn  
tin den

Oltam du yu wok den, smol en big, wit dip atenshon,  
membas se God de gayd yu step en mek yu tray tranga wan fo  
rich di fayn fayn tin den we yu want

We posin konekt wit in spiritual esin, we den don forget fo  
long tem, we don pas en di pawa den we no de day na di sol  
kin kam bak to in konsheens We posin de tink gud wan, i kin

memba se den na sol we no de day, noto bodi we de day  
Olsay wi kin fen pipul den, gud en bad, de luk fo gladi at

na den yon we Nobodi no want fo du bad to densef So wetin  
mek som pipul den kin du tin den we no go eva mek den fil  
pen en sori? Na bikos pipul den we no no natin en we den de  
ful pipul den kin mek den du den tin den de

Wi de aks yu, O Masta, fo shayn pan wi wit di layt fo yu  
sens en fo pul di daknes we de mek wi no no natin en we de  
ful wi

Posin we de tink bot scontin fo tek tem pas fo fred, en i fo  
get maynd fo du scontin en no fo tek tem en no du tin kwik  
kwik wan so dat i no fo put inself pan tin den we go mek i fred  
en wori

Waiz no de dipen pan di injekshon fo infomeshon from  
odasay, bot na di pawa we posin get insay posin in

akseptens, we de sho ɔmɔs tru tru no we pɔsin kin gɛt ɛn di  
spid we pɔsin kin gɛt da no de

Dis wɔl na jɔs wan stej usay wi de du wi wok dɛn ɔnda di  
dayrɛkshɔn fɔ di Divayn Dayrɛktɔ Wi fɔ du wɛl ilɛksɛf di wok  
dɛn we dɛn gi wi fɔ du, wi fɔ mɛmba ɔltɛm se wi impɔtant  
nature na blɛsin we go de sote go  
Di wan we gɛt sɛns pas ɔlman na di wan we de tray fɔ  
no Gɔd, ɛn di wan we gɛt sakrifays pas ɔlman na di wan we  
dɔn fɛn Gɔd

O Divayn Lɔv, mek yu tek fɔs ples na wi layf, mek yu  
hiling lɔv ful wi at, ɛn mek yu blɛsin layt pul di daknɛs fɔ wɔri  
frɔm wi sol

Fridɔm min fɔ du tin akɔdin to kɔnshɛns, nɔto akɔdin to  
di diktɛt fɔ abit ɛn want Fɔ obe di ego ɛn in whims de bɔn  
kɔnstrakshɔn, pan ɔl we fɔ lisin to di promptings fɔ sɛns de gi  
fridɔm frɔm dɛn kɔnstrakshɔn dɛn de

Yu kin gɛt pis na yu maynd bay we yu de divɛlɔp gud  
kwality dɛn wit ɔl yu at ɛn bay wilful, we we dɛn dɔn big, dɛn  
nɔ go ebul fɔ pul dɛn ɔna pas i disayd fɔ lɛf dɛn bay wetin i  
want

Bɔku pipul dɛn kin luk fɔ gladi at bay we dɛn de yuz di  
we aw dɛn de du tin we nɔ rayt Sɔm pipul dɛn biliv se dɛn kin  
dubl dɛn gladi at bay we dɛn de du di rɔng abit ɛn du tin dɛn  
we nɔ fayn we tan lɛk se dɛn de gi prɔmis we de shayn fɔ  
mek dɛn gladi pasmak ɛn we go de sote go, ɛn dɛn kin ful  
dɛn wit dɛn lay lay prɔmis dɛn de, bikɔs dɛn nɔ kin ebul fɔ  
teist fɔ tru tru gladi at na di ɛl fɔ lay lay lay lay tin dɛn ɛn fɔ  
du bad tin dɛn

ɛvri minit na sote go bikɔs wi kin ɛkspiriɛns sote go  
insay da minit de De, minit, ɛn awa na winda we wi kin yuz fɔ  
si sote go Layf shot, yet di sem tɛm nɔ gɛt ɛnd ɛn i nɔ gɛt  
bɔda Di sol nɔ de day, ɛn insay dis shot chapta na mɔtalman  
layf, wi fɔ yuz ɔl di pɔtnɛshɛl ɛn chans we de  
Spiritual wɔd dɛn tan lɛk sid dɛn we nid fayn fayn grɔn fɔ  
mek i gro, gro, blo, ɛn bia frut

Fɔ gro pan spiritual tin dɛn nid fɔ tink bɔt yusɛf, fɔ arenj  
bak di tin dɛn we yu fɔ put fɔs na yu layf, fɔ no ɛn pul di bad  
abit dɛn, ɛn fɔ fala di lɔ ɛn lɔ dɛn bɔt wɛlbɔdi biznɛs we go gri  
wit di we aw pipul dɛn de ɔndastand di spiritual tin dɛn ɛn di  
trɛnk we de gro na di maynd

We di disaypul test di divayn gladi at, i go si se Gɔd dɔn

bi rial to am pas ɛni ɔda tin, ɛn i go no se fɔ tɔch di divayn  
prezɛns na gladi-at we no sɛnsful gladi at nɔ go ebul fɔ ikwal

Gɔd de wok fɔ wek mɔtalman in spiritual kɔnshɛns ɛn  
gayd wetin i want fɔ go na di rayt say tru di fayn fayn kwaliti  
dɛn, di big big tin dɛn we pɔsin kin gri fɔ du, di wɔndaful we  
aw i gɛt sɛns, ɛn di fayn fayn tin dɛn we i kin gɛt na di  
spiritual gladi at

A nɔ go tek ɔda pipul dɛn as strenja bikɔs a fil se ɔlman  
na mi brɔda ɔ sista a go mek mi layf sakrifays ɛn fulfil so dat  
a go ɛp ɔda pipul dɛn fɔ gɛt sakrifays ɛn ajɔst A go sɔri fɔ ɔda  
pipul dɛn ɛn sho dɛn sɔri-at as a de sho misɛf se a go lɛk Gɔd  
lɛk aw di prɔfɛt ɛn oli pipul dɛn bin lɛk am, ɛn a go trowe  
selfishness insay di wɛl fɔ mi lɔv fɔ ɔda pipul dɛn

Bifo dis layf we de pas, we de na dis wɔl, we de ɔnda  
day, layf de we de sote go, we nɔ de chenj Di bɔdi gɛt  
kemikal ɛliment dɛn we de rɔtin ɛn pwɛl, bɔt pas dis transient  
ɛgzistens, layf de sote go, we de na ɛvin insay Gɔd in fes So,  
wi nɔ fɔ kɔnfyus ɔl wi atɛnshɔn to dis bɔdi we nɔ de sote go,  
ɛn di wan dɛn we want am fɔ bia in prɔblɛm dɛn ɛn bi in  
masta

Tide a go tray fɔ ɛp di wan dɛn we nid ɛp ɛn gi wetin a  
ebul to di wan dɛn we angri

A sɛf ɛn sikrit insay Gɔd in prɔtɛkshɔn ɛn biɛn di wɔl  
dɛm fɔ mi klia kɔnshɛns a de wan wit di layt fɔ gudnɛs we de  
gayd di ship dɛm fɔ sol dɛm we wev dɛm fɔ sɔri-at de tos  
rawnd insay wan si we gɛt kɔnfyushɔn ɛn wɔri

Tide a de fil Gɔd insay di flɔt fɔ pis we de shek shek  
insay mi ɛn mek di strɛch dɛn na mi at

A go du ɔl wetin a ebul fɔ mek ɔda pipul den gladi, jɔs  
lek aw a de tray fɔ mek misef gladi, en tru mi spiritual gladi  
at a go sav ɔlman na di os we Gɔd lek en a no go fred natin  
pas misef if a tray fɔ ful mi kɔnshens

### **Fɔm di gadin den we di sol de**

Yu gɛt di intenshɔn fɔ go sɔmsay, en yu rɔsh yusef fɔ  
rich de kwik We yu rich, yu si se yu no de enjoy di ples bikɔs  
ɔf di eagerness, wɔri, en sɔntɛm ivin trɔbul we yu de fil  
Insted, tray fɔ bi kol, mɔ kɔmpɔzit, en mɔ balans If yu tinkin  
inklin to wɔri en agiteshɔn, fos fɔ stɔp den te den gɛt den  
kɔmpɔzishɔn bak  
n de afekt di bɛlɛ na di nerv sistɛm badɔdi eksaytɛsh  
diɔm pat dɛm na di bɔku enɛji to sɔs i de send bɔbad wan bi  
mal shea Dis imbalans na diɔda pipul den no we i de mek  
di we kol en rilaks deɔs bɔnerv ɔz fɔn na di kɔenɛji distribush  
diɔmek di nɛv dɛm kol en i de mek di saykolojik wɛl b  
Fɔ gri wit Gɔd, insay vishɔn begin fɔ apin smɔl smɔl Pɔsin  
fɔ gɛt kɔmplit fet se Gɔd go ansa ɛvri prea we i de pre wit in  
at Enibɔdi we tɔn to am fɔ fɛn layt go gɛt in vishɔn opin en  
den maynd en at go shayn  
We insayt opin, i kin sho as filin we tan lek se i kɔmɔt na  
di at, filin fɔ dip klia en prɛsishɔn Tru dis filin, di pɔsin we de  
luk fɔ gɛt kɔnvikshɔn we no de shek en fayn gayd fɔ fala di  
rayt rod, en smɔl smɔl i kin kam fɔ no en trɔst dis filin  
Dis no min se yu fɔ lɛf fɔ tink atɔl; fɔ tink kwayɛt, no de  
tek wan pɔsin bɛtɛ pas ɔda pɔsin kin mek pɔsin gɛt sɛns bak  
Fɔ tink bɔt imɔshɔnal, we na fɔ natin en fɔ impɔtant insɛf, kin  
mek pipul den no ɔndastand dɛnsɛf en fɔ mek den no tink di  
rayt we  
Rijekt dawt we de pwɛl en lay lay biliv wit ɔl yu at, en tɔn  
yu at en sol to di say we fet de en abop pan Gɔd kɔmplit wan  
Insay di stil we yu de tink gud wan, yu kɔnshens go ebul fɔ  
pe atɛnshɔn pan di trut en kɔrɛkt ɔndastandin Insay dis  
ɛkspiriɛns, fet de blo en opin, en tru sɛns, yu go ɛkspiriɛns

wetin nɔbɔdi nɔ si, no yes nɔ yeri, ɛn no mɔtalman maynd nɔ  
dɔn no

Evri briz we a de blo we a want ɛn beg, de opin domɔt  
ɛn winda dɛn na mi sol usay a de pas tru to Gɔd in blɛsin  
ɔs lɛk aw di san de shayn na di rod dɛn we bizi pas ɔl,  
na so a go si di raytin fɔ di divayn lɔv na ɔl di krawd ples dɛn  
we a de du ɛvride

Bles mi, O Masta, so dat a go wek mi sol wit di do ɛn bring  
am to Yu blɛsin treshɔld

O Masta, gi mi wan jenaros spirit fɔ sheb wit ɔda pipul  
dɛn wetin a gɛt, ɛn ɛp mi fɔ si insay di stil lek na mi maynd di  
riflɛkshɔn fɔ mi sol in mun we de shayn wit di layt we Yu de  
de

Tide a go dayv dip dip wan insay di si we de tink gud  
wan ɛn tink bɔt Gɔd te a fɛn pal dɛn we gɛt sɛns ɛn we kɔmɔt  
frɔm Gɔd

A go lek yu, Masta, pas ɛni ɔda tin, bikɔs if yu nɔ de a nɔ  
go ebul fɔ lek ɛni mɔtalman ɔ ɛni ɔda tin  
Insay di dip dip dip ples dɛn na di mawnten dɛn ɛn di stil  
skay, ɛn insay di dip dip ples dɛn na mi sol ɛn di kev we de  
kwayɛt, a de si Gɔd in prezɛns ɛn fil In gladi at ɔltɛm, ɛn a de  
drink frɔm In klin spring dɛn we nɔ de ɛva stɔp ɔ dray fɔ  
ɔltɛm

A lek ɛn wɔship Yu, O Masta, we in lɔv de rul pas ɔlman  
na ɛvri kayn at we gɛt lɔv

Sɔmbɔdi bin aks di ticha Paramahansa fɔ sho am we fɔ  
mek i gɛt magnɛtik ɛn atraktiv pɔsin, ɛn i se: Yu fɔ de na yu  
maynd we yu de intarakt wit ɔda pipul dɛn bikɔs  
absentmindedness de mɔna pɔsin in kɔlchɔ pas ɛni ɔda tin  
Na tru se, a nɔ de tɔk bɔt di absenmindedness we big pipul  
dɛn kin gɛt, we dɛn kin tink bɔt dip tin dɛn  
Yu fɔ de wach ɛn no ɔltɛm, ɛn yu go bi magnet we fayn  
fɔ yu

Nɔbɔdi nɔ lek fɔ lɛ dɛn nɔ pe atɛnshɔn to am Wi ɔl want  
mek dɛn tink bɔt wi filin ɛn tek am na kɔna, ɛn semweso, wi

fɔ tink bɔt aw ɔda pipul den de fil en sho den fɔ tink bɔt den  
so dat wi go get wanwɔd en ɔndastandin fɔ du dis, yu fɔ de  
wach, ɔndastand, en pe atenshon to ɔlman we de arawnd yu  
Di wan den we ɔn day nɔ get pawa fɔ provok ɔda pipul

den, bɔt di wan we nɔ pe atenshon to den get pawa  
We yu de wit ɔda pipul den, tɔk to den wit ɔl yu at, wit  
trɛnk, en intres, bɔt nɔ tɔk bɔt yusɛf

ɔlman want fɔ tɔk bɔt insɛf, bɔt na wik we fɔ du tin Lɛ  
ɔda pipul den tɔk bɔt dɛnsɛf if den want; lisin to wetin den  
get fɔ tɔk Lɛ den tɔk bɔt den prɔblɛm, di tin den we den ɔn  
du, en di tin den we den de tink bɔt, bɔt mek yu magnetizm  
tɔk fɔ yu Di layt fɔ di lamp de tɔk fɔ insɛf klia wan; mek yu  
silent vibrations tok fo yu wit ikwal klia

God sho mi insay wan vishon se di wan den we de day  
na fet kin drim bad bad drim bɔt day, bɔt jɔs afta di gud wan  
den grap from di bɔdi den kin wek lɛk se na bad drim we de  
ambɔg den en den kin gladi fɔ fri from am

ɔl wi layf ɛksperiens na pat pan di kɔsmik drim we  
Mɔtalman mek di nɛtmɛr fɔ wɔ, bɔt afta di wan den we dis  
nɛtmɛr ɔn kil kɔmɔt na den bɔdi, den no se na bin bad bad  
drim we den ɔn wek from, en den ɔndastand se den nɔ day  
Dis na dip metafizikal trut

If pɔsin bin no se i de drim, i nɔ go sofa wit drim  
ɛksperiens den we de ambɔg am Bɔt if den ajɔst dɛnsɛf insay  
di drim en sɔmbɔdi deliv wan fatal blow, da drim day de tan  
lɛk rial en terrifying ordeal te den wek en no se i nɔ bin rial

Dis kin apin bak to di stet afta day As wi kɔmɔt na wi  
bɔdi so, wi kin no se wi kɔnshɛns nɔ day, bɔt wi kin no se wi  
ɔn fri from di bɔdi en in matirial kɔnstrakshon en limiteshon  
den, en insay da fridɔm de, big fridɔm de

Wi nɔ fɔ ɛva aks fɔ day, bɔt wi fɔ rɛdi wi kɔnshɛns bay  
we wi de gri wit God en tink gud wan bɔt am, so dat we day  
kam insay in tɛm wi go luk am lɛk natin pas drim  
A kin si di drim we layf en day get ɛnitɛm we a want So,  
a nɔ de put dis bɔdi bɛtɛ bɛtɛ wan



nda di nev sɛstɛm wɛɔ wan spiritual fysioloji de we de  
ɔk ɔpmɛnt fɔdivɛl ɔrich di hɛy stɛj dɛm f ɔtalman fɔde alaw m  
nsɛns

ku animalɔb ɔtalman bren, we big pas di bren fɔdi m  
kuɔku bɔr kompleks ɛn i gɛt bɔdɛm pas wɛl ɛn ɛlifant, na m  
ɔmɛnt fɔtalman bren bi fayn instrɔtink Dis de mek di m ɔtin f  
dɛm Di ɔda krichɔ nsɛns pasɔr advans kɔtalman, we gɛt mɔm  
ɔn dɛm de mek mɔlyushɔnɔmpleks kɔmplikt ɛn kɔbren in k  
talman tink dip ɛn dip So, na mɔtalman nɔmɔ ebul fɔ rich di  
advans lɛvul dɛn fɔ no, ɛn bikɔs ɔf dat, fɔ no di Wan we mek  
am Di sɛnsman na di wan we de yuz dɛn sɛns abiliti fɔ sav ɛn  
bɛnifit mɔtalman pan di matirial, intɛlɛktual, ɛn spiritual lɛvul

Winta bin kam wit in kol klos we wayt ɛn we tan lɛk lili  
Di tin dɛn we a bin want fɔ di gladi at we a kin gɛt insay  
di sɔmma dɔn dɔn  
Dɛn tɛl mi fɔ luk fɔ di wam we yu gɛt fɔ du wit yu fayn at  
ɛn as spring de apia, dɛn de dans, dɛn de drɛs wit  
ɔlkayn flawa dɛn  
Scent wit di fragrance of fild ɛn hills dem tel mi fo lov  
yu, mai God

ɛn di sɔmma bin kam, i bin de siŋ in grɔn myuzik dɛn na  
di lif dɛn we gɛt smɔl smɔl tik dɛn, di rɔsh we di pɔpla dɛn de  
rɔsh, ɛn di rɔsh we di pain tik dɛn de rɔsh  
I bin insist se a fɔ rid to yu  
Ivin di grɔn we bin saf ɛn we bin tan lɛk se i bin de kɔt  
kɔt mi fut dɛn we a bin de rɔsh

ɛn i aks dɛn fɔ go nia yu ples we oli we de ɔlsay  
Di saf sɛnt bin tɛl mi fɔ fala in rod  
To yu oli temple in di hat of swaying roses ɛn basil  
ɛn di bɔd dɛn tɛl mi fɔ siŋ to yu lɛk dɛn  
ɛn di briz we de blo ɔp di watasay dɛn ɛn di watawɛl dɛn  
A wek di bɔbul dɛn we a lɛk yu, ɛn dɛn bigin fɔ ple ple ɔp  
yu big chɛst  
ɛn wit di kɔba fayv dɛn we de na di gras, a lan aw fɔ bɛn  
A de butu to yu, O Masta

En di insens bin tɛl mi bak bɔt di fayn fayn sɛnt we yu de  
 mek  
 En aw a fɔ kip mi at ful wit yu oli sɛnt bifo yu tron we nɔ  
 ?gɛt ɛnd  
 En di smɔl smɔl stɔn dɛn we nɔ de tɔk, ɛn we de  
 peshɛnt, tɛl mi so dat a go si yu ivin pan di wan dɛn we de  
 tray fɔ tif mi gladi at  
 Di ia dɛn we a fɔgɛt bin aks mi fɔ sɛn to mi kɔmpin  
 mɔtalman mɛsɛj bɔt lɔv ɛn lɔv we dɛn rap insay ɛvri minit ɛn  
 sɛkɔn  
 En ɛvri tinkin bin de tɛl mi fɔ luk fɔ yu na in at  
 Mi lɔv inspekt mi fɔ lɛk ɔl wetin de tru yu  
 En mi lɔv wispa to mi se, "Lɔv mi wit ɔl di trɛnk we a gɛt,  
 ."O mi Gɔd  
 Wan tɛm a ledɔm pan wan bed we gɛt gras ɛn flawa dɛn  
 ɛn drim se ɔltin we de de fayn ɛn gladi  
 Mi ed bin de rɛst pan long, grɔn, ɛn tik tik gras dɛn, we  
 bin de fan mi wit briz we de kɛr wan swit sɛnt  
 Dɔn dɛn bin drɛb mi fɔ tɔch mi an ɛn mi bɔdi, ɛn a bin  
 sɔprayz wit di big big we aw di Wan we mek am Yes, a bin  
 sɔprayz se mi, we shɔ bɔt di rial tin bɔt mi bɔdi, wan de go lɛf  
 am fɔ rɛst na di wɔl dis bɔdi we go kol, pale, ɛn nɔ de muv di  
 tɛm we a day, we naw i tan lɛk se i gɛt layf ɛn i de kip bɔku  
 bɔku sɛns, bɔku bɔku tin dɛn we a de tink, ɛn bɔku bɔku  
 pipul dɛn fantasi ɛn di we aw pipul dɛn de si tin  
 Dis bɔdi na di stej we di chaptɔ dɛn na layf de apin, usay  
 di bɔd dɛn we de smayl de blo, na fɔ fala day we nɔ go ebul  
 fɔ avɔyd Na ya, midul bɔdi, bon, ɛn blɔd, ɛn biɛn di fayn fayn  
 mask we gɛt skin, di wulf dɛn we gɛt sik ɛn di animal dɛn we  
 want fɔ du sɔntin, de slip ɛn na ya bak, ɔnda di bɔdi, wan  
 sikrit pasej de fɔ go na di kinɔm fɔ layt Dis bɔdi go dray ɛn  
 dɔn we in masta—di sol—go kɔmɔt pan am we nɔ go ɛva  
 chenj ɛn wetin mek nɔto so? Bikɔs we di masta we gɛt sɛns  
 fɔ di say we pɔsin de liv taya fɔ liv na di hut we gɛt dɔti ɛn  
 we de brok brok, we di kɔd dɛn we de na di nerv dɛn we de

aks fɔ kia fɔ ɔltɛm, i kin gɛt kɔrej na ɔda os we de na sɔm  
kɔna na Gɔd in wɔl—na ɔda say we i de ɔlsay usay di sɛnt fɔ  
gladi gladi de ɔlsay ɛn i nɔ de stɔp  
Di sol we nɔ de day de ple di rol fɔ layf ɛn day wit smayl  
we go de sote go, dɔn i de kɔmɔt na in os we go de sote go  
Yu tink se di wan dɛn we de wach fim fɔ de na di sinima  
sote go afta di sho dɔn? Fɔ tru, nɔto Pipul dɛn fɔ go bak na os  
Semweso, sol dɛn kin kam ya fɔ ɛnjoy di sinima spɛktakl na  
layf, dɔn dɛn kin kɔmɔt ɛn kam bak bak Dɛn lɛk fɔ wach fim  
ɛn ple, ɛn we dɛn taya wit di pɔfɔmɛnshɔn dɛn we dɛn bin de  
drim bɔt, ɛn dɔn masta di lɛsin dɛn we Gɔd want dɛn fɔ lan,  
dɛn kin go bak wans ɛn fɔ ɔltɛm na di ples we dɛn kin gɛt  
gladi at we go de sote go

We valyu dɛn nɔ de pan jɔstis, gap dɛn opin usay misɛf  
ɛn sɔfa de siep If valyu dɛn de bays pan selfish, fɛt-fɛt we de  
kil, ɛn bad bad kɔmpitishɔn, di rizɔlt dɛn go dɔti bikɔs di rizin  
dɛn nɔ klin, ɛn mɔni nɔ go blɛs insay dis kayn kes  
Pɔsin fɔ klin in kɔnshɛns we i de tink bɔt insɛf nɔmɔ ɛn i  
nɔ fɔ tray fɔ jɛntri pan ɔda pipul dɛn Fɔ tru tru satisfay na  
spiritual tin, nɔto prɔpati, ɛn di rial bɛnifit na layf na fɔ gɛt di  
jɛntri dɛn we gɛt sɛns, no, ɛn lɔv fɔ Gɔd  
Wi fɔ liv simpul layf ɛn ɔltɛm tray fɔ ɛp ɔda pipul dɛn ɛn  
mek dɛn tin bɛtɛ as wi ebul Bɔt dis fayn gol nɔ gri wit fɔ bisin  
bɔt wisɛf ɛn fɔ gridi we wi nɔ de tink bɔt ɔda pipul dɛn  
Di wan dɛn we de na di wɔl nɔ balans ɛn dat mek dɛn nɔ  
de tek dɛn as pipul dɛn we gɛt sakrifays Simpul layf we  
balans na wɔndaful art ɛn na sayn fɔ sakrifays Di wan dɛn we  
dɛn wangren aim na fɔ gɛt mɔni nɔ go gɛt fayv frɔm Gɔd  
Na tru se Gɔd bin mek wi fil angri so dat wi go wok ɛn gi  
wi bɔdi wetin wi nid, bɔt fɔ gi wi bɔdi nɔto di wangren tin we  
mek wi de liv wi layf Di rizin pas ɛni ɔda tin we wi fɔ tink bɔt  
ɔ we wi de tink bɔt fɔ sɔm tɛm, ilɛksɛf i tan lɛk se i wɔndaful,  
i gɛt glori, ɛn i de mek wi yay  
Wan pan di disaypul dɛn aks Masta Paramahansa aw fɔ  
ɛkspiriɛns di divayn prezɛns I ansa se, "ɛvri nɛt, bifo yu

sɔrɛnda to slip, tink gud wan te yu fil se yu kɔnshɛns dɔn pas  
di wɔl fɔ tink ɛn go insay ɔda dimɛnshɔn Bɔt, dis nɔto ɔl Afta  
yu dɔn tɔn di maynd insay, lɔng fɔ rɔn go bifo, ɛn di tin dɛn  
we yu want fɔ rɔsh lɛk wata to Gɔd We di disaypul sɔrɛnda  
insɛf kɔmplit wan to Gɔd, i fil wantɛm wantɛm se i dɔn tɔch

In blɛsin prezɛns ɛn no Am I go si wan big layt we brayt  
pasmak, ɛn i kin si enjɛl dɛn ɛn sol dɛn we de du gud ɔ i kin  
smɛl wan sɛnt we de kɔmɔt na ɛvin we de drɔnk, ɛn da tɛm  
de i go no se Gɔd dɔn ansa am, ɛn in sɛns go opɪn, ɛn Gɔd go  
sho am di sikrit dɛn na layf ɔ i kin kɔba am wit big big sɛnt  
pis we i de tink gud wan If i kɔntɪnyu fɔ tink gud wan ɛn Gɔd  
gi am in big lɔv, i go fil wan divayn gladi we pas diskripshɔn  
. "Blɛsin fɔ di wan we dɛn gi di blɛsin ɛksprɪɛns

Divayn lɔv de opɪn di get fɔ ɛvin, we di pɔsin we de luk

fɔ go tru fɔ go insay Gɔd in fes

If pɔsin aks Gɔd, di wan we get sɔri-at ɛn we get sɛns, fɔ  
di bred we de gi layf we go de sote go, I nɔ go gi dɛn di stɔn  
we de mek pipul dɛn nɔ no natin if pɔsin we de wɔship de luk  
fɔ di it we get sɛns, Gɔd nɔ go gi dɛn di snek we de ful pipul  
dɛn If pɔsin we de wɔship am aks Gɔd fɔ di mɛn tin we get fɔ  
du wit divayn gladi at we de mek ɔlman tɔsti, I nɔ go gi dɛn  
di skɔpɪɔn we de mek dɛn wɔri ɛn get prɔblɛm wit dɛn maynd  
If mɔtalman we dɛn dɔn ful no aw fɔ gi gud gift to dɛn pikin  
dɛn, aw di Masta—di say we ɔl gud ɛn gladi at de kɔmɔt—go

!mɔs gi spiritual no ɛn layt to di wan dɛn we lɛk am  
Gɔd de gi di sɛns we ay pas ɔl ɛn di big big no to di wan  
dɛn we de luk fɔ dɛn, ɛn I de gi insɛf to di pɔsin we de luk fɔ  
am wit ɔl in at we nɔ de tek ɛni ɔda pɔsin fɔ tek in ples Di  
wan we de luk fɔ Gɔd wit ɔl in at ɛn sol na di wan we get sɛns  
pas ɔlman, ɛn na di wan we pipul dɛn lɛk pas ɔlman to Gɔd  
ɛn we di pɔsin we de wɔship in lɔng lɔng mɔ ɛn mɔ, i kin get  
wan ansa we nɔ bɔku ɛn we i lɛk frɔm Gɔd ɛn i kin get di  
spɛshal gladi at we i kin get fɔ lɔv we di wan dɛn we lɛk di  
Wan we dɛn Lɛk kin get

Di pɔsin we ɣet sɛns we de ple in pat pan dis kɔsmik  
drim wit spiritual ɔwe ɛn di divayn lɔng we de gro, de nia  
Gɔd ɛn i dia to Am I ɣet klin lɔv ɛn lɛk Gɔd witout ɛni selfish  
motives ɛn witout ɛni prɛkɔndishɔn, lɛk fɔ se, fɔ ɛgzampul,  
"O Masta, a go wɔship yu pan di kɔndishɔn se yu gi mi  
."wɛlbɔdi, mɔni, ɛn kɔmfyut layf

Bitwin di wan dɛn we ɣet sɛns ɛn Gɔd, dip lɔv de we nɔ  
ɣet bɔda ɛn we nɔ ɣet ɛnd If pɔsin aks Gɔd fɔ sɔntin we  
patikyula, Gɔd no gud gud wan se di pɔsin intres pan In gift  
dɛn pas am

I nɔ bad fɔ mek pɔsin pre fɔ mek dɛn mit wetin i nid, bɔt  
we i de beg fɔ no Gɔd ɛn si di layt we in fes ɣet glori, i nɔ fɔ  
want ɛni yon bɛnifit frɔm am, ɛn i nɔ fɔ want fɔ ɣet ɛni bɛnifit  
frɔm am, ɛn i nɔ fɔ jɔs tink bɔt di gift dɛnsɛf, bɔt na to di  
pɔsin we gi am insɛf We di pɔsin we de luk fɔ am ebul fɔ du  
dis wit ɔl in at, i go ɣet ɔl di ɔda gift dɛn ɔtomɛtik wan frɔm di  
wɛlspring we ɣet fri-an ɛn di ocean of bɔku bɔku tin dɛn  
Wan pan di disaypul dɛn aks di ticha Paramahansa fɔ  
advays bɔt aw fɔ biev pan sɔm tin dɛn ɛn aw fɔ dil wit ɔda  
:pipul dɛn, ɛn i se

Fɔ fala di trut ɛn nɔ kɔmɔt nia am, ɛn avɔyd fɔ tɔk ɛnitin  
we go ambɔg yu ɔ ɔda pipul dɛn, ilɛksɛf na tru , as lɔng as yu  
nɔ de kɔmɔt nia di spirit fɔ tru Di sem tɛm, yu nɔ fɔ go di  
ɔpɔsitet ekstrem ɛn yuz lay fɔ avɔyd fɔ tɔk tru tin dɛn we de  
mek yu fil pen

Bi ɔnɛs wit yusɛf ɛn ɔda pipul dɛn we yu nɔ de tink bɔt di  
tin dɛn we nɔ nid Tɔk di tru ɛn avɔyd fɔ tɔk tin dɛn we de  
ambɔg ɔ ambɔg ɛnibɔdi Nɔ sho ɔl yu sikrit dɛn insay di nem  
fɔ ɔnɛs ɛn transparency, bikɔs if yu pul yu wikɛd tin dɛn, dɛn  
go tray fɔ mek yu fil bad ɔ provok yu ɛnitɛm we dɛn fil lɛk  
?Wetin mek yu fɔ gi dɛn wɛpɔn we dɛn go yuz agɛns yu  
Tɔk ɛn du tin di we we go mek yusɛf ɛn ɔda pipul dɛn ɣet  
gladi-at ɛn pis

I nid fɔ divɛlɔp spiritual sɛns fɔ no di difrɛns bitwin di trut  
we de brinj gud ɛn fɔ tɔk bak bɔt di tru tin dɛn we yu nɔ tink

bot di bad tin den we kin apin from den, bikos den kin joj tin  
den bay di end we den kin don I no fayn fo tok ol wetin yu no,  
en i no fayn bak fo avoyd en sikrit bot tin den we oda pipul  
den fo no fo den yon gud

We yu no ebul fo ondastand gud gud wan, i go fayn fo  
mek yu no tok natin te yu ondastand di tru dairekt wan we  
go mek olman no di rayt tin  
Kontinyu fo tink bot God en aks fo in ep en gayd, en yu  
sens go opin so dat yu go si tin klia wan en afta dat yu go  
ebul fo no difrens bete

### **Chaj di bodi in sel den wit yon layf**

de oltem en no dicinsay di b olsmik enaji de fodi k  
ku pawa Dicku bino dis b olu pipul den not bamboq am, b  
t na den selomowan dem we de fil am kin get enaji we de k  
rant we de mek den get nyu trenkodem en wan k  
ol di tin den we God mek de butu fo respekt di Masta fo  
di Yunivas, en In pawa de flo tru motalman Di problem de we  
wi no ebul fo mek wan strong konekshon bitwin motalman en  
di say we ol pawa de komot Wi de liv dairekt bay divayn  
pawa, en ol oda pawa den no get yus if God no get pawa we  
de sopot wi  
Fod, oksijen, en san layt—den tin ya kin gi wi som digri fo  
get welbodi, bot wi nid fo ondastand aw fo get komplit welbodi  
from di Infinite Source Matirial sos den tan lek smol batri den  
we kin don wit chaj, we di Infinite Source na pawaful jenera  
we in pawa no de eva stop, we de kontinyu fo gi di sol wit  
pawa, gladi at, en trenk So, i impotant pas ol fo abop pan di  
Infinite Source as mo as i possibul  
Di posin we want fo lan di rayt we fo benifit from da  
impotant tin de dairekt from di say we i komot, en i fo no se  
tink na rial tin, bikos ol di tin den we de apin na di wol na tin  
we God de tink bot bikos God bin de tink bot dis wol bifo i  
mek am

Boku pipul den biliv se tink na sontin we di bodi de mek,  
bot di we aw di bodi rili korekt, en di wondaful we aw in pat

dɛn ɛn in ɔgan dɛn de wok togɛda, de sho klia wan se di bɔdi  
na di krieshɔn fɔ wan suprem sublaym kɔsmik maynd  
Di maynd na di men tin we de kontrol di bɔdi, ɛn i rili  
important fɔ mek pɔsin avɔyd di tin dɛn we mɔtalman nɔ de  
du na in maynd lɛk sik, wik, ol, ɛn pwɛl at, ɛn fɔ mek sho se  
wan tin we nɔ de dɔn de flɔ tru am, ɛn dis wok gɛt sɛns ɛn i  
ebul fɔ chaj di bɔdi in sɛl dɛn wit wɛlbɔdi ɛn trɛnk we yɔn  
pɔsin gɛt

Tink na di bren, di filin, ɛn di tin dɛn we ɛvri sɛl we gɛt  
layf de fil; i gɛt di pawa fɔ kip di bɔdi ɔ aktif ɛn alert ɔ  
lethargic ɛn sluggish Tin na di masta, ɛn di bɔdi in sɛl dɛn na  
in sɔbjɛkt, we de obe di kɔmand ɛn prohibishɔn dɛn fɔ dɛn  
suprem masta: tink

Wi de pe bɔku atɛnshɔn to di kwaliti fɔ it we wi de it  
ɛvride, ɛn semweso wi fɔ pe atɛnshɔn to di kwaliti fɔ di it we  
wi de gi wi maynd ɛvride we gɛt sɛns ɛn we wi de tink  
Di metafizikal sayensman se di bɔdi nɔto ilɛktromagnetik  
wef bɔt na wef we de mek pɔsin no se i de flɔt na di si we  
Gɔd in kɔnshɛns de

ɛvride wi fɔ mek wi bɔdi strong, mek wi maynd gɛt mɔ  
trɛnk, ɛn no wi tru tru sɛf bay we wi de tink gud wan, tink  
gud wan, ɛn wok fayn, we go mek wi gɛt gud wok we go  
bɛnifit wi bɔdi, maynd, ɛn spirit togɛda  
Gɔd dɔn blɛs mi wit gladi at ɔl dɛn long ia ya na mi layf  
Ilɛksɛf pipul dɛn si di smayl fɔ satisfay na mi fes ɔ nɔ si,  
divayn gladi at de wit mi ɔltɛm ɛn nɔ de ɛva lɛf mi Di big riva  
fɔ gladi at de flɔ kɔntinyu ɔnda di sand dɛn na mi kɔnshɛns  
ɛn i de bɔs lɛk blɛsin spring dɛn we de wata di gadin dɛn na  
mi layf

Di chenj dɛn we kin apin na layf wantɛm wantɛm nɔ kin  
ambɔg mi pis, ɛn di bad bad tin we kin mek a day nɔ go ebul  
fɔ pul di gladi at we a kin gɛt na Gɔd in yay  
I bin at fɔ mek da stet de sote go ɛn i nɔ go chenj, bɔt di  
frut dɛn we di spirit we a de ɛnjoy naw ɛn sheb wit ɔda pipul  
dɛn bin gɛt, bin valyu ɔl di tray we a bin tray fɔ du am

A de tink en du tin we di divayn spirit de gayd Mōni nɔ  
eva bi mi gol na layf, bɔt na fɔ sav mi brɔda en sista dɛn na  
mɔtalman So, Gɔd dɔn opɪn bɔku domɔt fɔ gudnɛs fɔ mi fɔ  
sɔpɔt misɛf en fulfil mi mishɔn En enitem we a nid ɛp, Gɔd de  
gi mi am wantɛm wantɛm

Di wangren tin we a want na fɔ sav una, en na dat mek a  
de ya

Gɔd in pawa de wok na una layf bak Una go ɛksperiɛns  
dis trut fɔ unasɛf we una fet go strong en una no se tru tru  
jɛntri nɔ de kɔmɔt frɔm di tin dɛn we una gɛt bɔt na frɔm di  
ɔlmayti

Pan ɔl we layf tan lɛk se pɔsin nɔ go ebul fɔ no wetin go  
apin, i tan lɛk se i nɔ izi fɔ ɔndastand, i ful-ɔp wit dawt en  
ɔlkayn prɔblɛm en chɛnj, wi stil de ɔnda Gɔd in protɛkshɔn  
ɔltɛm Wi nɔ fɔ ɛgzajarayt tin ɔ lɔs wi kɔmpɔzishɔn we tin de  
apin, bikɔs if wi alaw panik fɔ ful wi, wi de gi pawa to bad en  
dip in rut, we de gro en gro fayn fayn wan na di grɔn we de  
fred en wɔri

Wi nɔ fɔ tink se wi go gɛt gladi at en kolat we go de sote  
go pan prɔblɛm dɛn na layf; bifo dat, wi fɔ fɛn en diskɔba dɛn  
insay wisɛf Dɔn, ɛni ɛksperiɛns we wi go tru, wi go dil wit dɛn  
di sem we aw wi de wach ɔda pɔsin in ɛksperiɛns na fim,  
ilɛksɛf i fayn ɔ i de mek wi fil pen

Pɔsin kin tɔn ɔl in ɛksperiɛns to prɔblɛm dɛn we de mek i  
fil pen, we nɔ gɛt gladi at if i alaw in maynd fɔ du dat Dɛn kin  
ɛnjoy gud wɛlbɔdi en yet dɛn nɔ kin gladi fɔ di valyu we i gɛt  
Bɔt if i sik, i go dɔn put insɛf dɔn en gladi fɔ di blɛsin we i de  
gi wi fɔ gɛt wɛlbɔdi Wi fɔ gri se Gɔd in fayv en tɛl am tɛnki fɔ  
di blɛsin dɛn we i de gi wi we wi nɔ wet fɔ di bad tin dɛn we  
go apin to wi fɔ mek wi gladi en akɔdin to In gudnɛs

Laif fɔ bi blend fɔ tink en akshɔn We pɔsin lɔs in maynd  
balans, i kin bi vulnerable to di onslaught of wori, di klawd fɔ  
sɔri, en di pen fɔ pen En if i tray fɔ pwɛl di lɔ dɛn fɔ wɛlbɔdi,  
prɔsperiti, en sɛns, i nɔ go eva sɔfa wit sik, po, en ignorance



Wi fɔ kip di tin dɛn we wi want fɔ du klin, di tin dɛn we wi  
want fɔ du klin, ɛn du tin di we we go mek wi gɛt kolat na wi  
maynd, ɛn nɔ alaw di tin dɛn we de apin na layf fɔ ambɔg wi  
pis ɛn pwɛl wi gladi at  
bak fɔ mek wi sɛns strɔng ɛn nɔ gri wit di lod fɔ wikɛdnɛs  
ɛn gud abit dɛn we wi gɛt frɔm ia ɛn jɛnɛrɛshɔn Dɛn dɔti ya  
fɔ bɔn insay di faya dɛn we gɛt nyu rizzɔlt ɛn prodaktiv akshɔn  
Wit dis konstrɔktiv we, di pɔsin we rili kɔmit kin rich di  
ɔrayzɔn fɔ fridɔm ɛn fridɔm

### **Di lɔ dɛn we go de sote go fɔ gladi at**

Dɛn bin se insay di golden tɛm we wan pan di rayt rula  
dɛn na India bin de, no tin nɔ bin apin, day bifo tɛm, ɔ natin  
nɔ bin apin we bin ambɔg di pis ɛn wanwɔd we bin de na in  
kingdɔm

We di famili mɛmba dɛn de liv wit mɔ integriti, ɔl os go  
gɛt mɔ harmoni, wɛlbɔdi, ɛn lɔv Bɔt we famili mɛmba dɛn trit  
dɛnsɛf wit ɔgly selfishness, di os go ɔtomɛtik ful-ɔp wit  
diskɔrd ɛn et Dis kin apin bak to neshɔn dɛn We pipul dɛn liv  
wit ɔnɛs ɛn integriti, dɛn go witnɛs di Kingdɔm fɔ Gɔd na di  
Wɔl

Taym shɔt Tide wi de ya, tumara wi go kɔmɔt Fɔ fɛn Gɔd  
na di ay ɔnɔ we mɔtalman gɛt Wi fɔ yuz di fridɔm we Gɔd dɔn  
gi wi na dis layf fayn fayn wan ɛn yuz am wit sɛns so dat  
wisɛf go ɛksperiɛns di tru tin dɛn we go de sote go na di spirit  
Sin na ɔltin we de mek pɔsin fil pen ɛn sɔfa Gud kwaliti  
na in de mek i gladi sote go If pɔsin nɔ gɛt spiritual harmoni  
na in tink ɛn pis insay insɛf, nyu os, nyu motoka, ɔ ɛni ɔda  
nyu tin nɔ go ebul fɔ brinj gladi at ɛn kol at to in sol; bifo dat,  
di sɔfa we dɛn go sɔfa insay dɛn go stil de ivin we dɛn gɛt  
dɛn nyu tin dɛn de ɛn ɔda tin dɛn  
Tru gladi at de pan di ebul fɔ defy sikɔstɛms ɛn bia ɔl di  
prɔblɛm dɛn we de kɔmɔt na do I kin fɛn am we yu ebul fɔ  
bia di pen we de mek yu fil bad ɛn di bad bad tin dɛn we kin  
apin to yu we ɔda pipul dɛn kin tink bad ɛn we dɛn kin tray fɔ  
du bad to yu, ɛn yu kin ansa dɛn bad tin dɛn wit lɔv ɛn fɔgiv

We yu ebul fɔ kontinyu fɔ gɛt pis na yu maynd pan ɔl we di  
pen we yu de sting yu di tin dɛn we de apin na do, da tɛm de  
yu go test gladi at

Di Oli Skripchɔ dɛn se di wan dɛn we nɔ de tek di lɔ dɛn  
we Gɔd gi ɛn we de du dɛn fulish tin dɛn we dɛn want ɛn we  
dɛn want, nɔ go gɛt gladi at ɔ rich di men gol Dɛn de ɛnkɔrej  
di pɔsin we de luk fɔ di trut fɔ mek di Oli Skripchɔ dɛn bi dɛn  
layt we de gayd am ɛn jɔj fɔ disayd wetin fɔ du ɛn wetin fɔ  
avɔyd, ɛn fɔ no wetin fɔ du ɛn wetin fɔ avɔyd, ɛn fɔ no wetin  
fɔ du ɛn du tin akɔdin to sɛns

Di wan dɛn we gɛt kɔnfidɛns pan dɛnsɛf na di wan dɛn  
we de du tin wit ɔnɛs Gladi at kin kɔmɔt nɔmɔ frɔm klin tin  
dɛn ɛn du tin dɛn we rayt If yu gladi naw, yu go gladi tumara  
bambay, na ya ɛn na di nɛks wɔl

Wi fɔ gɛda di avɛst fɔ gud fɔchɔ bay we wi gɛda di frut  
dɛn we gɛt sɛns we di san fɔ di chans dɛn we de de shayn In  
ɔda wɔd, wi fɔ tek di chans dɛn bifo i tu let  
if yu nɔ tek di chans, i go bi sɔntin Size di chans, bikɔs)

(we yu go rigɛt

Gɔd dɔn gi wi spiritual lɔ dɛn we dɛn kɔl kɔmandmɛnt

Bɔt dɛn nɔ de tek dɛn lɔ ya ɛn brok dɛn kɔmandmɛnt ya  
ɛvrɪde ɛn ɔlsay If pipul dɛn ɔndastand dɛn spiritual minin,  
dɛn go ɔltɛm kɔmplɛn bɔt dɛn ɛn tɔn dɛn bak pan dɛn Dɛn lɔ  
ya na kɔd fɔ kɔndɔkt we nɔ de chɛnj we ɔl di Ebraam rilijɔn  
dɛn dɔn ɛndɔs Bɔt bɔku tɛm di tɛks dɛn nɔ kin ebul fɔ  
ɛksplɛn di saykolojik aspek dɛn fɔ dɛn kɔmandmɛnt ya ɛn di  
bɛnɪfɪt dɛn we gɛt fɔ du wit fɔ fala dɛn Pipul dɛn kin aksept  
dɛn lɔ ya na ples dɛn we dɛn de wɔship bɔt dɛn nɔ kin ebul fɔ  
fala dɛn ausayd dɛn, fɔ jɔstɪfɪy dis bay we dɛn de tɔk se dɛn lɔ  
ya nɔ de wok, dɛn nɔ gɛt sɛns, ɛn dɛn nɔ de fala di tɛm Bɔt  
stil, fɔ pwɛl dɛn lɔ ya na di men tin we de mek ɔl di sɔfa we  
pipul dɛn de sɔfa na di wɔl

Bɔt wetin na di bɛnɪfɪt we dɛn lɔ dɛn de gɛt ɛn usay dɛn

?bɛnɪfɪt dɛn de

Di oli buk den advays mortalman fo tink bot God, fo put in  
maynd insay Am, fo gi oltin to am, en fo woship am wit ol in  
at, we no miks wit ipokrit en we no go doti wit mek lek se i de  
Fo no God fo bi di men gol na layf Di wok den we de na  
di wol no go ebul fo du if yu no get di pawa we God don gi  
mortalman Fo du odinari wok den we yu de forget God na  
mistek en sin

Sin min fo no no natin: fo du tin di we we no gri wit di  
gud we mortalman get pas ol

Wetin mek pipul den kin fil bad en rigret? Na bikos den  
no bin de du wetin rayt bikos God no bin de fos na den at  
Natin no de na posin in layf we den fo tek as important  
pas God If posin rili bisin bot God en du in spiritual duty to  
am, in sikostems go important pan oltin, en i go fil sef en sef  
pan ol we oltin de arawnd am

As posin begin fo woship propati, moni, nem, o eni oda tin  
apat from God, no gladi kin bi in lot Di wan den we de pe  
atenshon ol den atenshon pan den tin ya, na in rili de woship  
den, en dat mek den no de kam nia God bot den de dref  
komot nia am Bot di wan den we de tink bot God, tink gud  
wan bot am, en tok to am na den at kin kam nia Am en  
ekspiriens insay den at gladi at we den de komyunion wit Am  
kwayet wan

Na God nomo ebul fo mek mortalman drim en op fo get  
gladi at we go de sote go So, den no fo alaw natin fo tek God  
in ples na di at

Oli simbul den de we go ep di posin we de luk fo fo  
memba God en kam nia am Bot if posin begin fo woship den  
simbul ya, di bad tin we den go du go pas di benifit we den  
go benifit am Woship fo de to God nomo, bikos natin no de  
we fit fo woship

Ilek wetin na ritual woship, God kin gri wit am as long as  
di posin we de woship de du am wit spiritual awareness en  
long fo Am Bot, boku pipul den no de ondastand di men tin

we de fɔ wɔʃɪp, ɛn dɛn tɪŋk ɛn at kɪn kɔmɔt nɪa Gɔd to di  
rituals, so dɛn nɔ kɪn bɛnɪfɪt bɔku frɔm dɛn wɔʃɪp  
Tru wɔʃɪp dɛn nɔ de alaw dɛn kɔnʃɛns fɔ jɔs de pan  
ɛni ɪmej ɔ fɔm, bɔt dɛn de pe atɛnʃɔn wɪt di dɪp lɔv ɛn ful  
atɛnʃɔn pan di divayn spɪrɪt we de bɪɛn ɔl di ɪmej ɛn fɔm dɛn  
Gɔd nɔ gɛt wan bɔt ɛn i nɔ gɛt ɛnd, ɛn no ɪmej ɔ statɪ nɔ  
go ɛbul fɔ gɛt am

Wi kɪn sɛ Gɔd de sho ɪnsɛf pan ɔlman we lɛk am wɪt ɔl ɪn  
at ɛn we de grɪ wɪt am, bɪkɔs I de ɔlsay ɛn dat mɛk i de ɪnsay  
ɔlman Bɔt nɔto ɔlman gɛt di abɪlɪtɪ fɔ sho di divayn prezɛns Di  
san de shayn ɪkwɔl pan ɔl tu di kɔl ɛn dayamɔn, bɔt di  
dayamɔn de gɛt ɛn sho di san layt, we di kɔl nɔ ɛbul  
Semweso, ɔl pɪpul dɛn de ɪnsay Gɔd ɪn layt, bɔt na nɔmɔ sɔm  
kɪn ɛbul fɔ gɛt da layt de ɛn sho am na dɛn tɪŋk ɛn akʃɔn Fɔ  
du dat, dɛn fɔ klɪn dɛnsɛf bay we dɛn de tɪŋk gud wan ɛn bay  
we dɛn de fala di tɪʃɪn ɛn lɔ dɛn we Gɔd gɪ dɛn  
We wɪ de kɔl Gɔd ɪn nem, wɪ fɔ rɪlɪ no wɛtɪn wɪ de tɔk If  
yu bɪn ɛbul fɔ sɪ ɪnsay pɪpul dɛn maɪnd we dɛn de pre, yu go  
sɪ sɛ bɔku pan dɛn de tɪŋk bɔt ɔltɪn pas Gɔd, pan ɔl we dɛn  
de tɔk ɪn nem! Dis kaɪn prea nɔ gɛt wan bɛnɪfɪt ɛn i nɔ gɛt  
wan valyu

We wɪ de pre, wɪ fɔ tray fɔ pe atɛnʃɔn pan wɪ ɔl wɪ  
maɪnd pan Gɔd, pas fɔ jɔs rɪpɪt ɪn blɛsɪn nem we wɪ de alaw  
wɪ maɪnd fɔ waka waka Wan pan mɪ antɪ dɛn bɪn de rɪd ɪn  
prea dɛn pan prea bɪdz, we nɔ kɪn kɔmɔt na ɪn an Bɔt i kɔnfɛs  
to mɪ wan de sɛ pan ɔl we i dɔn praktɪs dɪs prea abɪt fɔ fɔtɪ ɪa,  
Gɔd nɔ bɪn dɔn ansa ɪn prea dɛn Nɔ wɔnda! ɪn "preya" nɔ bɪn  
pas natɪn pas wan nervɔs abɪt

We wɪ de pre, wɪ nɔ fɔ tɪŋk bɔt natɪn pas Gɔd Wi fɔ tray  
fɔ bɪ tru tru wɔʃɪp ɛn devɔte ɪnsay wɪ beg Yuz prea bɪdz ɛn  
kɔl Gɔd ɪn nem ɔltɛm na tɪn we pɔsɪn kɪn grɪ wɪt pafɛkt wan  
we di prɔsɪs kɔmɔt frɔm di at ɛn na sɔpɔt frɔm sɪnsɪ ɛn fɔs  
maɪnd Bɔt dɪs prɔsɪs kɪn bɪ ɔtomɛtɪk as tɛm de go  
Wi fɔ wɪspa Gɔd ɪn nem na wɪ at, pan di rosary fɔ lɔŋg ɛn  
divayn lɔv; dɪs na tru wɔʃɪp we de tɔʃh Gɔd ɪn at Fɔ tɔk Gɔd

in nem wit kol en maynd we de waka waka na fo tok bad en  
no respekt We posin de pre, in at en maynd fo ful-op wit di lov  
we God get Fo praktis mental fos tru ay yoga egzampul den  
de ep wi fo kam nia God, di suprem sos we de gi glori en  
speshal, en i de ep wi bak fo tink en tok to am  
I impotant fo dediket wan de insay di wik fo spiritual ritrit  
(if i posibul) fo tink bot God en fo get kol at, pis, en insay pis  
Taym we yu spen dis kayn we go bi wan balm we go mek yu  
fil fayn fo di trobul en wori we yu go get insay di oda pat na di  
wik

Olman nid fo spen wan de evri wik na say we nobodi no  
de o na "spiritual retreat" fo men den filin wund en pen we  
den de fil We da de de bi wan we get pis, gladi, en satisfay,  
yu go rili wet fo am wik afta wik  
Fo de yu wan na di prayz fo big tin Yu go soprayz wit di  
fayn fayn tin den we yu go get fo yu maynd, bodi, en sol tru  
dis spiritual ritrit en konekshon wit yu spirit en wit God If yu  
want fo get tru tru gladi at, yu fo put yusef insay di si we get  
divayn pis ali monin we yu wek, en bak bifo yu go slip na net  
Di sensman den na India advays no jos fo wan de fo mek  
posin no de nia oda pipul den, bot den de eksplen se i nid fo  
tink gud wan kwayet wan insay 4 patikyula tem den evride  
We di ples klin, bifo i grap en si enibodi, posin fo enjoy di kol  
at en fil se i get pis Na midde, posin fo mek in maynd kol bifo  
i it, en i fo enjoy bak fo get pis bifo i it dina Fo don, bifo i go  
slip na net, i fo go insay wan stet we pis de wan tem mo  
Di wan den we de silens wit ol den at we den de den wan  
en ol den 4 tem ya evride, go mos fil se den gri wit God Di  
wan den we no ebul fo wach ol den tem ya fo dediket at le di  
monin en ivintem awa We den du dat, den layf go chenj fo  
betε, en den go get gladi-at; eksperiens na di best prof  
If yu kontinyu fo rayt en sayn chek we yu no put moni fo  
koba yu bank akaun, yu go don wit moni Di sem tin kin apin  
to yu layf If yu no put pis oltem na yu layf akon, yu enaji go  
don, yu kwayet go don, en yu gladi at go don In shot, yu go

dɔn sɔfa pan imɔshɔnal, maynd, bɔdi, ɛn spiritual bankruptcy  
Bɔt dip daily meditation on God will kɔmpens di tin dɛn we nɔ  
de na yu sol

Di pɔsin we de luk fɔ di tin dɛn we de apin de tink gud  
wan ɛvrɪde, de tɔk to Gɔd wit ɔl di lɔv ɛn lɔng we de na in at,  
de beg am fɔ sho insɛf If yu na pɔsin we lɛk Gɔd ɛn yu want  
fɔ ɛksperiens in prezɛns, yu fɔ put yu maynd ɛn bɔdi insay In  
pis, ɛn layf go smayl pan yu, ɛn yu afɛkt dɛn go impɔtant pan  
bɔku we dɛn Pɔsin we gɛt kol at nɔ kin rili mek mistek ɛn  
sakrifays usay tawzin pipul dɛn kin fel

Di wan dɛn we nɔ de tink bɔt Gɔd ɔ bisin bɔt am kin gɛt  
pwɛl at ɛn sɔfa Dɛn kin vɛks ɛn tɔn to mashin we de waka  
Di san we gɛt sɛns ɛn pis go kɔmɔt na di skay we gɛt kol  
at ɛn i go kɔba yu bi wit in raytin we de mɛn as lɔng as yu de  
tray fɔ du spiritual ɛn gi fɔs ples to Gɔd na yu at

De fɔ tink gud wan fɔ bi de bak fɔ rɛst na yu maynd ɛn  
bɔdi ɛn fɔ mek yu gɛt pis insay yu at ɛni wok we de gi sɛns  
ɛn pis na blɛsin wok da de de  
As fɔ ɔnɔ mama ɛn papa dɛn, di oli buk dɛn dɔn se yu fɔ  
trit dɛn fayn: “Rɛna yu papa ɛn yu mama” ɛn “Bi gud to  
. ”mama ɛn papa

Dɛn fɔ ɔnɔ mɔtalman papa ɛn mama dɛn as pipul dɛn we  
de riprɛsɛnt Gɔd, we gi dɛn di gift fɔ mek mɔtalman Mama  
na di pɔsin we de sho Gɔd in klin lɔv, bikɔs mama we lɛk am  
de fɔgɪv usay nɔbɔdi nɔ go fɔgɪv Di papa na di we aw Gɔd de  
sho se i gɛt sɛns ɛn i de protɛkt in pikin dɛn

Pɔsin nɔ fɔ lɛk in papa ɛn mama apat frɔm Gɔd, bɔt as fɔ  
sho da lɔv de Di pɔsin we de protɛkt ɛn di wan we gɛt sɛns Di  
suprɛm divayn spirit de bi di papa ɛn mama fɔ ɛp di pikin, so  
i fɔ ɔnɔ insay di mama ɛn papa

Di skripchɔ dɛn advays wi bak se wi nɔ fɔ kil pɔsin fɔ kil,  
bikɔs na da tɛm de pɔsin kin bi pɔsin we de kil Pɔsin nɔ fɔ tek  
ɔda pɔsin in layf insay wan mɔnt we i rili fil bad Bɔt if dɛn de  
trɛtin di wan dɛn we i lɛk, i fɔ fɛt fɔ protɛkt di wan dɛn we

God don trɔs am, bikɔs na oli wok fɔ difend in famili ɛn in  
kontri

Fɔ tɔk bɔt di lɔ we se dɛn nɔ fɔ du mami ɛn dadi biznɛs  
wit ɔda pɔsin, di bɛst tin we mek dɛn fɔ du mami ɛn dadi  
biznɛs wit ɔda pɔsin fɔ bi fɔ bɔn pikin dɛn we dɛn mek lɛk  
God ɛn fɔ sho di klin lɔv we di man ɛn uman we mared we de  
si God de fil insay dɛnsɛf Di wan dɛn we de liv na bɔdi nɔmɔ,  
we nɔ gɛt ɛnitin fɔ du wit tru tru lɔv ɔ di ay rizin we mek dɛn  
mek mami ɛn dadi biznɛs wit ɔda pɔsin, de du mami ɛn dadi  
biznɛs wit ɔda pɔsin akɔdin to dis lɔ Insay dis kes, dɛn nɔ  
difrɛn frɔm animal dɛn we satisfy dɛn di tin dɛn we dɛn kin  
want fɔ du fɔ du mami ɛn dadi biznɛs ɛn afta dat dɛn kin go  
bifo

God mek dis kriyaytiv drayv insay man ɛn uman fɔ bɔn  
pikin ɛn sho tru tru lɔv fɔ dɛnsɛf na mared layf, ɛn dɛn nɔ fɔ  
yuz am di rɔŋ we, bɔt i fɔ chɛnj am to oli wok ɛn no  
If yu ebul fɔ kontrol ɛn sheb mami ɛn dadi biznɛs pawa  
insay yu bɔdi, yu go ebul fɔ divɛlɔp big big maynd abiliti fɔ  
rayt, drɔ, ɔ fɔ sho layt talɛnt dɛn pan bɔku bɔku ɔda we dɛn  
ɛn we yu go dɔn ebul fɔ kontrol ɛn chɛnj di tin dɛn we yu  
de du na God in yay, yu go gɛt bɔku pis, yu go gɛt bɔku lɔv,  
ɛn yu go gɛt mɔ gladi at pan God biznɛs  
Sent ɛn spiritual lida dɛn we dɔn chɛnj dɛn mami ɛn dadi  
biznɛs pan spiritual tin dɛn na jayant dɛn we ebul fɔ du  
wɔndaful ɛn wɔndaful tin dɛn na di wɔl ɛn insay di esoterik  
fɛn fɔ tru

So, di ay we aw dɛn de yuz di mami ɛn dadi biznɛs na fɔ  
ɛlɛvɛt in pawa, dat na fɔ chɛnj in ɛnaji to wan ay tin fɔ mek i  
go sho se i gɛt sɛns, i gɛt ay ay aydia, ɛn i de tink bɔt God  
biznɛs Pɔsin nɔ fɔ gɛt gladi at frɔm di tin dɛn we i de tink bɔt  
mami ɛn dadi biznɛs ɔ want wetin dɛn nɔ fɔ du We dɛn dɔn  
rich dis kayn kontrol fɔ insɛf, i go gɛt fayn we fɔ si mami ɛn  
dadi biznɛs ɛn di tin we i want fɔ du we pas ɔl

Fɔ bi slev to mami ɛn dadi biznɛs min se yu nɔ go gɛt  
wɛlbɔdi, yu nɔ go ebul fɔ kontrol yusɛf, ɛn yu nɔ go gɛt pis na

yu maynd, ɛn fɔ tɔk smɔl, yu nɔ go gɛt ɔl di tin dɛn we pɔsin  
nid fɔ gɛt gladi at

Di oli buk dɛn de ɛnkɔrej wi bak se wi nɔ fɔ tif If wan  
grup we gɛt wan tawzin pipul dɛn fɔ tif frɔm dɛnsɛf, ɛni wan  
pan dɛn go gɛt 999 ɛnimi So, pɔsin nɔ fɔ pwɛl ɔda pipul dɛn  
rayt, ɔ tek dɛn land, pis, lɔv, rɛspɛkt, ɔ ɛni wan pan dɛn  
prɔpati ɔ spiritual prɔpati dɛn If yu nɔ fil se yu want fɔ tek  
wetin nɔto yu yon, wetin yu nid ɔ want go kam to yu Tif  
originates first in the mind when a person begins to envy  
others Di sid dɛm fɔ bad bad tin dɛm fɔ kɔmɔt na di maynd  
Spiritual altruism na di we Dɔn, pɔsin go naturally attract  
bɔku, ɛn blɛsin go flɔ to am frɔm sɔs dɛm we i no ɛn sɔs dɛm  
we i nɔ no It is an infallible divine law As for tifman ɛn pipul  
dɛm we de tink bɔt dɛnsɛf nɔmɔ , dɛn de spɛn dɛn layf fɔ  
chas afta matirial prɔpati, dɛn yay ɔltɛm pan wetin ɔda pipul  
dɛn gɛt , ilɛksɛf dɛn yon kɔf ful-ɔp wit gold  
If dɛn nɔ lɛf fɔ bisin bɔt prɔpati, di wɔl nɔ go ebul fɔ no  
gladi at

Gladi at kin kam nɔmɔ tru spiritual kɔpɔreshɔn I kin kam  
we pɔsin fil di nid fɔ ɔda pipul dɛn lɛk se na in yon ɛn wok fɔ  
ɔda pipul dɛn as i de wok fɔ insɛf  
Wan ɔda impɔtant lɔ na fɔ avɔyd fɔ tɔk lay lay witnɛs Fɔ  
du bad to ɛnibɔdi bay we i de chenj di trut na ɔda we fɔ mek  
pipul dɛn nɔ gɛt wanwɔd na di soshal layf If pɔsin want fɔ  
mek dɛn trit am fayn, i fɔ trit ɔda pipul dɛn di rayt we  
Dɛn fɔ tɔk di tru ɔltɛm, bɔt dɛn fɔ mek difrɛns bitwin fɔ  
tɔk di tru ɛn fɔ jɔs tɔk bɔt di tru tin dɛn Fɔ tɔk bɔt pɔsin as  
pɔsin we nɔ ebul waka ɔ we blaynd, dat kin mek pɔsin fil bad  
ɛn i nɔ kin ɛp; pɔsin fɔ tink bɔt aw ɔda pipul dɛn de fil ɛn  
avɔyd fɔ mek dɛn shem Semweso, fɔ sho tru tin we go mek  
pɔsin tɔn in bak pan pɔsin we nɔ gɛt gud rizin, na tin bak we  
nɔ rayt Na di ɔda say, pɔsin nɔ fɔ lay fɔ avɔyd fɔ tɔk di tru;  
bifo dat, pɔsin kin sɛt mɔt pan sɔm tin dɛn fɔ mek i nɔ shem  
ɔ du bad to ɔda pipul dɛn



Wan fɔ tek tɛm wit jɛlɔs, wan sik we de pwɛl di sol we de  
swɛt di pis na in sol Di mɔ we pɔsin want wetin na ɔda pipul  
dɛn yon, na di mɔ i nɔ gladi ɛn i de sɔfa Di pɔsin we de jɛlɔs  
de liv layf we gɛt prɔblɛm, i nɔ de ɛva nɔ di teys fɔ kol at I  
bɛtɛ fa fawe fɔ mek dɛn rɛspɛkt dɛnsɛf, abop pan dɛnsɛf, ɛn  
fɛn tin dɛn we de insay spiritual richness

Pɔsin in rɛspɛkt ɛn in intrinsic worth big fa fawe pas  
ɛnitin we i go want ɔ we i go want fɔ gɛt Gɔd de sho insɛf  
pan ɛvri mɔtalman di we we nɔ de sho pan ɛni ɔda mɔtalman  
Dɛn fes nɔ tan lɛk ɛni ɔda pɔsin in yon, ɛn dɛn sol nɔ tan lɛk  
ɛni ɔda pɔsin in yon, bikɔs insay dɛn de di big big trɔs pan ɔl  
di tin dɛn we Gɔd mek—ɛn da big big trɔs de na Gɔd  
Wi nɔ de tay wi wit di tin dɛn we bin dɔn apin trade  
We pɔsin gɛt di rayt fet ɛn du wetin i want, i kin gladi  
pas di wan dɛn we nɔ gɛt fet ɛn we nɔ de du dɛn wok na di  
fɛt fɔ layf

Saund fet ɛn rayt akshɔn (we dɛn sɔpɔt wit nobul  
motives ɛn gud intenshɔn) de ɔltɛm de ɛnisay we gladi at de,  
ɛn dɛn de lɔs ɛnisay we gladi at nɔ de Frɔm dis, wi kin dɔn se  
na tu impɔtant kɔndishɔn fɔ gladi, we nɔ go ebul fɔ gɛt if dɛn  
nɔ gɛt dɛn Di wan dɛn we want gladi at nid fɔ gɛt dɛn tu men  
tin ya nɔmɔ, we na in kɔna stɔn ɛn pila dɛn  
Mɔtalman nɔ kin ebul fɔ kɔntrol—we dɛn want—di tin  
dɛn we nɔ gɛt ɛnd na di yunivas, ɛn dɛn nɔ kin ebul fɔ chɛnj  
ɔ ires dɛn Dɛn tin ya kin miks wit di klos we mɔtalman layf  
gɛt, ɛn mɔtalman nɔ kin ebul fɔ wok we dɛn nɔ de nia dɛn  
Bɔt dɛn kin kɔntrol dɛn maynd fɔ adap to dɛn tin ya  
Nɔ du am bad

Wi gret gret granpa dɛn bin gladi pas wi nɔto bikɔs dɛn  
bin gɛt mɔ tin dɛn ɛn ɛnjɔymɛnt we de na di wɔl pas wi naw,  
ɔ bikɔs dɛn nɔ bin de gɛt bɔku prɔblɛm dɛn na layf, bɔt bikɔs  
dɛn bin gɛt di balans we dɛn bin de tink bɔt we bin de gi dɛn  
kɔmfɔt, pis, satisfay, ɛn fɔ shɔt tɛm, dɛn bin gɛt gladi-at  
Dɛn nɔ bin de dipɛn pan di tin dɛn we de apin na do fɔ  
mek dɛn gladi, ɛn dɛn nɔ bin de sɔfa pan di tin dɛn we de

apin na do we go mek den no get am Den filin fo komfot, pis,  
gladi, en satisfy na bin natura, normal, welbodi, en fo las Wi,  
saf, fo get den filin ya if wi want fo get gladi at En udat pan wi  
?no get

Fate na di rizolt fo wan past eksesayz fo fri wil o fridom fo  
pik Tru wi past prasis fo fri wil, wi don bring en kontinyu fo bring  
pan wisef fate en destiny Bot, wi no de tay pan di tin den we  
don pas, en wi no de kontrakt wi sote go bikos of di tin den  
we kin apin to wi akshon Wi kin pul wetin wi don plant en ires  
wetin wi don rayt if wi so want en tray fo korrekt wi kos en  
impruv di kwaliti fo wi avest If wi pul di sid dem fo akshon wit  
pen konsekhon en plant insay den ples sid dem we fit mo to  
di kayn we aw di sol tan, wi go mos ripent di frut dem fo gladi  
from den gud sid dem we den plant na di sol in gron Wi fo yuz  
fri wil naw, naw en noto tumara, if wi want fo get mo gladi at  
o fo mek wi no sofa en pen smol

So, di kondishon fo gladi de insay mortalman, en ol wetin i  
fo du na fo dil sirios wan wit da iqwoj de we no de mek  
mistek, en di rizolt go bi in favo if i mek di best asesment en  
dil wit am Bot di posin we get strong wil de gri wit God

Konsentret maynd enaji

We yu konsentret di san layt Bay we yu fos wan  
magnifying lens pan wan smol poynt , i de mek ot , en da ot  
de kin layt wud Fabrik, pepa, en oda tin den Semweso, we yu  
fos yu maynd gud gud wan In konsentret enaji Fo bon di bad  
en rut den we de mek posin dawt, di tin we de mek oltin no  
ebul fo du natin , en fo mek di layt we get sens shayn wit  
brilians en layt

We tinkin gri wit God Di sos we ol gudnes komot en di  
orijin fo ol blesin pawa , i kin no di divayn prezens en get ol di  
element den fo sakrifays Den tin ya get tayt padi biznes wit di  
big big pawa we God get , we ebul fo mek nyu rizin fo  
sakrifays pan eni fild

Mek God krawn di gud tin den we den de du en di gud  
wok den we den de tray fo du wit sakrifays  
Trɔbul en prɔblem den kin apin we pɔsin nɔ no bɔt di tin  
den we i bin dɔn du trade, we i du na wan patikyula tɛm en  
ples Di sɔfa we den de sɔfa naw kɔmɔt frɔm di tin den we den  
bin de tink en du we den bin de tɔk, we bin tek rut na di grɔn  
we den bin de tink, we bin de gro to plant en bia frut we de  
sho di kayn tin den we den bin de tink en du  
We yu luk di san we de fa bɔku bɔku mayl den na di  
spes, da big big sta de kin tan lɛk se i smɔl pas wi Wɔl Bɔt  
stil, di wɔl in dayamita na lɛk 7,900 mayl, we di san in  
dayamita pas am wan ɔndrɛd tɛm If yu kin put wi planɛt Wɔl  
dairekt bifo di san, i go tan lɛk wan smɔl dɔt we yu kɔmpia  
am wit am Imajin di big big sta we di san gɛt de go ɔp te in  
big big mas engulf di wan ol blu skay Di skay we wi de si na  
jɔs wan smɔl pat, na jɔs wan smɔl smɔl pat, pan di spɛs we  
nɔ gɛt end we de ɔlsay na di yunivas Ivin if di san kɔntinyu fo  
bɔku to di wan we nɔ gɛt end, i nɔ bin stil ebul fo kɔba di wan  
den we nɔ gɛt end Dis kɔsmik ilyushɔn fo smɔl en dɔn de stɔp  
di maynd fo ebul fo ɔndastand di big big wan we de na di  
yunivas , usay i kɔmɔt, en di say den we i de  
Di wan we nɔ de ɔnda dimɛnshɔn en mɛzhɔmɛnt, we nɔ  
gɛt limit en we nɔ gɛt ɛni ɔrijin, na God, we de ɔlsay en we de  
na di fa fa say den na di spes I de na di fa fa, rimot sta den ,  
jɔs lɛk aw I de insay yu en insay mi , en I de kɔnshɛns fo no ɔl  
di spes we I de tek Ilɛksɛf i smɔl ɔ big Frɔm di buk we nem "  
. " Man's Ultimate Goal

### **Di tin den we den kin aks fo**

Oh, Masta

Tek mi an frɔm daknɛs to layt

O kosmik stilnɛs

A de yɛri yu vɔys we di watawɛl de grɔmbul en di naytin

den de grɔmbul

Insay di kray we di briz de kray, di wɛf den we de ala, en

di tɛnda we di wata de shek shek

O Masta we a læk  
 A no de wɔʃɪp yu wit wɔd, bɒt a de wɔʃɪp yu wit di  
 lɒŋ we at de bɒn wit di want fɔ yu  
 Mek a si yu big big ples  
 Yu de de biɛn ɔltin ɔltɛm  
 Sɔntɛm a go no se a na pat pan yu layf we no de chenʒ  
 sote go  
 O ocean we de flɒd  
 If na di riva dɛn we de rɒn rawnd di tin dɛn we a want  
 bin ebul fɔ flɒd tru di dɛzət dɛn we gɛt tin dɛn we de ambɔg  
 ɛn tin dɛn we de ambɔg mi  
 Fɔ dɒn, yu big big trɒbul dɒn miks  
 ɛp mi fɔ lisin to yu vɔys, Masta  
 Di kɔsmik sawnd we di vaybreshɒn na di yunivas bin de  
 kɒmɒt  
 . Mek a no yu prezɛns tru di blɛsin sawnd (Om - Amen)  
 melody Oli fɔ ɔl di vɔys dɛn we gɛt blɛsin  
 Expand mi awareness as a de lisin to di simfɒni fɔ  
 ɛgzistɛns  
 Mek a fil laik di cosmic ocean  
 ɛn di bɒdi in riplin muvmɛnt dɛn de dans na in chɛst  
 Mek di vɔys we oli pas ɔl, mek i yɛri insay mi  
 Fɔ mek a no mɔ frɒm di bɒdi to di yunivas  
 Mek a fil gladi at we go de sote go, we de kɔba ɔltin  
 We i de bɒn frɒm wan si we gɛt layt we de ful-ɔp  
 O pawa we no gɛt ɛnd  
 O sɛns we go de sote go  
 Chaj mi sol wit yu spiritual vibration  
 O vɔys fɔ di blɛsin kɔsmik wɔd  
 Kɔrɛkt mi mistɛk dɛn  
 A nid am  
 Tek mi an frɒm daknɛs to layt  
 ɛnitɛm we a tink bɒt Yu, O Masta, wan wata we de bɒn  
 we de bɒn de bɒn insay mi, we de shek mi filin ɛn we de flɒ

from mi at to evri sel na mi bōdi, we de chaj am wit divayn  
lv

Mi big big wish na fō rich di very core of yu being en  
revel in yu presence

En wantem wantem di sol in domot opin, en a gladi  
!pasmak we a si yu layt we de shayn

Di past nō no bōku pan mōtalman, wit di eksepsyon fō  
som pipul den we den dōn pik we get sens Bōt stil, di we aw  
wi nō no bōt di tin den we dōn pas, na fō wi benifit bak Bikos  
if wi bin nō ol wetin wi dōn du na dis layf en insay layf we wi  
bin dōn liv bifo, wi go dōn ful-ɔp wit di sheer volyum we wi de  
du en wi go konfyus bad bad wan Fō tru, wi wil kin ivin  
paralayz bikos ɔf di shok, we go mek wi nō ebul fō kontinyu fō  
du wi pursuits and leaving us prey to despair Ivin insay dis  
wol layf, fōget na blēsin from Gōd, we de mek di memori den  
we wi bin dōn mēmba trade, mō di wan den we bin bita en  
we de mek wi fil pen, nō de ambog wi tink en filin  
Bōt wi gladi fō no se di divayn spak we de insay wi de  
shayn ɔltē wit op en di want fō kontinyu fō waka na layf we  
nō de dōn Wi fō tēl Gōd tenki fō den tu blēsin ya: fō fōget di  
tin den we dōn pas en fō op fō tumara bambay  
Wi nō fō dōn se fate de put tin den we de ambog di we  
aw pōsin kin fri fō disayd fō du sōntin Bōt wi fō du ol wetin wi  
ebul fō tinap tranga wan fō tinap tranga wan we bōku pipul  
den kin tōk se na tin we kin apin to pōsin en wetin kin apin to  
wi, en yuz wi fridom fō disayd fō du sōntin akōdin to wetin wi  
biliv insay wi at, bōt den konvikshon ya komot from gud fet en  
we den get gron pan Gōd in lo den, we pōsin nō go ebul fō  
test tru tru gladi at

We wi begin fō du wan wok, wi nō fō fred bad bad tin den,  
bōt wi fō get op te to di best we, wit rili fet se natin nō go  
ebul fō stop wi fō du wetin wi want en fō du di fridom we wi  
get fō disayd fō du sōntin

If wi nō ebul fō rich wi gol, i akseptabl fō gri se tin den  
bin de we wi mek wi yon we mek wi nō ebul fō rich am Wi fō

kɔntinyu ɛn dubl wi tray fɔ rich wi ɔbjektiv Wi fɔ afɛm bak to  
wisɛf se ilɛk aw strɔŋg ɛn fɔmidabul di tin dɛn we de ambɔg  
ɛn chalenj dɛn kin bi, wi stil gɛt inɔf trɛnk fɔ pul dɛn ɛn win  
dɛn lvin if wi nɔ ebul pan ɔl we wi de tray fɔ du ɔl wetin wi de  
du, nid nɔ de fɔ mek wi nɔ gɛt op ɛn fɔ mek wi at pwɛl, as  
lɔng as wi ɔndastand se mɔtalman in wil strɔŋg pas di tin we  
wi want fɔ du, we na wi yon mek So, wi nɔ fɔ stɔp fɔ tray,  
ilɛksɛf wi nɔ ebul fɔ du am, bikɔs domɔt dɛn de we opin  
ɔltɛm Wi jɔs nid fɔ kɔntinyu fɔ tray ɛn ripit di tray te dɛn gi wi  
sakrifays Gɔd go gi wi ɛp as lɔng as wi de ansa am ɛn tray  
tranga wan Di wan we de waka na di rod go rich usay i de  
go, ɛn di wan we abop pan Gɔd nɔ go disapɔynt  
We pɔsin want sɔntin , ɛn da want de strɔŋg ɛn i nid fɔ  
du am kwik kwik wan , da want de nɔ de ɛva kɔmɔt na in  
kɔnshɛns , ɛnisay we i go ɛn ɛnisay we i tɔn , ɛn ɛnitin we i  
bisin bɔt ɛn wɔri bɔt Tru in kɔnstant ɛn kɔntinyu aktiviti , da  
want de gɛt bɔku bɔku ditarminieshɔn ɛn ɛnaji Dis intelektual  
wispa strɔŋg ɛn i wok pas mɛkanikal beg , we nɔ de go bifo  
fɔ muv di lip Dis na wetin pipul dɛn we lɛk Gɔd kin du ; dɛn  
de wispa dɛn lɔv fɔ Gɔd we dɛn nɔ de stɔp , ɛn dɛn wispa dɛn  
de kɔmɔt na dɛn at ɛn dɛn nɔ de yɛri , ɔlsay na dɛn ɔl di tin  
dɛn we dɛn de du ɛvrɪde Dis wispa we kɔmɔt na dɛn at nɔ de  
ambɔg dɛn , ɛn i nɔ de agens dɛn ɔda wok dɛn we dɛn de du  
As dɛn want fɔ Gɔd de gro , dɛn lɔv fɔ am de strɔŋg ɛn dip ,  
te dɛn tɔch In prezɛns ɛn si In layt wit di yay fɔ di sol , de test  
ɔvawɛl gladi ɛn fil wan pis we pɔsin nɔ go ebul fɔ tɔk bɔt  
Gɔd de sɛn lɛsin dɛn we wi nid na layf so dat wi go  
bɛnɪfɪt frɔm dɛn ɛn gɛt ɔndastandin ɛn ɛkspiriɛns ɛnɪbɔdi we  
avɔyd dɛn lɛsin dɛn de, dɛn go fos am fɔ lan dɛn ilɛk aw lɔng  
i tek  
ɛvri tɛst na padi if wi lan frɔm am , ɛn na tyrannical  
despot if wi spend di chans ɛn yuz am di rɔŋ we tru  
kɔmplɛn , vɛks , ɛn bad jɔjment  
We wi gɛt gud ɔndastandin ɛn di rayt we aw wi de tink  
bɔt layf , i kin fayn ɛn i nɔ gɛt ɛnitin fɔ du wit prɔblɛm dɛn

## saykolojik kes dɛm

Pɔsin nɔ go ebul fɔ de sote go we dɛn de kɛr am go na  
wef we de mek i gladi , ɔ we i de ɔnda wata ɔnda wata we de  
mek i fil bad , ɔ drawn insay di dip dip ples dɛn we i de bost  
Insay dis wɔl we dɛn kɔl tu tin dɛn we de agens dɛnsɛf, Di  
avɛrej pɔsin de sɔbjɛkt to ɔp ɛn dɔŋ l de rayz pan wan wef  
we gɛt gladi at ɛn plɔmp insay di dip we aw i nɔ bisin bɔt  
am , ɛn i de tos rawnd bay wef dɛn we de vɛks we de mek i  
sɔri ɛn i nɔ kin no bɔt ɛni ɔda stet fɔ kɔnshɛns Alaw  
sikɔstɛms fɔ tos tink bɔt dis we l min fɔ sɔrɛnda pɔsin in wil  
to kapricious ɛn volatile fate  
Wetin pɔsin nid fɔ liv fayn ɛn ful-ɔp layf na fɔ balans in  
maynd

Dis kin ɔlrɛdi apin bay we yu de fos di maynd Kɔntrol  
saykolojik fakulti dɛm

Ivin di dip sɔri-at kin wɛl wit tɛm , so nɔr minin fɔ de tink  
bɔt pwɛl hat ɛvri wan de na wi layf lɛ fɔ pɔsin fil bad fɔ lɔng tɛm  
fɔ pɔsin we wi lɛk we dɔn day, dat nɔ kin ɛp am ɛn wi , ɛn i  
ɔsɛlf-p ɔ mpleksɔriti kɔp infɛriɔnɔ kin chɛnj ɛnitin fɔ tru Divɛl  
n duɔfɛil dɛm we yu bin d ɔ t mistekɔde tink b ɔn Fɔnish  
nli mek layf miserable ɛn stiflesɔ de yus l de ɔtrade, i n  
mental abiliti dɛm

Wi nɔ fɔ alaw wisɛf fɔ fɔdɔm insay di pit fɔ boring rutin ,  
bikɔs dat na saykolojik stet we de fa frɔm kɔmfyut , as i de  
wɔri di maynd ɛn bɔn layt abiliti dɛn na di ɔfna fɔ apathy  
Dɛn fɔ pul di tin dɛn we nɔ ebul fɔ du na in rut, ɛn dɛn fɔ  
wok tranga wan ɛn mekɔp dɛn maynd fɔ plant di fil dɛn we  
de na layf ɛn plant dɛn wit gud sid dɛn fɔ mek dɛn go ebul fɔ  
avɛst bɔku bɔku tin dɛn wit Gɔd in ɛp  
Ayɔn insay di Silva Jubili

Wan tɛm dɛn bin invayt mi fɔ wan silva jubili sɛlibreshɔn  
fɔ wan man ɛn in wɛf we bin tan lɛk se na wan pan di kɔpl  
dɛn we gladi pas ɔl , bɔt di tɛm we a go insay dɛn os a si se  
sɔntin nɔ rayt a aks tu pan mi student dɛn fɔ wach aw dɛn de  
trit dɛnsɛf na ivintɛm, ɛn leta dɛn tɛl mi Di man ɛn wɛf de

smayl to densesf bifo cda pipul den en adres densesf wit di swit  
wod den lek "Yes, my dear". en "Fo tru, mi lov," en cda kayn  
padi wod den Bot jos lek aw den tink se na den wan de, den  
kin agyu en dayrekt wod den we de mek den fil bad to densesf  
A tok to den en se : Una invayt mi fo atend una pati, bot  
di atmosfes de tens en a fil se boku boku diskord de na dis os,  
en i tan lek to mi se boku ayen de na dis silva jubili  
Fos, den bin veks , bot leta den admit se a rayt en aks fo  
padi I kontinyu fo tok se : Wetin yu de get we yu de agyu en  
?agyu oltem

I tan lek se una de liv togeda fo mek una get gud nem as  
pafekt man en in wef, bot una nid fo de da we de wit unasef  
en liv wit pis en wanwod fo una yon gladi at en pis na una  
maynd

Magnetik it fo it

We pipul den de tok bot it o it, den kin min di fyzikal it  
we den de it fo sopt di bodi Bot cda kayn it den de we no  
smol pas di it we den de it, en boku tem den kin ivin mo , lek  
di it we posin kin get wit in maynd o we i get spiritual tin den  
we posin kin du na in maynd o fo konsentret pan maynd, sens  
en fo no wetin i de du na God in yay  
Fo it we posin kin it kin mek di bodi in sel den kontinyu fo  
wok, en it we posin kin get kin ful-op di maynd wit fayn fayn  
aidia den, en di it we get sens kin mek di sol get layf bak en  
mek i ebul fo du in wok

Intelektual nourishment kin bi di aidia dem we posin kin  
tink en di wan dem we i kin get from cda pipul dem tru  
kontakt en intarakshon wit dem

Pipul den we get kol at en we get fayn fayn abit den kin  
ep fo mek wi tink gud wan en get welbodi

E nor tranga fo no if posin de pul in intelektual  
nourishment from say wae get pis or de disruptiv  
envayroment Wori, pwel hat, en konfyushon ol kin komot from  
wae i get padi biznes wit di rong kayn pipul dem, ileksef na in



padi ɔr fambul Dis kin mek pipul den de tink bɔt wɔri ɛn in at  
kin pwɛl

s it dɛm, weɔm fɔdi de gɛt ɛnɛji ɛn vitɛliti frɔdi b  
di ɛn maynd ɛnɛji chaj dɛm we iziɔmagnetik it dɛm de gi di b  
It to livɔnvɔk ɔkin izi f ɔlid ɛn likid it dɛm, we nɔdigɛst pas s ɔf  
ɛnɛji

We yu kin chenj ignorance to waes , wik ɛn frayd to  
wɛlbɔdi ɛn vitality , ɛn waka wit kɔnfidɛns ɛn bold – ivin yu  
wan – pan di rod dɛm fɔ layf , ɛn ɛksperiɛns insay gladi at fɔ  
gɛt layf ɛn wach kɔnshɛns , ɛn fet we nɔ de shek pan Gɔd in  
jɔstis ɛn di win we rayt pan rɔng ɛn trut pan ilyushɔn  
ɛn we yu tray ɛvride fɔ rilis yu tinkin to ay ɛn mɔ rifin  
lɛvɛl , ɛn yu gɛt at we gɛt lɔv ɛn tɛnki , ɛn gud intenshɔn to  
ɔda pipul den , yu intelektual nourishment go bi magnetik ,  
ɛn yu go afta dat atrak to yusɛf ɔl wetin fayn ɛn yusful , frɔm  
tin den, pipul den ɛn sikɔstɛms , we nid fɔ kɔntinyu di joyn to  
di shores fɔ sikyɔriti ɛn fɔ sɛf

We yu tray tranga wan fɔ gɛt wetin yu nid , ɛn yu  
satisfay wit wetin Gɔd de gi yu, yu go jɛntri pan spirit ɛn  
satisfay pas di wan den we de tink bɔt di tin den we de na di  
wɔl ɛn we want fɔ ɛnjoy di tin den we de apin fɔ shɔt tɛm  
We pɔsin de luk fɔ Gɔd , we na di wangren tru padi , pas  
ɔl padi den , i kin pɔsibul fɔ mek tru tru padi biznɛs na ɔl  
mɔtalman rilayshɔnship : famili, brɔda ɛn sista, mared, ɛn  
spiritual

Padi biznɛs na impɔtant tin fɔ mek maredman ɛn in wɛf  
gɛt tayt padi biznɛs wit ɔda pipul den , ɛn den fɔ put di tin  
den we den fɔ du fɔ mek den gɛt tayt padi biznɛs wit dɛnsɛf  
ɛn di we aw den de fil , fɔ fil se den gɛt gud abit den , ɛn fɔ  
gɛt tru tru lɔv ɛn padi biznɛs

Di wan den we nɔ ebul fɔ no difrɛns bitwin tru tru lɔv ɛn  
di we aw pɔsin kin want fɔ du mami ɛn dadi biznɛs, kin fil  
bad ɔltɛm

We mared de pan ay aydia ɛn rɛspɛkt fɔ dɛnsɛf , i kin bi  
wan gladi ɛn sakrifays union bitwin tu sol den we lɛk dɛnsɛf

En den kin wok togeda fo izi di lod den na layf fo densef , en  
pul di wori fo liv tru sori-at En ondestandin bitwin densef, padi  
biznes

Nobodi no go ebul fo kontrol mi o tek mi wil , pas nomo a  
alaw di tin den we oda pipul den de tink en du fo afekt mi  
Lord , A rialize se a get chans we no get end bifo mi Fo  
fen ol wetin a ebul fo du en diskoba mi spiritual potneshel , a  
go ripples matirial atakshon wit ay aspireshon den En a go no  
se di fetful spirit de wit mi oltem

Tide a go ful mi tinkin wit wan doz fo op , a go distans  
misef from eksperiens den we no fayn , en a go praktis wetin  
go men di bodi, maynd, en spirit Insay wan balans en  
konsistens we

Di dans fo layf en day de oltem , bot a go fri misef sote  
go bay we a de protekt mi spiritual aydentiti En we di big big  
briz den we de mek a get problem en trubul den de mit mi , a  
go tek bot insay di bot we mi sol de mek Kros di si we get  
layf To di sef, divayn shores

We a de wok en mek a go memba se God de wok tru mi ;  
Na in na di Masta fo di wan ol wol En a kin konekt wit am bay  
we a de tink gud wan bot am

Mi dia God , a no se mi tinkin go bring mi ol tu fail o  
sakrifays , dipen pan us tinkin strong pas ol na mi layf So, a  
go tray fo memba se yu de es ep mi En i de pripia mi fo di  
rizin den fo sakrifays

We bad bad tin den apin to mi , a go rayz mi spirit en  
mek mi maynd strong fo win den A go adopt sinsi en ones we  
a de dil en intarakshon wit olman , en a go fri tink bot lov en  
gud wish Don God go sopot mi wit in pawa en sens  
Lord , a go yuz mi wilpower en intellect fo akomplit smol  
smol tins fos , en den go mov on to big achivment

Ivin if ol di matirial ambishon den fulfil , den stil jos de  
bring gladi at we no komplit , en fo fen God na di wangren tru  
gladi at we a go diskoba rizova den we no de don fo gladi En i

no de eva stop fo flo en ron , na di gadin den fo di sol en in  
evagrin medo

### **Golden wɔd den**

Gladi at na mi rayt, mi eritaj, en mi divayn trɔs we a ayd  
Gayd mi, O Masta, so dat a go fen insay misef di trɔs den we  
pas di drim den we kin den kin drim

\* \* \*

Di divayn we de na at de layt insay in disaypul den -  
bikos of in sɔri-at en sɔri-at - di lamp den we de shayn we get  
sens we de pul di daknes we no no natin

\* \* \*

Laif na movment we get sens wit ritm we de ɔltɛm I de  
shep insaf pan tin den we no get layf, ɔ tek wan we we get  
layf en we de mov Layf de kɔba ɔltin en i de ɔlsay

\* \* \*

O Gret Lov, Yu na layf sɛf Yu na mi gol en mi aspireshɔn  
Mek mi ros we de blo na Yu gadin we de na evin, ɔ wan spak  
spak bid na di nɛks fo Yu lov we de shayn, ɔ gi mi di big big  
ɔnɔ: di smɔl ples na Yu at

\* \* \*

Enisay we ɔda pipul den gladi fo di tray we a de tray fo  
du gud, na de a go ebul fo gi di bɛst savis

\* \* \*

Lɛ wi wev wan gold kap we get drim wit silk tred den we  
get swit memori en fayn fayn tin den

\* \* \*

ɛmti maynd [we no get gud tin den fo tink bɔt tin den we  
go ɛp yu fo du sɔntin] na faktri fo trɔbul, wɔri, pwɛl at, en fo  
no get op

. \*\*\*

If ɔlman lov de na yu at, i go mek yu get gladi at we go  
de sote go en we go mek yu get nyu gladi at we nɔbɔdi no go  
ebul fo gi yu

. \*\*\*

Di flawa dɛn we gɛt layf we de blo na di gadin we de na  
di wɔl, fayn fayn wan ɛn i kin mek pɔsin gladi fɔ si Bɔt di tin  
we rili wɔndaful ɛn we fayn pas ɔl na di wɛl we gɛt fayn fayn  
tin dɛn ɛn sɛns we de sɔmsay, usay wi kɔmɔt ɛn we wi go  
kam bak ɛn miks wan tɛm mɔ

. \*\*\*

We di disaypul wek na mɔnin, i afɛm to insɛf se: "Mi nɔto  
di bɔdi, mi na spirit we wi nɔ de si... Mi na gladi... Mi na layt...  
Mi na sɛns... Mi na lɔv ɛn pan ɔl we a de na dis bɔdi, mi spirit  
"nɔ de day ɛn i nɔ de rɔtin

. \*\*\*

Jɔs lɛk aw dyu drɔp kin ɛp flawa dɛn fɔ blo ɛn gro, na so  
we pɔsin du gud kin mek padi biznɛs fayn ɛn i kin mek i gro

\* \* \*

Wev dɛn de we de apia na di si ɛn wev dɛn de we de lɔs  
insay di dip say dɛn we i de; insay di tu kes dɛm, dɛn de  
t distalman we de fɔinsay di si ɛn wan wit am Semweso, m  
smik o we de disappearɔf di kɔ fayzɔtɛm we "layf" de na di s  
insay am we i "day" de ikwal insay di si we go de sote go

\* \* \*

Di mun in riflekshɔn nɔ de klia wan na wata we gɛt  
trɔbul, bɔt wans di wata in safa dɔn kol, di mun in riflekshɔn  
kin klia pafɛkt wan Na di sem tin kin apin to di maynd: we i  
kol, yu kin si di fes fɔ yu sol wit kɔmplit klia ɛn prɛsishɔn

. \*\*\*

Send, O Masta, di raytin fɔ di san fɔ Yu sɛns fɔ gayd mi  
insay mi gladi gladi de dɛn fɔ ajɔst, ɛn di layt fɔ di ful mun fɔ  
Yu sɔri-at we a de waka na di dak nɛt dɛn we a de sɔri

. \*\*\*

Meditashɔn na di we aw yu de kɔnɛkt wit di yunivasal  
maynd, ɛn we yu gri wit da awareness we nɔ gɛt ɛnd yu go  
ebul fɔ no ɔl di sikrit dɛn fɔ krieshɔn

. \*\*\*

Di want fɔ kam nia Gɔd ɛn fɔ no am nɔ kin kam fɔ insɛf,  
bɔt i fɔ gɛt fɔ du wit am, ɛn layf nɔ gɛt ɛni valyu if i nɔ gɛt da  
want de  
. \*\*\*

Laif na di wɔl na stɔp fɔ shɔt tɛm, ɛn di men wok we  
mɔtalman fɔ du na fɔ ɔndastand di rizin ɛn di gol fɔ dis waka  
Da rizin na fɔ no Gɔd, ɛn i nɔ go ebul fɔ bi ɛni ɔda tin  
. \*\*\*

Yu pis na yu valyu tin, so nɔ alaw ɛnibɔdi fɔ tek da jɛntri  
de pan yu  
\* \* \*

Lan fɔ tinap yu wan, sef ɛn sikrit na di fɔt fɔ yu gud  
kwaliti dɛn ɛn yu valyu fɔ yusɛf  
\* \* \*

Oltin de bikɔs Gɔd de ɛn bikɔs I de, yusɛf de Tɛnki fɔ in  
ɛgzistens, yu de ɛnjoy di kɔmfɔt ɛn gladi at na layf So, yu  
tɛnki to Gɔd fɔ dip  
. \*\*\*

Gud buk kin bi padi dɛn we nɔ tɔk natin, we gɛt pɔlitiks,  
ɛn we gɛt rɛspɛkt Nɔ lɛf dɛn buk ya we yu gɛt prɔblɛm dɛn,  
bikɔs dɛn nɔ go ɛva lɛf yu, nɔto lɛk yu bɔdi padi dɛn we kin  
lɛf yu  
. \*\*\*

ɛnibɔdi we gɛt gud wɛlbɔdi, kɔmfyut layf, ɛn big mental  
kapasiti, bɔt stil nɔ gɛt gladi at, nɔ dɔn gɛt sakrifays yet na  
layf We yu kin rili se, "A gladi, ɛn nɔbɔdi nɔ go ebul fɔ tek mi  
gladi at," yu dɔn fɛn Gɔd in pikchɔ insay yusɛf  
. \*\*\*

ɛmpɛsh fɔ gɛt kol at ɛn pis, ɛn sɛn ɔl di tin dɛn we gɛt  
lɔv ɛn gud tin dɛn we yu want fɔ du if yu want fɔ liv wit pis ɛn  
wanwɔd Liv layf we gɛt fɔ du wit rayt ɛn fɔ wɔship Gɔd, ɛn ɔl  
di wan dɛn we dɛn layf gɛt sɔntin fɔ du wit yu layf go bɛnifit  
jɔs we dɛn de wit yu  
. \*\*\*

If yu nɔ ɡet padi, ɔ if yu padi dɛn de west yu tɛm, ɔ if yu  
nɔ de gri wit dɛn, den mek buk [ɛn matirial] we ɡet sɛns bi  
yu padi, as yu kin pas na di domɔt dɛn na dɛn pej dɛn fɔ go  
insay wan wɔl we ɡet wɔndaful ɛn fayn fayn aydia dɛn  
\*\*\*

Fɔ fɛn Gɔd min fɔ ɡet ɔl wetin di at want, ɛn fɔ bi  
spiritual min fɔ opin di domɔt fɔ wɛlbɔdi, gladi-at, ɛn  
sakraifays  
\*\*\*

Insay wi, wan spak we ɡet divayn pawa de we de mek ɛn  
sɔpɔt ɔl layf ɛn i de wet fɔ mek dɛn bɔn am  
\*\*\*

Rid na sɔntin we rili bɛnifit yu maynd; i de ɛksesaiz di  
maynd ɛn kip am fleksibul Wan ɔ tu awa we yu rid ɛvrɪde go  
gi ɛnibɔdi difrɛn difrɛn tin dɛn fɔ no insay sɔm ia, if i pik buk  
dɛn we ɡet valyu Nɔ west tɛm ɔ ambɔg yu maynd bay we yu  
de rid smɔl smɔl novel ɔ buk dɛn we nɔ impɔtant we nɔ ɡet  
ɛni rizin ɔ minin  
\*\*\*

Di wan dɛn we ɡet sɔshal inklinɛshɔn go fɛn insay valyu  
buk dɛn nyu ɛnaji fɔ ɛp mɔtalman tru di lɛsin dɛn we de insay  
buk dɛn we nobul, talent man ɛn uman dɛn rayt  
\* \* \*

Rid na sɔntin we rili bɛnifit yu maynd; i de ɛksesaiz di  
maynd ɛn kip am fleksibul Wan ɔ tu awa we yu rid ɛvrɪde go  
gi ɛnibɔdi difrɛn difrɛn tin dɛn fɔ no insay sɔm ia, if i pik buk  
dɛn we ɡet valyu Nɔ west tɛm ɔ ambɔg yu maynd bay we yu  
de rid smɔl smɔl novel ɔ buk dɛn we nɔ impɔtant we nɔ ɡet  
ɛni rizin ɔ minin  
\* \* \*

Wi fɔ lɛf fɔ tink bɔt dɛnsɛf nɔmɔ ɛn fɔ mek prawd bikɔs  
na dɛn tin ya we de mek wi nɔ ebul fɔ no bɔt Gɔd biznɛs  
\* \* \*

If wi nɔ ɡɛt sɛns bɔt ɡɔd, i tan lɛk se dis wɔl ful-ɔp wit  
fɛt-fɛt, fɛt-fɛt, ɛn bad bad tin dɛn we kin mek pɔsin fil bad,  
Gladi at de we pɔsin fil se i de nia ɡɔd

\* \* \*

Di wan dɛn we sabi ɡɔd kin ɡɛt gladi at ɛn gladi at ɔltɛm  
Bikɔs dɛn kin fil se dɛn ɡɛt blɛsin sef ɛn kol at, big big briz we  
kin mek dɛn vɛks nɔ kin shek dɛn, ɛn fred nɔ kin ebul fɔ go  
insay dɛn at

\* \* \*

Gud buk dɛn na yu bɛst padi dɛn; tru dɛn, yu kin yɛri di  
big big maynd dɛn de tɔk to yu saful saful, kɔmfɔt yu ɛn gi  
yu di bɛst advays Fɔ nɔ ɡɛt rial want fɔ rid gud buk dɛn min  
fɔ lɔs di lɛgsi we jɛnɛreshɔn dɛn dɔn ɡɛt

\* \* \*

If ɡɔd nɔ ɛp pipul dɛn, dɛn go mɔs fel, bikɔs di trɛnk ɛn  
sɛns we dɛn nid fɔ ɡɛt sakrifays na di fɛt fɔ layf kɔmɔt frɔm  
wan say we nɔ ɡɛt ɛnd We pɔsin nɔ pe atɛnshɔn to ɡɔd, dɛn  
kin kɔt di layf layn we de gi dɛn di ɛp ɛn sɔpɔt we dɛn nid fɔ  
mek dɛn ɡɛt sakrifays  
Di wan dɛn we de luk fɔ pipul dɛn we de nak na di domɔt  
fɔ di chans dɛn we dɛn ɡɛt fɔ lan bɔt ɡɔd, go si se di domɔt  
opin fɔ dɛn bikɔs ɡɔd de ɛp di wan dɛn we de ɛp dɛnsɛf  
We yu gri wit ɡɔd, ɔl di tin dɛn we ɡɔd mek de gri wit yu

\* \* \*

Lɔv tan lɛk sand pepa we de polish di maynd ɛn pul rɔf  
rɔf pan pɔsin in abit

\* \* \*

We yu fɛn ɡɔd wantɛm wantɛm ɔlsay, ɛn we l kam to yu,  
inspɛkt yu, ɛn gayd yu, di stori bɔt di divayn lɔv dɔn begin

\* \* \*

Mek lɔv shayn na at ɛn sɛn wɛlbɔdi rayt to ɔda pipul dɛn

\* \* \*

Tray fɔ no ɡɔd we yu yɔŋ ɛn strong, bikɔs we yu ol ɛn sik  
yu nɔ go ebul fɔ luk fɔ am igen We pipul dɛn begin fɔ  
ɔndastand di tru minin fɔ layf, di bɔdi kin wik, ɛn dɛn kin

spen di ɔda pat na den layf fɔ kia fɔ den bɔdi we nɔ get bɛtɛ  
trɛnk instead fɔ fɛn di trut

\* \* \*

A go tek di bɛst frɔm ɔlman, ɛn a go gladi fɔ di gud  
kwality den we ɔl di kɔntri den get ɛn a nɔ go pe atɛnshɔn pan  
den fɔlt den

\* \* \*

Jɔs lɛk aw wi bisin bɔt di nyutrishɔn valyu we wi it ɛvrɪde  
get, wi fɔ pe atɛnshɔn bak to di saykolojik nyutrient den we  
wi de gi wi maynd ɛvrɪde

\* \* \*

Kind wɔd na wɔndaful mɛrɛsin fɔ bɔku sik den, i get  
pawaful, ɔlmost majik, magnetik pawa we de brɪŋ bɔku blɛsin  
ɛn prɔsperiti to den spika Di wan den we de yuz wɔd den we  
de mek den fil fayn, we saful saful, kin fil se wan kɔrɛnt we  
nɔ de si klia wan de flɔ tru den we den nɔ de ambɔg den, den  
kin ful-ɔp wit wan dip sɛns fɔ mek den get kol at Dis na bikɔs  
dis kɔrɛnt get kɔnekshɔn to in ay sɔs, wan kɔnstant flɔ we de  
rich sol den we de gri wit da sɔs de, we de mek den ebul fɔ  
transmit gladi at to di wan den we want fɔ get pis

\* \* \*

Bɔku fayn wɔd den we kɔmɔt na di at dɔn pul bɔku sɔri-  
at ɛn bɔku sɛns vɔys den dɔn layt dak rod den wit lamp den  
!we de mek pipul den gladi ɛn get kol at

\* \* \*

Wi de gro tru ɛvri ɛksperiɛns we wi de go tru, as long as  
wi no se wi kin lan valyu lɛsin frɔm den ɛvri pen ɛn sɔfa we  
wi de get get minin ɛn rizin Pan ɔl we den ɛksperiɛns ya  
tranga, den tan lɛk faya we de mɛlt ayɛn ɔyl, we de chenj am  
to fayn, strɔŋg, ɛn stɛl we pɔsin kin yuz bɔku tin den

\* \* \*

ɔl di wɔndaful tin den we a dɔn du na mi layf dɔn  
akɔmplɪt tru di pawa we wan maynd get we gri wit Gɔd We di  
divayn jenɛra de rɔn, ɔltin we a want kin kam fɔ bi frut witout  
ɛksɛpshɔn, fɔs i kin tek shɛp lɛk wan dizayn we nɔ de si, we



gɛt ethereal ɛn afta dat i kin sho wit pawa we pɔsin nɔ go  
ebul fɔ stɔp insay rial tin

\* \* \*

We di maynd wispa to Gɔd wan wispa we kɔmɔt na in at,  
we gɛt zil frɔm di dip dip dip tin dɛn na wan sol we want, di  
spirit in kɔl go tɔch di yunivasal at, ɛn di ansa go kam, we go  
brɪŋ bɔku bɔku gladi at Dis intelektual wispa de kɔltiv di wil  
te i gɛt di trɛnk we i nid fɔ rich di gol we i want

\* \* \*

We pɔsin in maynd ɛn wetin i want gri wit Gɔd, dɛn kin  
chaj am wit pawa we nɔ gɛt limit, so dat fɔ jɔs tink bɔt sɔntin  
go du fɔ mek i ebul fɔ du am, bikɔs Gɔd in lɔ de wok fɔ di  
wan dɛn we gri wit di tin we pas ɔl

\* \* \*

Ilɛk wetin de mɔna wi, Gɔd fɔ tek di fɔs ples na wi layf  
Wan pan di impɔtant tin dɛn we go mek wi go bifo pan Gɔd  
biznɛs na fɔ kɔntinyu fɔ wispa to Gɔd wit ɔl wi at, usay yusɛf  
go gɛt fayn fayn chenj we go mek yu rili kɔle

\* \* \*

Mɔtalman nɔ fɔ devote ɔl di mental abiliti dɛm we Gɔd  
dɔn gi am fɔ luk fɔ tin dɛm we nɔ de te, ɔdasay i go lɔs insɛf  
insay di labirint dɛm fɔ matirialism ɛn mek fɔ insɛf restriksɔn  
ɛn limiteshɔn dɛm we i nɔ nid Bifo dat, i fɔ yuz in mental  
pawa fɔ gɛt di tin dɛm we i nid fɔ liv ɛn tray fɔ divɛlɔp in  
spiritual fakulti fɔ difrɛns bitwin rayt ɛn rɔŋ, ɛn bitwin bad ɛn  
bɛnifit

\* \* \*

Di trut de pas di opinion ɛn tiori dɛm, ɛn bɔku pipul dɛm  
we de tek dis we fɔ du tin kin gɛt fɔ du wit dɛn yon tin dɛn  
we dɛn kin tink bɔt

\* \* \*

Opin, O Masta, di get dɛm fɔ kwayɛt ɛn gayd di oli ples  
fɔ mi spiritual tinkin frɔm di atak dɛm fɔ mi wispa ɛn mek di  
ros dɛm we a want fɔ blo blo na di gadin na mi at as a de wet  
fɔ di dawn fɔ Yu kam

\* \* \*

Tiori no nɔ ebul fɔ ɣet divayn no, ɛn i fayn fɔ mek pɔsin \*  
nɔ west in valyu tɛm pan tiori dɛn we pɔsin nɔ go ebul fɔ yuz  
insay rial tin, ɔdasay pɔsin go si insɛf na di midst of dense  
intellectual jungles ɛn i nɔ go ebul fɔ pas di eria we tiori dɛn  
de

\* \* \*

Gladi at na di frut fɔ saykilɔjik win pan di volatil  
sikɔstɛms na layf

\* \* \*

Di wan we Gɔd no, di wɔl nɔ go no am

\* \* \*

If pɔsin program insɛf wit tiori no [we nɔ ɣet rial tɛst], i  
go tan lɛk pɔtabl rikodin divays we de ripit prɔvab ɛn ɛko ay  
ay frayz, ɛn ɔda pipul dɛn go tek am as masta sabi bukman  
we lan buk, bɔt da kayn no de nɔ de strong mɔ bay we i de  
ɔndastand di tru dairekt wan, ɛn i nɔ de kɔmpia am wit di tin  
dɛn we i de du na Gɔd in yay

\* \* \*

Prɔblɛm dɛn go kɔntinyu fɔ de na di wɔl, so usay pɔsin  
go tɔn fɔ ɣayd ɛn dayrɛkshɔn? Di tin dɛn we pɔsin de tink, we  
di abit dɛn, di we aw i de tink bɔt ɔda pipul dɛn, di we aw i de  
tink bɔt ɔda pipul dɛn, ɛn di we aw i de biev, nɔ ɣet ɛni yus,  
ɛn di tin dɛn we de ambɔg di say we i de, in famili, in kɔntri,  
ɔ di wɔl nɔ ebul fɔ gi am tru tru ɣayd So, i fɔ tɔn to Gɔd ɛn  
lisin to di kwayɛt, kwayɛt vɔys we de kɔmɔt na di dip dip pat  
dɛn na di sol, we na vɔys we gri wit di trut

\* \* \*

Opin una at to di divayn ɔtpourin so dat i go flɔ tru una  
ɛn ful una layf wit spiritual blɛsin ɛn gudnɛs

\* \* \*

Ilɛk us wok yu de du ɛn ɛnitin we yu ebul fɔ du, mɛmba  
ɔltɛm se na Gɔd de gi yu ɔl di trɛnk we yu nid fɔ wok ɛn ajɔst

\* \* \*

Mek a mɛmba yu, Masta, we yu po ɛn we yu gɛt bɔku \*  
prɔpati, we yu sik ɛn we yu gɛt wɛlbɔdi, we yu nɔ no natin ɛn  
we yu gɛt sɛns, ɛn mek a si yu blɛsin layt we de gi wɛlbɔdi ɛn  
wɛlbɔdi insay di tɛm

\* \* \*

Insay di solitude fɔ mi tinkin, a de lɔng fɔ yɛri yu blɛsin  
vɔys Banish frɔm mi di harsh, wɔl vɔys dɛn we ayd insay di  
fold dɛn na mi mɛmori A want fɔ lisin to yu kol, melodious  
vɔys sote go insay di tranquility of mi sol

\* \* \*

Laif dɔn kɔba wit daknɛs, ɛn wi fɔ mek Gɔd in layt bi wi  
gayd lamp as wi de waka na in dak rod dɛn In na di ful mun  
insay di nɛt dɛn we wi nɔ no natin ɛn daknɛs, di san we de  
mek pɔsin gɛt layt insay di awa dɛn we wi de wek, di layt we  
de gayd wi, ɛn di Nɔt Sta fɔ di wan dɛn we de travul di si dɛn  
we de na di wɔl, we de pas

\* \* \*

Na tɛm fɔ mek mɔtalman wek frɔm in slip we i fɔgɛt fɔ  
wek to spiritual wek Wi de aks Yu, O Masta, fɔ rayz wi  
kɔnshɛns frɔm di dip dip tin dɛn we nɔ de pe atɛnshɔn ɛn  
smɔl, limited tinkin to di ɔrayzɔn fɔ pis, layt, lɔv, ɛn yunivasal  
mɔtalman sɔri-at

\* \* \*

Tin go dɔn bɛtɛ bikɔs Gɔd in pawa ɛn wɔndaful tin dɛn  
de ayd biɛn di tin dɛn we de agɛns mɔtalman layf, ɛn ɛnibɔdi  
we nɔ biliv se di tin nɔ go ebul fɔ avɔyd ɛn tray fɔ go insay  
wit in maynd ɛn fet to wetin de biɛn di vel, go mek dɛn opin  
di domɔt fɔ am

\* \* \*

Fet nɔ de ɛva min fɔ tek tɛm ɔ nɔ fɔ dil wit di tin dɛn we  
de apin to am wit sɛns Bifo dat, ilɛk wetin apin, pɔsin fɔ mek  
shɔ se na Gɔd nɔmɔ ebul fɔ sɔpɔt am pan tin dɛn we nɔ izi ɛn  
we de tray if i tɔn to Am wit ɔl in at, sol, ɛn filin

\* \* \*

If wi sɛns dɛn bin ebul fɔ gi di wan ol trut to wi, wi go si  
di wɔl lɛk riva dɛn we gɛt ilɛktron dɛn, ɛn ɛvri smɔl dɔst lɛk  
layt we de rɔl Di wan dɛn we de go insay di say we di tin dɛn  
de apin to di spiritual pipul dɛn ɔndastand di kayn we aw  
ilyushɔn tan ɛn no di men tin we tru

\* \* \*

Ilɛksɛf na di Afrikan jɔŋgrɔn, na fɛt-fɛt ples, i de sɔfa wit  
sik ɔ po, pɔsin fɔ biliv insɛf se Gɔd in an strong pas ɛni denja  
ɛn i ebul fɔ protɛkt di wan dɛn we de fɛn say fɔ rɔn go to am  
No we nɔ de we go protɛkt am pas dis Na tru se pɔsin fɔ yuz  
rizin fɔ dil wit tin dɛn we de apin ɛn di sem tɛm i fɔ abop pan  
Gɔd in ɛp

\* \* \*

Di lɔv we de insay ɔl di tin dɛn we Gɔd mek in at—di lɔv  
we ɔl mama, papa, padi, ɛn di wan dɛn we dɛn lɛk gɛt—na  
frɔm Gɔd in lɔv

\* \* \*

Dɛn fɔ mek difrɛns bitwin big ɛn smɔl wok, fɔ put di wan  
we impɔtant pas ɔl di wan dɛn we jɔs impɔtant Dɔn bak, nɔ  
duty nɔ fɔ agens ɔda wan Di skripchɔ dɛn tɛl wi se we wan  
duty de agens ɔda wan, na pruf fɔ se i nɔto tru tru duty

\* \* \*

As di san in impɔtant rayt dɛn de skata, a go spre di rayt  
dɛn we gɛt op na di po ɛn di wan dɛn we dɛn dɔn lɛf [di wan  
dɛn we di sosayti dɔn lɛf] dɛn at, ɛn a go mek nyu maynd na  
di at fɔ di wan dɛn we tink se dɛn nɔ ebul fɔ du natin

\* \* \*

:Di ticha Paramahansa tɛl wan pan in disaypul dɛn se  
Nɔ pul ɛnibɔdi kɔmɔt na yu sɛklɔ fɔ lɔv Kip ɔlman na yu"  
."at ɛn dɛn go kip yu na dɛn yon

\* \* \*

Masta, ɛp mi fɔ yuz wetin a want ɔltɛm fɔ du tin dɛn we  
go bɛnifit mi ɛn we go mek a du gud

Ɛp mi fɔ gri wit wetin yu want so dat ɔl di tin den we a  
de tink bɔt go gri wit wetin yu want en go gri wit wetin yu  
want

I bin ɛp mi fɔ wek di pawa we ayd, we gɛt blɛsin insay mi  
so dat a go ebul fɔ win ɔl di prɔblɛm den en prɔblɛm den  
\* \* \*

Wek to da bold en ɔmbul spiritual pɔsin de – wan we de  
kɔba di trɛnk we layɔn den gɛt wit di saful saful we dɔv den  
gɛt  
\* \* \*

A nɔ go bisin bɔt bita, lay lay kɔmɛnt, ɔ bɔt bɔku bɔku  
prez en flawa Mi wangren tin we a want na fɔ du wetin yu  
want, O Masta, en gɛt Yu fayv  
\* \* \*

Yu nɔ go ebul fɔ imajin di gladi at we go ful yu we yu fil  
di divayn prezɛns Yu sol go dɔn drɔnk wit Gɔd in lɔv we nɔ  
gɛt bɔda Na lɔv we pas ɛni mɔtalman lɔv bɔku bɔku tɛm—lɔv  
we de fulɔp ɔl wetin yu want en ful yu at wit gladi en satisfay  
\* \* \*

Tru insay fɔs, yu kin ɛksperiɛns spiritual gladi gladi  
dairekt wan insay yusɛf en rawnd yu If yu kɔltiv dis ɔwe, yu  
pɔsin go gro wanwɔd, en yu go gɛt wan atraktiv magnetizm  
fɔ pipul en ɔda pipul den  
\* \* \*

O Gret Protɛkta, a nɔ bisin if a lɔs ɔltin bikɔs ɔf mi  
destiny, we na mi yon mek, bɔt a de aks yu, mi wangren  
refyuj, fɔ protɛkt di kandul fɔ mi lɔv fɔ yu frɔm di briz we a nɔ  
de pe atɛnshɔn en fɔgɛt  
\* \* \*

Lɛ wi drink te wi ful-ɔp wit di klin wata we de mek pis we  
de flɔd frɔm di spring den we gɛt fayn fayn tin den, we wi dɔn  
mekɔp wi maynd fɔ tink gud wan en gɛt op fɔ si tin  
\* \* \*

Kɔnshɛns na sɛns we pɔsin kin ɔndastand we de sho aw  
pɔsin in tru tru pɔsin en wetin mek i want fɔ du sɔntin We yu

kɔnshɛns klia, ɛn yu no se yu de du wetin rayt, yu nɔ ɡɛt  
natin fɔ fred Klin kɔnshɛns na tɛstament fɔ gud kɔndɔkt frɔm  
Gɔd Fɔ bi fri pɔsin na di kɔt fɔ kɔnshɛns min fɔ ɡɛt gladi at ɛn  
fɔ ɡɛt Gɔd in blɛsin

\* \* \*

Tray fɔ du tin dɛn we ɡɛt maynd ɛn we go mek yu gladi  
we bɔku pipul dɛn nɔ de du, ɛn gi lɔv ɛn pis to di wan dɛn we  
ɔda pipul dɛn nɔ de si dɛn

\* \* \*

:Di ticha Paramahansa tɛl wan pan in disaypul dɛn se  
If yu nɔ spɛn tɛm fɔ kɔltiv di maynd, no ɔmɔs matirial"  
prɔsperiti nɔ go satisfay yu Dis kɔltivɛshɔn nɔto fɔ mek yu  
sɔfa bɔt na fɔ tren yu kɔnshɛns fɔ nourish di tink ɛn akshɔn  
."dɛm we de mek yu ɡɛt gladi at

\*\*\*

Yu gladi gladi na yu saksɛs, so nɔ mek ɛnibɔdi tif am  
frɔm yu Protɛkt yusɛf frɔm di wan dɛn we de tray fɔ mɔna yu  
We a bin smɔl, a bin de lɔs mi peshɛnt ɛnitɛm we sɔm pipul  
dɛn de spre lay lay tɔk bɔt mi Leta, a kam fɔ no se mi pis na  
mi maynd impɔtant pas fɔ mek pipul dɛn gladi ɔ fɔ admaya  
mi

\* \* \*

If yu bin no di stori bɔt Gɔd in lɔv we sɔm pipul dɛn we  
de wɔship Gɔd kin ɡɛt! No ɔda ɛkspiriɛns nɔ de na layf we go  
kɔmpia to da gladi at we a bin no wan oli we bin de put insɛf  
pan Gɔd in lɔv ɔltɛm, ɛn in fes bin de shayn oli lɔv Gɔd in yay  
de ɔltɛm pan di wan dɛn we lɛk am, ɛn I nɔ de ɛva lɛf dɛn fɔ  
wan mɔnt

\* \* \*

Na smɔl pipul dɛn nɔmɔ de we want fɔ divɛlɔp dɛn  
maynd ɛn spiritual pawa

\* \* \*

No alaw yusɛf fɔ sink to di bottom fɔ prokrastineshɔn  
Rays frɔm di slip we de boring ɔdinari rialiti ɛn set ɔf to di  
ɔrayzɔn fɔ wan rifin layf usay achivment, gladi, ɛn pis de

\* \* \*

Insay yu, bɔku bɔku pɔtnɛshɛl dɛn de we de wet fɔ mek  
dɛn put yu mɔni, ɛn na yu nɔmɔ ebul fɔ aktiv ɛn bɛnɪfɪt frɔm  
am

\* \* \*

Fɔ fri frɔm di dikte fɔ bad abit ɛn di tin dɛn we yu want fɔ  
du we nɔ fayn kin brɪŋ gladi at fa fawe pas matirial sakrifays  
Insay intɛlektual sakrifays de na saykolojik wɛlbɔdi we  
ɛksternal sikɔstɛms nɔ go ebul fɔ tek yu kin spɛn ɔl yu tɛm fɔ  
gɛda jɛntri, bɔt da jɛntri de nɔ go gi yu di pis ɛn sikyɔriti we  
go de sote go we yu de luk fɔ Difrɛn frɔm dat, i go brɪŋ yu mɔ  
nɔ gladi bikɔs tru tru gladi at ɛn pis de na di maynd, nɔto  
insay di tin dɛn we pɔsin gɛt

We yu dɔn tinap tranga wan insay yu tru tru sɛf, yu de  
du ɔl di wok dɛn ɛn ɛnjoy ɔl di gud tin dɛn wit divayn gladi at

\* \* \*

Nɔ alaw wikɛd tin fɔ kam insay yu maynd, ɛn tek tɛm we  
yu de kip kɔmpin wit pipul dɛn we gɛt bad tin fɔ tink ɛn we  
nɔ gɛt bɛtɛ op, so dat dɛn wik tin dɛn nɔ go kam insay yu  
maynd, pas nɔmɔ yu maynd dɔn rich wan digri we i go gɛt  
trɛnk so dat di tin dɛn we ɔda pipul dɛn de tink nɔ go ebul fɔ  
wikɛd am, bɔt bifo dat, difrɛn frɔm dat, i go ebul fɔ mek ɔda  
pipul dɛn tink mɔ ɛn mɔ ɛn mek dɛn gɛt mɔ kɔnfɪdɛns pan  
dɛnsɛf

\* \* \*

Gɔd de kam fɔs, ɛn wi nɔ fɔ begin ɔ dɔn wi de we wi nɔ  
tink bɔt am Wi fɔ mɛmba se if wi nɔ bin gɛt di trɛnk ɛn ɛnaji  
we wi de gɛt frɔm Gɔd, wi nɔ bin fɔ ebul fɔ du ɛnitin So, wi  
big wok na fɔ to am

\* \* \*

Wan we de fɔ evaluate ɛn jɔj kɔstɔm ɛn tradishɔn Fɔs,  
ɛvri tradishɔn bin gɛt jɔstis If wi si se jɔstis stil de, den di  
tradishɔn gɛt minin ɛn bɛnɪfɪt Bɔt, i nɔ mek sɛns fɔ fala  
tradishɔn blaynd wan Wi fɔ no di tru ɛn fala am, no wetin kin  
mek wi gɛt gladi at ɛn afta dat wi fɔ yuz am

\* \* \*

We yu si bɔku pipul dɛn nɔ ɡɛt gladi at ɔ sakrifays, nɔ  
tink se na dɛn destiny Yu kin mek yusef ɛnitin we yu want fɔ  
bi Yu insay sakrifays na in rili de mek yu ɡɛt sakrifays

\* \* \*

If yu nɔ ɡɛt natin insay yusef, yu nɔ go gladi Bɔt if yu nɔ  
ɡɛt natin rawnd yu ɛn yu gladi insay yusef, yu nɔ ɡɛt wan  
dawt se yu ɡɛt sakrifays So, i nɔ pɔsibul fɔ jɔj pipul dɛn bay  
wetin dɛn de du na do

\* \* \*

Pan di bɔku bɔku krawd dɛn, sɔntɛm pɔsin go de we dɔn  
rich wan say we i dɔn go bifo pan Gɔd biznɛs ɛn we ɡɛt pis  
insay in at ɛn gladi at we pas ɔ na in spirit

\* \* \*

A no fɔ tru se ɔ wetin a nid go kam to mi, ɛn na dat mek  
a nɔ de wɔri bɔt wetin go apin tumara bambay Dis nɔto fɔ  
bost ɔ fɔ mek lɛk se a de du am, bikɔs a dɔn ɛkspiriɛns di  
wok ɛn di ɛfɛktiv we da blɛsin pawa de du na mi layf bɔku  
tɛm

\* \* \*

Ilɛksɛf a de flɔt na di wɔl ɔ a de drawn na di dip dip si, a  
no se a de wit Gɔd ɛn I de wit mi, ɛn natin nɔ go ambɔg mi  
Da no de dɔn gi mi wan gladi at we a nɔ go ebul fɔ tɔk bɔt ɛn  
we dip

\* \* \*

No dawt nɔ de se fɔ bay nyu tin na tin we kin mek yu  
gladi Bɔt afta sɔm tɛm, da gladi gladi de kin dɔn smɔl smɔl,  
ɛn yu kin ivin lɔs intres pan am ɔltogɛda, fɔɡɛt bɔt am ɛn  
want ɔda tin Bɔt, dɛn nɔ go fɔɡɛt di bil fɔ da tin de, mɔ if yu  
!bay am pan instɔlment

\* \* \*

Pɔsin fɔ tek kɔntrol pan in layf ɛn mek am izi as i pɔsibul  
Dɛn fɔ kip sɔm mɔni fɔ tin dɛn we i nid ɛn fɔ ɛnitin we go  
apin to am, put di mɔni we i de kip pas fɔ spɛn pan lɔjishɔn,  
ɛn ɛp ɔda pipul dɛn di bɛst we aw i ebul We yu ɛp ɔda pipul



dɛn, ɛp go kam to yu wan we ɔ ɔda we, ɛn yu nɔ go lɔs natin  
ɛn yu nɔ go gɛt natin

\* \* \*

Insay di gladi at we ɔlman gladi, O Masta, ɛn insay di  
padi biznɛs we ɔl di fetful pipul dɛn gɛt, a de fil Yu lɔv a gladi  
ɛn mi at gladi fɔ di sakrifays ɛn prɔsperiti we mi padi dɛn gɛt,  
jɔs lɛk aw a de gladi fɔ mi yon wɛlbɔdi ɛn izi As a de inspekt  
sɛns pan ɔda pipul dɛn, a de multiply di trɔs dɛm fɔ mi yon  
sɛns, ɛn insay di gladi at fɔ ɔlman, A kin fɛn mi yon

\* \* \*

Di big ɛnimi fɔ gladi at na fɔ lɛnt mɔni fɔ bay lɔjishɔn  
Pipul dɛn mistek biliv se dɛn nɔ go ebul fɔ gladi pas dɛn gɛt  
sɔntin we patikyula Bɔt ivin afta dɛn dɔn gɛt da tin de, dɛn  
nɔ go gɛt tru tru gladi at, pan ɔl di gladi at we i de briŋ fɔ  
sɔm tɛm Wetin na di pɔynt fɔ rɔnata di mirej fɔ gladi at na di  
wɔl we prɔmis fɔ brok nɔmɔ? Pipul dɛn fɔ liv simpul layf, ɛn  
dɛn nɔ nid fɔ gɛt bɔku prɔpati dɛn we nid fɔ pe atɛnshɔn to  
dɛn ɔltɛm

\* \* \*

Mi paradays de insay mi As a de ɛnjoy Gɔd in blɛsin dɛn,  
a de tɛl am tɛnki, ɛn mi insay gladi at de gro If a nɔ bin gɛt  
da satisfay we a de insay mi at, ivin di gladi at ɛn gladi at we  
de na dis wɔl de bi ɛl a dɔn kam fɔ no se if da gladi at de we  
de insay mi nɔ bin de, di lod fɔ di wok we dɛn put pan mi fɔ  
dɔn pul mi pis ɛn mek a nɔ gɛt gladi at

\* \* \*

If dɛn jɔyn di jɛntri wit sik ɛn prɔblɛm, di bad tin dɛn we  
go apin to am go bɔku Hajin ɛn wɛlbɔdi biznɛs de pan di tin  
dɛn we di Wɛst gɛt trɛnk Insekt dɛn we de ambɔg ɛn di jem  
dɛn we de kil pipul dɛn, dɛn kin kɔntrol dɛn fayn fayn wan na  
divɛlɔp kɔntri dɛn, we dɛn bɔku na ɔda kɔntri dɛn Bɔt fɔ pul  
dɛn peshɛnt dɛn ya nɔto di men tin we dɛn kin du, bikɔs ɔda  
kayn prɔblɛm dɛn de na divɛlɔp kɔntri dɛn, lɛk we i at fɔ pe  
bil ɛn di prɔblɛm dɛn we kin mek pɔsin swɛla bikɔs ɔf di

sistem den we den kin bay insay instolment—sofa we kin mek  
posin no slip fayn en we kin mek posin no get pis na in maynd

\* \* \*

Wi na important pat pan di sem konsheens we dis big  
yunivas komot

\* \* \*

Yu don eba si wan grup we get ship? If wan pan den  
jomp, di oda ship den de falamakata am witout hesitation  
Mos pipul den tan lek dat Sombodi kin kam wit wan aidia o  
introduks nyu tren, en oda pipul den go jomp pan di  
bandwagon wantem wantem en kopi am Dis paten don de fo  
jenereshon den Ol neshon get in kostom en tradishon, en wi  
no go ebul fo tok se den ol korekt o saund Bot udat no?  
Sontem som pan den kostom en tradishon den de no get wan  
minin en den no get wan minin

\* \* \*

We di trobul storm fo tinkin don stop, wi de go insay di  
kingdom fo pis en toch di divayn prezens

\* \* \*

Tink bot God, o wan fayn fayn ples we de mek pis de, o  
wan eksperiens we get gladi-at en we de mek posin gladi If yu  
de du gud tin na yu maynd, i kin mek yu get trenk en i kin  
mek yu fil fayn

\* \* \*

Wi de liv na wan wol we chaotic en trobul Yu kin tink se  
moni min gladi at, bot we yu get am, yu si se yu stil no gladi  
Yu kin get jentri en los yu welbodi (God no fo mek yu no get  
bete welbodi) O yu kin get gud welbodi en los yu moni O yu  
kin get ol tu jentri en welbodi bot yu kin sofa boku boku  
problem wit oda pipul den, ofred gudnes nomo fo mek yu mit  
wit et en veks in riton If God no de, natin no de pan dis layf  
kin rili satisfay yu

\* \* \*

Di wol kin bi ples fo mek pipul den sofa fo di wan den we  
de liv we den no no bot di divayn plan Bot we yu si di tin den

we de apin na layf as yu ticha den en lan from den di tru tin  
we dis wɔl tan en di wok we den don gi yu fɔ du na di kɔsmik  
drama, den ɛksperiens den de kin bi valyu layt den na di rod  
fɔ satisfay en gladi at we go de sote go

\* \* \*

Na de, bien di daknes we nɔ dak, di stilnes we nɔ get  
sawnd, en di natin we nɔ mek, na de di tin we de sote go de,  
we na di ɔrijin fɔ egzistens en di sɔs we ɔl di pawa en tin den  
we pɔsin kin si, we pɔsin kin si en we pɔsin nɔ kin si, de

\* \* \*

God nɔ mek dis wɔl fɔ wi jɔs fɔ it, slip, en day, bɔt fɔ mek  
wi no wetin i want en ɔndastand di rizin we mek wi de Na  
wan anful pipul den we get sɛns don ɔndastand wetin di  
kɔsmik plan min, bɔt bɔku pipul den blayn en den nɔ no bɔt  
da rizin de

\* \* \*

Mɔni nɔ bin ɛva bi mi gol na layf; mi gol na fɔ sav mi  
brɔda en sista den na mɔtalman So, God opin bɔku domɔt fɔ  
mi fɔ sɔpɔt misɛf en fulfil mi mishɔn

\* \* \*

God mek dis yunivas fɔ wok akɔdin to wan lɔ we nɔ de  
chenj en we nɔ de chenj If wi pwɛl ɛni wan pan den lɔ den ya  
we de na di wɔl, wi de pɔnish wisɛf Pɔsin we jomp from di ruf  
na wan long bildin go brok den bon So, wi nɔ go ebul fɔ  
ignore di lɔ fɔ graviti we wi nɔ sɔfa di bad tin den we go apin  
to am

\* \* \*

We wi tek dip luk pan di wɔl in sivilizayshɔn en fɛn di  
sikrit den we ayd fɔ di ol sivilizayshɔn den, wan big pikchɔ de  
kɔmɔt, wit layn den we miks togɛda, difrɛn chapta den, en  
prɛsis ditil den, en wi si se mɔtalman na pɔsin en na soshal in  
nature di sem tɛm

\* \* \*

If Gɔd bin want wi fɔ liv wi layf nɔmɔ wit tin dɛn we wi  
gɛt, wi go satisfay wit prɔpati ɛn satisfay wit di tin dɛn we de  
na di wɔl  
\* \* \*

Rays fɔ klin, pis, ɛn gladi at pas drim de flik ɛn dans  
insay wi impɔtant dip  
\* \* \*

Wit ɛni ɛkspiriɛns we de apin na di skay na wi layf di tɛm  
we wi de waka na dis wɔl, wi fɔ lan aw fɔ mek wi no mɔ ɛn  
aw fɔ ɔndastand mɔ bɔt di tin dɛn we de arawnd wi ɔ we wi  
de go tru, ɛn afta dat wi go ebul fɔ liv fayn fayn wan ɛn dil  
wit pipul ɛn layf fayn fayn wan  
\* \* \*

Bɔku pipul dɛn kin falamakata ɔda pipul dɛn Pɔsin fɔ bi  
ɔrijinal ɛn kreativ, ɛn masta ɔltin we i de du  
Insay di Is, di men tin we dɛn dɔn pe atɛnshɔn pan na fɔ  
mek pɔsin gɛt gladi at na Gɔd in yay, pan ɔl we bɔku tɛm dɛn  
nɔ de tek tɛm wit di tin dɛn we pɔsin kin gɛt na layf Insay di  
Wɛst, sɔm tin dɛn de we pɔsin kin gɛt fɔ ɛnjoy inɛf bɔt na  
smɔl tin dɛn we pɔsin kin gɛt na in maynd Wetin dɛn nid na  
fɔ balans bitwin di tu tin dɛn, bikɔs fɔ pe atɛnshɔn pan wan  
tin nɔmɔ na layf kin mek pɔsin nɔ balans ɛn i nɔ kin ebul fɔ  
dil wit wetin layf want  
\* \* \*

Di big big gladi at - afta divayn gladi at - na fɔ mek pɔsin  
gɛt pis wit in fambul dɛn we i gɛt fɔ liv wit ɛvrɪde insay di ia  
Pipul dɛn kin wɛst bɔku tɛm fɔ rɔsh ɛn du tin kwik kwik  
wan we dɛn nɔ ebul fɔ du bɔku tin Na smɔl pipul dɛn kin stɔp  
fɔ tink ɛn tray fɔ ɔndastand wetin layf gɛt fɔ gi  
\* \* \*

Wi fɔ wok fɔ bil insay bildin dɛn we gɛt sɛns na gadin  
dɛn we gɛt pis we de gro ɛn shayn wit bɔku bɔku flawa dɛn  
we gɛt wɔndaful spiritual gud kwaliti dɛn  
\* \* \*

Insay wanwɔd na bɔku tin we de mek pɔsin gɛt trɛnk ɛn i  
de mek pɔsin gɛt nyu ɛnaji

\* \* \*

We pɔsin luk layf, i kin si se sakrifays nɔ kin izi Bɔku tɛm

Layf kin tranga ɛn nɔ kin fɔgiv, ɛn wi fɔ tray tranga wan fɔ  
gɛt mɔni Tink bɔt di tray we yu nid fɔ tray fɔ sɔpɔt yu bɔdi ɛn  
kip am wɛlbɔdi ɛn nɔ gɛt sik! Ivin if yu saksɛs pan dis, dat  
saksɛs na fɔ shot tɛm Di bɔdi—mek yu liv lɔng—go go dɔn fɔ  
rɛst Nisiti de dikte fɔ fɛt bɔku bɔku fɔs dɛn, insay ɛn ɔdasay,  
fɔ gɛt di sakrifays we yu want Dɛn fɔs ya de wok tranga wan  
fɔ tif yu ɛni rili impɔtant tin we yu dɔn du

\* \* \*

Tray fɔ kɔntinyu fɔ gɛt kol at ɔnda ɔl di tin dɛn we de  
apin, ɛn mek di sid fɔ yu pis blo wit gladi at ɛn smayl fɔ  
satisfay

\* \* \*

Ivin di big big oli pipul dɛn nɔ kin gɛt kɔmplit sev pas  
dɛn sheb dɛn sakrifays—dɛn spiritual ɛksperiɛns ɛn ay no—  
wit ɔda pipul dɛn bay we dɛn de ɛp dɛn fɔ rich dɛn spiritual  
ɔndastandin Dis na di rizin we mek di wan dɛn we dɔn rich  
dɛn kayn stej dɛn de ɛn rich dɛn kayn stet dɛn de kin rili  
want fɔ gi ɔndastandin to di wan dɛn we nid am If yu want  
tru sakrifays, yu nɔ go jɔs sikyurɛt yu yon gladi at bɔt ɔda  
pipul dɛn gladi at bak

\* \* \*

Enibɔdi we gɛt sɛns kin mek mɔni Bɔt if dɛn gɛt lɔv na  
dɛn at, dɛn nɔ go ɛva yuz da mɔni de fɔ dɛnsɛf nɔmɔ; bifo  
dat, dɛn go sheb am wit ɔda pipul dɛn Mɔni na swɛ ɛn  
misfɔstans na di an fɔ di wan dɛn we de tink bɔt dɛnsɛf nɔmɔ  
ɛn di wan dɛn we misɛf, ɛn na blɛsin ɛn gift na di an fɔ di  
wan dɛn we gɛt gud at ɛn sol we gɛt fri-an

\* \* \*

Sɔmbɔdi kin disayd fɔ nɔ tɔk natin fɔ lɔng tɛm, nɔ gri fɔ  
tɔk to in famili Pan ɔl we dis pɔsin kin gɛt sɔm pis insay in at,  
di we aw i de biev kin bi se i de tink bɔt insɛf nɔmɔ ɛn i kin

ambɔg in famili in gladi at Dɛn nɔ kin tek dɛn as pɔsin we rili  
gɛt sakrifays pas di wan dɛn we dɛn lɛk dɛnsɛf bɛnifit frɔm di  
tin dɛn we dɛn dɔn du Semweso, fɔ gɛt prɔpati sakrifays nɔto  
jɔs bɔt wi rayt fɔ ɛnjoy prɔsperiti nɔmɔ; i min bak se wi gɛt fɔ  
du wit gud abit dɛn to ɔda pipul dɛn fɔ ɛp dɛn fɔ mek dɛn gɛt  
mɔni ɛn liv bɛtɛ layf

\* \* \*

A de protɛkt biɛn di wɔl dɛm fɔ mi klia kɔnshɛns a dɔn  
bɔn di dak past ɛn a jɔs bisin bɔt tide

\* \* \*

Tide a no se a na wan wit di layt fɔ di big big gud ɛn a na  
layt fɔ di wan dɛn we de tray tranga wan fɔ fɛt di wef dɛn na  
di si we gɛt sɔri-at

\* \* \*

Pipul dɛn gɛt difrɛn we fɔ si ɛn tiori bɔt sakrifays, i dipɛn  
pan wetin dɛn want fɔ du na layf I nɔ kɔmɔn fɔ yɛri sɔm pipul  
dɛn de ikwal sakrifays wit tif, dɛn de tɔk tin dɛn lɛk, "I bin bi  
saksɛsful tifman!" Dis de sho se sakrifays pan ɔl in fɔm ɛn  
difrɛn kayn tin dɛn we pɔsin kin want ɛn we pɔsin kin luk fɔ  
Bɔt, wi sakrifays nɔ fɔ ambɔg ɔda pipul dɛn

Wan ɔda tin de bak we wi kin du fɔ mek wi gɛt sakrifays:  
we wi ebul fɔ briŋ wanwɔd ɛn bɛnifit rizɔlt fɔ wisɛf, wi fɔ put  
ɔda pipul dɛn bak insay wi sakrifays ɛn sheb in frut dɛn wit  
dɛn

Saksɛs min se pɔsin in satisfay ɛn satisfay insay in  
ɛnvayrɔmɛnt Tru saksɛs na di rizɔlt fɔ akshɔn dɛn we dɛn bil  
pan prinsipul dɛn fɔ du wetin rayt, ɛn i de kɔba di gladi at ɛn  
wɛlbɔdi fɔ ɔda pipul dɛn as impɔtant pat pan pɔsin in yon  
gladi at If wi yuz dis prinsipul to wi matirial, intɛlektual,  
moral, ɛn spiritual layf, wi go gɛt wan kɔmplit ɛn  
kɔmprɛhɛnsif difinishɔn fɔ sakrifays

\* \* \*

Na ya na dis wɔl we nɔ bɔku, wi de si long, wayd, ɛn  
density, bɔt ɔda lɛvul de usay dimɛnshɔn nɔ de; ɔltin klia ɛn  
transparent—ɔltin na kɔnshɛns ɛn sɛns Di sɛns fɔ te na fɔ no,

læk di sɛns fɔ smɛl Wi filin, tink, ɛn bɔdi na stet fɔ kɔnshɛns  
jɔs læk aw wi kin si, yɛri, smɛl, test, ɛn tɔch na drim, so bak,  
pan da ay levul de, wi kin ɛksperiɛns ɔl dɛn sɛns ya tru klin  
kɔnshɛns  
\* \* \*

O Masta, mek wi gladi bay we wi fil se yu de nia wi, fri wi  
frɔm di shaklɔs fɔ di tin dɛn we wi want, ɛn gi wi wan insay  
gladi at we nɔ de afɛkt di tin dɛn we de apin na layf ɛn di tin  
dɛn we de apin we de chenj  
\* \* \*

We wi maynd de in tune wit di ay percepshon, spiritual  
consciousness de wek insay wi ɛn wi de experience amazing  
wondars of divain waes ɛn lov  
\* \* \*

If wi læk Gɔd ɔltogɛda ɛn tɔn to am wit ɔl wi maynd ɛn at,  
wi go fil se wi de nia am ɛn wi go si se na in na di big ples fɔ  
sef na layf  
\* \* \*

Insay di spes we tan læk se i ɛmti, we big, wan  
kɔnekshɔn de we de na di wɔl ɛn wan layf we go de sote go  
we de mek wi jɔyn wit ɔl di tin dɛn we gɛt layf ɛn we nɔ gɛt  
layf na di yunivas—wan wef we gɛt layf we pas ɔl we de flɔ  
tru ɔl di ɛgzistens Eternity na wi tru tru os ɛn ples fɔ de sote  
go, ɛn wi ɛgzistens na wi bɔdi dɛn ya na fɔ shɔt tɛm nɔmɔ,  
læk fɔ rɛst fɔ shɔt tɛm fɔ wan karavan we de travul krɔs di  
dɛzat  
\* \* \*

We wi alaynɛd wisɛf wit di kriyaytiv fɔs dɛm fɔ di spirit,  
wi go kɔnɛkt wit di yunivasal ɛn infinite maynd we ebul fɔ  
gayd wi ɛn sɔlv wi prɔblɛm dɛm Krio pawa go flɔ to wi we nɔ  
go ambɔg frɔm di big big sɔs we wi bi, we go mek wi ebul fɔ  
gɛt kriyaytiv sakrifays pan ɛni eria we wi de du  
\* \* \*

Lɔv de gro ɛn go bifo na say we pipul dɛn kin abop pan  
dɛn, we dɛn kin gri wit dɛnsɛf, ɛn we dɛn kin rɛspɛkt dɛnsɛf

\* \* \*

Bles wi, O Masta, wit di layt fɔ klin tink ɛn gud abit, so  
dat if di daknɛs fɔ bad abit ɛn deviant tinkin kam nia wi, i go  
kɔmɔt wantɛm wantɛm ɛn ɛp wi fɔ lɛk Yu wit lɔv we so dip  
dat nɔto matirial ilyushɔn ɔ di wɔl tɛmteshɔn nɔ go ebul fɔ  
trap wi ɔ tek wi maynd ɛn at

\* \* \*

Tin dɛn we izi fɔ gɛt nɔ kin gɛt valyu Wi no dis frɔm we  
wi stɔdi bɔt big man ɛn uman dɛn layf ɛn aw dɛn bin bi big  
pipul dɛn bay we dɛn bin de divɛlɔp dɛn talɛnt, du dɛn wok,  
bil dɛn gud abit dɛn, dɛn dip stɔdi, ɛn we dɛn nɔ de tink bɔt  
dɛnsɛf nɔmɔ Di tin dɛn we dɛn bin gɛt ɛn di tin dɛn we dɛn  
bin ebul fɔ du bin big pas di tray we dɛn bin de tray

\* \* \*

Tru fridɔm de insay di fridɔm fɔ disayd fɔ du sɔntin we  
sɛns de gayd am ɛn we pɔsin ɔndastand, kɔrɛkt, ɛn we i want  
fɔ du sɔntin, sɔpɔt am

\* \* \*

We yu wek yu wil, di maynd, ɛn di sɛns we yu de tink  
bɔt, pawa dɛn we yu nɔ de si de kɔmɔt frɔm di ay kɔnshɛns—  
tru di sɛns we di sol gɛt—fɔ ɛp yu ɛn fɔ layt di rod dɛn we de  
go to saykilɔjik kɔmfɔt ɛn gladi at, wit Gɔd in ɛp

\* \* \*

Pɔsin fɔ opɪn di chanel dɛn fɔ di sol tru in yon tray Nɔbɔdi  
nɔ want fɔ pik sɔfa ɛn misɛf pas pis ɛn gladi at Ignorance na  
di rut fɔ sɔfa ɛn di tin we de ambɔg we dɛn fɔ pul ɛn pul  
Ignorance na wan bad bad gras, we gɛt dip rut, we de gro na  
di gadin fɔ mɔtalman, we de krawd di gud ɛn bɛnɪfit plant  
dɛn Ignorance must overcome with unwavering will and  
resolute determination Dɛn fɔ til di grɔn na di maynd wit  
prɛsis mental fɔs [pan di gud tin dɛm] ɛn di gud sid dɛm fɔ  
wata wit di wata fɔ fet We di impɔtant ɛn wam wam rayt dɛm  
fɔ lɔv shayn, di sid fɔ gudnɛs go gro ɛn win di parasayt gras  
ɛn gras dɛm, bikɔs daknɛs nɔ go ebul fɔ de we layt de

\* \* \*



Di gladi gladi we pɔsin kin gɛt kin dɔn ɛn nɔ de igen, bɔt  
divayn gladi at nɔ de ɛva dak Na divayn gladi at we nɔ gɛt  
ɛnd ɛn we pɔsin nɔ go ebul fɔ tɔk bɔt  
\* \* \*

Wi nɔ fɔ ɛva yuz di rɔŋ we fɔ gɛt gladi at, ɛn wi nɔ fɔ lɛf  
di pis ɛn spiritual jɛntri we wi gɛt insay wisɛf fɔ fɛn kɔmfɔt we  
na lay lay kɔmfɔt ɛn layf we de shayn we kin dangle bifo wi  
bay ɛl akshɔn ɛn bihayvya wit pwɛl pwɛl ifɛkt  
\* \* \*

Serenity na di bɛst kamera fɔ kech di divayn prezɛns Tru  
di lens fɔ klin ɛn prɛsis fɔs tranquility, di blɛsin imej go apia  
wit pafɛkt klia  
\* \* \*

Infakt, ɔl di sɛns de insay yusɛf ɛn ɔl wetin yu nid na fɔ  
no am wit ɔl yu at  
\* \* \*

Satisfay de pan fɔ impɔtant yusɛf, so dat ɔda pipul dɛn  
de luk fɔ yu pas yu fɔ luk fɔ dɛn Lɔv ɛn padi biznɛs fɔ de we  
yu nɔ de ɛksprɛkt ɔ dimand fɔ gi am bak, bikɔs ɛksprɛkt de  
bɔn vɛks ɛn bita lvin we pɔsin de tray fɔ impɔtant insɛf, pɔsin  
fɔ tinap in wan, sɛf ɛn gɛt pis insay di fɔt we in gud kwaliti  
dɛn ɛn di valyu we i gɛt fɔ insɛf  
\* \* \*

Mek wata we de fɔdɔm we gɛt gladi at ɛn we gɛt op fɔ  
kɔmɔt na mi at ɔltɛm, ɛn mek dɛn sprɛy we de mek a fil fayn,  
tɔch ɔl di wan dɛn we a de mit  
\* \* \*

Spiritual gladi-at de mek di sol gɛt di want fɔ ɛp ɔda  
pipul dɛn pan ɔltin, ɛn i de divɛlɔp di abiliti fɔ gladi fɔ di rifin  
moral gladi gladi we de mek pɔsin gɛt gladi at, so dat i de  
ridyus di inklinshɔn to kruk gladi-at  
\* \* \*

I nɔ mata aw yu wok smɔl, i stil impɔtant lɛk di big big  
wok dɛn we i de du fɔ kɔntribyut to di sakrifays fɔ di kɔsmik  
ple we sol dɛn de du na di stej na layf

\* \* \*

Yunivasal kɔnshɛns na absolyut, infinite kɔnshɛns, we de  
ridyus insɛf ɔltɛm ɛn we nɔ de dɔn insay in kriaytiv, ɛn tru yu  
i de tray fɔ sho wan spɛshal aspek fɔ insɛf

\* \* \*

If yu test di divayn lɔv ivin wan tɛm, yu nɔ go ɛva giv am  
bikɔs natin nɔ de we tan lɛk am na di wan ol yunivas

\* \* \*

Di wan dɛn we no Gɔd dɔn rich di spiritual stej dɛn we  
rili advans, so dat dɛn nɔ de satisfay wit fɔ jɔs gi spiritual  
advays to sina dɛn, bɔt dɛn kin – bay di gudnɛs ɛn ɛp we Gɔd  
de gi dɛn – chaj dɛn wit di spiritual pawa we de fri dɛn frɔm  
di bad tin dɛn we dɛn kin du we dɛn sin

\* \* \*

ɔl di gud ɛn bad akshɔn dɛn de insay di bren sɛl dɛn ɛn i  
de sho as gud ɔ wiked abit ɔ tin dɛn we pɔsin kin tink bɔt  
Pɔsin we de sɔfa wit abit dɛn we nɔ fayn bikɔs dɛn de chaj in  
bren sɛl dɛn wit di pawa we dɛn abit dɛn de gɛt kin fri insɛf  
tru di pawa we i want, we i de tink gud wan, we i de pre wit  
ɔl in at, ɛn we i de kɔntinyu fɔ afɛm am te ɔl di abit dɛn we i  
nɔ want, chenj to gud abit dɛn we i gɛt fɔ gɛt pis ɛn kwayɛt  
Dis kin apin we di layf pawa we dɛn de dayrɛkt di rayt we de  
wok fɔ chenj di abnɔmal we aw di bren sɛl dɛn de, so dat dɛn  
sɛl dɛn de go ful-ɔp wit ɔl wetin gud, gud, ɛn fayn

\* \* \*

ɔndastandin na di insay yay, di vishɔn fɔ di sol, ɛn di  
tɛliskɔp fɔ di at Na di balans bitwin di kɔmpɔzishɔn we di  
maynd gɛt ɛn di klin we di kɔnshɛns klin

\* \* \*

ɛvrɪde wi de si difrɛn tin dɛn we de apin, ɛn ɛvrɪde de  
brɪŋ nyu lɛsin fɔ lan Dɛn de op se pɔsin go lan di lɛsin bay we  
i de pe atɛnshɔn pan di men rizin we mek i de: fɔ no usay i  
kɔmɔt ɛn di fawndeshɔn fɔ in layf  
Lɛ wi wok fɔ fɔgɛt di sɔri-at we bin de trade ɛn disayd nɔ  
fɔ de tink bɔt dɛn Wit ditarminieshɔn ɛn aktif wil we nɔ de

shek, le wi ridyus wi layf, ep fo mek wi sakrifays den go bifo,  
en men insay wisef gud abit en nobul kwaliti den

God na mi trenk en a no biliv eni oda trenk  
Fet layf in fet en peshent te di end, no eva giv op No eva  
se, "A no ebul fo fen di rod, so a go stop fo tray" Aks fo gayd  
if yu don mek mistek, bot no eva stop fo tray Boku pipul den  
kin aksept fo win we den get problem den we de ambog den  
Di wan den we no ebul fo du scontin fo get padi biznes wit  
pipul den we don get sakrifays, noto pipul den we no ebul fo  
du scontin Bi disayd fo get sakrifays; mek dat bi yu filosofi na  
layf

Evride wi fo mek wi bodi strong, mek wi maynd get mo  
trenk, en no wi tru tru sef bay we wi de tink gud wan, tink  
gud wan, en wok fayn, we go mek wi get gud wok we go  
benifit wi bodi, maynd, en spirit togeda

We yu want fo mek yu get gud abit o lef bad abit, pe  
atenshon pan di bren sel den usay di we aw difren abit den  
de wok fo mek yu get gud abit, fcs sidom kwayet wan en tink  
gud wan, en luk fo divayn gayd

Fokus yu maynd pan di wilpawa senta na yu forest,  
bitwin yu aybrow, en afem di abit we yu want fo put insay yu  
bren tranga wan We yu want fo pul bad abit den, fcs yu  
atenshon bak pan di wilpawa senta en afem tranga wan se  
den de eras ol di grov den usay den abit den de don stop  
If yu de pe atenshon en yu want fo du scontin, yu kin ebul  
fo eras ivin di dip dip swelin den we de na di ol abit den we  
don stop

Riaffirm to yusef boku tem se yu get di wil pawa fo pul di  
abit den we no fayn na yu bren Di best tem fo dis affirmation  
na ali monin we yu wil pawa en fcs de na den peak Kontinyu  
fo affirm to yusef se yu fri from ol di dikte, en wan de yu go si  
—wit God in ep—dat yu don rili fri yusef from di abit we yu  
want fo brok

Enitin we yu de fred, drɛb am na yu tink ɛn lɛf am to Gɔd  
Strong yu fet pan Gɔd ɛn trɔst se i ebul fɔ ɛp yu, ɛn no se  
bɔku sɔfa kin kɔmɔt frɔm wɔri ɛn wɔri  
Wetin mek yu fɔ sɔfa naw we di tin we yu de fred nɔ  
apin yet? Bikɔs bɔrku pan wi distɔblɛshɔn kin kɔmɔt frɔm  
frayd, if wi pul frayd na wi layf wi go fil fri ɛn wɛl go bi kwik  
kwik wan

Evri nɛt, rayt bifo yu go slip, afɛm to yusɛf se Gɔd de wit  
yu, de protɛkt ɛn wach yu Imajin in layt we de protɛkt yu we  
de rawnd yu frɔm ɔlsay, ɛn yu go fil In wɔndaful protɛkshɔn  
Insay dis kɔsmik ple, mɔtalman dɛn we kɔmɔt na ɔl  
difrɛn kɔlɔ dɛn de mek di drama bɔt layf na di stej fɔ tɛm  
Wi fɔ ɔndastand di minin fɔ layf we wi nɔ fɔ pe atɛnshɔn  
tumɔs pan ɔ fɔ pe atɛnshɔn tumɔs pan wi tɛmporari wok dɛn  
Bɔku tɛm, di we aw wi ɔndastand layf kin chɛnj ɛn nɔ de du  
di rayt tin bikɔs wi de si am wit di yay we wi de tink bɔt wisɛf  
nɔmɔ ɛn we wi nɔ de si am bɛtɛ; if wi luk wit di spirit in yay,  
wi go si tin frɔm wan ɔda we

We wi opin di yay fɔ sɛns, wi de si Gɔd in layt we de  
kɔba ɔltin, ɛn insay da layt de wi de si wi spiritual nature, we  
de sho di kayn we aw di yunivasal kɔnshɛns we de ɔlsay na  
ɔl di patikyula ɛn pat dɛn na di yunivas  
Spiritual trut dɛn de rawnd wi, de nak na di domɔt dɛn  
na wi yay we dɛn lɔk, de ɛnkɔrej wi fɔ si di layt instead fɔ  
daknɛs, fɔ du tin wit sɛns pas fɔ no natin, fɔ ful wi at wit lɔv  
pas fɔ et, ɛn fɔ wok togɛda fɔ mek pis ɛn briŋ bɔku bɔku tin  
ɛn sɛf na wi wɔl We wi du dis, ignorans go dɔn, difrɛns na di  
wɔl go dɔn, wi go si wanwɔd insay difrɛn, ɛn wi go gri mɔ wit  
wetin Gɔd want

Wi rilayshɔn wit Gɔd nɔto kol ɔ lɔv, lɛk di wan we de  
bitwin pɔsin we de gi wi wok ɛn pɔsin we de wok fɔ Wi na In  
pikin dɛn, ɛn di kia we i de kia fɔ wi ɔltɛm; I de lisin to wi  
ɔltɛm Wi na impɔtant pat pan In bi, ɛn wi rilayshɔn wit am de

alayv en get layf I don gi wi boku boku lov, ondestandin, sens,  
gud wil, en spiritual trenk we no de don, bot boku pan wi don  
spend dis jentri pan natin

God want wi fo liv insay sef, pis, en fo wok togeda wit  
padi biznes, jos lek aw i fayn fo di memba den na wan famili  
we get ay pozishon en we lek densef, bot gridi en  
kolkyuleshon fo densef don gro en tek rut na pipul den sol en i  
don mek di famili no get wanwod

God want wi fo bi masta, bot wi don pik fo bi slev  
Motalman don komot fa from in os we de na evin en los di  
paradays we de insay we i de fil se i de nia God en God de  
nia wi, en i no go ebul fo get da paradays de bak if wi no tray  
fo du wi yon tray we God mek wi lek aw i tan, bot dis trut don  
komot na wi maynd

Wi don srenda to di ileshon se wi destiny na tranga en  
wi fate na annihilation, en wi fo te di vel fo ilyushon wit di  
daga fo sens fo si di brayt trut bien di vel

God don bles mi wit gladi at ol den long ia ya na mi layf

Ileksef pipul den si di smayl fo satisfay na mi fes o no si,  
divayn gladi at de wit mi oltem en no de eva lek mi Di big riva  
fo gladi at de flo oltem onda di sand den na mi konshens en i  
de bos lek blesin spring den we de wata di gadin den na mi  
layf

Di chenj den we kin apin na layf wantem wantem no kin  
ambog mi pis, en di bad bad tin we kin mek a day no go ebul  
fo pul di gladi at we a kin get na God in yay

I bin at fo mek da stet de sote go en i no go chenj, bot di  
frut den we di spirit we a de enjoy naw en sheb wit oda pipul  
den bin get, bin valyu ol di tray we a bin tray fo du am

A de tink en du tin we di divayn spirit de gayd Moni no  
eva bi mi gol na layf, bot na fo sav mi broda en sista den na  
motalman So, God don opin boku domot fo gudnes fo mi fo  
sopot misef en fulfil mi mishon En enitem we a nid ep, God de  
gi mi am wantem wantem

Di wangren tin we a want na fɔ sav una, ɛn na dat mek a  
de ya

Gɔd in pawa de wok na una layf bak Una go ɛksperiens  
dis trut fɔ unasef we una fet go strong ɛn una no se tru tru  
jɛntri nɔ de kɔmɔt frɔm di tin dɛn we una gɛt bɔt na frɔm di  
ɔlmayti

ɛvri tɛm we yu spɛn wit Gɔd go bi fɔ yu di bɛst bɛnifit, ɛn  
ɔl wetin yu du bikɔs yu lɛk am ɛn fɔ mek Gɔd gladi, dɛn go  
rayt am fɔ yu na di rɛkɔd we go de sote go  
Ritrit insay di say we yu de tink bɔt yu wan ɛn ɛnjoy di  
pis we de kɔmɔt na di watawɛl we de mek yu nɔ tɔk natin  
If wi plant gud tin, wi kin gɛt gladi-at ɛn blɛsin, ɛn if wi  
plant bad tin, wi kin gɛt difrɛn kayn ɛn difrɛn difrɛn prɔblɛm  
dɛn

ɛni gud tin we wi de du tan lɛk pikaks we wi de yuz fɔ  
dig insay di grɔn we wi de tink bɔt fɔ pul di watawɛl we de  
mek Gɔd gladi

Lan fɔ dayv insay di si we yu de luk fɔ yusɛf ɛn fɛn ɔltin,  
ilɛksɛf na tin we gɛt fɔ du wit gud buk, biliv, prɔblɛm, sɛns, ɔ  
gladi at insay yu at, ɛn no se ɔdinari [kɔntemplativ] we yu de  
fil na yu wan na di prayz fɔ tru tru gladi at

Pan ɔl we layf tan lɛk se pɔsin nɔ go ebul fɔ no wetin go  
apin, i tan lɛk se i nɔ izi fɔ ɔndastand, i ful-ɔp wit dawt ɛn  
ɔlkayn prɔblɛm ɛn chɛnj, wi stil de ɔnda Gɔd in protɛkshɔn  
ɔltɛm Wi nɔ fɔ ɛgzajarayt tin ɔ lɔs wi kɔmpɔzishɔn we tin de  
apin, bikɔs if wi alaw panik fɔ ful wi, wi de gi pawa to bad ɛn  
dip in rut, we de gro ɛn gro fayn fayn wan na di grɔn we de  
fred ɛn wɔri

Aks yusɛf ɛvri nɛt: ɔmɔs tɛm yu dɔn spɛn wit Gɔd, ɔmɔs  
tɛm yu dɔn tink bɔt, ɔmɔs yu dɔn du, ɔmɔs yu dɔn du fɔ ɔda  
?pipul dɛn, ɛn ɔmɔs yu dɔn kɔntrol wetin yu want  
Wi nɔ fɔ tink se wi go gɛt gladi at ɛn kolat we go de sote  
go pan prɔblɛm dɛn na layf; bifo dat, wi fɔ fɛn ɛn diskɔba dɛn  
insay wisɛf Dɔn, ɛni ɛksperiens we wi go tru, wi go dil wit dɛn

di sem we aw wi de wach oda pɔsin in ɛksperiens na fim,  
ileksef i fayn ɔ i de mek wi fil pen  
Pɔsin kin tɔn ɔl in ɛksperiens to pen, misef prɔblem if i  
alaw in maynd fɔ du dat Den kin ɛnjoy gud wɛlbɔdi ɛn yet  
dɛn nɔ kin gladi fɔ di valyu we i gɛt Bɔt if i sik, dɛn go dɔn  
ɔmbul dɛnsɛf ɛn gladi fɔ di blɛsin we de gi wi wɛlbɔdi Wi fɔ  
gri se Gɔd in fayv ɛn tɛl am tɛnki fɔ di blɛsin dɛn we i de gi wi  
we wi nɔ wet fɔ di bad tin dɛn we go apin to wi fɔ mek wi  
gladi ɛn gri se I gɛt gudnɛs  
Laif fɔ bi blend fɔ tink ɛn akshɔn We pɔsin lɔs in maynd  
balans, i kin bi vulnerable to di onslaught of wori, di klawd fɔ  
sɔri, ɛn di pen fɔ pen ɛn if i tray fɔ pwɛl di lɔ dɛn fɔ wɛlbɔdi,  
prɔsperiti, ɛn sɛns, i nɔ go ɛva sɔfa wit sik, po, ɛn ignorance  
Wi fɔ kip di tin dɛn we wi want fɔ du klin, di tin dɛn we wi  
want fɔ du klin, ɛn du tin di we we go mek wi gɛt kolat na wi  
maynd, ɛn nɔ alaw di tin dɛn we de apin na layf fɔ ambɔg wi  
pis ɛn pwɛl wi gladi at

Sad at ɛn brok brok tinkin kin atrak mi, ileksef dɛn de fa  
ɛkspen di bɔda dɛn fɔ yu kɪndɔm we de shayn we gɛt lɔv  
fɔ inklud yu famili, yu neba dɛn, yu kɔmyuniti, yu kɔntri, ɛn ɔl  
di kɔntri ɛn tin dɛn we gɛt sɛns smɔl smɔl

Wi fɔ mek wi sɛns strɔng bak ɛn nɔ gri wit di lod we  
wikɛdnɛs ɛn gud abit dɛn we wi gɛt frɔm ia ɛn jɛnɛreshɔn  
Den dɔti ya fɔ bɔn insay di faya dɛn we gɛt nyu rizɔlt ɛn  
prodaktiv akshɔn Wit dis kɔnstrɔktiv we, di pɔsin we rili kɔmit  
kin rich di ɔrayzɔn fɔ fridɔm ɛn fridɔm  
Aktiv di pawa we nɔ gɛt ɛnd insay yu so dat yu go ebul  
fɔ ple yu prestij rol na di stej na layf  
As pɔsin bigin fɔ wɔship prɔpati, mɔni, nem, ɔ ɛni oda tin  
apat frɔm Gɔd, nɔ gladi kin bi in lɔt Di wan dɛn we de pe  
atɛnshɔn ɔl dɛn atɛnshɔn pan dɛn tin ya, na in rili de wɔship  
dɛn, ɛn dat mek dɛn nɔ de kam nia Gɔd bɔt dɛn de drɛf  
kɔmɔt nia am Bɔt di wan dɛn we de tink bɔt Gɔd, tink gud

wan bɔt am, ɛn tɔk to am na dɛn at kin kam nia Am ɛn  
ɛksperiɛns insay dɛn at gladi at we dɛn de kɔmyunion wit Am  
kwayɛt wan

Na Gɔd nɔmɔ ebul fɔ mek mɔtalman drim ɛn op fɔ gɛt  
gladi at we go de sote go So, dɛn nɔ fɔ alaw natin fɔ tek Gɔd  
in ples na di at

Oli simbul dɛn de we go ɛp di pɔsin we de luk fɔ fɔ  
mɛmba Gɔd ɛn kam nia am Bɔt if pɔsin bigin fɔ wɔship dɛn  
simbul ya, di bad tin we dɛn go du go pas di bɛnifit we dɛn  
go bɛnifit am Wɔship fɔ de to Gɔd nɔmɔ, bikɔs natin nɔ de  
we fit fɔ wɔship

Ilɛk wetin na ritual wɔship, Gɔd kin gri wit am as long as  
di pɔsin we de wɔship de du am wit spiritual awareness ɛn  
long fɔ Am Bɔt, bɔku pipul dɛn nɔ de ɔndastand di men tin  
we de fɔ wɔship, ɛn dɛn tink ɛn at kin kɔmɔt nia Gɔd to di  
rituals, so dɛn nɔ kin bɛnifit bɔku frɔm dɛn wɔship  
Tru wɔship dɛn nɔ de alaw dɛn kɔnshɛns fɔ jɔs de pan  
ɛni imej ɔ fɔm, bɔt dɛn de pe atɛnshɔn wit di dip lɔv ɛn ful  
atɛnshɔn pan di divayn spirit we de biɛn ɔl di imej ɛn fɔm dɛn  
Gɔd nɔ gɛt wan bɔt ɛn i nɔ gɛt ɛnd, ɛn no imej ɔ statu nɔ  
go ebul fɔ gɛt am

Wi kin se Gɔd de sho insɛf pan ɔlman we lɛk am wit ɔl in  
at ɛn we de gri wit am, bikɔs i de ɔlsay ɛn dat mek i de insay  
ɔlman Bɔt nɔto ɔlman gɛt di abiliti fɔ sho di divayn prezɛns Di  
san de shayn ikwal pan ɔl tu di kol ɛn dayamɔn, bɔt di  
dayamɔn de gɛt ɛn sho di san layt, we di kol nɔ ebul  
Semweso, ɔl pipul dɛn de put dɛnsɛf dɔŋ na Gɔd in layt,  
bɔt na smɔl pipul dɛn nɔmɔ ebul fɔ gɛt da layt de ɛn sho am  
na dɛn tink ɛn akshɔn Fɔ du dat, dɛn fɔ klin dɛnsɛf bay we  
dɛn de tink gud wan ɛn bay we dɛn de fala di tichin ɛn lɔ dɛn  
we Gɔd gi dɛn

We wi de kɔl Gɔd in nem, wi fɔ rili no wetin wi de tɔk If  
yu bin ebul fɔ si insay pipul dɛn maynd we dɛn de pre, yu go  
si se bɔku pan dɛn de tink bɔt ɔltin pas Gɔd, pan ɔl we dɛn



de tɔk In nem! Dis kayn prea nɔ ɡet wan bɛnɪfɪt ɛn i nɔ ɡet  
wan valyu

We wi de pre, wi fɔ tray fɔ pe atɛnʃən pan wi ɔ wi  
maynd pan Gɔd, pas fɔ jɔs rɪpɪt In blɛsɪn nem we wi de alaw  
wi maynd fɔ waka waka Wan pan mi anti dɛn bin de rɪd in  
prea dɛn pan prea bɪdz, we nɔ kɪn kɔmɔt na in an Bɔt i kɔnfɛs  
to mi wan de se pan ɔ wi i dɔn prɑktɪs dis prea abɪt fɔ fɔtɪ iɑ,  
Gɔd nɔ bin dɔn ɑnsɑ in prea dɛn Nɔ wɔnda! In "preya" nɔ bin  
pas nɑtɪn pas wan nɛrvɔs abɪt

We wi de pre, wi nɔ fɔ tɪnk bɔt nɑtɪn pas Gɔd Wi fɔ tray  
fɔ bi tru tru wɔʃɪp ɛn devɔte ɪnsay wi beg Yuz prea bɪdz ɛn  
kɔl Gɔd in nem ɔtɛm na tɪn we pɔsɪn kɪn ɡrɪ wɪt pɑfɛkt wan  
we di prɔsɪs kɔmɔt frɔm di ɑt ɛn na sɔpɔt frɔm sɪnsɪ ɛn fɔs  
maynd Bɔt dis prɔsɪs kɪn bi ɔtɔmɛtɪk ɑs tɛm de go  
Wi fɔ wɪspɑ Gɔd in nem na wi ɑt, wɪt lɔŋ ɛn dɪvayn lɔv;  
dis na tru wɔʃɪp we de tɔʃh Gɔd in ɑt Fɔ tɔk Gɔd in nem wɪt  
kɔl ɑt ɛn maynd we de waka waka na fɔ tɔk bɑd ɛn nɔ  
rɛspɛkt We pɔsɪn de pre, in ɑt ɛn maynd fɔ ful-ɔp wɪt di lɔv  
we Gɔd ɡet

O Mɑstɑ, Yu na di dɪvayn Nɔt Stɑ we mi de waka waka  
de ɡɑyd mi na di trɔbul sɪ we ɡet prɔblɛm ɛn trɔbul  
Fɔ prɑktɪs fɔ kɔnsɛntret na yu maynd tru ɑy yɔɡɑ  
ɛɡzɑmpul dɛn kɪn ɛp fɔ kɑm nɪɑ Gɔd, di wan we pas ɔ wi de  
ɡɪ yu ɡlɔrɪ ɛn ɡlɔrɪ, jɔs lɛk ɑw i kɪn ɛp fɔ tɪnk bɔt Gɔd ɛn tɔk to  
ɑm

I ɪmptɑnt fɔ dedɪket wan de ɪnsay di wɪk fɔ spɪrɪtʃʊəl rɪtrɪt  
(ɪf i pɔsɪbul) fɔ tɪnk bɔt Gɔd ɛn fɔ ɡet kɔl ɑt, pɪs, ɛn ɪnsay pɪs  
Tɑɪm we yu spɛn dis kɑyn we go bi wan bɑlm we go mek yu  
fɪl fɑyn fɔ di trɔbul ɛn wɔrɪ we yu go ɡet ɪnsay di ɔdɑ pɑt na di  
wɪk

ɔl mɑn nɪd fɔ spɛn wan de ɛvrɪ wɪk na sɑy we nɔbɔdɪ nɔ  
de ɔ na "spɪrɪtʃʊəl rɛtrɛt" fɔ mɛn dɛn fɪlɪn wʊnd ɛn pɛn we  
dɛn de fɪl We dɑ de de bi wan we ɡet pɪs, ɡlɑdɪ, ɛn sɑtɪsfɑɪ,  
yu go rɪlɪ wɛt fɔ ɑm wɪk ɑftɑ wɪk

Fɔ de yu wan na di prayz fɔ big tin Yu go sɔprayz wit di  
fayn fayn tin dɛn we yu go gɛt fɔ yu maynd, bɔdi, ɛn sol tru  
dis spiritual ritrit ɛn kɔnekshɔn wit yu spirit ɛn wit Gɔd If yu  
want fɔ gɛt tru tru gladi at, yu fɔ put yusef insay di si we gɛt  
divayn pis ali mɔnin we yu wek, ɛn bak bifo yu go slip na nɛt  
Di sɛnsman dɛn na India advays nɔ jɔs fɔ wan de fɔ mek  
pɔsin nɔ de nia ɔda pipul dɛn, bɔt dɛn de ɛksplen se i nid fɔ  
tink gud wan kwayɛt wan insay 4 patikyula tɛm dɛn ɛvrɪde  
We di ples klin, bifo i grap ɛn si ɛnibɔdi, pɔsin fɔ ɛnjɔy di kol  
at ɛn fil se i gɛt pis Na midde, pɔsin fɔ mek in maynd kol bifo  
i it, ɛn i fɔ ɛnjɔy bak fɔ gɛt pis bifo i it dina Fɔ dɔn, bifo i go  
slip na nɛt, i fɔ go insay wan stet we pis de wan tɛm mɔ  
Di wan dɛn we de wok tranga wan fɔ sɛt mɔt we dɛn de  
dɛn wan ɛn ɔl dɛn 4 tɛm ya ɛvrɪde, go mɔs gɛt wanwɔd wit  
Gɔd Di wan dɛn we nɔ ebul fɔ du ɔl dɛn tɛm ya fɔ dediket at  
le di mɔnin ɛn ivintɛm awa to dis We dɛn du dat, dɛn layf go  
chenj fɔ bɛtɛ, ɛn dɛn go gɛt tru tru gladi-at; ɛksperiɛns na di  
best prof

If yu kɔntinyu fɔ rayt ɛn sayn chɛk we yu nɔ put mɔni fɔ  
kɔba yu bank akaun, yu mɔni go dɔn Di sem tin kin apin to  
yu layf If yu nɔ put pis ɔltɛm na yu layf akɔn, yu ɛnaji go dɔn,  
yu kwayɛt go dɔn, ɛn yu gladi at go dɔn In shot, yu go dɔn  
sɔfa pan imɔshɔnal, maynd, bɔdi, ɛn spiritual bankruptcy Bɔt  
dip daily meditation on God will replenish yu imɔshɔnal akɔn  
Di pɔsin we de luk fɔ am wit ɔl in at de tink gud wan  
ɛvrɪde, de tɔk to Gɔd wit ɔl di lɔv ɛn lɔng we de na in at, de  
beg am fɔ sho insɛf If yu na pɔsin we lɛk Gɔd ɛn yu want fɔ  
ɛksperiɛns in prezɛns, yu fɔ put yu maynd ɛn bɔdi insay In  
pis, ɛn layf go smayl pan yu, ɛn yu afɛkt dɛn go impɔtant pan  
bɔku we dɛn

Pɔsin we gɛt kol at nɔ kin mek mistek, ɛn i kin win usay  
bɔku bɔku ɔda pipul dɛn nɔ kin ebul fɔ du am  
Di wan dɛn we nɔ de tink bɔt Gɔd ɔ bisin bɔt am kin gɛt  
pwɛl at ɛn sɔfa Dɛn kin vɛks ɛn tɔn to mashin we de waka

Di san we get sens en pis go komot na di skay we get kol  
at en i go was yu bodi wit in raytin we de men as long as yu  
de tray fo du spiritual en gi fcs ples to God na yu at  
Wan mun de shayn brayt pas ol di sta den we den joy  
Di san we tan lek smol, de pul daknes komot na wan eria we  
big pas insaf boku boku tem Semweso, gud pcosin, jos bay we  
i de na di wol, i de mek vaybreshon den we de koba en no get  
boku pan di vaybreshon den we wiked pipul den de mek  
De fo tink gud wan fo bi de bak fo rest na yu maynd en  
bodi en fo mek yu get pis insay yu at Eni wok we de gi sens  
en pis na blesin wok da de de  
As fo on mama en papa den, di oli buk den don se yu fo  
trit den fayn: "Rena yu papa en yu mama" en "Bi gud to  
. "mama en papa

Den fo on mortalman mama en papa as pcosin we de  
represent God, we gi den di gift fo mek mortalman Di mama  
na di pcosin we de sho God in klin lov, bikos mama we lek am  
de fogiv usay nobodi no go fogiv Di papa na di pcosin we de  
sho God in sens en di pcosin we de protekt In pikin den  
Wan no fo lek in papa en mama apat from God, bot as fo  
sho in lov we de protekt en get sens Di suprem divayn spirit  
kin bi papa en mama fo ep di pikin; so, den fo on am na di  
mama en papa

Di skripcho den advays wi bak se wi no fo kil pcosin fo kil,  
bikos na da tem de pcosin kin bi pcosin we de kil Pcosin no fo tek  
oda pcosin in layf insay wan mont we i rili fil bad Bot if den de  
tretin di wan den we i lek, i fo fet fo protekt di wan den we  
God don trs am, bikos na oli wok fo difend in famili en in  
kontri

Fo tok bot di lo we se den no fo du mami en dadi biznes  
wit oda pcosin, di best tin we mek den fo du mami en dadi  
biznes wit oda pcosin fo bi fo bon pikin den we den mek lek  
God en fo sho di klin lov we di man en uman we mared we de  
si God de fil insay densef Di wan den we de liv na bodi nomo,  
we no get enitin fo du wit tru tru lov o di ay rizin we mek den

mek mami en dadi biznes wit ɔda pɔsin, de du mami en dadi  
biznes wit ɔda pɔsin akɔdin to dis ɔ Insay dis kes, den nɔ  
difren from animal den we satisfy den di tin den we den kin  
want fɔ du fɔ du mami en dadi biznes en afta dat den kin go  
bifo

Gɔd mek dis kriyaytiv drayv insay man en uman fɔ bɔn  
pikin en sho tru tru ɔv fɔ dɛnsɛf na mared layf, en den nɔ fɔ  
yuz am di rɔŋ we, bɔt i fɔ chenj am to oli wok en no  
If yu ebul fɔ kɔntrol en sheb mami en dadi biznes pawa  
insay yu bɔdi, yu go ebul fɔ divelɔp big big maynd abiliti fɔ  
rayt, drɔ, ɔ fɔ sho layt talent den pan bɔku bɔku ɔda we den  
En we yu go dɔn ebul fɔ kɔntrol en chenj di tin den we yu  
de du na Gɔd in yay, yu go get bɔku pis, yu go get bɔku ɔv,  
en yu go get mɔ gladi at pan Gɔd biznes  
Sent en spiritual lida den we dɔn chenj den mami en dadi  
biznes pan spiritual tin den na jayant den we ebul fɔ du  
wɔndaful en wɔndaful tin den na di wɔl en insay di esoterik  
fɛn fɔ tru

So, di ay we aw den de yuz di mami en dadi biznes na fɔ  
elevɛt in pawa, dat na fɔ chenj in enaji to wan ay tin fɔ mek i  
go sho se i get sɛns, di ay ay tin den, en di prinsipul den we  
get fɔ du wit Gɔd biznes Pɔsin nɔ fɔ get gladi at from di tin  
den we i de tink bɔt mami en dadi biznes ɔ want wetin den nɔ  
fɔ du We den dɔn rich dis kayn kɔntrol fɔ insɛf, i go get fayn  
we fɔ si mami en dadi biznes en di ay tin we i want fɔ du  
Fɔ bi slev to mami en dadi biznes min se yu nɔ go get  
wɛlbɔdi, yu nɔ go ebul fɔ kɔntrol yusɛf, en yu nɔ go get pis na  
yu maynd, en fɔ tɔk smɔl, yu nɔ go get ɔl di tin den we pɔsin  
nid fɔ get gladi at

Di oli buk den de ɛnkɔrej wi bak se wi nɔ fɔ tif If wan  
grup we get wan tawzin pipul den fɔ tif from dɛnsɛf, ɛni wan  
pan den go get 999 ɛnimi So, pɔsin nɔ fɔ pwɛl ɔda pipul den  
rayt, ɔ tek den land, pis, ɔv, rɛspɛkt, ɔ ɛni wan pan den  
prɔpati ɔ spiritual prɔpati den If yu nɔ fil se yu want fɔ tek  
wetin nɔto yu yon, wetin yu nid ɔ want go kam to yu Tif

originates first in the mind when a person begins to envy others  
Di sid dem fo bad bad tin dem fo komot na di maynd

Spiritual altruism na di we Don, posin go naturally attract  
boku, en blesin go fo to am from sos dem we i no en sos dem  
we i no no Dis na infallible divine law As fo tifman en pipul  
dem we de tink bot densef nomo, den de spen den layf fo  
chas afta matirial prapati, den yay oltem de pan wetin oda  
pipul den get, ileksef den yon kof ful-op wit gold  
If den no lef fo bisin bot prapati, di wol no go ebul fo no

gladi at

Gladi at kin kam nomo tru spiritual kopreshon I kin kam  
we posin fil di nid fo oda pipul den lek se na in yon en wok fo  
oda pipul den as i de wok fo insef

Wan oda important komandment na fo avoyd fo bi lay lay  
witness Fo du bad to posin bay we i de chenj di trut na oda we  
fo pwel di soshal wanwod If posin want fo mek den trit am  
fayn, i fo trit oda pipul den di we aw i fo trit am Di trut fo tel  
oltam, bot den fo mek difrens bitwin fo tok di tru en fo jos tok  
di trut Fo tok bot posin as lem o blaynd na tin we de mek i fil  
bad en i de du bad; posin fo de tink bot aw oda pipul den de  
fil en avoyd fo shem den Semweso, fo sho tru tin we go  
komot bien posin we no get gud rizin, na tin bak we no rayt  
Na di oda say, posin no fo lay fo avoyd fo tok di tru; bifo dat,  
posin kin set mot pan som tin den fo mek i no shem o du bad  
to oda pipul den

Wan fo tek tem wit jelos, wan sik we de pwel di sol we de  
swet di pis na in sol Di mo we posin want wetin na oda pipul  
den yon, na di mo i no gladi en i de sofa Di posin we de jelos  
de liv layf we get problem, i no de eva no di teys fo kol at I  
bete fa fawe fo mek den respekt densef, abop pan densef, en  
fen tin den we de insay spiritual richness

Posin in respekt en in intrinsic worth big fa fawe pas  
enitin we i go want o we i want fo get God de sho insef pan  
evri mortalman di we we no de sho pan eni oda mortalman Den  
fes no tan lek eni oda posin in yon, en den sol no tan lek eni

ɔda pɔsin in yon, bikɔs insay dɛn de di big big trɔs pan ɔl di  
tin dɛn we Gɔd mek—ɛn da big big trɔs de na Gɔd  
Wi want wi layf fɔ shayn ɛn flɔs wit gud tin dɛn, fɔ smɛl  
wit gladi-at ɛn gladi-at, ɛn fɔ liv sote go insay di memori fɔ di  
wan dɛn we gladi fɔ wi

We pɔsin gɛt di rayt fet ɛn du wetin i want, i kin gladi  
pas di wan dɛn we nɔ gɛt fet ɛn we nɔ de du dɛn wok na di  
fɛt fɔ layf

Saund fet ɛn rayt akshɔn (we dɛn sɔpɔt wit nobul  
motives ɛn gud intenshɔn) de ɔltɛm de ɛnisay we gladi at de,  
ɛn dɛn de lɔs ɛnisay we gladi at nɔ de Frɔm dis, wi kin dɔn se  
na tu impɔtant kɔndishɔn fɔ gladi, we nɔ go ebul fɔ gɛt if dɛn  
nɔ gɛt dɛn Di wan dɛn we want gladi at nid fɔ gɛt dɛn tu men  
tin ya nɔmɔ, we na inkɔna stɔn ɛn pila dɛn  
Mɔtalman nɔ kin ebul fɔ kɔntrol, chenj, ɔ ires di tin dɛn

we nɔ gɛt ɛnd na di yunivas we i want Dɛn pat dɛn ya kin  
miks wit di klos we mɔtalman layf gɛt, ɛn mɔtalman nɔ kin  
ebul fɔ wok we dɛn nɔ de nia dɛn Bɔt mɔtalman kin kɔntrol  
dɛn maynd fɔ adap to dɛn tin ya ɛn avɔyd fɔ mek dɛn nɔ du  
dɛn bad

Wi gret gret granpa dɛn bin gladi pas wi nɔto bikɔs dɛn  
bin gɛt mɔ tin dɛn ɛn ɛnjɔymɛnt we de na di wɔl pas wi naw,  
ɔ bikɔs dɛn nɔ bin de gɛt bɔku prɔblɛm dɛn na layf, bɔt bikɔs  
dɛn bin gɛt di balans we dɛn bin de tink bɔt we bin de gi dɛn  
kɔmfɔt, pis, satisfay, ɛn fɔ shɔt tɛm, dɛn bin gɛt gladi-at

Dɛn nɔ bin de dipen pan di tin dɛn we de apin na do fɔ  
mek dɛn gladi, ɛn dɛn nɔ bin de sɔfa pan di tin dɛn we de  
apin na do we go mek dɛn nɔ gɛt am Dɛn filin fɔ kɔmfɔt, pis,  
gladi, ɛn satisfay na bin natura, nɔmal, wɛlbɔdi, ɛn fɔ las Wi,  
sɛf, fɔ gɛt dɛn filin ya if wi want fɔ gɛt gladi at ɛn udat pan wi  
?nɔ gɛt

Fate na di rizolt fɔ wan past eksəsəyz fɔ fri wil ɔ fridɔm fɔ  
pik Tru wi past prɔsis fɔ fri wil, wi dɔn briŋ ɛn kɔntinyu fɔ briŋ  
pan wisɛf fate ɛn destiny Bɔt, wi nɔ de tay pan di tin dɛn we  
dɔn pas, ɛn wi nɔ de kɔnstrakt wi sote go bikɔs ɔf di  
kɔnsikuns dɛm fɔ wi akshɔn Wi kin pul wetin wi dɔn plant ɛn  
ires wetin wi dɔn rayt if wi so want ɛn tray fɔ kɔrɛkt wi kɔs ɛn  
impruv di kwaliti fɔ wi avɛst

If wi pul di sid dɛm fɔ akshɔn wit pen kɔnsɛkshɔn ɛn  
plant insay dɛn ples sid dɛm we fit mɔ to di kayn we aw di  
sol tan, wi go mɔs ripɛnt di frut dɛm fɔ gladi frɔm dɛn gud sid  
dɛm we dɛn plant na di sol in grɔn Wi fɔ yuz fri wil naw, naw  
ɛn nɔto tumara, if wi want fɔ gɛt mɔ gladi at ɔ fɔ mek wi nɔ  
sɔfa ɛn pen smɔl

So, di kɔndishɔn fɔ gladi de insay mɔtalman, ɛn ɔl wetin i  
fɔ du na fɔ dil siriks wan wit da iqwɔj de we nɔ de mek  
mistek, ɛn di rizolt go bi in favɔ if i mek di bɛst asɛsment ɛn  
dil wit am

O Masta, mek mi bi ful wit Yu vitality, mi at wit Yu  
kɔmfɔt ɛn sɔri-at prezɛns, mi maynd wit Yu sɛns, ɛn mi sol ful  
wit Yu divayn awareness

Insay di grɔn na una at, di sid dɛn fɔ lɔv de gro Wata dɛn  
sid dɛn de wit di wata dɛn we de mek ɔlman gɛt lɔv ɛn sɔri-at  
we ɔlman gɛt

Di pawa we di maynd gɛt nɔ gɛt limit ɛn akɔdin to dat, if  
yu tink dip wan bɔt ɛni tɔpik, yu go gɛt di ansa to ɛni  
kwɛstyɔn we gɛt fɔ du wit da tɔpik de

If pɔsin de gi ɔl in wok ɛn di tin dɛn we i de du fɔ sav ɔda  
pipul dɛn ɛn du am wit satisfay maynd, dat min se dɛn fɔ rili  
tink bɔt am ɛn tɛl am tɛnki

Wi nɔ fɔ de wan sayd Bifo dat, wi fɔ balans wi wok ɛn put  
wi wok ɛn di wok dɛn we wi fɔ du fɔs, akɔdin to di impɔtant  
tin we ɛni wan pan dɛn impɔtant

Duti na da akshɔn we pɔsin de du wit gladi at ɛn nɔto fɔ  
gɛt mɔni, ɛn spiritual ɛn moral duty fɔ kam fɔs na layf

Evri mortalman get potneshel we den no tap Den get ol di  
trank den we den nid Di maynd sef na pawa we pas ol, en i fo  
fri from di abit en konsept den we don ol en we de stop pipul  
den

Di influens we planet en sta den get pan mortalman layf na  
di pawa den we de bitwin di planet den en mortalman bodi we  
de mek den atrak en ton den bak pan am  
Di bad tin we posin kin tink bot kin mek i go na say we  
bad tin usay i kin tok bot insef akodin to wetin i want Bot,  
posin kin chenj in tink en konshens tru di pawa we i get, en  
bikos of dat, di say we i de If posin de na say we bad fo long  
tem, da say de begin fo afekt am we i no no am As tem de go,  
i kin los in fridom fo pik wan ples we get welbodi en we get  
welbodi en i kin bi subjekt to di bad tin den we de apin to da  
bad bad tin de Bot di wan den we get strong pawa fo du  
sontin, de gri wit God

### Konsentret maynd enaji

We yu fos di san layt tru wan magnifying glas pan wan  
smol poynt, i de mek ot, en da ot de kin layt wud, klos, pepa,  
en oda tin den Semweso, we yu fos yu maynd presishon, in  
konsentret enaji kin bon di rut den fo dawt bien eni fayl en  
alaw dilayt fo sens fo shayn brayt brayt wan

We di maynd de alayned wit God, di sos fo ol gudnes en  
di krijin fo ol blesin pawa, i de kam fo no di divayn prezens en  
get ol di eliment den fo sakrifays Den eliment ya get tayt padi  
biznes wit God in big big pawa, we ebul fo mek nyu chans fo  
sakrifays pan eni fild

Trubul en problem den kin apin we posin no no bot di tin  
den we i bin don du trade, we i du na wan patikyula tem en  
ples Di sofa we den de sofa naw komot from di tin den we den  
bin de tink en du we den bin de tok, we bin tek rut na di gron



we den bin de tink, we bin de gro to plant en bia frut we de  
sho di kayn tin den we den bin de tink en du  
Trɔbul en trɔbul nɔ kin kam fɔ brok pɔsin ɔ paralayz  
wetin i want, bɔt na fɔ mek den gladi fɔ Gɔd in big en rɛspɛkt  
in lɔ den, we den kin yuz fɔ gɛt tru tru gladi at Gɔd nɔ kin sɛn  
den tranga tranga ya bikɔs na mɔtalman mek den fɔs ɔl  
wetin den nid fɔ mɔtalman na fɔ wek in kɔnshɛns frɔm in slip  
we i nɔ de pe atɛnshɔn en fɔ kɔmɔt na di daknɛs we i nɔ no  
natin en go insay di layt fɔ no bɔt sɔntin  
Bɔku tɛm, wi sɛns den kin prɔmis wi fɔ gɛt gladi at we nɔ  
de te bɔt te kin dɔn briŋ wi pen en sɔfa fɔ lɔng tɛm Tru gud  
kwaliti en gladi at, bɔt, i kin prɔmis smɔl, bɔt te kin gi wi klin  
en gladi at we go de sote go Dis na di rizin we mek a kin tek  
gladi at we go de insay wi at as tru tru gladi at, en di gladi  
gladi we go de insay wi at as sɔntin we jɔs de ɛnjoy

We yu luk di san frɔm bɔku bɔku mayl den we de fa na  
di spes, da big sta de kin tan lɛk se i smɔl pas wi Wɔl fa fawe  
Bɔt di wɔl in dayamita na lɛk 7,900 mayl, we di San in  
dayamita pas di wɔl wan ɔndrɛd tɛm If yu kin put wi planet  
we na di wɔl dairekt bifo di San, i go tan lɛk smɔl dɔt we yu  
kɔmpia am to di San  
Lɛ wi se di pawaful solar fil de bɔku en big te in big big  
mas swɛla di wan ol blu skay Di skay we wi de si na jɔs smɔl  
pat, fɔ tru, na smɔl smɔl smɔl pat, pan di spes we de ɔlsay na  
di yunivas we nɔ gɛt ɛnd  
Ivin if di san kɔntinyu fɔ bɔku en strɛch na di spes sote  
go, i nɔ go stil ebul fɔ kɔba di say we nɔ gɛt ɛnd  
Di kosmik ilyushɔn fɔ smɔl en finitude de limit en mek di  
maynd nɔ ebul fɔ no da kɔsmik vastnɛs de  
?Usay dis absolyut void kɔmɔt, en usay in limit den de  
Di wan we nɔ de ɔnda dimɛnshɔn ɔ mɛzhɔmɛnt, we nɔ  
gɛt limit ɔ krijin, na Gɔd, we de ɔlsay en we de na di fa fa say

dən na di spes I de insay di sta dən we de fa ən we de fa Jɔs  
lək aw i de insay yu ən insay mi , i de no ɔl di ples we i de tek  
 , ilɛksɛf i smɔl ɔ big

Di past nɔ no bɔku pan mɔtalman, wit di ɛksɛpshən fɔ  
sɔm pipul dən we dɔn pik we gɛt sɛns Bɔt stil, di we aw wi nɔ  
no bɔt di tin dən we dɔn pas, na fɔ wi bɛnifit bak Bikɔs if wi  
bin no ɔl wetin wi dɔn du na dis layf ən insay layf we wi bin  
dɔn liv bifo, wi bin fɔ dɔn ful-ɔp wit di sheer volyum we wi de  
du ən wi go kɔnfyus bad bad wan Wi wil kin ivin paralayz  
bikɔs ɔf di shɔk, we go mek wi nɔ ebul fɔ kɔntinyu fɔ du wetin  
wi dɔn du ən lef wi prey to despair Ivin insay dis layf na dis  
wɔl, fɔgɛt na blɛsin frɔm Gɔd, we de mek wi nɔ de tink ən filin  
fɔ mɛmba di tin dən we bin dɔn apin trade, mɔ di wan dən we  
bita ən we de mek wi fil pen Laki, di divayn spak we de insay  
wi de shayn ɔltɛm wit op ən di want fɔ kɔntinyu di joyn we nɔ  
de stɔp na layf Wi fɔ tɛl Gɔd tɛnki fɔ dən tu blɛsin ya: di ebul  
fɔ fɔgɛt di tin dən we dɔn pas ən di op fɔ tumara bambay

Wi nɔ fɔ dɔn se fate de put tin dən we de ambɔg di we  
aw pɔsin kin fri fɔ disayd fɔ du sɔntin Bɔt wi fɔ du ɔl wetin wi  
ebul fɔ tinap tranga wan fɔ tinap tranga wan we bɔku pipul  
dɛn kin tɔk se na tin we kin apin to pɔsin ən wetin kin apin to  
wi, ən yuz wi fridɔm fɔ disayd fɔ du sɔntin akɔdin to wetin wi  
biliv insay wi at, bɔt dən kɔnvikshən ya kɔmɔt frɔm gud fet ən  
we dən gɛt grɔn pan Gɔd in lɔ dən, we pɔsin nɔ go ebul fɔ  
test tru tru gladi at

We wi begin fɔ du sɔntin, wi nɔ fɔ fred bad bad tin dən,  
bɔt wi fɔ gɛt op te to di bɛst we, wit rili fet se natin nɔ go  
ebul fɔ stɔp wi fɔ du wetin wi want ən fɔ yuz fridɔm fɔ disayd  
fɔ du sɔntin

Boku tem, mortalman kin tan lek lif we de flot na di riva,  
en den fo pul densef komot na di korent we de mek den get  
otometik abit den we de ker den go na wata we de fodom we  
get ilyushon en pwel pwel Boku pipul den kin tan lek se den  
no bisin bot den en den kin alaw di korent fo swip den

If wi no ebul fo rich wi gol, i akseptabl fo gri se tin den  
bin de we wi mek wi yon we mek wi no ebul fo rich am Wi fo  
kontinyu fo du am en dubl di tray we wi de tray fo rich di tin  
we wi want Wi fo mek wi no bak se ilek aw di tin den we de  
ambog en chalenj den kin strong en bad bad wan, wi stil get  
di trenk fo win den lvin if wi no ebul fo du am pan ol we wi de  
tray fo du oltin, nid no de fo pwel at o fo mek wi at pwel, as  
long as wi ondestand se mortalman wil strong pas di tin we wi  
want fo du, we na wi yon mek So, wi no fo stop fo tray, ileksef  
wi no ebul fo du am, bikos domot den de we opin oltem Wi jos  
nid fo kontinyu fo tray en ripit di tray te den gi wi sakrifays  
God go gi wi ep as long as wi de ansa am en tray tranga wan  
[Di wan we de waka na di rod go rich usay i want fo go, en di  
.wan we abop pan God no go disapoynt]

We posin want scontin bad bad wan en kontinyu fo du  
scontin, da want de no de eva komot na in konshens, enisay  
we i go en enitin we i bisin bot Tru in wok we i de du oltem en  
we no de taya, da want de get boku boku ditarminieshon en  
enaji Dis insay wispa get mo pawa en i de wok pas aw den de  
beg am wit mashin, we jos de mov di lip den Dis na aw di  
wan den we lek God de du tin Den de wispa den lov fo Am we  
no de stop, den wispa den we komot na den at we no de yeri  
ol di tem we den de du tin den we den de du evride Dis wispa  
we komot na den at no de pul den maynd o no de agents den  
oda wok den we den de du As den want fo God de gro, den de

lek am mo en mo, te den de si in layt en si in layt wit di sol in  
yay Den de test gladi at we pasmak en fil pis we den no ebul  
fo tok bot

God de sen wi di lesin den we wi nid na layf so dat wi go  
benefit from den en get ondestandin en eksperiens Enibodi we  
avoyd den lesin den de, den go fos am fo lan den ileksef i tek  
long tem

Evri test na padi if wi lan from am, en na bad bad  
pawaful govment if wi spend di chans en yuz am di roj we  
wit grumbul, veks, en no de joy fayn

We wi ondestand gud gud wan en di rayt we fo tink bot  
layf, i kin fayn en no kin get problem den

. -

saykolojik kes dem

Possin no go ebul fo de sote go we den de ker am wit  
gladi at, we i de onda wata we de mek i fil bad, o we i drawn  
insay di dip dip ples den we i de bost Insay dis wol we get tu  
tin den we no gri wit densaf, di averej possin kin get tin den we  
kin go op en dorj—i kin rayz pan wef den we kin mek i gladi, i  
kin sink insay di ol we no get enitin fo du wit am, en i kin tos  
rawnd bay wef den we de mek i fil bad we i de fil bad—i no  
kin izi fo get eni oda tin we kin apin to am no

Fɔ alaw tin dɛn fɔ chɛnj in tink dis we min fɔ sɔrɛnda  
wɛtin i want to wan kaprish ɛn ɔltɛm chɛnj Fate Wɛtin pɔsin  
nid fɔ liv layf we gɛt sakrifays ɛn fulfil na in maynd balans, ɛn  
dis kin jɔs apin bay we i de tink gud wan ɛn kɔntrol di we aw  
i de fil

Ivin di dip sɔri-at kin wɛl wit tɛm, so i nɔ gɛt ɛni bɛnifit fɔ  
de tink bɔt sɔri-at ɛvrɪde na wi layf Fɔ kray ɔltɛm fɔ lɛ pɔsin  
we wi lɛk lɔs nɔ de ɛp dɛn ɛn wi, ɛn i nɔ de chɛnj natin  
Semweso, fɔ kɔltiv pɔsin we nɔ impɔtant ɔ fɔ pɔnish yusɛf fɔ  
mistek ɔ fɔlt dɛn we yu dɔn du trade, na tin we nɔ izi fɔ du; i  
jɔs de mek layf nɔ fayn ɛn i de stif di mental fakulti

Wi nɔ fɔ alaw wisɛf fɔ fɔdɔm insay di pit fɔ boring rutin,  
bikɔs dat na saykilɔjik stet we de fa frɔm kɔmfyut, as i de  
ambɔg di maynd ɛn bɔn di layt abiliti dɛn na di ɔfna fɔ  
apathy

Dɛn fɔ pul di tin dɛn we nɔ ebul fɔ du na in rut, ɛn dɛn fɔ  
wok tranga wan ɛn mekɔp dɛn maynd fɔ plant di fil dɛn we  
de na layf ɛn plant dɛn wit sid dɛn we go mek dɛn ebul fɔ  
avɛst bɔku bɔku tin dɛn, wit Gɔd in ɛp  
Du sɔntin we nɔbɔdi nɔ dɔn du bifo—sɔntin we go mek di  
wɔl sɔprayz Sho se Gɔd in pawa fɔ mek tin dɛn de wok tru yu

Pipul wae gɛt kol at ɛn nobul temperament kin ɛp fɔ mek  
wi tink magnet ɛn wɛl I nɔr kin at fɔ no if pɔrsin de pul in  
intɛlektual nourishment frɔm say wae gɛt pis ɔr disruptiv  
envayrɔment Wɔri, pwɛl hat, ɛn kɔnfyushɔn ɔl kin kɔmɔt frɔm

wae i get padi biznes wit di rɔŋg kayn pipul dɛm, ilɛksɛf na  
padi ɔr fambul, we kin mek i de tink bɔt wɔri ɛn get trɔbul

s it dɛm, weɔm fɔdi de get ɛnɛji ɛn aktiviti frɔdi b  
di ɛn maynd ɛnɛji chaj dɛm we iziɔmagnetik it dɛm de gi di b  
It toɔnɔvɔk ɔkin izi f ɔlid ɛn likid it dɛm we nɔdaygɛst pas s ɔf  
liv ɛnɛji

We yu kin chenj di we aw pɔsin nɔ no natin to sɛns,  
wikɛdnɛs ɛn wikɛd tin to wɛlbɔdi ɛn trɛnk, ɛn waka wit  
kɔnfidɛns ɛn maynd—ivin yu wan—tru layf in rod dɛn, ɛn get  
gladi at insay yu fɔ get kɔnshɛns we de alayv ɛn we de wach,  
ɛn fet we nɔ de shek pan Gɔd in jɔstis ɛn di win we rayt pan  
di rɔŋg ɛn trut win ilyushɔn, ɛn we yu de tray tranga wan fɔ  
ɛlevɛt yu tinkin fɔ ay ɛn mɔ rifin lɛvɛl, ɛn get at we get lɔv ɛn  
tɛnki ɛn gud tin fɔ du to ɔda pipul dɛn, yu intɛlektual it go bi  
magnetik, ɛn yu go atrak yusɛf ɔl wetin fayn ɛn bɛnifit—tin  
dɛn, pipul dɛn, ɛn sikɔstɛms—we impɔtant fɔ kɔntinyu yu  
joyn fɔ go na di shores fɔ sɛf ɛn sɛf ɛn las wan, we yu tray  
tranga wan fɔ get wetin yu nid ɛn satisfay wit wetin Gɔd de  
gi, yu go jɛntri pan spirit ɛn satisfay pas di wan dɛn we di wɔl  
want ɛn we gridi fɔ di tin dɛn we de mek yu gladi fɔ shɔt tɛm

Sɔri-at na di brij we de kɔnɛkt ɛvri sol to ɔda sol Sɔri-at  
na di get fɔ ɛvri at

We pɔsin de luk fɔ Gɔd, we na di wangren tru padi pas ɔl  
ɔda pipul dɛn, i kin bi pɔsibul fɔ mek i get tru tru padi biznes  
na ɔl mɔtalman rilayshɔnship—famili, brɔda, mared, ɛn  
spiritual padi biznes na impɔtant tin fɔ mek mared-os, ɛn fɔ  
get tayt padi biznes wit in maynd ɛn filin, fɔ mek i fil lɛk se i  
lɛk Gɔd, ɛn tru tru lɔv fɔ bi di fɔs tin Di wan dɛn we nɔ ebul fɔ

no difrɛns bitwin tru tru lɔv ɛn di we aw pɔsin kin atrak am  
na in bɔdi dɛn kin disapɔynt bɔku tɛm

We mared de bay ay aydia ɛn rɛspɛkt fɔ dɛnsɛf, i kin bi  
wan gladi ɛn sakrifays union bitwin tu sol dɛn we lɛk dɛnsɛf  
ɛn we de wok togɛda, we kin mek dɛn kɔmpin dɛn nɔ gɛt  
bɔku prɔblɛm dɛn na dɛn layf ɛn pul di wɔri we dɛn kin wɔri  
bɔt fɔ liv wit sɔri-at ɛn ɔndastandin wit padi biznɛs

Nɔbɔdi nɔ go ebul fɔ kɔntrol mi ɔ tek mi wil pas a alaw di  
tin dɛn we ɔda pipul dɛn de tink ɛn du fɔ afɛkt mi  
If yu kɔnfyus yu tinkin to matta, yu go si ɔltin frɔm  
matirial pɔynt Bɔt wans yu rayz yu kɔnshɛns to wan stɛt fɔ  
spiritual awareness, yu go si di pervasive kɔrɛnt fɔ Gɔd in  
layt de flɔ pas ɔl matter, ɛn yu go si ɔltin frɔm spiritual  
perspektiv

Masta, a no se a gɛt chans we nɔ gɛt ɛnd fɔ fɛn ɔl mi  
abiliti ɛn diskɔba mi spiritual pɔtnɛshɛl Tide a go ful mi tinkin  
wit optimism ɛn detach misɛf frɔm ɛkspiriɛns dɛn we nɔ fayn  
A go praktis wetin go mɛn mi bɔdi, maynd, ɛn spirit insay  
wan we we balans ɛn we gɛt wanwɔd

A go riples matirial atakshɔn wit ay aspireshɔn  
ɛn a go no se di fetful spirit de wit mi ɔltɛm

Di dans fɔ layf ɛn day de ɔltɛm, bɔt a go fri misɛf sote go  
bay we a sev mi spiritual aydentiti ɛn we a de fes di big big  
briz we de mek a gɛt prɔblɛm ɛn trɔbul, a go tek bɔt insay mi  
spiritual bɔt fɔ krɔs di si we gɛt layf fɔ go na di sɛf, divayn  
sho dɛn

We a de wok en mek, a go memba se Gɔd de wok tru mi  
In na di Masta fɔ di wan ol wɔl, en a kin kɔnekt wit am tru dip  
tink bɔt Am

Mi Gɔd we a lɛk, a no se mi tinkin go bring mi ɔl tu fɔl ɔ  
sakraifays, dipen pan us aydia strong pas ɔl na mi layf En a go  
tray fɔ memba se Yu de es Yu ep an en redi di we fɔ mi  
sakraifays

We bad bad tin en bad bad tin apin to mi, a go kɔl mi  
trenk en strong mi maynd fɔ win den A go bi sinsi en ɔnes pan  
mi dil wit ɔlman, en a go spre tink bɔt lɔv en gud wish Dɔn  
Gɔd go sɔpɔt mi wit in pawa en sens

Sik den we get fɔ du wit Gɔd biznes en aw fɔ trit den  
Masta Paramhansa Yogananda

Tray fɔ imajin wan grup we get mɔtalman figa den we nɔ  
:fit en we nɔ get wanwɔd  
Wan we get smɔl ed we di sayz lɛk chikpi en big bɔdi we  
!di sayz lɛk kamɛl  
Wan ɔda wan get pawaful an we tan lɛk Samsin ɔ Ekyl  
!in an en bɔdi we tan lɛk dwɔf in bɔdi  
En di tɔd wan get di ed fɔ wan big elifant en di bɔdi fɔ  
!wan skrawn maws  
Yu nɔ tink se da tin de go mek yu sɔprayz en sɔprayz, ɔ  
yu go sɔri en rigret if yu si wan krawd pan den tin den de we  
?get wan strenj en we nɔ gri wit wetin den rayt  
Naw imajin ɔda grup fɔ pipul dem wae nɔrmal fɔm en aw  
den de luk, bɔt nɔr balans pan den maynd en den nɔr de fil  
fayn na den maynd



Jos lek aw klos kin ayd wund, sos, en oda tin den we no  
fayn na in bodi, na so bak posin we get strong bodi we get  
welbodi en fayn fayn fes we de shayn kin ayd boku sirios  
maynd sik den en di bad tin den we posin kin get we i bon  
If yu mit boku boku odinari pipul den we difren bikos den  
de luk fayn en den get gud welbodi, en if yu ebul fo go insay  
den maynd bodi wit yu spiritual vishon, di soprayz go mek yu  
soprayz, en yu go rili fil bad fo wetin yu go fen  
:Yu kin wach den maynd bodi lek dis

Di maynd de sho di ed, di sens en filin de sho di bodi, en  
di wil na di an en fut ol den tin ya no normal, sik, en no fayn  
Yu go si se som get smol ed we no de divelop sens, we  
den don rayd pan bodi we no get bete trenk en we don swel  
wit tin den we den want fo du fo densef nomo en we den want  
fo du mami en dadi biznes

Yu go si bak se som pipul den get bodi we no get filin en  
pawa, pan ol we den get an we don divelop pasmak en we de  
wok

Oda pipul den kin get big, kriyaytiv bren, bot den scri-at  
en imoshonal kapasiti kin stop en atrofi En oda kayn pipul den  
de we get normal bodi en maynd konstityushon, bot we den  
wil pawa en kontrol densef wik o paralayz  
En di list fo di tin den we den don si de go bifo en pan  
!Mek yu liv long

Den kayn boku boku saykilojik distorshon ya na di maynd  
bodi we no de divelop bete pan som aspek dem en we don  
ova divelop pan oda wan dem, rili de - pan ol we den ayd - na  
motalman Den kin mek den get saykilojik pen en mek den no  
sho den talent en abiliti lek aw den fo sho

Fo adres som saykilojik sik dem ya kin ep fo no di  
ondalayn koz dem fo ol motalman problem, so dat ol di wan  
dem we de sofa wit den go at ol no den, ivin we den no no, so  
dat den go ondastand di kayn we aw den problem den de,  
den simptom dem, en di saylens we den de go insay di sayk,

so dat den go ebul fo dreb di krip we den de pwel pis en gladi  
at

### spiritual melancholy

Dis sik de ɔlsay pan di wan den we no de du tin wit sens  
en bɔdi ɔnda di pretekst fo se den de dip pan spiritual tin den  
Den pipul ya we de sofa no de pe atenshon to di men en smɔl  
wok den we den de du na layf we den de mek lek se den de  
sav God, en dis de mek den opin denses fo Setan, we kin du  
bad bad tin to den Den de sofa bikɔs den no get op en den no  
de gladi fo enitin we go benifit den ɔ we fayn we de arawnd  
den den Dis na sik we kin pas, en ɔl di wan den we get  
spiritual aspireshon fo tek tɛm wit am en fri denses from am  
bay we den de kip den trenk layf ɔltɛm en den imyuniti strong  
tru gud tinkin, optimist lukin-grɔn, en welbɔdi, prodaktiv wok  
spiritual indigest

Dis kin apin as a rizulta fo di random (guzzling), dat na,  
di kwik we aw den de it bɔku bɔku rɛdi-mɛd saykotropik  
drgs we den rejista ɔnda nem den we de shayn, en we den  
prezent insay di fom fo lay lay spiritual buk en lesin den we  
“spiritual dɔktɔ den” we get eksperiens pan di art fo  
charlatanry en majik

Dis sik no de jɔs kil di spiritual angri fo no di trut, bɔt i de  
pwel di ebul fo no difrens bitwin gud en bad, benifit en bad  
Di wan we de it tiolojikal aydia den ɔltɛm en it ɔltin we  
fɔdɔm na in an no go jɔs it pasmak bɔt i go it pɔyzin aydia  
den wit di wan den we yusful, en dis go mek i no get bɛtɛ  
sens en dis go mek i day pan God biznes sloslo  
Fo stɔdi pasmak en kontinyu fo stɔdi difren spiritual en  
filosofik aydia den, we yu no no ɔ tray fo dayjest en chek den  
tru pɔsin in yon eksperiens fo no if den valid, kin dɔn mek  
pipul den get dawt, no bisin bɔt ɔda pipul den, en no trɔst ɔl  
di spiritual prinsipul en lɔ den  
Pashon en ɔbseshon

Di wan den we get dis sik de liv west layf, we no get  
minin bikos den get boku moni en tem, en bikos den no get  
rizin en no ondestand layf di rayt we

Na wetin den want de drab den pipul ya; den kin du  
enitin we kam na den maynd en mek den gladi Den kin ful-op  
den layf wit novel den we no dia, we no important, fim den we  
kin mek posin fil bad, en enjoyment we no get wan minin Den  
no kin no se den get dis denja sik te den get bad bad shock o  
den nervos brok—dat na afta den don du di damej  
kol we de na yu maynd

Dis sik get oda nem: pwel hat Posin nor kin eva no ustem  
i go atak en sofa in sik wae de mek posin fil bad, lek wae i  
nor get op, i nor kin ebul fo bia wit am, i kin wori, en i nor kin  
get peshent pas ol na dat, borku tem i kin te, en di wan dem  
wae kin get dis sik kin kam bak kwik kwik wan, ivin if den  
biliv se den don wel kwik kwik wan  
Saykolojik kataro

Dis sik kin kam bikos den de tink bot tin den we de mona  
pipul den na di wol we no de don Di wan den we de sofa kin  
no yuz di wepon we den want en dis kin mek den no du natin  
en put densesf onda di fred we den de fred oltem instead fo  
kofrent den wit maynd en pul den komot we den smol  
abnormal saykolojik atakshon

Di wan den we dis sik don sofa kin bi wan say we den de  
tray fo get gladi at Bikos den biliv se gladi at de pan fo geda  
jentry, fo get nem, o fo get welbodi o pawa, den kin sakrifays  
oltin—helth, gud nem, pis na den maynd, on, en respekt—na  
di olta we den want fo get we de bon Tu let, den kin no se na  
balans layf nomo, we de respekt di lo den fo di tin den we God  
mek en di tin den we God de tel posin fo du, en i de mek di  
wok we posin de du wit kol at, gri, i kin mek posin get tru tru  
gladi at en i kin mek posin du wetin i want fo liv fayn layf  
Di wan den we de sofa wit di sik we den kol unhealthy  
attachment disorders kin it wit tin den we den kin tink bot fo  
long tem we den no ebul fo kontrol, we kin mek den no de si

layf di we aw den de si am en we no fayn Fɔ egzampul, wan  
biznesman bin get bɔku sakrifays en gɛda bɔku bɔku mɔni,  
bɔt bifo i ebul fɔ enjɔy in jɛntri, i bin get wan nervɔs brok  
bikɔs ɔf di wɔri en fred we i bin de fred pasmak, en i day wit  
at pwɛl

ɔda pipul den biliv se ɔltin kin alaw fɔ mek den ebul fɔ  
rich di gol Bikɔs ɔf dis kɔnfyushɔn, den kin mis den tru tru  
ɔbjektiv en den no kin ebul fɔ get ivin di smɔl satisfayshɔn,  
ilɛksɛf den get den tin den we den bin dɔn rili want, bikɔs  
mɔtalman in nature big en get bɔku bɔku tin den en i nid fɔ  
get balans divɛlɔpment pan ɔl di lɛvul den

### Blaynd spiritual klin

Dis aberrant fanaticism fɔ sɔm biliv den kɔmɔt frɔm we  
den de kɔntinyu fɔ fala sɔm patikyula opinion en aydia den  
we den no aks kwɛstyɔn ɔ egzamin den, so dat de mek di  
wan den we get dis sik vɛks en et fɔ eni gud spiritual aidia ɔ  
opin en fri tink Dis isolation de mek pipul den tɔn agens Gɔd  
in ɔ den, we de sho pan intɛlektual efyushɔn, matirial  
wɛlbɔdi, mental en bɔdi wɛlbɔdi, en ɔv en rɛspɛkt fɔ pipul  
den we kɔmɔt na difrɛn difrɛn say den

Fɔ put prinsipul den we get fɔ du wit Gɔd biznɛs  
Bikɔs sik den we pɔsin kin get na wi bɔdi kin si, i kin mek  
wi fil pen, en i no kin mek wi gladi, i kin mek wi tray tranga  
wan fɔ tinap tranga wan, en dis kin mek wi tray fɔ win den  
tru difrɛn we den fɔ mɛn pipul den, frɔm ɛksesaiz en it fayn it  
to difrɛn mɛrɛsin en drɔgs Bɔt, pan ɔl we na di mɛn tin we kin  
mek mɔtalman fil pen en fred, den no kin avɔyd ɔ trit den wit  
inɔf urgency, en den kin alaw den fɔ pwɛl wi layf en pwɛl wi  
layf

Eduketa dɛm, fizik ɛdyukeshɔn ticha dɛm, pricha dɛm,  
rifɔma dɛm, dɔktɔ dɛm, en lijislɛta dɛm go ebul fɔ drɛb  
prɔgrɛs fɔ go bifo we den fɔs lan, stat wit dɛnsɛf, en afta dat  
den tich ɔda pipul dɛm di kɔrɛkt we fɔ kɔltiv mɔtalman

nature insay wan balans en harmoni, akodin to di lo dem fo layf en di prinsipul dem fo wan welbodi egzistens Dis na di tru tru effektiv edyukeshon en komprehensiv motalman kolcho we pipul den olsay na di wol nid

Di edyukeshon institiushon den tink se i no posibul fo tich spiritual fawndeshonal tin den na poblik skul den bikos den tink se konfyushon de bitwin den prinsipul den ya en difren rilijon tichin den Bot if den institiushon den ya bin de pe atenshon pan di yunivasal prinsipul den we na pis, loy, savis, fet, opin maynd, en aksept oda pipul den—we na spiritual konstant den we den don mek tranga wan—en develop prektikal we den fo mek den prinsipul den ya insay di fayn fayn tin den gron fo pikin den maynd en sol, den kin fen rizin en akseptabl solvishon fo dis problem we den tink se en we den kin imajin Na big mistek fo ignore dis kweshon jos bikos of di problem den we i tan lek we get fo du wit am

Boku pan di wan den we don gradyuet from koleji kin komot na yunivasiti wit den ed we ebi en swel bikos of wetin de insay buk den dat den no kin ebul fo waka na di rod den na layf, bikos i don lef smol fo le den no ebul fo du wetin den want en fo kontrol densaf bikos den no de tek tem wit den en den no de yuz den So, yu de si den de du tin we no de tek tem en we de pwel, den de rosh ed wit den ed insay di ol we no get wanwod we no get wanwod, we de yuz den mared we no ikwal, we de ronata moni, en we no ebul fo du den wok bikos den no lan aw fo yuz di shap naif we den get fayn fayn wan pan den sens we den don on pan akademik tin den As a rizulta, den kin kot densaf en du bad to densaf I sori fo no se i tan lek se boku yon pipul den kin enjoy fo du tin den we kin mek den get bad en pen Som kin yuz tif en oda bad tin den, ivin kriminal tin den, we no get enitin fo stop o stop Den wan den we no ebul fo mek bad tin no go olsay na di sosayti de enkorej som pipul den fo biev di roj we Olman we get konshens en tru tru fet fo bi gud egzampul to oda pipul den we i kam pan integriti, ones, respekt, en respekt fo

yusef Skul, koleji, yunivasiti, en soshal institiushon den no de  
gi inof sayens we fo ridyus kraym bay we den de adres di rut  
koz dem, we de mo na di maynd  
Den fo mek speshal skul den bak fo tich di art fo liv gladi  
en sakrifays, fo develop di tin den we posin ebul fo du en fo  
mek i ebul fo du mo fo insef  
Den kayn skul ya go tan lek gadin en pak usay yon pipul  
den maynd de gro en go bifo Den fo tek tem pik di ticha den  
en mek sho se den get di kopreshon we mama en papa en di  
komyuniti get Den skul ya go ep fo shep wan wan pipul den  
fayn fayn wan Den fo memba se di spiritual it we posin get  
we i begin fo it na in de sho in welbodi en ebul fo gro leta  
Wi no get wan dawt fo se di we aw den de tren posin in  
maynd en in bodi na di skul den we de naw, i go benifit, bot  
den no get eni spiritual fawndeshon If den no get gud kwaliti  
den, i no go komplit fo gro  
Den fo tich di sayens den bot di we aw posin de gro pan  
bodi, maynd, en spiritual tin den to yon pipul den we den  
maynd stil get sori-at en we kin chenj chenj en we den no  
chenj den pawa yet pan som we den  
Afta den don tren den gud gud wan, di student den na  
den skul den de fo kontinyu fo du egzam fo tink gud wan, en  
di setifiket den we den go get go bi gud welbodi, gud nem,  
we go wok fayn, get moni en spiritual jentri, gladi at,  
sakrifays, en konfidens pan densef  
Di rizolt fo di las egzam na di end fo dis waka na dis wol  
go bi akodin to di ovala som pan di mental en spiritual  
achivement en setifiket den we den get di tem we den de du di  
sab-egzam olsay na di layf  
Di wan den we sabi du dis fayn fayn test, we pas ol, go  
get oli setifiket fo sho se den ebul fo kia fo densef en fri, klin,  
en gladi at konshens  
En blesin den we den rayt sote go na di sol in pej  
Dis prayz we no boku, no go mek mot chenj am  
En tifman den an no go rich am

Ɔ tɛm go ɛras am  
I go bi paspɔt  
Ɔ bi ɔna mɛmbaship na di Righteous Group

Usay gladi at de?

**Gɔd, insay in absolyut sɔri-at, de gi wi in gladi at  
ɛn inspekshɔn**

**Ɛn i de gi wi rial layf**

**Tru tru sɛns**

**Ɛn tru tru gladi-at**

**Tru ɔndastandin de kam tru ɔl di difrɛn difrɛn  
ɛksperiɛns dɛn we wi gɛt na wi layf**

**Bɔt Gɔd in glori de sho ɔl na di spiritual pis we di  
sol de gɛt ɛn insay di maynd in rili tray Ɔ gri wit Am  
De, wi tinap fes to fes wit di trut Na do, ilyushɔn dɛn  
gɛt pawa pasmak, ɛn na smɔl pipul dɛn nɔmɔ kin ebul  
Ɔ rɔnawe pan di inflɛns we di tin dɛn we de na do gɛt  
Di wɔl kɔntinyu wit in kɔmplisiti dɛn we nɔ gɛt ɛnd ɛn  
bɔku bɔku prɔblɛm dɛn Gɔd in vɔys de biɛn di we aw  
layf de apia, de kɔl wi ɔltɛm ɛn tɔk to wi frɔm flawa,  
skripchɔ, wi kɔnshɛns, ɛn tru ɔl di fayn fayn tin dɛn we  
de mek layf fit Ɔ liv**

**Di mɔ we wi de pe atɛnshɔn pan tin dɛn we de na  
do, na di mɔ wi nɔ go ebul Ɔ gɛt glori we de insay wi;  
ɛn di mɔ we wi de tɔn insay, na di mɔ wi de gɛt  
prɔblɛm dɛn we de na do na di kɔnstant Ikweshɔn Bɔt  
bɔku pipul dɛn nɔ de no dis trut bikɔs ɔf di inflɛns we  
di wɔl kɔmpin, di sosayti we dɛn de liv insay, ɛn di abit  
dɛn we nɔ gɛt wɛlbɔdi Sosayti de kip pɔsin insay wata  
ɛn bisin bɔt tin dɛn we de ɔp, we de mek dɛn nɔ ebul  
Ɔ tink bɔt dip trut dɛn**

**Ivin ples dɛn we gɛt Ɔ du wit Gɔd biznɛs, sɔm  
pipul dɛn kin go we dɛn nɔ rili want Ɔ bɛnifit frɔm di**

**bləsin we dən de, so dən nɔ kin gət natin fɔ notis frɔm  
dən visit dən de**

**Enibɔdi we want fɔ si Gɔd go fən am ɔlsay  
Mɔtalman abit dən de pwɛl, it, ɛn it; dən de pwɛl, pwɛl,  
ɛn dɔnawe wit am Na tɛm fɔ mek mɔtalman lan aw fɔ  
gladi ɛn satisfay wit wetin i gət Wi nɔ fɔ want ɛnitin  
pas wetin de kam to wi Gɔd gət fri-an; I no wetin wi  
nid ɛn gi wi am insay di rayt tɛm Dis nɔ min se wi fɔ  
abop pan Gɔd we wi nɔ tray fɔ du ɛnitin Nɔto atɔl I min  
se wi fɔ du wi pat to di bɛst we wi ebul ɛn lɛf di ɔda  
wan to Gɔd, we nɔ go ɛva pul wi wetin wi nid ɛn we wi  
fɔ gət**

**Di bɛst we fɔ gət gladi at sote go na fɔ fil Gɔd in  
prezɛns Di tin we wi want pas ɔl na fɔ no Gɔd ɛn fɔ  
disayd fɔ de wit am Gɔd fɔ bi fɔs ɛn fɔs pan wi tink ɛn  
filin, ɛn wi fɔ tek am as di pila we strong pas ɔl ɛn we  
strong pas ɔl na wi layf**

**(So ol Gɔd in rop tranga wan, ɛn luk fɔ say fɔ rɔn  
go to am)**

**Bikɔs na in na di pila if ɔl di ɔda pila dən nɔ  
ebul yu**

**A dɔn kam fɔ no se di wangren rizin fɔ layf na fɔ  
no Gɔd Sɔm pipul dən de we nɔ go biliv se fɔ fən Gɔd  
na di men gol fɔ layf Bɔt nɔbɔdi nɔ go dinay se di rizin  
fɔ layf na fɔ fən gladi at ɛn a de se wit kɔmplit  
kɔnfidɛns ɛn sho se Gɔd na di ɔlmat gladi at I na  
suprɛm bləsin I na absolyut, universal lɔv In na di  
gladi gladi we go de sote go we nɔ de ɛva kɔmɔt na di  
sol fɔ di wan dən we de insay harmony with Him So  
wetin mek wi nɔ de tray fɔ gət da pafɛkt gladi at de?  
Nɔbɔdi nɔ go ebul fɔ gi wi am Wi fɔ kɔltiv ɛn mɛn am  
insay wisɛf ɔltɛm Di pawa dən we di tin dən we Gɔd  
mek de tray tranga wan fɔ gi pipul dən di wɔl gladi at,  
bɔt dən kayn gladi gladi ya we nɔ de te kin dɔn mek  
dən rigrɛt, bita, ɛn rigrɛt lvin di pɔsin we gət laki pas**



olman, we i tan lek se i get oltin, kin stil no rili gladi  
Den no go satisfy wit tin den na di wol fo long tem  
bikos den tin ya no de fo kil den tru tru tosti o satisfy  
den spiritual angri

Di tin den we posin get de gi jos lay lay pis en  
satisfay we no de te Di wan ol wol don ful-op wit  
konfyushon en chaos, en na di tin den we posin kin  
want fo du fo insef nomo en we kin mek i want fo du  
sontin we kin mek pipul den fet wo no de oda tin we de  
mek wo

Di tru hiro na di fet na layf na di wan we win insef  
en win wetin i want Moni, nem, want, en oltin we de  
agens dis prinsipul de ambog wi pis en gladi at If pipul  
den lan fo tink oltem bot di tru valyu den na layf, den  
go fen di gladi at we den de luk fo, bot den go komot  
nia wetin den want en di korent we di wol want we a  
don fen we de swip den no temteshon no go ebul fo pul  
mi pan di rod we a don pik en fala fo misef

I kin charm tawzin pipul wit di pawa we God don gi  
mi, bot da rod de go detrimental to mi Eni we, a no  
want fo charm tawzin en kapcho den maynd A jos want  
fo si sinsi disaypul den we tinap tranga wan insay God  
Di wan den we lek God go savor den aidia ya, en di  
wan den we den zil kontinyu go fil God in blesin en  
prezens tru den tichin ya

I no posibul fo mek posin ful God, bikos I de de  
oltem, i no wetin de na den maynd en wetin den want  
We den lef di wol en want fo get wanwod na den spirit,  
God go kam to den We da want de tek rut na di at we  
de luk fo am, God kam na da at de en ful-op am wit  
gudnes en blesin Di wangren tin we fit fo liv fo na fo  
gri wit God en fo get in fayv Da wanwod de fo bi  
agriment we go de sote go en promis we no go brok  
(di wan den we de kip God in agriment en no brok  
am) .

**Olman want mɔ jɛntri pas ɔda pipul dɛn lvin we dɛn gɛt am, dɛn nɔ satisfay, dɛn de diskɔba se ɔda pɔsin jɛntri pas am Pipul dɛn de liv na wan kwagmaya we de mek dɛnsɛf sɔfa, we dɛn want fɔ gɛt mɔ pawa Wi fɔ satisfay wit wetin wi gɛt Matirial prɔpati dɛn nɔ de briŋ gladi at; bifo dat, bɔku tɛm dɛn kin mek pɔsin wɔri, wɔri, ɛn fred mɔ**

**Di rod fɔ go to Gɔd na di rod we simpul ɛn izi, yet na smɔl pipul dɛn nɔmɔ de waka pan am pan ɔl we bɔku rilijɔn ritual ɛn fɔmaliti dɛn de l bɛtɛ fɔ tɔn wi at to Gɔd ɛn aks am fɔ wetin bɛtɛ ɛn las fɔ wi Fɔ tru, Gɔd de wet fɔ wi bikɔs i want fɔ kip wi fa frɔm bad ɛn denja l want wi wit am na wi at ɛn maynd bikɔs di smɔl smɔl tin dɛn we de na dis wɔl nɔ go ebul fɔ satisfay mɔtalman lɔng ɔ ful di spiritual void we wi de fil dip insay Gɔd de tɔk to wi ɔltɛm, bɔt na smɔl pipul dɛn nɔmɔ de yɛri In vɔys Da kwayɛt vɔys de bɔku tɛm drawn aut bay di kray kray we de mek nɔys tink ɛn blatant want Bɔt we di tin dɛn we wi de tink dɔn stɔp ɛn di tin dɛn we wi want fɔ kol, wi de yɛri Gɔd in vɔys klia wan, pan ɔl we i nɔ de tɔk ɛn i nɔ de tɔk tru Fɔ tru, Gɔd de du ɔltin fɔ ɛp mɔtalman, i de opin domɔt dɛn ɛn layt di rod dɛn so dat wi go si usay wi fɔ step, so dat wi nɔ go stɔp ɔ slip Bɔt bɔku pipul dɛn nɔ no dis tru**

**A nɔ want pipul fɔ tink se dɛn kin gɛt no bɔt tin dɛn jɔs bay we dɛn de lisin to ɔda pipul ɔ rid buk Dɛn fɔ yuz wetin dɛn de rid ɛn yɛri Fɔ go na say dɛn we dɛn de wɔship bɛtɛ pas fɔ de na os ɛn lisin to idle chatter Bɔt ivin na ples dɛn we dɛn de wɔship, pɔsin fɔ fil Gɔd in prezɛns na dɛn at ɛn no aw fɔ ɛksperiɛns am Imotional outbursts and rational analyses cannot give us the knowledge our souls yearn to gɛt**

**We wi sɔrɛnda wisɛf to Gɔd ɛn tɛl wi gudbay to wetin wi want fɔ wisɛf, ɛn we wi shɔ se Gɔd de wit wi ɔltɛm, de liv insay wi sol ɛn inspekt wi wit gud ɛn**

**nobul tink en filin, wi go get gladi at en fridom, en wi go witness di san we de komot pan sens na di sol in crayzin**

**Imajin! Diked ia from naw, wi yon egzistens go bi drim, en ol wetin wi de du naw go bi pat pan da drim de lvin di big big pipul den na mortalman go bi jos figment den fo mortalman konsheens Bot den big big pipul den de rich den oltimat gol bikos den rich di ay ay levul en kontinyu fo liv na spirit, fulop fo no en no ol wetin de apin, bikos den get wanwod insay divayn konsheens Enibodi we tray fo gri wit den tru den tink en tichin den go mos fil den prezens, get den blesin, en no dip dip wan se den rili de insay komyunion wit den**

**Laif na big drim Yet, we yu luk yu bodi naw en si am vibrant wit layf, yu kin ful-op fo biliv di rial tin bot dis drim Yu tink se yu fo get dis o da tin de fo mek yu gladi Bot ileksef yu fulop boku tin den we yu want, yu no go get gladi at tru den Di mo we posin de get, na di mo i want Di tin den we i want, i fo filta, en layf simpul if posin want fo liv insay komfort, kol at, en satisfay insay**

**Di skripcho den se di posin we in want oltem de flo insay (to den sol) na posin we get ay insay pis Insay dis, den tan lek di si, we no de eva chenj o stop, bot i de kontinyu fo ful-op wit wata we de flo insay am we no de stop Bot di posin we de mek ol den we want na di rizova fo den pis en alaw di impotant wata fo lik en west no no natin bot spiritual pis en gladi at we posin kin get insay posin in at**

**Wi nid gayd from di wan den we sabi God, we get di abiliti fo tok to am en we de no se i de wit am Di profet den don aks wi fo luk fo God insay pis we de insay wi, na di say we di sol de in wan usay di fetful spirit en di best spiritual gladi at de Di ticha den we get sens na India densef de endos den aidia ya en den**

**de eksplen di impotants fɔ dip meditashɔn fɔ no di Divayn Self insay di dip tin dɛn we de na di sol**

**ɔltin we de na wev-layk vaybreshɔn we Gɔd in maynd de dayrɛkt Dis intɛligent vaybreshɔn na di Oli Spirit, ɔ di fetful Spirit, we pɔsin kin tɔk to tru prea ɛn tink gud wan**

**Insay di stil we yu sol stil de ɛn di grov fɔ yu maynd we de fos, di lɔv afɛa wit di Absolut ɛn di Infinite nɔ gɛt ɛnd Bɔt i at fɔ fɛn Gɔd if wi de rɔnata mɔni fɔs Wi fɔ mek Gɔd bi wan impotant pat pan wi layf, ɛn afta dat wi go gɛt ɔl wetin wi nid na dis layf ɛnibɔdi we mek Gɔd bi ples we go de sote go na dɛn at, Gɔd go gi dɛn bɔku bɔku pat pan di blɛsin dɛn we di wɔl ɛn ɛvin gɛt, ɛn opin bifo dɛn big big ɔrayzɔn usay di san dɛn we gɛt sɛns de shayn, we de shayn dɛn rod ɛn pul di daknɛs we de rawnd dɛn Gɔd na di pɔsin we lɛk dɛn sote go, ɛn no gladi at nɔ de fɔ mɔtalman pas we dɛn lɛk Gɔd lɛk aw dɛn lɛk—at ɔl—di wan dɛn we dɛn lɛk pas ɔl, bikɔs if Gɔd nɔ bin de, wi nɔ bin fɔ no di men tin bɔt lɔv, ɔ test di swit we i swit**

**Wi fɔ lan fɔ yuz wi wil ɛn fos wi maynd fɔ luk fɔ Gɔd wit ɔl wi at Mɔtalman akshɔn na wetin wi want, ɛn dɛn abit ya de kɔmpɛl wi ɔltɛm fɔ du wetin wi nɔ want fɔ du Fɔ tru, mɔtalman na in yon ɛnimi, we wi nɔ no bɔt am I nɔ no aw fɔ sidɔm stil, ɛn i nɔ de dediket tɛm to Gɔd, yet i want gladi at ɛn garanti fɔ go insay Paradays witout delay Di oli ɛkspiriɛns nɔ go ebul be attained merely by reading books, listening to sermons, or performing good deeds Wi nɔ gɛt wan dawt fɔ se dɛn ɔl ya bɛnifit, bɔt dɛn nɔ go du fɔ rich to Gɔd nid fɔ tek tɛm tink gud wan ɛn tink gud wan**

**Wi fɔ fɛn Gɔd in fayv fɔs Wi nɔ go ebul fɔ mek ɔlman gladi, bikɔs dat nɔ pɔsibul A de tray nɔ fɔ ɔfɛnd ɛnibɔdi a de du wetin a ebul, ɛn na dat nɔmɔ a ebul fɔ du Mi wangren aim na fɔ mek Gɔd gladi A de yuz mi**

an fɔ ɔmbul fɔ pre bifo am, mi fut fɔ luk fɔ am ɔlsay,  
en mi maynd fɔ tink bɔt am en tink bɔt In wɔndaful tin  
den Gɔd fɔ tek di fɔs ples na wi at so dat wi go  
ekspiriens am as pis, lɔv, ɔndastandin, gudnes, sɔri-at,  
en sens Dis, en nɔto ɔda tin, na wetin a kam fɔ witnes  
en tɔk to una bɔt

Apat frɔm we pɔsin de tink gud wan, pɔsin fɔ kip  
gud kɔmpin Wi nɔ fɔ de rɔnata pipul, bɔt wi fɔ de fala  
Gɔd If yu fɛn bɛnifit pan den tin ya, tek am se na  
blɛsin frɔm Gɔd, bikɔs ɔl di kredit na in yon Sheb am  
wit ɔda pipul den so dat den go fɛn insay den wetin yu  
fɛn (En as fɔ di fayv we yu Masta gɛt, tɔk bɔt am) En  
nɔ fɔgɛt fɔ ɛp pɔsin ɛvrɪde akɔdin to yu abiliti As long  
as a gɛt mɔni na mi poket, a nɔ go stɔp fɔ gi, fɔ mi sɔs  
we nɔ de dɔn en we de flɔ ɔltɛm na Gɔd

Fɔ dɔn, wi fɔ kam fɔ no Gɔd lɛk aw di big big wan  
den bin du Dis kin apin bay we wi de tink gud wan en  
tray fɔ du sɔntin fɔ wisɛf

Wan tɛm, a bin de waka na do na di ɛritaj, de tink  
bɔt mi big ticha, Sri Yuktiswar, we bin dɔn pas sɔm ia  
bifo a fil wan ɔvawɛl long fɔ am en a bin sɔri se i nɔ bin  
de wit mi fɔ ɛnjoy di fayn fayn en di atmosfɛs na di  
ɛritaj Wantɛm wantɛm, i apia to mi frɔm di skay en se,  
"Yu tink se na yu nɔmɔ de ɛnjoy dis fayn fayn ples? A  
de ɛnjoy am jɔs lɛk yu!"

Di pɔsin we want fɔ gɛt wanwɔd wit Gɔd fɔ tray  
tranga wan fɔ du tin ɛvrɪde fɔ tink gud wan en fɔ lɛk  
am, en fɔ mek ɔlman gɛt da lɔv de Dis na di wangren  
we fɔ mek den nɔ gɛt cham-mɔt Fɔ wok togɛda na di  
spiritual tin den impɔtant If yu nɔ gɛt tru tru  
spirituality, no wan pɔsin ɔ ɔlsay gladi at nɔ de Oli  
wanwɔd na di wangren we fɔ sɔlv ɔl di prɔblɛm den we  
gɛt fɔ du wit bɔdi, mɔni, mared, gud abit, en spiritual  
prɔblɛm den

**Gladi at kin kɔmɔt frɔm we yu fil se yu de nia Gɔd  
Mɔtalman dɔn put insɛf na jel biɛn di bar dɛm we nɔ  
no natin, ɛn na tɛm fɔ brok fri frɔm dis prizin we de  
mek yu shem Di maynd fɔ tɔn to Gɔd ɔltɛm, ilɛk wetin  
apin, ɛn afta dat yu go gɛt big pis ɛn gladi at**

**Di wan dɛn we de rili want Gɔd ɛn gi dɛn layf to  
am, ɛnkɔrej ɛn mek dɛnsɛf gɛt layt, ɛn mɛmba Gɔd  
ɔltɛm, na di wan dɛn we gladi na dis wɔl ɛn di wan dɛn  
we win di blɛsin we go de afta Gɔd**

**Pis de fɔ una**

### **Di kɔtin go rayz ɛn klin go**

Eni wan pan wi na di pikchɔ we Gɔd mek Wi kɔmɔt frɔm

In divayn Spirit, ɛn In ɛsin de insay wi wit ɔl in klin, glori, ɛn  
gladi gladi we pas am Dis oli ɛritaj na fɔt we pɔsin nɔ go ebul

fɔ win Fɔ mek pɔsin kɔndɛm insɛf as sina, we de flɔd na di  
rod fɔ sin, na wan pan di big big sin dɛn we ɔlman gɛt Bikɔs  
we dɛn du dat, dɛn de kɔndɛm dɛnsɛf to pɔsin we nɔ ebul fɔ  
ɛp insɛf, we nɔ gɛt op, ɛn we nɔ ebul fɔ rayz ɛn go ɔp Na tru  
se pɔsin kin du tin dɛn we nɔ gri wit di lɔ dɛn we di natura ɛn

Gɔd gɛt, bɔt i fɔ chenj in kɔs wantɛm wantɛm ɛn tɔn to di  
rayt rod Insay dɛn klin we, pɔsin na oli tɛmpul, ɛn di divayn

Spirit de insay dɛn

Wi fɔ mɛmba ɔltɛm se Gɔd lɛk wi klin wan ɛn nɔ gɛt ɛni

kɔndishɔn Bɔt bikɔs I dɔn gi wi di absolyut chuk fɔ kam nia  
am ɔ tɔn wi bak pan am, I de wet fɔ mek wi sho se wi want in

lɔv bifo I kam to wi

Wan tɛm a yɛri in vɔys de wispa we i de tink gud wan:

“Yu se a nɔ de wit yu, bɔt yu nɔ luk insay A nɔ ɛva lɛf yu fɔ  
wan mɔnt Enta di tɛmpul fɔ di sol ɛn yu go si mi Bikɔs a de

”ya ɔltɛm, fɔ tek yu ɛn grit yu wit di gritin fɔ di divayn lɔv  
Dip sinsiti impɔtant na di spiritual rod Insay klin ɛn tru,

di dawn fɔ di sol de brok

Wi mortalman sens nɔto natin we yu kɔmpia am to Gɔd  
Di wangren we we wi go kam nia am na fɔ gi am di sem klin  
lov we I de gi wi  
ɔlman go dɔn fɛn sev, bɔt di wan dɛn we de falt along di  
rod fɔdɔm insay di abyss of apathy Indifference de mek wi nɔ  
no di impɔtant impɔtant tin fɔ fɛn Gɔd rayt naw, insay dis  
sem tɛm Wi big planet Wɔl, we de flɔt na spes, ɛn wi  
mortalman aydentiti, nɔ bin gi wi fɔ spɛn sɔm ia ya ɛn afta dat  
wi fɔ lɔs insay natin Bifo dat, wi min fɔ tink dip wan ɛn  
ɔndastand di mistɛri fɔ ɛgzistens Fɔ liv we wi nɔ ɔndastand di  
rizin fɔ layf na ful, fulish, ɛn west tɛm Di sikrit dɛn na layf de  
rawnd wi ɔlsay, ɛn Gɔd dɔn gi wi sens fɔ fɛn dɛn solvishɔn  
We a bin de luk fɔ lov we go de sote go, a bin kam fɔ no  
se Gɔd lɛk mi pan ɔl di we dɛn we a go imajin I lɛk mi as  
mama, papa, ɛn padi  
A bin de luk fɔ da padi we go de sote go pas ɔl mi padi  
. ,dɛn  
ɛn bɔt da big lovman we a de si naw de shayn na ɛvri  
kayn ɛn lov fes Da divayn padi nɔ ɛva disapɔynt mi, ɛn i nɔ  
ɛva mek a fil bad  
Gɔd de biɛn ɔl wetin de Wi fɔ ɔnɔ ɛn trit wi mama ɛn  
papa fayn, bɔt wi fɔ lɛk Gɔd wit ɔl wi at ɛn sol Wi fɔ no di  
impɔtant tin fɔ gɛt impɔtant kɔnekshɔn wit am, we wi nɔ fɔ  
west ɛni tɛm igen  
We wi de slip, wi nɔ no if wi go wek ɔ nɔ wek Wi de  
kɔmɔt na dis wɔl wan bay wan Bɔt dis tink nɔ fɔ mek wi wɔri  
We wi day, dɛn kɔl wi fɔ bɔn bak na di wɔl, begin nyu layf  
frɔm usay wi bin lɛf pan dis wan  
A si layf as di fɔmɛshɔn ɛn disɔlshɔn fɔ wev dɛn na di  
safa ɔf di si Mortalman wef de rayz frɔm di sɔfays ɔf di divayn  
si we dɛn bɔn am, ɛn we i day, i de rɛst na Gɔd in at A dɔn  
grap dis trut ɛn no se a nɔ de ɛva rili day, pan ɔl we di bɔdi  
dɔn day Bikɔs if a de rɛst na di si we di divayn spirit de ɔ wek

insay di bɔdi we pɔsin kin si, a na wan wit di kɔsmik bɔdi  
ocean Dat suprem gladi at nɔ go ebul fɔ fɛn na di wɔl Di sem  
tɛm, wi nɔ nid fɔ rɔnawe go na di fɔrest fɔ fɛn rizin Wi kin fɛn  
Gɔd na dis jɔŋgrɔn we de liv evride—insay di dip dip ples na  
di kev we nɔ de tɔk

Mɔtalman kin mek bɔku mistek, bɔt dɛn mold dɛn insay  
di imej fɔ di divayn spirit we Gɔd mek dis ilyushɔn wɔl we gɛt  
gladi-at na di wɔl fɔ wan rizin nɔmɔ: so dat mɔtalman go no  
se na jɔs wan kɔsmik drama, lɛf ilyushɔn, ɛn lɛk Gɔd nɔmɔ  
Dis na di trut, ɛn i nɔ kin bi ɔda we Wetin mek Gɔd mek wi fɔ  
lɛk wi famili mɛmba dɛn nɔmɔ fɔ si dɛn kɔmɔt nia wi wan bay  
wan? Dɛn tin ya kin apin fɔ mek wi no se na Gɔd rili lɛk wi,  
pas ɔl di wan dɛn we wi lɛk

Laif na siriks pikchɔ dɛn we de muv, bɔt dis trut at fɔ  
ɔndastand bikɔs i tan lɛk se tin dɛn we pɔsin kin tink bɔt rial  
ɛn tin dɛn we pɔsin kin si kin tan lɛk tin dɛn we pɔsin kin tink  
bɔt Di wɔl kin dɔn kɔmɔt na wi kɔnshɛns evri nɛt we wi de  
slip, sɔntɛm so dat wi go ɔndastand se di tin dɛn we wi de si  
nɔto rial tin

Dis lɛsin fɔ slip nɔ kam fɔ mek wi fred, bɔt fɔ mek wi  
want fɔ no bɔt Gɔd in trut Natin nɔ go satisfay di sol pas Gɔd  
ɛn in lɔv Gɔd in Spirit na di trut we nɔ gɛt wan kɔmpitishɔn  
Nɔtin nɔ de we dɛn kɔl nɔ rial, ɛn wetin rial nɔ go ebul fɔ bi  
nɔ rial Di wan dɛn we gɛt sɛns ɔndastand dis trut we de  
shayn

Bɔku ia na wi layf dɔn pas, ɛn na ia, wik, de, ɛn awa  
nɔmɔ lɛf Wetin mek wi fɔ west tɛm pan tin dɛn we nɔ go  
bɛnifit wi? Wi fɔ want fɔ kɔnɛkt wit Gɔd de ɛn nɛt, ɛn rili sinsi  
pan dis want bifo di tɛm we dɛn dɔn gi wi fɔ layf dɔn ɛn wi  
kɔmɔt na dis wɔl we wi nɔ du ɛnitin we wi fɔ notis  
Na da sem tɛm de, a si di big layt fɔ Gɔd de kɔba ɔl di tin  
dɛn we Gɔd mek Dis na big big gladi at! Dis na wɔndaful  
!layt

Mi Gɔd, a tɛl yu tɛnki ɛn butu to yu fɔ dɛn bɔku bɔku  
blɛsin ya fɔ fil yu prezɛns



Blessin pan olman di sem we, so dat wi go no se Yu na di  
olimat trut na di yunivas en Yu na wi olimat gol, we pas dat,  
no oda gol no de

Wi fo lek am en tok to am evri sekon na wi layf—we wi de  
wok en we wi de rest, we wi de mov en stil de—wit dip beg  
en bon long long Don wi go si di vel we de mek pipul den no  
biliv am de rayz en i de skata God de wit wi insay evri mont  
na wi layf Di wan den we de tink en gri wit Am de si am insay  
di fayn fayn flawa den, di nobul we di kayn sol den get, di  
fayn fayn tin den we den de fil en di fayn fayn imoshon den,  
en di fayn fayn drim den Fo don, I go komot bien di tik tik vel  
:den fo tel enibodi we de luk fo am wit ol in at se

Wi don de apat fo long taim bikos a bin want mek yu"  
giv mi yu lov wilful a kriet yu fo mai imij, and a wet te yu yuz  
."yu fridom and giv mi yu lov of yu own

Wi fo aks God fo gi wi di gift we go de sote go en we go  
de sote go we na in divayn lov Bot udat go fen dis God we lek  
am if i no tray? If yu yuz 25 pasent pan di tray, di oda wan de  
to God en yu spiritual gayd A no de aks natin fo misef, bikos  
ol di kredit na fo God, di say we ol gud en gudnes de komot  
Mek in gudnes go wit yu, In awareness de wit yu, en mek yu  
no di boku boku tin den we i de insay yu en olsay we de  
rawnd yu

God no de ansa wi wantem wantem bikos wi de shem fo  
sho aw wi want am Wi no fo fred fo go nia am, bot wi fo tek  
am se na wi yon, wi Lov, en luk fo am oltem wit wi tink,  
akshon, at, en maynd, en wi go si am di big say fo ronawe  
pan sef en pis na dis egzistens

O Masta, a de gi Yu dis bokul we get gud sol den, so dat  
den go mek di tempul we Yu de de fayn Akompan den sol ya,  
we na Yu famili en di wan den we yu lek Wi de sin Yu blessin  
nem Dispel di daknes we no no natin wit Yu oli layt Banish di  
daknes from wi maynd wit di layt we de shayn, we no get  
boda we de sho se Yu bi Wi na Yu yon, ilek wetin apin to wi,  
O Lord of Majesty and Bounty Bless each one of us Aksept di

wispa dɛm fɔ wi longing tinkin ɛn di yearning bit dɛm fɔ wi  
lɔv at To Yu wi de gi ɔl di lɔv, ɔna, ɛn lɔng, bikɔs Yu na wi Lɔv  
ɛn ɔl wetin wi gɛt na dis yunivas  
Blɛs wi wit Yu gudnɛs Brek di wɔl dɛn we wi want we de  
separet wi frɔm Yu Bi di divayn Kin we dɔn sidɔm pan ɔl wi  
aspireshɔn dɛn Mek di layt fɔ Yu glori skata ɔlsay na di big  
wɔl Blɛs wi ɔl Ful wi wit di sɛnt we de na Yu prezɛns ɛn lɛ wi  
no mɔ se Yu dɔn de wit wi ɔltɛm, Yu de wit wi naw, ɛn Yu go  
de wit wi sote go

Wi tɛl Yu tɛnki fɔ di gudnɛs ɛn lɔv we Yu dɔn gi Yu  
devoted followers we de want fɔ mek yu de nia yu ɛn we de  
wet fɔ Yu prezɛns wit ɔl wi op Wi op se di sɛklɔ fɔ Yu disaypul  
dɛn go gro so dat wi go sɛlibret Yu blɛsin prezɛns ɛn gladi fɔ  
Yu nia

Blɛs wi so dat wi go opin wi at to wisɛf ɛn klin wi  
intenshɔn, so dat wi go fit fɔ gɛt yu protɛkshɔn ɛn kia Rivɛl  
yusɛf, insay ɛn na do Yunayt wi ɔl, ɛn insay di layt fɔ da  
wanwɔd de, lɛ wi no yu spɛshal ɛgzistens  
Wit di sinsi we wi wanwɔd at ɛn di lɔng we wi sol dɛn we  
gɛt wanwɔd gɛt, wi de butu bifo Yu, de luk fɔ Yu ɛp, gayd, ɛn  
fɔ no ɔltɛm se Yu de na wi sol  
Mek di faya we de sote go fɔ lɔv bɔn brayt brayt wan na  
wi at, ɛn mek wi fil Yu nia wi naw ɛn sote go, O wi Masta, O  
!wi Lɔv

Suprim want ɛn mental kapsul

**Gret na Gɔd in glori I na di men tin fɔ tru ɛn wi kin  
fɛn am na dis layf Insay pipul dɛn at, bɔku prea ɛn beg  
de: fɔ mɔni, fɔ gɛt nem, fɔ gɛt wɛlbɔdi—prea fɔ ɔl kayn  
tin Bɔt di prea we fɔ bi fɔs ɛn fɔs na ɛvri at na fɔ di  
filin fɔ Gɔd in prezɛns As wi de waka di rod dɛn na layf  
wit kwayɛt ɛn shɔ, wi fɔ no se Gɔd na di ɔltimat gol we  
go ebul fɔ satisfay wi ɛn fulɔp wetin wi want, bikɔs na  
Gɔd de di ansa to ɛnitin we wi at want**

**We yu nɔ ebɔl fɔ fulɔp sɔntin we yu want tru yu yon tray, yu de tɔn to Gɔd fɔ pre So, ɛvri beg we yu tɔk de sho wan ayd we yu want insay Bɔt we yu fɛn Gɔd, ɔl di tin dɛn we yu want kin dɔn, ɛn ɔl di tin dɛn we yu want kin apin**

**Di tin dɛn we di wɔl want kin kɔmɔt frɔm di mistek we pipul dɛn kin tink bɔt di rizin we mek wi gɛt layf Dis wɔl nɔto wi tru tru os Di skripchɔ dɛn tɛl wi se wi na Gɔd, dɛn mek wi lɛk aw i tan, ɛn wetin i want na fɔ mek wi go bak to usay wi kɔmɔt frɔm Gɔd Wetin mɔtalman nɔ ebɔl fɔ no na dat, if i nɔ go bak usay i kɔmɔt, i go fos am fɔ tray fɔ fulfil bɔku bɔku tin dɛn we i want dat! Na tru se mɔtalman nɔ go ebɔl fɔ ɛp bɔt i nɔ gɛt wetin i want, ɛn natin nɔ bad fɔ gɛt am Bɔt, bɔku pan di tin dɛn we mɔtalman kin want fɔ du kin ambɔg di we aw dɛn want fɔ go bak to Gɔd, dat kin ambɔg mɔtalman gladi at If mɔtalman nɔ want Gɔd ɛn fɛn am, i go kɔntinyu fɔ bɔn wit di we aw i want ɛnitin we i tink se go mek i gɛt gladi at Bɔt di we aw ɔl di tin dɛn we i want go apin wantɛm wantɛm kin kam ɔtomɛtik wan to di wan dɛn we de fɛn Gɔd**

**Tu kategori de fɔ di tin dɛn we wi want: di wan dɛn we de ɛp wi fɔ fɛn Gɔd, ɛn di wan dɛn we de mek wi nɔ ebɔl fɔ fɛn am Fɔ ɛgzampul, if pɔsin du yu bad, yu kin fil di want fɔ revang Bɔt, if yu win dis want bay we yu yuz di pawa we ay ɛn we pɔsin kin gri wit fɔ lɛk, yu go dɔn yuz di rial tul we go ɛp yu fɔ fɛn Gɔd ɔl di tin dɛn we yu want fɔ du, fɔ bi fulfil insay wan fayn we, bikɔs we dɛn dɔn fulfil am tru di wɔl we, yu want multiply, along with troubles and suffering If wi lan fɔ gi ɔl wetin wi want to Gɔd, I go wok fɔ fulfil wi gud tin dɛn ɛn pul di wan dɛn we de ambɔg wi ɛn we de pwɛl wi No big protɛkshɔn nɔ de pas klia kɔnshɛns, ɛn no bɛtɛ difens nɔ de agens layf in blow pas fɔ gɛt nobul ɛn sublaym tin dɛn we wi want**

We wi no se di pafekt imej fɔ Gɔd de insay wi, ɔl wetin wi want de apin Insay da oli awareness de, we pas ɔl di prɔpati ɛn jɛntri we de na di wɔl, yu nɔ go shek ivin if dɛn gi yu di wan ol wɔl Nɔbɔdi prez nɔ go mek yu prawd, ɛn i nɔ go blem yu bad, bikɔs yu go test Gɔd in gladi at insay yusɛf, ɛn dat go bi di impɔtant tin we yu fɔ tink bɔt na yu layf

Wi fɔ aks fɔ Gɔd in gayd fɔs ɛn fɔs we wi de tray fɔ du wetin wi want, ɛn dat na di bɛst we fɔ gɛt ansa to ɔl wi prea dɛn Bɔt wi fɔ pul beg pan prea Di ol we fɔ pre fɔ chenj, ɛn wi fɔ tɔn to Gɔd wit kɔmplit trɔst ɛn fet we nɔ de shek shek se I de yɛri wi ɛn i go gi wi wetin wi aks fɔ Gɔd nɔ want wi fɔ lɛf fɔ du wetin wi want—ivin we wi de pre to Am—bikɔs da wil de na di gift we valyu pas ɔl we wi dɔn gɛt frɔm In an we gɛt gudnɛs, we na oli rayt we I bin want fɔ wi frɔm di tɛm we dɛn mek wi

Natin nɔ de fɔ mek pɔsin no difrɛns bitwin prea ɛn tin dɛn we i want fɔ du we mek sɛns ɛn we nɔ mek sɛns Mɛmba se fɔ want na pawa; if yu tay pan sɔntin we yu want—ilɛksɛf na gud ɔ bad, bɛnifit ɔ bad—ɛn yu de tink bɔt am de ɛn nɛt, i go kam fɔ bi so, pɔsin fɔ tek tɛm ɛn avɔyd fɔ kip tin dɛn we i want fɔ du bad, bikɔs i go apin ɛn i go brin bɔku bad bad tin ɛn sɔfa we pɔsin nɔ go ebul fɔ jɛlɔs

As tɛm de go, yu go si se pan ɔl we yu want dɔn fulɔp, yu at de ɛmti, ɛn yu go gɛt insay ribelɔn Imajin yu dijestiv sistɛm wik, yet yu want fɔ it tin dɛn we dɛn dɔn frɛsh Fɔ tru, yu go fil pen ɛvri tɛm we yu it dɛn, pan ɔl di gladi we yu de gɛt we yu de indulj ɛn so, yu go fil lɛk se yu dɔn mek mistek Wisdom dictate using discernment to distinguish bitwin gud ɛn bad tin dɛn we dɛn want, ɛn we dɛn dɔn du dis, dɛn bad tin dɛn de nɔ fɔ apin Mɔtalman gɛt di pawa we de insay fɔ no ɛn

dɛn fɔ yuz am ɔltɛm, fɔ gayd dɛn layf akɔdin to wetin kɔnshɛns de tɛl dɛn, we na Gɔd in vɔys

Di tin dɛn we pɔsin want we nɔ de apin kin de na di at Wetin bad fɔ kip dɛn de? Na dis na di ansa:

Ɛvri tin we pɔsin want kin gɛt sɔm patikyula pawa dɛn: ilɛksɛf na gud ɔ bad, ɔ ɔl tu We pɔsin day—mek Gɔd sɔri fɔ am—dɛn pawa ya nɔ de day pan ɔl we di bɔdi dɔn rɔtin ɛn rɔtin Bifo dat, dɛn kin go wit di sol ɛnisay we i de go insay di fɔm fɔ kɔnsɛntret spiritual kapsul We di pɔsin bɔn bak insay nyu bɔdi, dɛn kapsul ɔ sayk tablet ya kin sho as bihayvya tendencies So, pɔsin we day as pɔsin we de drink te i chak kin kam wit di we aw i kin want fɔ drink rɔm we dɛn bɔn am bak, ɛn dis kin kɔntinyu fɔ de te dɛn win di want fɔ drink rɔm Dis kin apin to ɔda tin dɛn bak

Ivin di smɔl pikin dɛn kin sho di kwaliti dɛn we dɛn dɔn gɛt frɔm di layf we dɛn bin dɔn liv trade Sɔm pikin dɛn kin sɔfa wit bad bad wamat ɔda wan dɛn kin gɛt bad wamat Fɔ tru, Gɔd nɔ mek dɛn dis we Di tin dɛn we dɛn nɔ bin dɔn du we dɛn bin dɔn gɛt frɔm di layf we dɛn bin dɔn liv trade dɔn shep dɛn saykilɔjik tin ya, ɛn bikɔs ɔf dɛn, di sol kin tan lɛk se i strenj smɔl, pan ɔl we dɛn mek am lɛk Gɔd in klin imej If di imej fɔ Gɔd dɔn chɛnj insay a pɔsin na dis layf, ilɛksɛf na vɛks, fred, ɔ want fɔ du sɔntin, ɛn dɛn nɔ win dɛn kwaliti ya naw, da tɛm de dɛn go bɔn bak wit dɛn (ɔ dɛn go bɔn bak wit dɛn), de bia di lod fɔ dɛn misɛf abit dɛn ya te dɛn win dɛn insay dis ɔ fiuja inkarnɛshɔn Nɔbɔdi nɔ de fɔ rɔnawe pan dɛn te dɛn win dɛn

So, i bɛtɛ fɔ mek yu du ɔl wetin yu want naw ɔ win am

Di bɛst we fɔ pul dɛn kayn tin dɛn de we pɔsin want wans ɛn fɔ ɔltɛm na fɔ gɛt di bɛst gladi at we Gɔd gɛt If nɔto dat, dɛn tin ya we pɔsin want we dɛn dɔn

stop en di tin den we i want we no don apin go ambog  
di sol en mek i sofa

Possin fo no, tru sens en sens, se na God nomo ebul  
fo gi klin gladi at we go de sote go

Boku tem, di tin den we possin want kin de ayd na  
di possin we no no natin Yu kin tink se i don don, bot i  
no don; dis na wan pan layf in sikrit, we insaf na big  
sikrit

Bot di sikrit kin skata we wi de analayz layf en  
tink bot wetin i min If yu bin fo sidom kwayet wan fo  
shot tem evride en chak yusef, yu go si se yu get boku  
tin den we yu no want Den tin ya we yu want den tin  
ya tan lek jem den we de kil possin we possin kin ker go  
wit am enisay we i de go, insay dis layf en di naks layf

Di best we fo go bifo na fo no—thru waes chuk—di  
bad tin den we yu want na dis layf en pe atenshon pan  
yu tray fo fulop yu gud tin den we yu want If yu fil di  
want fo kil yusef o du enitin we no rayt, yu fo ban da  
enkorej de naw Konvins yusef, insay yu tink en du, se  
yu get wan spak we de mek yu bi God insay yu sol, en  
memba se den mek yu lek di pikcho we di Olmayti, en  
so yu get di pawa fo pas yu bodi en yu abit den

No lek fo get boku tin den we yu want fo du en no  
de nia di tin den we yu want, en yu go win di fet na  
layf If yu de sofa wit pen we yu no go ebul fo solv, tray  
fo lek fo no bot yu bodi Tru di sens we yu get, yu kin  
ebul fo win di sens den Waiz sens na di faya we de bon  
di bad tin den we yu want en di tin den we yu want fo  
it we de pwel yu bodi, we de mek den ton to ashis

Na komon tin fo mek pipul den kip ol, tin den we  
don pwel, en we no nid fo de na wan kona na di os, en  
fo klin en klin di os wan wan tem Semweso, na di kona  
na yu sabkoshos maynd de boku tin den we yu want  
wit layt harm, we kin mek yu get boku problem wan de  
if yu no dil wit den fayn

**Self-analysis is crucial on the spiritual path Yu kin et, vɛks, ɔ kwik fɔ vɛks If na so, dɛn kwaliti ya we yu dɔn kip na yu kɔnshɛns na rizɔlt fɔ di tin dɛn we yu dɔn du trade Fɔ klin yu maynd pan dis fɔnichɛ we dɔn rɔtin, we dɔn pwɛl, yu fɔ bigin wit fayn, kɔnstrɔktiv akshɔn dɛn ɛn gɛt lɔv fɔ ɔda pipul dɛn Di mɔ we yu lɛk pipul dɛn, na di mɔ dɛn go lɛk yu, ɛn yu go fil dɛn lɔv Bɔt if yu kritik dem, ivin to yusef, dem go sense dat kritik ɛn riton am to yu amplified!**

**Lɛ wi se wan ol ɛnimi dɔn day, yet yu stil kip vɛks ɛn et to am Yu go sɔfa bikɔs ɔf dis bita bita tin, ɛn di bad tin dɛn we i go du go sho na yu bɔdi ɛn maynd I bɛtɛ fɔ fɔgiv am fɔ Gɔd in sek, bikɔs we yu du dat, yu go fri yusef frɔm di bad bad tin dɛn we yu want fɔ pe bak we de pwɛl yu pis na yu maynd ɛn brok yu kolat we de Heaping et pan et, ɔ fɔ ansa ɛnimi wit et, nɔ jɔs de mek yu ɛnimi et yu mɔ ɛn mɔ bɔt i de pɔyzin yu yon bɔdi ɛn filin as a rizulyt So fɔgiv wit fayn fɔgiv**

**Wan wan tɛm, pɔsin fɔ lɛf ɔltin biɛn fɔ de in wan wit insɛf, fɔ mek i go tink bɔt di rizin fɔ layf Mɔs pipul dɛn de drɛf insay wan kɔrɛnt we gɛt tradishɔn ɛn fashɔn In rialiti, dɛn nɔ ɛva rili liv dɛn yon layf, bɔt na di layf na di wɔl Wetin dɛn dɔn ajɔst, ɛn usay dɛn dɔn dɔn?**

**So, i fayn fɔ mek pɔsin pul insɛf kɔmɔt pan di tin dɛn we i de du ɛn "duti" we i de du ɛvrɪde wan wan tɛm fɔ mek di trɔbul we de na in maynd kol ɛn tray fɔ ɔndastand di men tin we i de du ɛn disayd di gol we i want fɔ rich**

**Mɛmba se di big big tɛstimoni we yu kin gɛt na yu kɔnshɛns: di vɔys we nɔ de mistek ɛn we nɔ de mek mistek fɔ yu sol Wetin yu kɔnshɛns de tɛl yu na udat yu rili bi, we nɔ gɛt ɛmbellish ɔ disgiz**

**Tink bɔt di pawɛ we Jizɔs Krays gɛt we i se, “Papa, fɔgiv dɛn, bikɔs dɛn nɔ no aw fɔ du wetin dɛn nɔ no”**

En tink bɔt di big Prɔfɛt we se: "A nɔ go tɛl una wetin de mek pɔsin gɛt ay pozishɔn?" Dɛn se: "Yɛs, O Gɔd in Mɛsenja" I se: "Peshɛnt wit di wan we nɔ no bɔt yu, gi to di wan we de stɔp yu, kɔntinyu fɔ gɛt tayt padi biznɛs wit di wan we de kɔt tayt wit yu, ɛn fɔgiv di wan we du yu bad"

We yu lisin to di vɔys fɔ yu kɔnshɛns we gɛt layt go brin layt to yu rod ɛn blɛsin to yu layf We yu fil wan strong tin na yu at fɔ du wetin yu want, yuz yu sɛns ɛn aks yusɛf: "Na gud ɔ bad tin we a de tray fɔ du?"

Bɔku tin dɛn kin mek mɔtalman want fɔ du sɔntin We pɔsin si nyu mɔdel motoka, i want fɔ gɛt wan lɛk am We i si nyu stayl os, i want fɔ gɛt wan lɛk am Wan nyu fashɔn tren kin bi pɔpul, ɛn pipul dɛn kin want fɔ bay ɛn wɛr da stayl de!

Usay tin dɛn we pɔsin kin want kin kɔmɔt? I spent hours pondering this Yu kin kategoriz ɔl di tin dɛn we yu want? A bin ebul fɔ sɔt dɛn ɔl ɛn kip di gud wan dɛn nɔmɔ ɛn we a rich divayn kɔmyunion, a si se ɔl mi gud tin dɛn dɔn apin wan tɛm Tide yu de kray fɔ sɔntin, ɛn tumara yu sol de want ɔda tin Yu maynd, we kɔmɔt frɔm di Olmayti Gɔd, nɔ go ebul fɔ satisfay wit di guds na dis wɔl, ɛn i nɔ go ɛva satisfay wit di guds na dis wɔl, ɛn i nɔ go ɛva bi, bikɔs, mi padi we a lɛk, yu dɔn lɔs di wan we valyu pas ɔl ɛn valyu trɔs na yu sol, di wan we in wan gɛt di pawa fɔ satisfay yu long ɛn fulɔp yu want Dat trɔs we dɔn lɔs na Gɔd

Na tru se sɔm gud ɔ nid tin dɛn de we yu want, ɛn yu fɔ wok fɔ fulfil dɛn Bɔt pan ɔl we yu de tray fɔ fulɔp yu smɔl smɔl tin dɛn we yu want, nɔ fɔgɛt fɔ fɔs fulɔp yu big tin we yu want to Gɔd Di kɔnvikshɔn se smɔl smɔl tin dɛn we yu want ɛn du dɛn fɔ du fɔs na ilyushɔn ɛn lay lay tin we a stil mɛmba we a bigin mi spiritual joyn se a bin de prokrastinator ɛn a nɔ bin de du am meditate regularly, even though I keep telling



myself that I would make time for it Wan ol ia pas lek dis bifo a no se a no fulfil wetin a bin don promis misef A mek wan vaw to misef wantem wantem se di fcs tin we a go du na monin na fo was en afta dat a de tink bot God Daily tasks bin buku da tem de, en i no bin izi fo rɔnawe pan den, ivin fo shot tem So, a disayd fo pefom mi spiritual wok den fcs En so, a lan wan big lesin: mi duty to God de kam fcs, en na da tem de nomo a kin atend oda wok den we no important

Wetin mek God fo opin di get den we go de sote go fo mortalman if mortalman put oda wok en tin den we den fo tink bot bifo God? God don put spiritual wing den insay wi en i de op se wi fo flay op na di say den we di spirit de, Den wing ya na wi spiritual tin den we wi want, wi ay ay tin den, en wi rili want wi divayn sos

Le wi luk fo God fcs I no mek sens fo gi di wok we wi fo du na dis wol di important tin pas ol, bikos Azrael kin kol di sol enitem, don ol di wok, komitment, wori, en obligayshon den go don en don wans en fo oltem So wetin mek wi fo tayt tayt wan pan layf?

Pcsin kin tink se i de enjoy sef en kolat na in maynd, don i los pcsin we i lek wantem wantem, o i los in welbodi o in wok, en sef en kolat go west!

A bin rili lek mi mama! A bin tink se i go de wit mi oltem, bot wantem wantem a kam fo no se i don lef mi we a bin smol! Wi no fo fred day, bifo dat, wi fo redi fo day

Laif noto wetin i tan No put yu trust pan am, bikos i de chenj chenj, i de ful pcsin, en i ful-op wit disapoyntment en op we don brok Pafekt no go ebul fo fen am ya A no want fo gi yu wan pikcho we no rili bi bot layf Dis wol noto paradays Na wan divayn laboratoru usay God de test sol den fo si if den go win di bad tin den we den want wit gudnes en mek Am—

**dat na, mek Gɔd—di tin we den want pas ɔl, so dat den go go bak na in kinɔm**

**Laif ful-ɔp wit ɔl kayn bad bad tin en kɔmɛdi, bad bad tin en gladi-at Na big big tɛpes we de chenj ɔltɛm, en we gɛt layf we gɛt bɔku bɔku fɔm den Nɔ tu tin den we rili fiba ɔlman in layf difrɛn ɛnibɔdi gɛt difrɛn tin den, difrɛn we aw i de tink, en difrɛn tin den we i want If wi bin de sɔfa di sem prɔblɛm ɛvrɪde, wi go taya en bost ɔltɛm Ivin Paradays, if na di sem, go lɔs in apil Wi lɛk difrɛn en difrɛn tin den Di tradishɔnal kɔnsɛpt we de naw bɔt Paradays nɔ rayt If i bin rili taya, Gɔd in oli pipul den en oli man den fɔ dɔn pre fɔ go bak na di Wɔl fɔ ɛnjoy dɛnsɛf! Paradays kin nyu ɔltɛm di we we kin mek pɔsin gladi pas ɔl, en bɔku tɛm den kin mek di wɔl nyu ɔltɛm, bɔt i kin mek i taya en i nɔ kin mek pɔsin gladi**

**Bɔt pan ɔl we layf kin taya en tranga, bɔku pipul den kin yus to am, den kin biliv se no ɔda we nɔ de fɔ liv We den nɔ ebul fɔ kɔmpia dis layf to spiritual layf, den nɔ kin no aw di pen en taya we ayd insay di fold den na dis wɔl de bɔku**

**Fɔ tru, layf nɔto rial I jɔs tan lɛk ɛnjoyment, natin nɔ de mɔ jɔs lɛk aw den kin rilis ol fim den bak tɛm en bak, na so bak di sem ol tin den we kin apin kin ripit dɛnsɛf na difrɛn we den ɛn pan ɔl we layf kɔntɪnyu fɔ de we nɔ gɛt ɛnd, den kin ple di sem tim den we den bin dɔn prɛzɛnt na fim den we dɔn pas, den kin ple bak wan afta di ɔda Fɔ tru, istri kin ripit insɛf, en pipul den na jɔs tin den we den mek na di myuziɔm den we dɔn de insay di tɛm**

**Fɔ mek layf pul in sɔprayz, aksept den wit gladi at, ɔbjɛktiv, en detachment, nɔ afɛkt di filin, lɛk se yu de wach fim Laf frɔm at na wɔndaful mɛrɛsin fɔ ɔl mɔtalman sik**

Yu fɔ aproch layf wit izi ɛn kɔmfɔt Dis na wetin a lan frɔm mi ticha We a begin fɔ tren mi spiritual trenin na in ɛmitaj, a bin de du mi wok wit wan fes we nɔ gɛt wan bɔt, a nɔ bin ɛva smayl Wan de mi ticha notis dis ɛn tɔk se, "If Gɔd gri, ɔltin fayn! Yu de na bɛrin? Yu nɔ no se fɔ fɛn Gɔd min fɔ shrouding wɔri ɛn bɛr ɔl sɔri? Nɔ tek layf so sirɔs"

I tich mi se na mɔtalman in wok fɔ es in maynd ɔp pas ɔl di tin dɛn we de ambɔg am ɛn prɔblɛm dɛn we de apin na dis wɔl so dat i go gɛt kɔmplit fridɔm pan Gɔd

Wan fɔ kip balans pan gladi ɛn sɔri, prɔfit ɛn lɔs, win ɛn fayl fɔ mek i go ebul fɔ bia wit di prɔblɛm dɛn we de mit am na layf wit maynd ɛn kɔnfidɛns pan insɛf

Fɔ kip pis insay yu at pan ɔl we ɔl di tin dɛn we de apin na di bɛst we fɔ win di tin dɛn we a want fɔ ful Dis na wetin a lan frɔm di big wan dɛn we nɔ bin afɛkt di chɛnj we di tɛm bin de chɛnj, bɔt dɛn bin kɔntinyu fɔ tinap tranga wan ɛn nɔ chɛnj te di ɛnd lvin di prɔfɛt dɛn, we dɛn bin de mek dɛn sɔfa, nɔ bin lɔs dɛn oli kɔnshɛns, ɛn dɛn nɔ bin alaw ɛnibɔdi fɔ tif Gɔd in lɔv frɔm dɛn Spiritual gladi-at insɛf na blɛsin protɛkshɔn ɛn di big big fɔt pan ɔl Midul prɔblɛm ɛn trɔbul, mɛmba di blɛsin dɛn we Gɔd dɔn gi yu Yu sol na Gɔd in oli tɛmpul Yu nɔ fɔ alaw di daknɛs we nɔ no natin fɔ dɔti da klin ples de Aw i fayn fɔ de na wan stet we yu de no bɔt spiritual tin, we yu gɛt ɔnɔ, we yu gɛt rɛspɛkt, sɛf, ɛn gɛt pis! Nɔ fred natin ɛn et ɛnibɔdi Gi yu lɔv to ɔlman Fil Gɔd in lɔv ɛn si in prɛzɛns insay ɔl pipul, ɛn mek yu strongest want bi In prɛzɛns ɔltɛm na yu at Dis na di we fɔ liv wit pis ɛn kwayɛt na dis wɔl Bɔt i at fɔ test dis sɛlf-satisfayshɔn as lɔng as di faya faya briz we de mek yu want de blo tru di oasis na di at ɛn shɛk in tik dɛn wit fɛt-fɛt

Di tin den we pɔsin want na di say we pɔsin de shep Den kin bɔn am frɔm di we aw wi de si tin en i kin stɔp am bikɔs ɔf di tin den we wi nɔ kin ebul fɔ si tin den we wi kin si am, dat kin mek wi atend wan rural fɛa kin mek pɔsin want fɔ gɛt sɔm gladi at, bɔt afta wi dɔn go na wan wɔl klas egzibishin en si ɔl di difrɛn difrɛn displei den, di smɔl fɛa kin lɔs in charm en apil So, wi fɔ fɔs ɛkspiriɛns di gladi at we wi kin gɛt we wi de kɔmyunion wit Gɔd so dat wi go kɔmpia da gladi at de to lesser earthly pleasures Dɔn, di tin den we pɔsin want go bi di kayn we we ay pas ɔl Di tin den we pɔsin want nɔ gɛt end; no sooner is one desire fulfilled than another takes its place Bɔt we yu fɛn Gɔd, ɔl yu want den kin fulfil "Luk fɔs fɔ Gɔd in kiɔndɔm en in rayt, en den go gi yu ɔl den tin ya (En wetin de wit Gɔd bɛtɛ en i go las)" So wetin mek yu nɔ go fɛn fɔs fɔ fulfil da big big want de en gɛt frɔm Gɔd in fri an di bɛst en we go de sote go?

We Gɔd ansa di pɔsin we de luk fɔ am in prea fɔ no am, ɔl di ɔda tin den we i want go apin wantɛm wantɛm en sote go

Sɔm pipul den tink se den nɔ gɛt ɛnitin we den want Fayn!

a don notis wetin kin apin plenti taim we pipul go na makit Dem kin no geht wan spesifik want fo bai, ba wan wan sohmtin kech dem yay en dem tink se, "Oh yes, a geht fo bai am!"

Ivin if den nɔ bay am wantɛm wantɛm, i kin de na den maynd de en nɛt te den dɔn du am, ivin if den fɔ lɛnt mɔni Den kin ɛnjoy am fɔ sɔm tɛm, bɔt smɔl smɔl di we aw i kin lɛk am kin dɔn en di gladi at we den kin gɛt fɔ gɛt am kin stɔp, so den kin want ɔda tin, en ɔda tin den

Sɔntɛnde wi kin mit pɔsin we se: "Ah, if nɔmɔ a bin gɛt dis kayn mɔni (ɔ spɛshal mɔdel motoka ɔ

swimin pul ɔ ɔ)" en jɔs afta da wish de dɔn, ɔda tin we pɔsin kin want fɔ du kin kam fɔ nyu tin

Di tin dɛn we mɔtalman want nɔ pafɛkt bay we dɛn bɔn am, en na dat mek dɛn nɔ ebul fɔ mek di wan dɛn we gɛt dɛn gladi at ɔl

Di wɔl go tray fɔ pul yu maynd pan fɔ mɛmba se di wangren tin we yu rili want na fɔ fɛn Gɔd Bɔt yu fɔ mɛmba yusɛf bɔt dis ɛvrɪde We pɔsin disayd fɔ lɛf fɔ smok, stɔp fɔ it pasmak, fɔ lɛf fɔ lay, ɔ fɔ stɔp fɔ tif, i fɔ dɔn mekɔp in maynd fɔ disayd en nɔ fɔ shek Bad ɛnvayrɔment de dreyn en wik di wil, de mek lay lay tin dɛn we i want insay pɔsin I de tek di bɛst frɔm dɛn en gi am di wɔs Di wan dɛn we liv wit tifman biliv se na di onli we fɔ liv Bɔt fɔ de wit gud pipul dɛn de dayrɛkt di maynd to tin dɛn we ay pas ɔl, so dat lay lay tin dɛn we pɔsin want nɔ go ebul fɔ tɛmpt pɔsin igen ɔltin na dis layf kin chenj en chenj chenj Bɔt fɔ sɔm tɛm we yu de tink gud wan ɔ stɔdi en tink bɔt klin spiritual tɔpik dɛn go bi sɔs fɔ inspekshɔn, kɛr di pɔsin we de luk fɔ di tin dɛn we rili want fɔ du am go krɔs di si we de mek pɔsin ful en ilyushɔn to divayn shores usay "nɔ taya nɔ go tɔch dɛn de, en dɛn nɔ go drɛb dɛn kɔmɔt de".

(Dɛn dɔn rɛdi di big big rɛst fɔ di wan dɛn we bin wok tranga wan, en di wan we nɔ bin swɛ ɛni tray fɔ fɛn di trut dɔn win am)

Tru gladi-at de pan fɔ lɔng tɛm fɔ Gɔd en tink bɔt am ɔltɛm Wit fɔ kɔntinyu fɔ bia, tɛm kin kam we da tink de kin so tinap en nɔ kin shem so dat no prɔblɛm we yu gɛt pan yu bɔdi, maynd, ɔ filin nɔ go ebul fɔ pul yu awareness frɔm Gɔd I nɔ wɔndaful fɔ liv wit di awareness of God, tink bɔt Am en fil am ɔltɛm, en fɔ de na di sanctuary of In unassailable prezɛns, usay day ɔ ɛni ɔda tin nɔ go ebul fɔ tif yu pis insay yu at? (Di wan dɛn we biliv en we dɛn at kin gɛt rɛst we dɛn

**membra God Fɔ tru, na we den memba God, at kin get rest)**

**We yu nɔ ebul fɔ du enitin we yu want, yu kin enjoy fɔ de sote go**

**Laif na strenj fɔ tru, bikɔs ɔltin kin chenj So, pɔsin nɔ fɔ anko di ship fɔ gladi at pan di shiftin sand den na dis layf Wi tɛm go pas, ɛn wetin wi de si naw go dɔn wan de Chenj na sɔntin we pɔsin kin aksept as long as yu nɔ alaw am fɔ du yu bad ɛn we i du bad to yu, di insay trɔbul we yu de ɛksperiens na mɛsej to yu fɔ mek yu nɔ get di tin den we yu want We yu de sikyuɔr na di divayn spirit, yu de enjoy ɔltin we yu nɔ get enitin fɔ du wit am ɔ yu nɔ de dipen pan am So, fɔ tray fɔ no Am impɔtant pas ɔl fɔ di wan den we bisin bɔt am; if nɔto dat, layf go rili pwel pɔsin in at, ɛn i go pwel di op den bad bad wan**

**We a kam bak na India insay 1935, a bin op fɔ go na di ples den we a bin lek we a bin smɔl, bɔt we a rich de, a kam fɔ no se ɔltin dɔn chenj Den dɔn arenj di stej na layf bak difren we Di big big disapɔyntment ɛn shɔk bin kam we a go na mi ol os na Aykapur, usay a bin de ple ɛn wach di bɔd den Na wan tik nɔmɔ lef pan ɔl wetin a memba Such is life! Tin den we wi sabi ɛn we wi lek de slip wan bay wan A bin rɛdi fɔ gi enitin fɔ si wi os lek aw i bin de we a bin smɔl ɛn yet, God bin gi mi wetin a bin want, bikɔs leta a si di os na vishɔn, usay wi bin de swim na di pul, ɛn afta dat a go ɔp, ledɔm na di bed, ɛn it mango, jɔs lek aw a bin dɔn du bɔku ia bifo**

**Naw den fɔ tek tɛm luk gud gud wan ɛn tek tɛm luk di tin den we pɔsin want, fɔ solv am fayn fayn wan, ɛn na di gud wan den nɔmɔ den fɔ kip, ɛn ivin den gud tin den de nɔ fɔ alaw fɔ stop di want we impɔtant pas ɔl fɔ God**

**Dat want fɔ de alayv ɛn bɔn, ɛn nɔ fɔ alaw am fɔ dɔn ɔ day Mɔtalman de ɔnda big ilyushɔn we i de aks Gɔd fɔ du wetin i want na dis wɔl bɔt i nɔ de aks am fɔ sho insɛf to am Imajin pikin we de aks am ɔltɛm fɔ mek in mama ɛn papa gri wit wetin i aks fɔ, ɛn ɔda we nɔ de aks bɔt dɛn ɔ tink bɔt dɛn Dat na fɔ nɔ tɛl tɛnki ɛn fɔ dinay dɛn kayn we, ɛn insay dat, lɛsin de fɔ di wan dɛn we de tink gud wan**

**We dɛn yuz dis buk we de tɔk bɔt layf, na di spiritual no nɔmɔ we pɔsin gɛt we i de na dis wɔl go kam wit am So, Gɔd fɔ de ɔltɛm na in maynd, de kɔl am ɔltɛm ɛn nɔ fɔgɛt am if pɔsin rili bisin bɔt in spiritual fiuja We wi de insay kɔmyunion wit Gɔd, wi go si se ɔl wetin i want de apin insay wan we we nɔ izi fɔ ɔndastand Bɔt wi fɔ luk fɔ Gɔd fɔs I gɛt fri-an ɛn i dɔn gi wi ɔltin, bɔt wi go jɔs fɛn Am we wi nɔ satisfay wit In gift dɛn bɔt wi tɔn to di pɔsin we gi wi insɛf Wi go kam fɔ no am as long as wi rili want fɔ du wetin wi want, wit ɔl wi at fɔ want fɔ kam nia am ɛn ɛkspiriɛns in blɛsin prezɛns**

**Di big tin we de ambɔg pɔsin na in yon sɛf We i de tray fɔ sidɔm kwayɛt wan ɛn tink bɔt tin dɛn we gɛt fɔ du wit Gɔd biznɛs, tin dɛn we de apin na di wɔl kin kam wantɛm wantɛm, we kin ambɔg dɛn ɛn mek dɛn nɔ ebul fɔ du wetin dɛn want Dɛn fɔ tren dɛnsɛf fɔ kontrol dɛn tink ɛn bɔdi, ɛn we dɛn de du dat, dɛn go kɛr wan pɔtabl paradays insay dɛn sol Insay layf ɔ day, na ɛvin ɔ ɛl, da supɛm gladi-at go go wit dɛn**

**Wi fɔ pre to Gɔd dip wan, tɔn wi big big tin we wi want, aks am insay di langwej we di at de tɔk, di we aw di sol want, ɛn di we aw wi kɔnshɛns de wispa, so dat I go yɛri wi ɛn ansa wi Bɔt if pɔsin pre wit af at ɛn di sem tɛm i tink bɔt ɔda tin—na sɔntin we Gɔd no se nɔto di men tin we da pɔsin de bisin bɔt—I nɔ go ansa**

**Wi fɔ ɡet Ɠɔd fɔs Di tɛm na naw Wi nɔ fɔ wet,  
bikɔs ilyushɔn tu pawaful Layf de pas kwik, ɛn i shem  
fɔ lɛf dis wɔl we wi nɔ no di rizin fɔ layf Wi fɔ tink bɔt  
ɛnitɛm we wi ɡet fri tɛm Ivin if yu prea nɔ ansa fɔs, nɔ  
ɡet op fɔ Ɠɔd in sɔri-at, bɔt kɔntinyu fɔ beg Pre wit ɔl  
yu at ɛn trɔst se yu prea go ansa**

**A dɔn witnes na mi layf di big pruf fɔ se Ɠɔd de  
ansa prea Bɔt dis kayn ansa nid fɔ tray, bikɔs natin we  
impɔtant nɔ de kam if yu nɔ tray fɔ tink gud wan  
impɔtant fɔ mek yu no di sikrit dɛn na layf ɛn go insay  
Ɠɔd in kiɲdɔm**

**Bad abit ɛn ɔda tin dɛn we go ambɔɡ yu go tray fɔ  
ambɔɡ yu tray ɛn wikɛd yu maynd Bɔt if yu want fɔ  
gladi, kip yu tinkin tɔn to Ɠɔd, ɛn yu go si am nia yu**

**Di want fɔ ɡet gladi at na di wɔl de mek wan  
magnetik pul we de drɔ pɔsin to dis wɔl, layf afta layf  
Fɔ go bak to di bɔdi kin bi tin we nɔ nid fɔ di wan dɛn  
we dɔn fɛn wetin dɛn want pan Ɠɔd ɛnitɛm we dɛn  
want fɔ fulɔp ɛnitin we dɛn want, dɛn kin tink bɔt am,  
ɛn i kin sho bifo dɛn Mi mama apia to mi afta i day, ɛn  
a bin kɔrej we a si am ɛn tɛl Ɠɔd tɛnki fɔ in gudnes Fɔ  
tru, na in na di Mɔs I ɡet fri-an ɛn di wan we ɡet sɔri-at  
pas ɔlman, i de du wetin wi want fɔ sho se i lɛk wi ɛn  
tɛl wi tɛnki we wi gi am di fɔs ples na wi at**

**We pɔsin rich to Ɠɔd, i kin bi di masta fɔ layf ɛn  
destiny Wi nɔ fɔ rɛst te di divayn prezɛns dɔn strong  
na wi layf I go gi wi ɔl wetin wi want ɛn i go tɛst wi**

**Di prɔblɛm dɛn ɛn tin dɛn we de ambɔɡ wi na di  
spiritual rod bɔku ɛn big, bɔt as wi de pas na dɛn  
prɔblɛm dɛn de ɛn win dɛn tin dɛn de we de ambɔɡ wi,  
wi fɔ se: “O Masta, Yu dɔn ansa mi prea ɛn du wetin a  
want pas ɔl, so mi at dɔn jɛntri wit Yu prezɛns ɛn mi  
sol de shayn wit Yu layt” .**

**Pis de fɔ una**



## **Frɔm wetin di ticha Paramhansa Yogananda tɔk**

Pipul dɛn kin kɔmplɛn bɔt di aidia fɔ lɛf sɔm tin dɛn na layf, pan ɔl we fɔ tru, dɛn kin giv ɔp bɔku valyu tin dɛn, we nɔto di las tin na fɔ gɛt pis na dɛn maynd, ɛn sɔntɛnde dɛn kin ivin sakrifays dɛnsɛf fɔ mɔni, we kin pwɛl ɛn lɔs

Una sɔrɛnda unasɛf to Gɔd ɛn una go si se una layf dɔn  
tan lɛk fayn fayn ritmik myuzik

Turn yu atɛnshon insaid frɔm dis wɔld to di big big  
kingdom of God we de insaid yu

Insay di ship we gɛt kol at yu kin sel go na da wɔl de pas  
wi drim usay di divayn spring de flɔ we nɔ de stɔp frɔm di dip  
dip at ɛn sol

Masta, ɛp mi fɔ ple mi pat pan di ple na layf di we we go  
mek Yu gladi, ilɛksɛf a wik ɔ a strɔng, a sik ɔ a gɛt wɛlbɔdi, a  
gɛt nem ɔ a nɔ no, a jɛntri ɔ po, we a no se Yu lɛk mi ɛn yu  
nɔ go ɛva lɛf mi

Dɛn kin tek jɛntri frɔm pɔsin, ɔ dɛn kin tek am frɔm am,  
we i kɔmɔt na dis wɔl, ɛn dɛn nɔ go ebul fɔ tek am wit dɛn In  
tru valyu de fɔ spɛn am fɔ du tin dɛn we go bɛnifit pɔsin ɛn fɔ  
mek pɔsin ɛn ɔda pipul dɛn gladi di we we go mek Gɔd ɛn in  
kɔnshɛns gladi

Di wan dɛn we de tink bɔt dɛn yon sikyɔriti ɛn kɔmfɔt  
nɔmɔ, fɔgɛt ɔ nɔ pe atɛnshon to wetin ɔda pipul dɛn nid, de  
in rialiti de kɔt di po we go bi dɛn lɔt wan de Di wan dɛn we  
de tay pan dɛn jɛntri instead fɔ yuz am fɔ du gud tin nɔ de  
brɪŋ dɛnsɛf prɔsperiti na dɛn layf afta layf bɔt dɛn bɔn dɛn  
po, wit di tin dɛn we di jɛntriman dɛn want ɛn krayb Bɔt di

wan den we de sheb den boku en prosperiti wit oda pipul den  
atrak gudnes en boku enisay we den go

We yu gi to di wan den we fit fo get am wit ol yu at, yu  
go si se God de wit yu oltem en i no go eva lef yu en yu no go  
nid natin Wi no fo forget se na God de sopt wi layf dairekt  
wan en we wi no se wi maynd, wi wil en wi aktiviti den ol de  
dipen pan God en get den trenk from am, na da tem de wi go  
get dairekt gayd from am en wi go no se wi layf na wan wit in  
layf we no get end

Meditashon de gi pruf fo se God de Wans di wef dem fo  
sens don klia from di maynd in pond, divayn gladi gladi de  
komot from di sol Dis gladi gladi don olredi de insay di sol,  
bot i don vel

Oh, Masta A go yuz mi wilpawa en intelekt Fo akomplit  
smol smol tin den fos En afta dat a go go bifo pan big big tin  
den we a don du

Ivin if ol di matirial ambishon den don apin Yet i jos de gi  
gladi at we no komplit — en bay we a fen God a go diskoba  
rizova den we no de don fo gladi En i no de eva stop fo fo en  
ron Insay di gadin en evagrin medo den na di sol  
Haus: Viktri Square

If possin spen in layf de ronata wan thrill afta di oda wan,  
den no go eva no di teist fo tru tru gladi-at Possin fo liv simpul  
wan en aproch layf wit izi I fayn fo mek possin spen tem in  
wan, tink bot wetin i de du wan wan tem, en praktis pis insay  
in at, we de bring welbodi, yon, en nyu trenk

If tin den we de ambog possin oltem en oda tin den we de  
mek possin fil bad de bom di sens, di nev den go sofa bikos of  
dat, boku boku important enaji go west, en di sol go fil tensi en  
pwel at Don bak, possin no fo bisin tumos fo korekt oda pipul  
den; bifo dat, possin fo korekt insef bifo i tray fo korekt oda  
pipul den

Mek wi no se di os na di big big ples fo fet Possin we na  
enjel na den os go bi enjel enisay

Di swit we di vɔys swit ɛn di pis we di fayn fayn we aw  
pɔsin de biev de sho, dɛn nid am mɔ na di os pas ɛni ɔda say  
 Jɔs lɛk aw daknɛs nɔ go ebul fɔ de usay layt de shayn,  
 na so bak di daknɛs we sik fɔ dɔn we Gɔd in layt de shayn na  
 di bɔdi in sɛl dɛn , ɛn na smɔl pipul dɛn nɔmɔ de no dis tru  
 We pipul dɛn fil se dɛn want fɔ wɛl , dɛn kin pre wit at  
 we trɔbul ɔ wit filin fɔ pwɛl at , dɛn kin tek am se Gɔd nɔ go  
 lisin to dɛn prea ɔ dɛn kin pre bɔt dɛn nɔ de wet So dat dɛn  
 go no if dɛn prea dɔn rich to Gɔd  
Jɔs lɛk aw pɔsin nɔ kin ebul fɔ lisin to myuzik we dɛn de  
brodkas tru di ays we i de yuz wan fɔlt risiva, na so bak pɔsin  
nɔ kin ebul fɔ pik di vaybreshɔn dɛn we gɛt wɛlbɔdi, trɛnk, ɛn  
sɛns we de kɔmɔt frɔm Gɔd wit wan sayk apɛreshɔn we nɔ de  
wok fayn wit fred, wɔri, ɛn ɔlkayn wɔri, dawt, ɛn nɔ sho  
 Lɛ wi mɛmba ɛn tɛl Yu tɛnki, Masta, we wi nid ɛn  
 prɔsperiti, we sik ɛn wɛlbɔdi, we dak ɛn layt, ɛn pan ɔltin we  
 de apin Lɛ wi mɛmba wit tɛnki di de dɛn we Yu dɔn gi wi fɔ  
 gɛt wɛlbɔdi ɛp wi fɔ opin di yay fɔ fet so dat wi go si Yu blɛsin  
 layt, we de mɛn ɔl sik ɛn sik dɛn  
 Mi na di kapten fɔ mi ship we gɛt gud tinkin, mi gud wil,  
 ɛn mi frutful, bɛnifit aktiviti a go stiar di ship fɔ mi layf, ɔltɛm  
 kip mi yay pan di shayn planɛt we gɛt pis na di skay we a de  
 tink bɔt dip  
 A go yuz mi kreativ tinkin skils fɔ ajɔst sakrifays pan  
 ɔltin we a de du Gɔd go ɛp mi if a tray bak fɔ ɛp misɛf  
 Tide a go til di gadin fɔ layf wit nyu tray ɛn plant am wit  
 di sid dɛn we gɛt sɛns, wɛlbɔdi, satisfay, ɛn gladi at A go  
 wata di sid dɛn wit fet ɛn kɔnfidɛns pan misɛf, ɛn a go wet fɔ  
 di ɔlmayti in blɛsin fɔ gi mi jɔs avɛst lvin if a nɔ avɛst di avɛst  
 we a bin de op fɔ, a go kɔntinyu fɔ tɛl tɛnki ɛn tɛl tɛnki fɔ di  
 pis na mi maynd we de kɔmɔt frɔm tray fɔ du mi bɛst  
 A go tɛl Gɔd tɛnki se a ebul fɔ kɔntinyu fɔ tray te a gɛt  
 sakrifays, bay in gudnɛs ɛn a go tɛl am tɛnki we a rich di tin  
 we mi at want pas ɔl A go tray fɔ du ɔl di tin dɛn we impɔtant  
 ɛn we fit fɔ du, fɔ fɛn Gɔd in gladi at

Di wɔl ful-ɔp wit natura ɛn mɔtalman big big briz, ɛn Gɔd  
na di strong shild ɛn sef ples frɔm di big big briz, ebi ebi ren,  
ɛn di bad tin dɛn we de apin na dis wɔl ɛnisay we Gɔd de,  
nɔbɔdi nɔ de fred ɔ sɔri Di tru biliva tinap tranga wan ɛn  
prawd insay di fɛt fɔ layf ɛn di strɛch fɔ tin dɛn we de apin, i  
shɔ se Gɔd de wit am, i de protɛkt am frɔm bad tin ɛn i nɔ de  
ɛva lɛf am fɔ wan mɔnt So, fred de lɔs na in at ɛn shɔ se i de  
tek am, na protɛkshɔn we dɛn nɔ go ebul fɔ fos am

Nɔ fɔ fred min fɔ gɛt fet pan Gɔd ɛn in protɛkshɔn, ɛn gɛt  
fet pan in jɔstis, sɛns, sɔri-at, lɔv, ɛn de ɔlsay

Fɔ fred kin mek pɔsin nɔ gɛt in maynd trɛnk, i kin mek in  
maynd klawd, ɛn i kin mek di at in natura ritm nɔ fayn  
Pantap dat, fred kin mek i gɛt prɔblɛm wit in bɔdi ɛn i kin gɛt  
sik dɛn we i kin gɛt na in maynd Insted fɔ lɛ pɔsin sɔfa pan  
wɔri ɛn fɔ de na in maynd, i fɔ mek shɔ se i sef we Gɔd de  
protɛkt am, we de si ɔltin, we de yɛri ɔltin, we nɔ gɛt wan  
prɔblɛm fɔt, ɛn in sɔri-at ɛn kia we i de rawnd am

Ilɛksɛf na di Afrikan jɔngrɔn, na fɛt-fɛt ples, i de sɔfa wit  
sik ɔ po, pɔsin fɔ biliv insɛf se Gɔd in an strong pas ɛni denja  
ɛn i ebul fɔ protɛkt di wan dɛn we de fɛn say fɔ rɔn go to am  
No mɔ we de fɔ protɛkt am Na tru se pɔsin fɔ yuz rizin fɔ dil  
wit tin dɛn we de apin ɛn di sem tɛm i fɔ gɛt kɔmplit fet pan  
di ɛp we Gɔd de ɛp am Fet nɔ ɛva min fɔ bi pɔsin we nɔ de  
tek tɛm ɔ du sɔntin unwisely in the face of adversity Bifo dat,  
ilɛk wetin apin, pɔsin fɔ afɛm to insɛf se na Gɔd nɔmɔ ebul fɔ  
ɛp pan tin dɛn we nɔ izi ɛn we nɔ izi fɔ du if i tɔn to Am wit ɔl  
in at, sol, ɛn sɛns

We prɔblɛm dɛn de kam dɔŋ lɛk avalanche, wi nɔ fɔ alaw  
dɛn fɔ paralayz wi wil ɔ fɔ mek wi nɔ si klia wan ɛn wi sɛns,  
lɔjik we fɔ du tin Bifo dat, wi fɔ kɔntinyu fɔ gɛt fet pan Gɔd ɛn  
wi bɔn wit sɛns fɔ no wetin rayt ɛn rɔŋ, ɛn tray fɔ fɛn we fɔ  
kɔmɔt Wit Gɔd in ɛp, wi go si am Ultimately, tin go impɔtant  
bikɔs Gɔd in pawa ɛn wɔndaful tin dɛn de ayd biɛn di

kontradikshon den na motelman laif Di wan den we no de  
aksept di inevitability of circumstances en insted tray fo go  
insay pas di vel wit den intelekt en fet go fen di domot opin fo  
den—wan domot we evri an we biliv de nak pan

Laif de koba daknes, en sontende wi kin stop en shem fo  
go bifo Wi fo mek God in layt bi wi gayd lamp as wi de waka  
na laif in dak rod den God na di ful mun insay di net den we  
wi no no natin en daknes, di san we de shayn insay di awa  
den we wi de wek, di layt we de gayd wi, en di sta we de  
gayd di wan den we de travul na di si den na di wol,  
egzistens we no de te

Problem den go kontinyu fo de na di wol, so usay posin  
go ton fo gayd en dayrekshon? Di tin den we posin de tink, we  
di abit den, di we aw i de tink bot oda pipul den, di we aw i de  
tink bot oda pipul den, en di we aw i de biev, no get eni yus,  
en di tin den we de ambog di say we i de, in famili, in kontri,  
o di wol no ebul fo gi am tru tru gayd So, i fo ton to God en  
lisin to di kwayet, kwayet voys we de komot na di dip dip pat  
den na di sol, we na voys we gri wit di trut

Di difrens bitwin mental kontemplashon en spiritual  
introspection

If posin program insaf wit tiori no, i kin tan lek posin we  
de waka rikodo, we de ripit provab en ay ay frayz, en oda  
pipul den kin tek am se den don lan en get sens Bot da kayn  
no de no de riinfos bay we posin de si tru dairekt wan, en i no  
de mach am bak bay we i get spiritual attainment Dis kayn  
intellectualization o intellectualization de kip di "self" we tay  
to di sensory mind, we insaf de limited by the physical mind  
sens Tiori no no go ebul fo get divayn no, en i fayn fo mek  
posin no west in presho tem pan tiori den we den no go ebul  
fo yuz insay rial tin, so dat posin no go si insaf los na wan  
dense intelektual jongron, we no ebul fo pas di eria we tiori  
de

Dis proses no go mek wi no di trut bikos di trut de pas di  
opinion en tiori, en boku pipul den we de fala dis we fo du tin  
kin bi bound wit den yon subjektiv konklushon

If posin yuz in maynd pawa jos fo get moni en propati,  
den go dro in konshens insay di matirial wol en i go miks wit  
komplisiti den we no get end So, pipul den we get sens se  
posin no fo dediket ol di mental abiliti den we God don gi am  
fo du tin den we no de te, so dat i no go los insef insay di  
labyrinth of materialism en mek limiteshon we no nid en  
constraints for themselves Bifo dat, den fo yuz den maynd  
pawa fo get di tin den we den nid na layf en tray fo develop  
den gud abit den fo mek den ebul fo no difrens bitwin wetin  
rayt en wetin rɔŋ, en bitwin wetin de ambɔg en wetin go  
benifit We den de kɔltiv den spiritual sens, den go ebul fo no  
God insay densef en no di spiritual trut den we ayd bien di  
dense vels fo matirialism Den kol dis stet spiritual  
introspekshon

Ilek wetin de mona wi, God fo de bifo ɔltɛm na wi layf  
Wan pan di impɔtant tin den we go mek wi gro na God in yay  
na di konekshon we wi get wit God ɔltɛm, we yu go get from  
yu at, we yu go si wan wɔndaful, fayn chenj we go rili kole yu

We posin want fo si sho , ɔ bay nyu klos ɔ nyu motoka ,  
yu no tink se na tru se in maynd kin bisin ɔltɛm? We i kam  
pan den tin den de en aw fo ajɔst ɔ get den? I no go rɛst te i  
du wetin i want , en i go kontinyu fo wok tranga wan fo mek i  
go ebul fo du den tin den de

So, mɔtalman maynd fo de tink bot God En afta dat ol di  
smɔl smɔl tin den we i want go chenj To wan strong want fo  
fil God en tɔk to am

We di maynd de wispa to God wan wispa we kɔmɔt na in  
at, we get zil we de kɔmɔt from di dip dip tin den we wan sol  
we want fo du am de

Di sol in kɔl go tɔch di kɔsmik at , ɛn di ansa go kam, we  
go bring bɔku gladi at

We yu de wispa wit sɛns, dat kin mek yu gɛt pawa fɔ du  
sɔntin , te yu gɛt inof trɛnk fɔ rich di gol we yu want

We pɔsin in maynd ɛn wetin i want gri wit Gɔd , dɛn kin  
chaj am wit pawa we nɔ gɛt limit , so dat fɔ jɔs tink bɔt sɔntin  
kin bi inof fɔ mek i apin , bikɔs di lɔ we Gɔd gi kin wok fɔ di  
wan dɛn we gri wit di tin we pas ɔl

ɔl di wɔndaful tin dɛn we a dɔn du na mi layf dɔn  
akɔmplit tru di pawa we wan maynd gɛt we gri wit Gɔd We di  
divayn jenɛra de rɔn, ɔltin we a want kin kam fɔ bi frut witout  
ɛksɛpshɔn, fɔs i kin tek shep lɛk wan dizayn we nɔ de si, we  
gɛt ethereal ɛn afta dat i kin sho wit pawa we pɔsin nɔ go  
ebul fɔ stɔp insay rial tin

### **Di sikrit fɔ mek pɔsin gro**

Wi de gro tru ɛvri ɛksperiɛns we wi de go tru, as long as  
wi no se wi kin lan valyu lɛsin frɔm dɛn Fɔ ɛvri pen ɛn sɔfa  
we wi de ɛksperiɛns gɛt minin ɛn rizin

Pan ɔl we di prɔblɛm dɛn we wi kin gɛt tranga, dɛn tan  
lɛk faya we de mɛlt ayɛn ɔyl, we de chenj am to fayn fayn,  
strɔng, ɛn versatile stɛl Di sɛns we wi de fɔj tru di scorching  
flames of experience na rili wɔndaful Layf de klin wi,  
transfɔm wi bays nature dɛn to prɛshɔ ɛliment dɛn, alaw wi  
fɔ liv wit sol dɛn we klin lɛk jɔlɔs, we strɔng lɛk stɛl, yet ɛn we  
ebul fɔ bia, we wi nɔ de brok ɔnda di prɛshɔn dɛn we prɔblɛm  
ɛn prɔblɛm dɛn kin gɛt

We wi si fes dɛn we vɛks dɔn chenj, we dɛn de si we dɛn  
de du bad bad tin dɛn, we dɛn de si de mek wi want fɔ drɛb  
di bad tin dɛn we de na wi yon sol—sol we nɔ tɔch ɛnitin pas  
bad tin ɛn dip grɔj we de mek di blɛsin divayn imej we de  
insay wi nɔ klia, jɔs lɛk aw sɔt de pwɛl miro Di penful akshɔn

dɛn we ɔda pipul dɛn de du fɔ wek insay wi di want fɔ mek wi  
yon biev fayn ɛn kɔntrol wisɛf, so dat wi go bi masta fɔ wi tin  
dɛn we wi nɔ ebul fɔ kɔntrol, nɔto slev to dɛn

Kind wɔd na wɔndaful mɛrɛsin fɔ bɔku sik dɛn, i gɛt  
pawaful, ɔlmost majik, magnetik pawa we de bring bɔku blɛsin  
ɛn prɔsperiti to dɛn spika Di wan dɛn we de yuz wɔd dɛn we  
de mek dɛn fil fayn, we saful saful, kin fil se wan kɔrɛnt we  
nɔ de si klia wan de flɔ tru dɛn we nɔ de ambɔg dɛn, dɛn kin  
ful-ɔp wit bɔku bɔku kwayɛt Dis na bikɔs da kɔrɛnt de kɔnɛkt  
to in ay sɔs, we de ɔltɛm ɛn ɔltɛm rich di sol dɛm we gɛt  
wanwɔd wit am Dɔn dɛn go ebul fɔ transmit dis flɔ fɔ gladi at  
to sol dɛm we de want pis

ɛvride, pɔsin kin luk na di miro fɔ si in fes bikɔs i want fɔ  
apia di bɛst we to ɔda pipul dɛn, So, i rili impɔtant fɔ mek i  
tinap wit dɛnsɛf ɛvride ɛn luk insay di miro we de analays  
insay fɔ no wetin de ɔnda di say we de shayn! Fɔ ɔltin we  
atraktiv na do de gɛt in atrakshɔn frɔm di insay sɛf ɛn natin  
nɔ de dɔti di klin miro na di sol lɛk saykolojik distɔrshɔn lɛk  
vɛks, vɛks, jɛlɔs, ɛn et ɛnibɔdi we tray fɔ fri insɛf frɔm dɛn  
kɔmpawnd ya, we nɔ de nia di nature of di spirit, go alaw di  
layt fɔ insay biuti fɔ rayt frɔm insay

Tru analisis, wi de diskova se mɔtalman prɔblɛm gɛt tri  
tin: prɔblɛm ɛn dizayd de we de atak mɔtalman bɔdi, ɔda  
wan dɛn we de atak di maynd, ɛn wan tɔd kategori we de  
blok di rod dɛm fɔ di sol

Sik, ol ej, ɛn day na di prɔblɛm ɛn tin dɛm wae de ambɔg  
di bɔdi wae de mit Saikɔlɔjik sik, bɔt, kin kam insay di maynd  
tru sɔri-at, frayd, vɛks, wae pɔrsin nɔr want fɔ du, wae pɔrsin  
kin vɛks, et, wae pɔrsin kin fil bad, wae pɔrsin kin fil fayn,  
wae pɔrsin kin fil bad, ɛn de saykilɔjik kansa wae kin mek  
pɔrsin nɔr de fil fayn, bɔt di sik wae de mek pɔrsin nɔr de fil  
fayn, bɔt na de sik na di sol, we de sho se i nɔ no natin, we ɔl  
ɔda sik dɛn kin kɔmɔt ɛn skata



## Gud pas bad tin de na di wɔl

We dawt de krip insay, wi fɔ mɛmba di layf fɔ big pipul  
dɛn Na tru se wi na mɔtalman, bɔt Gɔd dɔn gi wi ɛkstra  
ɔdinari pawa dɛn we wi nɔ kin yuz So wetin mek wi de shek  
shek bikɔs wi de fred fɔ ol, sik, ɛn sɔri? Wi fɔ du wetin wi ebul  
fɔ kia fɔ wi bɔdi, bɔt wi nɔ fɔ gri fɔ fred ɔ bɛr wisɛf ɔnda bɔku  
bɔku pipul dɛn we nɔ no natin

Di bɔdi nɔto di wan ol pɔsin

Gud pas bad na dis wɔl bikɔs na Gɔd na di pawa we pas  
ɔl Bɔt we bad tin apin to wi, wi kin tink se wi nɔ gɛt pawa fɔ  
kɔntrol am ɔ fɔ rɔnawe pan am

Storms of evil are bound to blow , bɔt wi kin win di ifɛkt  
dɛn we dɛn de du ɛn rayz pas dɛn

Dɛn nɔ gi wi layf fɔ mek i pwɛl wi, bɔt fɔ mek wi no se wi  
go de sote go, ɛn wi fɔ mɛmba dis trut

If pɔsin nɔ gɛt fridɔm fɔ tink, i nɔ go ebul fɔ tɔk insɛf di  
we we klin, we kin apin bay insɛf, ɛn we natin nɔ de fɔ du  
Mɛmba se yu rili fri Di pawa we di wil gɛt na fri ɔltɛm

If yu yuz yu wil pawa kɔrɛkt wan, i go mek gud karma fɔ  
yu, bɔt bɔku pipul dɛn nɔ want fɔ chenj ɛn dɛn nɔ want fɔ  
tray, so dɛn kin krɔs pan prɔblɛm dɛn ɛn dɛn nɔ kin ebul fɔ  
bia wit prɔblɛm dɛn

Fɔ du ɛniti we pɔsin want nɔto fridɔm, bikɔs mɔtalman  
de tay am wit wetin i want, ɛn dat mek dɛn nɔ go ebul fɔ kɔl  
di tin dɛn we dɛn de du fridɔm atɔl Tru fridɔm min fɔ du ɔltin  
wit wil we sɛns de gayd Pɔsin kin kɔntrol di bad tin dɛn we go  
apin to am we i dɔn du trade, we nɔ go ebul fɔ fala am, if dɛn  
aktiv in wil ɛn yuz am fɔ du gud ɛn bɛnifit If yu kɔndɔkt yu  
akshɔn wit rizin ɛn wil pawa, di fɔs dɛn pan di bad tin dɛn we

yu bin dɔn du trade go wik ɛn di abit dɛn we de kɔmɔt frɔm  
di gud tin dɛn we yu dɔn du go strong

Wi kin want wetin wi nɔ gɛt ɔltɛm ɛn wi kin gɛt tayt padi  
biznɛs wit tin dɛn we nɔ impɔtant Wans sɔntin dɔn gɛt wi, wi  
kin lɔs wi fridɔm fɔ disayd fɔ sɔm tɛm Jɔs lɛk aw pipul dɛn na  
Ist kin bi slev to di kɔstɔm dɛn we bin de trade trade, na so  
bak di pipul dɛn na di Wɛst kin bi slev to di wan dɛn we de  
naw Wi kin mek wi yon destiny ɛn wi kin tay am

Wetin mek dɛn bɔn wan pikin na wikɛd famili ɛn dɛn bɔn  
ɔda wan na gud famili? ɛni wan pan dɛn bin yuz dɛn fridɔm  
fɔ liv wan patikyula we we dɛn bin de liv trade (insay wan  
layf we dɛn bin dɔn liv bifo) ɛn dis bin mek dɛn tin dɛn de  
apin to dɛnsɛf na dis layf

Tru tru fridɔm nɔ de if Gɔd nɔ de Wi fɔ tink bɔt am ɔltɛm  
Ilɛk wetin wi de wɔri ɛn tink bɔt, Gɔd fɔ tek di fɔs ples na wi  
at , ɛn we wi rili alaynɛd wit am, dɛn go gi wi di abiliti fɔ du  
wetin wi fɔ du, ɛni tɛm, wit In ɛp frɔm Gɔd

### **Advays fɔ di disaypul**

Wan pan di student dɛn aks di ticha Paramhansa Fɔ gi  
am sɔm advays fɔ mek i bɛtɛ, i se : If yu want fɔ lɛ dɛn lɛk yu  
Start bay we yu lɛk ɔda pipul dɛn we nid yu lɔv

ɛn if yu de op fɔ ɔda pipul dɛn Bi fetful ɛn fetful to dɛn  
so dat dɛn go bi tru to yu

If yu want fɔ mek ɔda pipul dɛn nɔ du bad ɛn kɔni kɔni  
we , nɔ alaw lay lay tin fɔ kam insay yu yon maynd , ɛn nɔ du  
tin di we we go ambɔg ɔda pipul dɛn

If yu want ɔda pipul fɔ sɔri fɔ yu Start fɔ sho se yu de fil  
sɔri fɔ dɛn , mɔ to di wan dɛn we de arawnd yu

If yu want ɔda pipul dɛn fɔ rɛspɛkt yu , yu fɔ sho se yu  
rɛspɛkt yɔŋ ɛn ol

If yu want pis frɔm ɔda pipul den , yu fɔ liv layf we gɛt  
wanwɔd

If yu want pipul den fɔ bi rilijɔn , bi spiritual in nature ɛn  
mek ɔda pipul den fil se yu na gud ɛgzampul ɛn den kin abop  
pan yu ɛn abop pan yu

Fɔ tɔk smɔl, ɔl wetin yu want ɔda pipul den fɔ sho Wan  
pan di gud kwaliti den na fɔ sho am na yu layf fɔs , ɛn yu go  
si se pipul den go biev to yu di sem we

If yu ebul fɔ no di eria den na yu layf we nid fɔ impɔtant  
we yu nɔ go gɛt pwɛl at ɔ divɛlɔp wan kɔmpleks we nɔ  
impɔtant, ɛn if yu de wok ɔltɛm fɔ mek yu yon abit bɛtɛ, den  
di tɛm we yu de spɛn pan dis go bi fa fawe pas if yu fɔ west  
fɔ wish se ɔda pipul den go impɔtant dɛnsɛf Yu fayn  
ɛgzampul ɛn di fayn we aw yu de biev gɛt pawa fɔ chenj ɔda  
pipul den pas wetin yu want, vɛks, ɛn wɔd den nɔmɔ

O Masta, Yu na di sɔs fɔ ɔl gudnɛs ɛn di ɔrijin fɔ ɔl pawa  
Blɛs wi so dat wi go sho Yu blɛsin pan wi pan wi wɛlbɔdi, wi  
intɛlektual aspireshɔn, ɛn wi spiritual ɛkspresheɔn Yu na di  
raytin na di sta dɛm, di ɛnaji na di atɔm dɛm, di gudnɛs na  
at, ɛn di fayn fayn tin dɛm na trut ɛp wi fɔ ful wisɛf wit Yu  
suprɛm pawa, Yu sɛns we nɔ gɛt ɛnd, ɛn Yu we nɔ gɛt bɔnd  
na tru tru tin

Masta, mek wi no se Yu na di watawɛl fɔ wɛlbɔdi, di si  
we de gi layf, ɛn di say we ɔlman ɔndastand ɛn no Fri wi frɔm  
ignorance ɛn di tin den we i de du, frɔm fred ɛn wɔri, ɛn mek  
di wata we de rɔn na Yu sɛns swip ɔl di dɔti ɛn rɔblɛs na wi  
layf

Tear away, O Lord, di vɛls we de ayd Yu fes frɔm wi Lɛ  
wi si Yu as layt we so brayt, lɛk bɔku bɔku san den na di  
ɔrayzin na wi layf Lɛ wi fil Yu as pawa we de nyu ɔltɛm we de

inspekt wi tinkin, gi wi sol tin fɔ it, sɔpɔt wi bɔdi, ɛn fulfil wi  
drim

Amen

Mɔs pipul dɛn nɔ no wetin mek Frɔm dɛn ɛgzistens na  
dis wɔl , dɛn biliv se di rizin fɔ layf Na fɔ fulfil di tin dɛn we  
pɔsin want Fɔ gɛt di tin dɛn we pɔsin nid fɔ liv Fɔ fɛn gladi at  
ɛn mɔtalman lɔv , ɛn leta fɔ sɔrɛnda to di las pɔsin we kɔl

Pipul dɛn bigin dɛn layf Programma dɛn wit patikyula tin  
dɛn we dɛn want ɛn we dɛn nɔ bin dɔn du trade ɛn dɛn de  
tray – wit wetin smɔl fri wil we dɛn dɔn lɛf – Bay we dɛn de  
falamakata wetin ɔda pipul dɛn want ɛn du , if dɛn de miks  
wit biznɛsman dɛn , dɛn want fɔ tan lɛk dɛn , ɛn if dɛn de  
miks wit atis dɛn , art kin bi ɔltin to dɛn

Gɔd want wi fɔ bi prɛktikal na dis wɔl I dɔn gi wi angri we  
nid fɔ wok fɔ satisfay am, bɔt fɔ luk fɔ it, ples fɔ slip, mɔni ɛn  
prɔpati nɔmɔ min se mɔtalman fɔgɛt di say we in gladi at  
kɔmɔt

Na tru se wi fɔ wok fɔ gɛt wetin wi nid ɛn tray fɔ rich wi  
rayt gol dɛn, bɔt fɔs ɛn fɔs, wi fɔ opin wi at to Gɔd ɛn fɛn in  
gayd ɛn aprɔval pan ɔl wetin wi de du Dɔn wi go mɔs gɛt  
sakrifays na di skul fɔ layf, bikɔs wi go gɛt wi dayrɛkshɔn  
frɔm di Suprim Maneja ɛn Prɔvayda we no wetin wi nid ɛn  
wetin bɛtɛ fɔ wi So, wi fɔ put wi trɔst pan Am ɛn put yusɛf  
ɔnda wetin I want fɔ du wit sɛns

## **Frɔm di lekchɔ dɛn we di ticha Paramahansa bin gi**

We di gladi gladi we de insay di sol de ɔbskɔr bay wan  
tik layt we gɛt smɔl smɔl tin dɛn we de mek pɔsin fil fayn, di  
gold glɔ we di spirit de shayn de dak, ɛn di sol in transparent  
fakulti dɛn de ayd biɛn di density of matter We pɔsin in  
maynd de drɔ to jɛlɔs ɛn jɛlɔs, ɛn kɔba am wit klawd dɛn we  
de fred ɛn wɔri, pɔsin kin bi misɛf, sɔri, ɛn win Bɔt we pɔsin

dayrekt di sem atenshon to lov, pis, en wanwod, i kin get dip  
gladi at

Di sol kin fil gladi we i tɔn frɔm di tin dɛn we di bɔdi want  
we miks wit sɔfa en sɔfa to di transparent gud kwaliti dɛn we  
di spirit get, we ful-ɔp wit fayn fayn tin dɛn we pɔsin kin gladi  
fɔ

If di sol begin fɔ put inɛf dɔŋ ɔlsay na di kɔs kɔs kɔs wɔl  
gladi at, i nɔ kin bisin bɔt fɔ tray fɔ get ay gladi at en i nɔ kin  
ebul fɔ get gladi at na Gɔd in yay Bɔku pipul dɛn kin tɔk se i  
nɔ go izi fɔ lɛ pɔsin lɛf fɔ ɛnjoy inɛf na dis wɔl ɔ we i de liv  
wit pipul dɛn we dɛn tink bɔt tin dɛn nɔmɔ we get fɔ du wit  
prɔpati Bɔt, i nɔ nid fɔ mek di avrej pɔsin lɛf di wɔl en tɔn in  
bak pan mawnten en fɔrest fɔ fɛn kol en pis Bifo dat, dɛn fɔ  
de na dis wɔl we dɛn nɔ alaw in pawaful kɔrɛnt fɔ swip dɛn,  
so dat di trɔbul wef dɛn na dis layf nɔ go ambɔg dɛn

Pɔsin nɔ fɔ de tink bad bɔt di tin dɛn we de arawnd am,  
en di sem tɛm i nɔ fɔ alaw di tin dɛn we i lɛk fɔ get fɔ mek i  
nɔ si in yay, so dat i nɔ go lɔs in spiritual nature en nɔ ebul fɔ  
test di gladi gladi we i get fɔ gladi en witnes di layt dɛn we  
Gɔd de gi

Layf, wit di men tin, di tin dɛn we i de du, en di gol dɛn  
we i get , na pɔzl we at fɔ ɔndastand bɔt nɔto tin we nɔ  
pɔsibul fɔ solv , en wit di we aw wi de tink go bifo, wi de solv  
sɔm pan in sikrit dɛn ɛvride

Di divays dɛn we dɛn mek bay prɛsis sayɛns prinsipul  
dɛn na dis tɛm rili impɔtant , en di tin dɛn we sayɛns dɔn  
kam wit de mek wi si klia wan bɔt di we dɛn we layf kin bɛtɛ  
Bɔt pan ɔl di ikwipment, tin dɛn we wi dɔn mek, en di strateji  
dɛn we wi get , i tan lɛk se wi stil tan lɛk pɔpet dɛn we de na  
di an fɔ fate , en di rod we de bifo wi stil lɔng Bifo wi fri frɔm  
di kontrol we di nature get

Fɔ tru, fɔ liv wit di sɔri-at fɔ di nature nɔto fridɔm Wi  
maynd we gɛt zil kin ɔva ɛn shackled bay wan sɛns fɔ nɔ  
ebul fɔ ɛp wi we wi fil se wi na viktim fɔ flɔd, hariken, ɔ  
atkwɛk , ɔ we tin dɛn we de apin snatch away frɔm wi -  
witout lojik rizin - wi pipul dɛn we wi lɛk klos to wi at Wi dɔn  
no se wi nɔ dɔn ajɔst bɔku win , ɛn wi nɔ dɔn ajɔst ebul fɔ win  
bad bad tin dɛn Bikɔs pan ɔl we wi de tray fɔ mek layf lɛk aw  
wi want am fɔ bi , sɔm tin dɛn go de apin ɔltɛm na dis wɔl  
stej , ɛn tin dɛn we wan pawaful maynd de dayrɛkt we wi nɔ  
no bɛtɛ bɔt , we wi de wok kɔmplit wan we nɔ gɛt ɛnitin fɔ du  
wit wi opinion ɛn wi go Di bɛst we wi go du na fɔ wok ɛn mek  
sɔm impɔtant tin dɛn

Wi kin plant wit ɛn mek flawa , bɔt udat mek di fɔs sid?

Wi kin it bred we dɛn mek wit flawa , bɔt udat mek wi bɔdi  
?ebul fɔ dayjɛst am? ɛn aw fɔ chɛnj it to tin fɔ it

Insay ɛvri kɔna na layf I tan lɛk se wan divayn an we rili  
impɔtant Wi nɔ go ebul fɔ manɛj wi afɛkt dɛn we wi nɔ gɛt  
am , ɛn wit ɔl di shɔt tin dɛn we wi gɛt Wi nɔ no ustɛm di at  
go stɔp fɔ wok So di nid fɔ bold rilayns Pan di suprɛm divayn  
pawa ɛn fɔ abop pan wi ay sɛf , we kɔmɔt frɔm da ɔlman we  
wi de mɔdɛl afta

Wi fɔ gɛt fet we nɔ gɛt prawd , ɛn waka wit kɔnfidɛns na  
layf rod dɛn

Wi nɔ gɛt panik ɛn shek shek , ɛn nɔ gɛt prɔblɛm ɛn put  
pɔsin na jel

### **Fɔ dil wit alɛji**

Fɔ win di we aw pɔsin de fil na tin we nɔ izi fɔ du, ɛn fɔ  
kɔntrol di we aw pɔsin de du tin kwik kwik wan impɔtant fɔ  
mek i gɛt balans ɛn fayn fayn pɔsin

Sɛnsitiviti kɔmɔt frɔm misɔndastandin, inferiority  
kɔmpleks, inflated prayz, ɛn ɛgzajarayt ego

We pɔsin tink se dɛn dɔn fil bad, da tink de kin tek rut na  
in maynd, we kin mek dɛn nerv, we kin bi tɛns ɛn tɔn agɛns  
Vɛks kin bɔn na in at bikɔs ɔf di filin we dɛn wund Bɔt sɔm  
pipul dɛn kin ebul fɔ kɔntrol dɛn filin, so dɛn sayn dɛn we de  
na do nɔ kin apia pan ɔl we dɛn kin vɛks bad bad wan insay  
dɛn ɔda pipul dɛn kin sho dɛn vɛks tru di riakshɔn dɛn we kin  
sul dɛmɔapin wantɛm wantɛm, we kin sho na dɛn yay di m  
ns dɛmɔd vɛbul rɛspɔn dɛm, ɛn tru shap, kɔs ɛksprɛshɔn di f  
If pɔsin fil bad pasmak, i kin gɛt siriks prɔblɛm dɛn; i kin  
mek di tin kɔmplikt ɛn mek wan tin we nɔ fayn we kin afɛkt  
ɔda pipul dɛn bad bad wan

Dɛn fɔ tray fɔ kɔntrol dɛnsɛf ɛn fɔ mek dɛn nɔ gɛt  
wanwɔd, fɔ mek pipul dɛn ɔndastand dɛnsɛf ɛn gɛt wanwɔd  
we go mek pis de instead fɔ mek dɛn gɛt tɛnsiɔn ɛn fɔ pul di  
smok we de mek pipul dɛn strɛs Di wan dɛn we de du dat go  
bi masta fɔ dɛn yon destiny ɛn di wan dɛn we de arawnd dɛn  
go gɛt blɛsin fɔ tɛl tɛnki ɛn rɛspɛkt dɛn

Fɔ fil bad pasmak na wan kwaliti we bɔku pipul dɛn gɛt,  
ɛn we dis filin we nɔ gɛt sɛns kin bɔn, i kin mek pɔsin nɔ ebul  
fɔ ɔndastand ɛn mek di yay dɛn we gɛt sɛns klawd lvin di  
wɔs tin na dat, di pɔsin we fil bad pasmak biliv se dɛn de  
tink, fil, ɛn du tin pafɛkt wan, pan ɔl we infakt dɛn bihayvya  
!kin rili rɔng

Bɔku pipul dɛn biliv se dɛn fɔ sɔri fɔ dɛnsɛf we dɛn de  
kɔndɛm dɛn, ɛn dat fɔ sɔri fɔ dɛnsɛf kin mek dɛn gɛt sɔm  
fridɔm Bɔt lɛk pipul dɛn we de tek drɔgs, di mɔ we dɛn de tek  
drɔgs, na di mɔ dɛn adikshɔn de strong

Pɔrsin wae gɛt bɔrku sɛnsitiv kin sɔfa bɔrku tɛm wae nɔr  
nid am Bɔrku tɛm, nɔrbɔdi nɔr kin no wetin mek dɛn de fil  
bad ɔr di kayn we aw dɛn de grɔmbul, dat kin mek dɛn gɛt  
mɔr pwɛl hat pan dɛn sɛlf-impose isolation Natin nɔr kin ebul  
fɔ ajɔst bay wae dɛn de silently de dwelling on perceived

insults or criticisms I betε fa fawe fɔ adɾes di rut kɔz dεm fɔ  
dis kayn hypersensitivity tru objective analysis εn self-  
control

Dis kayn alεji we nɔ fayn kin gεt sirɔs prɔblεm dεn; i de  
it di at lεk faya εn pwεl di tisu dεn we de mek pis So, dεn fɔ  
dil wit am wit sεns, we gεt lɔjik, εn wit strong wil

. \*\*\*

A de wok tranga wan fɔ sav ɔlman, bɔt we a de tɔn bak  
to mi wan fɔ tink gud wan, a nɔ de alaw εnibɔdi fɔ ambɔg mi  
tinkin ɔda tin dεn kin wet, bɔt mi εvrɔde apɔntɔnment wit Gɔd  
nɔ fɔ fɔgεt ɔ fɔgεt

Bifo yu du εni akshɔn, stɔp εn tek tεm tink bɔt di bad tin  
dεn we go apin εn di impak we dεn go gεt pan yu maynd,  
bɔdi, εn sol Akshɔn dεn we pɔsin fɔ fos yu fɔ du nɔto frɔdɔm,  
bikɔs akshɔn dεn we de agens di lɔ dεn we de fɔ mek ɔlman  
gεt wanwɔd εn fɔ go bifo go stɔp di pɔsin Di ɔda we, di tin  
dεn we pɔsin kin du we i no εn we i gri wit in kɔnshεns, na  
gud kwaliti εn i kin mek pɔsin gεt frɔdɔm

We yu disayd fɔ du gud tin, ɔ nɔ du bad, εn yu stik to da  
disayd de εn du wetin yu want, no se yu sheb frɔdɔm bɔku

Gɔd want wi fɔ yuz di frɔdɔm fɔ disayd we wi dɔn gi wi fɔ  
luk fɔ am εn fεn am, bɔt i nɔ want fɔ fos insεf pan wi

Di want fɔ kam nia Gɔd εn fɔ no am nɔ kin kam fɔ insεf,  
bɔt i fɔ aktiv εn kia fɔ am If yu nɔ gεt da want de, layf nɔ gεt  
εni valyu ɔ teist

Mek yu spiritual sεns gayd yu tink εn sakrifays go fala  
yu εnisay we yu go

To Gɔd a de dediket mi vɔys, mi an, mi fut, mi at, mi  
bɔdi, mi filin, mi wil εn ɔltin



Lov na di spiritual wepon we de don ol wɔ

Bifo dis wɔl, wɔl den de we nɔ get limit usay wi go mit  
bak di wan den we wi bin tink se don lɛf wi sote go

Dis wɔl layf de chenj ɔltɛm sɔri de fala sɔri ilyushɔn pan  
ilyushɔn Dis miraj we de apia na di dɛzat na wi kɔnshɛns fɔ  
ɔdnawe, ɛn wi fɔ wek wi tru tru sɛf frɔm ɔnda di dense vel  
dɛm fɔ matirial

Nɔ tray fɔ bays yu op pan dis layf Usay yu garanti de?  
Yu go onli sɛf wen yu tek refuge fɔ sabi God

Di men tin we de insay di sol tan lɛk ol ol gold we den  
bɛr ɔnda di grɔn We den pul di grɔn na di gold ɛn was am wit  
di wata we den de tink bɔt, i de shayn nyu wan wit kɔmplit  
klin ɛn klia

Masta, lɛ wi si wetin gud, tink gud tin den, ɛn kip kɔmpin  
wit di wan den we get gud abit ɛp wi fɔ tink bɔt Yu ɛn tink bɔt  
Yu, O Yu we na di say we ɔltin rayt ɛn di ɔrijin fɔ ol gud tin

### **Fridɔm frɔm wikɛd tin**

Di bɛst we fɔ lɛf wikɛdnɛs na fɔ lɛf fɔ tink bɔt am; if nɔto  
dat, di aidia bɔt wikɛdnɛs go ɔva yu kɔnshɛns ɛn dominate  
yu insay We wi brinj layt insay wisɛf, daknɛs go don lɛk se i  
nɔ ɛva de

Dat aidia de brinj fayn fayn inspekshɔn den to mi

We den put layt insay wan kev we don kɔba daknɛs fɔ  
tawzin ia, di daknɛs kin don wantɛm wantɛm Semweso,  
wikɛdnɛs ɛn mistek den kin don we wi alaw God in layt fɔ  
kam insay wi kɔnshɛns, ɛn di daknɛs we nɔ no natin nɔ kin  
ebul fɔ de Dis na di filɔsofi we wi fɔ liv bay

Prokrastination is useless Di wil na layf nɔ de ɛva stɔp fɔ  
tɔn, ɛn di de den na wi layf pas kwik kwik wan ɛvri minit we

wi spen fɔ tink klia wan ɛn du tin wit sɛns na saksɛsful ɛn  
prɔfit investismɛnt fɔ wi gladi at

Bɔku pipul dɛn kin spen dɛn wan ol layf fɔ tink bɔt mɔni,  
mami ɛn dadi biznɛs, ɛn fɔ gɛt nem, ɛn dɛn nɔ kin pe  
atɛnshɔn pan di impɔtant tin dɛn we kin mek dɛn gɛt pis na  
dɛn maynd ɛn mek dɛn no mɔ bɔt am

Ilɛksɛf pɔsin in wok ɔmbul, Gɔd go si am as pɔsin we go  
ebul fɔ du am gud gud wan if i no aw fɔ spen in tɛm wit sɛns  
ɛn dayrɛkt wetin i de tink di rayt we

We Gɔd in layt de shayn pan pɔsin, i nɔ de fil se i nid  
ɛnitin bikɔs di gladi at we de pas am de mek ɔl in drim dɛn  
kam tru ɛn mek i fil dip dip wan se na in jɛntri pas ɔlman ɛn  
di wan dɛn we gladi pas ɔlman na dis layf

Tɛnal fɔ Layt

Di wan dɛn we dɛn spiritual ɔwe de wek bay we dɛn de  
tink gud wan, gud tin dɛn, fayn filin, ɛn dip tinkin kin no se  
dɛn de kɔmɔt na di bɔdi di las tɛm we dɛn de kɔmɔt tru di  
spiritual yay We dɛn de na di wɔl, di yogi de praktis fɔ si di  
tanɛl fɔ di spiritual yay na di bɔda bitwin matirial ɛn spirit, ɛn  
di tɛm we dɛn de kɔmɔt na di wɔl, dɛn kin go insay dis tanɛl  
we gɛt layt ɛn pas frɔm dis wɔl to Gɔd in say we nɔ gɛt ɛnd  
we gɛt layt, gladi-at, pis, ɛn fridɔm we nɔ gɛt ɛnd

{Layt pan layt}

Di lamp fɔ di bɔdi na di [spiritual] yay

If yu yay na singl

Dɔn yu wan ol bɔdi go ful-ɔp wit layt

ɛn di layt de shayn na daknɛs, ɛn di daknɛs nɔ bin no}

{ am

Fɔ ɛp ɔda pipul dɛn na fɔ fil di sɔri we ɔda pipul dɛn de  
fil, fɔ kam nia dɛn, fɔ tɔk to dɛn, fɔ tray wit ɔl wi at fɔ kɔrej  
dɛn we dɛn gɛt bad bad tin, fɔ gladi fɔ dɛn gladi at, ɛn fɔ du  
wi bɛst fɔ kip di spekt fɔ fred, nid, ɛn wɔri frɔm dɛn

Di wan we gɛt di spirit fɔ altruism nɔ de du tin akɔdin to  
di limited kɔlkyulɛshɔn ɛn ɛkspekteshɔn, bɔt i de yuz in sɛns  
ɛn fayn jɔjment ɛn go bifo fɔ ɛp inɛf ɛn ɔda pipul dɛn, tɛl  
Gɔd tɛnki fɔ di sakrifays we i dɔn gɛt If i nɔ ebul wan tɛm ɔ  
bɔku tɛm, i nɔ kin fil bad, bɔt i kin gɛt mɔ maynd, dubl in tray  
ɛn ripit di tray, fɛn nyu aidia ɛn chanel dɛn, we di layt fɔ rizin  
de gayd am, ɛn we de aks Gɔd fɔ ɛp am te i rich in gol ɛn  
rich in fayn fayn tin we i want fɔ du

Di wan we de wok fɔ mek ɔda pipul dɛn gladi, na Gɔd de  
mek am gladi wit wan insay filin fɔ saykilɔjik kɔmfɔt ɛn if i lɔs  
sɔntin fɔ di sek fɔ di wan dɛn we i de tray fɔ ɛp, i nɔ de si am  
as lɔs bikɔs in ritɔn i de gɛt Gɔd in gladi at ɛn pis na in  
maynd I de liv fɔ lɛk, wok, gi, ɛn plant di sid dɛn fɔ gud ɛn pis  
na di fil dɛm fɔ mɔtalman

ɛnibɔdi we pas in pasɔnal wɔl insay in tink ɛn filin de  
mek i no mɔ, i de mek i sɔri fɔ ɔda pipul dɛn, ɛn fil se di wɔl  
na in os ɛn mɔtalman na in famili I no se di rizin we mek i de  
na dis wɔl na fɔ rifɔm inɛf bifo i tray fɔ rifɔm ɔda pipul dɛn,  
bikɔs ɛnibɔdi we rifɔm inɛf de ɛp ɔda pipul dɛn fɔ rifɔm  
dɛnsɛf tru di ɛgzampul fɔ in layf Akshɔn dɛn gɛt dip impak ɛn  
mɔ profaund ifɛkt pan di ɔda pipul dɛn sol pas wɔd dɛn

## **Short stop dɛn**

:Di brilians fɔ sincerity

Sɔm pipul dɛn kin tray fɔ rɔnawe pan dɛn prɔblɛm bay  
we dɛn de smayl, bɔt dis kayn we fɔ rɔnawe nid fɔ gɛt klin  
kɔnshɛns, we nɔ gɛt ipokrit ɛn lay lay tin We pɔsin de du  
ɔnɛs wan wit inɛf ɛn ɔda pipul dɛn, ɛn du tin wit ay pozishɔn

en fɔ du wetin rayt, in yay kin klia, en wan speshal layt kin  
kɔmɔt frɔm dɛn—di layt we nɔ gɛt wan mistek we de sho se i  
rili want fɔ du sɔntin

:Fɔ bi ɔnɛs

Sɔm pipul dɛn kin tɔk bɔku tin dɛn insay di nem fɔ ɔnɛs,  
bɔt yu nɔ kin ebul fɔ tɔk to ɔlman bɔt ɔltin We yu de gi  
advays en gayd, sɔm pipul dɛn nɔ kin ɔndastand yu wɔd dɛn  
en dɛn nɔ kin gɛt natin frɔm wetin yu de tɔk; dis na west ɛfɔt  
en na wok we dɛn nɔ gladi fɔ Saylɛns pan dɛn kayn kes ya na  
golden, bɔt dis nɔ min se fɔ sɛt mɔt bɔt bad tin

:Fɔ mek ɔlman gɛt wanwɔd

Fɔ tru, fɔ mek yu gɛt wanwɔd wit yusɛf, bɔku pipul dɛn  
no aw i nɔ kin izi fɔ mek yu gɛt wanwɔd wit ɔda pipul dɛn,  
bɔt yu dɔn ɛva tink bɔt fɔ gɛt wanwɔd wit yusɛf? I rili at, yet i  
pɔsibul If yu analayz yusɛf, yu go si se yu de agɛns yusɛf  
ɔltɛm If yu nɔ lɛk yusɛf, yu nɔ go lɛk ɛni ɔda pɔsin En if pɔsin  
?nɔ de gri wit insɛf, aw i go gri wit ɔda pipul dɛn

Fɔ mek yu gɛt wanwɔd wit di wɔl rili impɔtant fɔ mek yu  
gɛt wanwɔd wit di wɔl So, i impɔtant fɔ valyu en lɛk yusɛf,  
bikɔs yu fit fɔ gɛt da lɔv de Pɔsin fɔ lɛk insɛf bikɔs Gɔd mek  
wi en gi wi fayn fayn pɔtnɛshɛl Fɔ lɛk dis insay sɛf, dis ɛsin  
we ful-ɔp wit gud kwaliti dɛn, i de mek pɔsin biev fayn en i de  
klin di maynd frɔm dɔti en di at frɔm bad en vɛks

:Fɔ kalibrayt di kɔmpas we gɛt fɔ du wit di buk dɛn

Wan nɔ go ebul fɔ ful in kɔnshɛns, jɔstify di bad tin we i  
du, ɔ rɔnawe pan di bad tin dɛn we kin apin to am we i de  
biev we nɔ rayt, ilɛksɛf i travul go na ɔda planɛt Di tin dɛn we  
i kin du kin go wit am, en i fɔ kɔrɛkt in kɔs en kalibrayt in  
moral kɔmpas so dat in nidul go sho di rayt say ɔltɛm

Sɔm pipul dɛn kin liv na di wɔs kɔndishɔn ɛn yet dɛn kin  
gɛt wanwɔd wit dɛnsɛf, ɔda wan dɛn kin gɛt ɔl di chans ɛn ɔl  
wetin dɛn nid ɛn yet dɛn kin gɛt kɔnflikt wit dɛnsɛf ɔltɛm So,  
pɔsin nɔ fɔ wet fɔ mek di tin dɛn chenj Kɔnvins yusɛf se yu  
de fayn pan ɔl we yu de na di say we yu de, we kin difrɛn  
frɔm wetin yu want

Enibɔdi we put insɛf pan di sɔri-at fɔ di tin dɛn we de  
apin, I de wet fɔ mek tin chenj, ɛn in wet go long

Dɛn se man bin sabi tɔk ettin langwej dɛn, yet i bin so  
po dat i nɔ bin ebul fɔ bay lamp fɔ rid bay So i go go na kɔna  
ɛn sidɔm ɔnda strit layt fɔ rid Fɔ tru, wil pawa de mek minin,  
mek chans, mek op nyu, du wok, ɛn fulfil wetin i want ɛn  
drim

Di rial kɔmyunikeshɔn wit di wan dɛn we sabi Gɔd kin bi  
tru pɔsin in yon kɔntakt wit dɛn, ridin dɛn raytin dɛn wit  
maynd, ɔ dip ɛn padi biznɛs tink bɔt dɛn Di impɔtant pɔynt fɔ  
mɛmba I de gri wit dɛn kɔnshɛns, we gri wit Gɔd

We wi alaynɛs wi kɔnshɛns wit big sol dɛn we lɛk Gɔd,  
dis wanwɔd de chenj wi layf smɔl smɔl insay wan we we rili  
wɔndaful Dis wanwɔd nɔ de mek di wil bi slev bɔt i de mek in  
skɔp ɛn mek in pawa strong Dis na di difrɛns bitwin fɔ de  
insay wanwɔd wit pipul dɛn we ful-ɔp wit ɛgo ɛn we de bisin  
bɔt wetin dɛn kin gɛt, ɛn fɔ de insay wanwɔd wit pipul dɛn  
we lɛk Gɔd ɛn mɔtalman we dɛn aim na fɔ gi ɛn wek divayn  
lɔv insay di sol dɛm fɔ di wan dɛm we de insay wanwɔd wit  
dɛm Di magnetizm fɔ dɛn blɛsin pipul ya de briŋ wi kam nia  
divayn magnetizm

Wi fɔ mɛmba se pan ɔl we wi de tray fɔ mit wi yon nid,  
wi fɔ ɛp ɔda pipul dɛn bak fɔ gɛt wetin dɛn nid ɛn sheb wit di  
wan dɛn we nɔ gɛt bɛtɛ laki di gud tin dɛn na layf we de kam  
wi we Lɛ wi mɛmba se wi na impɔtant pat pan di wɔl famili  
ɛn wi nɔ go ebul fɔ liv witout dis big famili

Aw layf go tan lek if den no bin get kapenta, pipul den we de mek tin den, fama den, en oda pipul den? Tru gi en get, en chenj savis, God want wi fo tink bot en sori fo oda pipul den Na big mistek fo liv fo yusef nomo we wi no tink bot oda pipul den We wi de tink bot wi yon gladi at, wi fo tink bak bot oda pipul den gladi at Wi no nid fo gi ol wetin wi get fo di welbodi fo di wol famili, as dat no possible Bifo dat, wi fo sori fo oda pipul den en du wetin wi ebul fo ep den en fo mek den no get boku lod den

Rilayshon de bitwin sakrifays En bitwin di satisfayshon we di sol get , insay di konteks fo di envayroment usay di posin de liv

Tru sakrifays na di rizolt fo kondokt we gri wit di prinsipul den fo du wetin rayt, en i inklud fo gladi en welbodi fo oda pipul den as important pat pan posin in satisfayshon Enibodi we yuz dis prinsipul fo in matirial, maynd, gud abit, en spiritual layf go si se dis difinishon fo sakrifays komplit en komplit

Pipul den kin tink bot sakrifays difren we den dipen pan den gol den na layf Wan wan tem, som pipul den kin ikwal am wit tif, den kin tok tin den lek, "I na sakrifays tifman!" Dis sho se noto ol di sakrifays den we posin kin want fo get; wi sakes no fo ambog oda pipul den

Wan oda tin we wi fo du fo mek wi get sakrifays na fo mek wi get wanwod en fayn tin den , noto jos to wisef , bot wi fo sheb den benifit den de wit oda pipul den bak

Fo get sakrifays pan moni biznes no jos min fo enjoy wetin wi fo get; i min bak fo get moral risponsibiliti fo ep oda pipul den fo mek bete layf fo densef Enibodi we get sens kin get moni, bot if den get lov na in at, den no go ebul fo yuz da moni de fo densef nomo; bifo dat, den go sheb wetin den get wit oda pipul den

Mōni kin bi swē na pipul dēn we nɔ ɡet wan rɛspɛkt ɛn  
we nɔ ɡet wan valyu, bɔt na blɛsin ɛn ɡift to di wan dēn we  
ɡet fri an ɛn fayn at

Gud sol dēn kin atrak gud sol dēn ɛn dēn kin atrak dēn

Wi fɔ lan fɔ lɛk wi neba lɛk wisɛf ɛn mɛmba se wi de ya  
na dis layf fɔ shɔt tɛm, afta dat wi de kɔmɔt na ɔda wɔl we in  
lɛvul de dipen pan di lɛvɛl we wi de tink ɛn di kwaliti we wi  
de du we wi de na dis wɔl

Udat na wi tru tru fambul dēn? Fɔ di pɔsin we ɡet sɛns,  
ɔlman na fambul, ɛn ɛni wan pan dēn na "neba" Na tru se di  
pɔsin we ɡet sɛns ebul fɔ nɔ ɛn ɔndastand se pan ɔl we di  
san de shayn in layt pan kol ɛn dayamɔn, di dayamɔn nɔ tan  
lɛk kol, i ɡet di spɛshal pawa fɔ ɡet ɛn sho layt fayn fayn wan  
Pɔsin fɔ luk fɔ di kɔmpin fɔ di wan dēn we dēn tink ɛn filin klin  
lɛk dayamɔn ɛn fɔ dediket tɛm fɔ fɛn tru tru padi dēn Di wan  
dēn we de liv klin ɛn ɔnɛs layf go ɡet padi dēn we dēn kɔl klin  
ɛn ɔnɛs, ɛn di wan dēn we de liv bay bay instinkt we nɔ ɡet  
sɛns go ɡet padi dēn we ɡet di sem kayn padi dēn

If yu valyu ay ideal ɛn lofty prinsipul, i fayn fɔ avɔyd fɔ  
de wit pipul dēn we nɔ biliv pan dēn ideal ɛn prinsipul dēn de  
ɛn we de kɔnfyus tink ɛn distɔb di mud, so dat dēn  
vaybreshɔn nɔ go lɔs yu vaybreshɔn lɛvɛl At di sem tɛm, nɔ  
pul ɛnibɔdi kɔmɔt na yu sɛklɔ fɔ lɔv

Apat frɔm dat Pɔsin nɔ fɔ jɔs gi lɔv , bɔt i fɔ mek pis, so  
dat ɛnisay we i go, i go mek wanwɔd ɛn kol at, i go mek di  
wan dēn we de rawnd am ɡet trɛnk wit dēn kayn prezɛns  
Nɔbɔdi nɔ want fɔ go nia skunk we de smɛl bad bad wan—  
ɛkskyuz di ɛksprɛshɔn—ɔlman de avɔyd am Semweso, pɔsin  
we de fred, we nɔ want fɔ du sɔntin, ɛn we de agyu bɔt ɔda  
pipul dēn kin anɔynt ɛn ripel ɔda pipul dēn Wi want fɔ bi lɛk  
pɔsin we de blo ros dɛm we de pul wan swit sɛnt we de mek

di at gladi Le wi tray fɔ mek di swet fɔ pis ɛn di briz fɔ gudnɛs  
skata ɛnisay we wi de go ɛn ɛnisay we wi de

Gɔd in kiɲdɔm nɔ de midul di klawd ɔ na wan patikyula  
ples na di spes I pas di daknɛs we wi de si we wi lɔk wi yay,  
ɛn we wi de tink gud wan ɛn pre, di spirit in yay we de na di  
fɔɛd de opin insay wi, ɛn wi de si wan blɛsin layt ɛn fil gladi  
we de ɔlsay na ɛvri sɛl na di bɔdi, ɛn wi de fil se dɛn dɔn es  
di vel ɛn dɛn dɔn opin wan sikrit domɔt fɔ Gɔd in kiɲdɔm

Gɔd na gladi at we de nyu ɔltɛm, gladi we de ɔlsay Wi fɔ  
fil wan wit da gladi at de we de insay wi ɛn we de rawnd di  
tin dɛn we nɔ gɛt ɛnd

Bifo di vaybreshɔn bɔda dɛm fɔ dense matirial, de  
kɔnshɛns we nɔ gɛt ɛnd, we de kɔba ɔltin, we nɔ de diskrayb  
am wit ɔl in glori, big big, ɛn we nɔ gɛt bɔda Dis na di kiɲdɔm  
na ɛvin, we na kɔnshɛns gladi we go de sote go, we nɔ gɛt  
bɔda, ɛn we nɔ gɛt ɛnd

We di sol in sɛns de bɔku , ɛn i fil in prezɛns ɔlsay , i kin  
jɔyn wit di divayn spirit

Glori to di Absolut Infinite , we sidɔm na di ɔrayzin , usay  
ɛvin mit di si ɛn glori to di Suprim Infinite , we sidɔm pan di  
pis we de insay wi ; bay we wi de pe atɛnshɔn pan di Infinite  
insay , wi kin gɛt in pawa we nɔ gɛt bɔda

Di no we pɔsin kin gɛt we i de stɔdi buk ɔ we pɔsin kin  
no, na smɔl tin we i no, bɔt di no we pɔsin kin gɛt dairekt  
fɾɔm Gɔd kin gi pɔsin di pawa we i gɛt fɔ sɛns, i kin mek i gɛt  
fayn fayn tin dɛn we pɔsin kin no, i kin mek pɔsin in at kol, ɛn  
i kin mek i gɛt pis

O Masta, tich mi fɔ pre wit dip kɔnsɛntreshɔn ɛn fɔ miks  
mɛditeishɔn wit at lɔng ɛn mek mi at klin ɛvrɪde bay mi klin  
lɔv fɔ Yu



Brek fri frɔm di kɔnstrakshɔn dɛn we karma gɛt

ilɛksɛf na maynd ɔ bɔdi , kɔnshɛns ɔ nɔ no , gɛt ,  
patikyula impak pan pɔsin in layf Di tin dɛn we dɛn bin dɔn  
du trade nɔto jɔs di wan dɛn we dɛn bin dɔn du de, mɔnt, ɔ ia  
bifo , bɔt na di tin dɛn we dɛn bin dɔn du frɔm layf we dɛn  
bin dɔn liv trade

Yu bin dɔn day, ɛn I gi yu layf; dɛn I go mek yu day, dɛn  
I go gi yu layf bak; dɔn to Am yu go kam bak

Di gud ɛn bad ifɛkt dɛn we pɔsin de du Insay in layf naw,  
dɛn trays ya de stil de na di tin dɛn we i nɔ no ɔ we i nɔ de  
tink bɔt , ɛn di ifɛkt dɛn we pɔsin de kɛr (ɔ we in sol de kɛr)  
frɔm di inkarnɛshɔn dɛn we i bin dɔn gɛt trade, de slip lɛk sid  
dɛn we de na di tin dɛn we i nɔ no , we de wet fɔ di rayt tin  
dɛn we go apin Fɔ sprout ɛn gro na wan patikyula karma tɛm  
Di lɔ fɔ karma, we de balans tin dɛn , involv akshɔn ɛn  
riakshɔn , kɔz ɛn ɛfɛkt , fɔ plant ɛn ripɛnt

Olman de shep in yon destiny tru in tink ɛn akshɔn, ɛn di  
ɛnaji dɛn we dɛn de pul, ilɛksɛf na sɛns ɔ ful, nɔ go ebul fɔ  
avɔyd fɔ kam bak to dɛn as dɛn statin pɔynt, jɔs lɛk aw wan  
sɛklɔ de kɔmplit insɛf wit pafɛkt prɛsishɔn [Di kwɛstiyɔn na] di  
pɔsin we rɛdi fɔ luk fɔ am fɔ fes—agens wetin i want—di  
kɔnsikuns dɛn we nɔ go ebul fɔ avɔyd fɔ di tin dɛn we dɛn bin  
dɔn du trade, ɔ wetin dɛn kɔl predestination? Di ansa na nɔ  
Gɔd na lɔ ɛn lɔv , ɛn di pɔsin we de luk fɔ am we tɔn to Am  
wit tru tru lɔng ɛn gɛt kɔmplit fet, alaynɛs wetin dɛn de du  
wit di divayn lɔ, ɛn luk fɔ Gɔd in lɔv we nɔ gɛt kɔndishɔn, go  
mɔs gɛt di divayn blɛsin we de layt ebi lod ɛn mek di tin dɛn  
we de apin bɛtɛ

Gɔd put wi na dis wɔl we ful-ɔp wit ilyushɔn, ɛn i no di  
sɔfa we wi de sɔfa ɛn di prɔblɛm ɛn trɔbul dɛn we wi de bia  
Mɔtalman de dip di daknɛs we de insay di spiritual ignorance  
we dɛn de si dɛnsɛf se dɛn dɔn drawn insay sin ɛn nɔ gɛt

pawa fɔ rɔnawe pan in dip l bɛtɛ fɔ mek dɛn tray fɔ kɔrɛkt  
dɛnsɛf, de fɛn ɛp ɛn sɔri-at frɔm di at fɔ di divayn sɔri-at, op  
fɔ fɔgɪv frɔm di wan dɛn we lɛk, sɔri-at, ɛn fɔgɪv Gɔd

We wi no se wi gɛt tayt padi biznɛs wit Gɔd, us karma go  
tay wi? Nɔ mek ɛnɪbɔdi biliv yu se yu pen ɛn prɔblɛm dɛn na  
di rizɔlt fɔ yu karma As spirit insay yu ɛsin, yu nɔ gɛt karma  
Bifo dat, yu fɔ no dis trut bay we yu afɛm to yusɛf se yu na  
wan wit di ɛsin fɔ layf, layt, ɛn kɔsmik fɔs If yu no dis tru, yu  
nɔ gɛt natin fɔ fred , ɛn Gɔd go opin bɔku domɔt fɔ yu ɛn gi  
yu bɔku chans

If yu nɔr kɔmfɔt wit di we aw yu layf de go, chenj yu  
maynd ɛn chaj yu sɛns wit pɔsɪtɪv ɛnaji ɛn yu go fil di difrɛns  
yusɛf

No nid nɔ de fɔ mek pipul dɛn kray ɛn kray fɔ wetin dɛn  
dɔn mis, ɔ fɔ se dɛn nɔ gladi fɔ di mistek dɛn we dɛn mek na  
dis layf ɔ insay di tɛm we dɛn bin dɔn de fa fawe, bikɔs dis na  
wan we we dɛn nɔ de tek tɛm wit dɛn na Gɔd in yay Dɛn fɔ  
du sɔntin ɛn pul di gras dɛn kɔmɔt na di gadin we de na layf,  
ɛn afta dat di flawa dɛn we swit ɛn we gɛt layf pas ɔl go blo  
ɛn bia di frut dɛn we swit ɛn we dɛn want pas ɔl Na in  
gudnɛs, di Di Wan we Ay pas ɔlman

Fɔ put wisɛf ɔnda Gɔd nɔ min se wi nɔ fɔ yuz wetin wi  
want fɔ mek wi at pwɛl ɛn wet fɔ mek Gɔd sɔlv wi prɔblɛm  
dɛn we wi nɔ tray fɔ du, bikɔs Gɔd de ɛp di wan dɛn we de ɛp  
dɛnsɛf

Di pɔynt na dat wi kin lan aw fɔ go to Gɔd fɔ gayd wi wil  
ɛn blɛs ɛn strɔng wi rayt tray We wi win di tin we de ambɔg  
wi we wi nɔ want fɔ sɔrɛnda, wi de fɛn insay Gɔd di  
prɔtɛkshɔn we nɔbɔdi nɔ go ebul fɔ gi wi na dis wɔl, ɛn wi de  
fɛn bak trɛnk we no tɛst nɔ go ebul fɔ win

Olman kin mek speshal rilayshon wit God if i no aw fo  
opin in at to God en want fo in divayn prezens, we de bring  
gladi at en sho

We pssin fil se i rili nid God, bikos i no se i no go ebul fo  
du am if i no de, i go si se God de ansa wan we o oda we Bot i  
fo fcs get da strong filin de, bikos di ansa no go kam bay insef

If wi no gi God di fcs ples na wi layf, di we aw wi de tink  
go wori en konfyus, en wi no go ebul fo dil wit di tin den we no  
get end na layf

En wetin na di we fo mek wi get da want de? Evri taim  
we wi de fes misfortune or hardship , en evri taim we wi fil  
hevi na wi hat , wi mus ton to God en aks fo im ep , no se  
enibodi we laik God En im kip am fo in maind en hat In  
situeshon go improve In situeshon de chenj fo bete

We wi stir en churn di ether Wit wi at prea en sincere  
apil Wi go pul di esens fo di divayn rispons We get it, hilin, en  
gladi at

Fo di wan den we want fo get spiritual nourishment ,  
past frustrations and failures are irrelevant Lesin den kin lan  
from den , en pssin kin tray bak , fo ripit di tray from di  
beginin Saksas go garanti, wit God in ep , fo ol di wan den we  
no de fil bad we den no ebul fo du sontin , we den disayd no  
wik bikos of bad bad tin den , en we biliv wit fet we no de  
shek Dat God de scpt di wan den we de bia Di wan den we  
de na di rayt rod , en I de gi den op, trenk, en op , te den rich  
den men gol En fo rich di rizin fo layf

Tink na pawa lek ilektrishon , en saykolojik stet I de go  
bak to tink en di we aw pssin de tink

Ilektrishon kin benifit en i kin ambog pssin ; enibodi we  
yuz am wit sens de put am na den savis Odasay, i kin ilektrik

am En so bak tink If den dayrekt am na di rayt rod I de bring  
gladi at to in ona , odasay i de bring trouble to am

Tink tan lek wayl os , bot stil fo tam am no possible , en fo  
tink gud wan na wan we fo kontrol di we aw posin de tink

Fo tink gud wan na tayt padi En sik maynd na enimi  
oltam

Saund tinkin attracts peace and safety , while unhealthy  
thinking faya deadly aros that rebound on their owner  
twofold Na dat mek den se, "Di blesin na di sem kayn we lek  
di tin we den du" As long as posin de sen gud intenshon , in  
tinkin go ton to toch , layt di chemba den na di sol en dreb di  
hip den we get daknes , so dat i go fil dip komfort , en in yay  
den de shayn wit smayl we de sho se i satisfy! Mek di smayl  
las na yu yay En pis de pan yu

Laif tan lek mil we de grind Di sid den we de test en tray  
fo frut , fo mek di bred we de mek layf I tan lek rod we de  
rawnd rawnd , wit flawa den we get buku buku flawa den na  
di tu say den we get brayt botaflay En tik den we get fayn  
fayn frut den na den branch den , bot stil wi no kin stop Le wi  
enjoy fo si am en it di swit we i swit ; indeed, we are often on  
tenterhooks To reach wider areas , wi tink se na mo pleasant  
views de pas wetin wi si Bot as wi de muf go smol smol Na  
flawa, fruitful rod , wi de fen tik den we dak pas fresh , en afta  
dat di flawa den de disappear En wit am, botaflay en bak  
frut , na fo fen wisef da tem de na di barren dezat

Mortalman layf tan lek di wata den na di si , we klin en bi  
fresh Na we yu go op na di opa atmosfes I tan lek monin drim  
 , i de brayt mo en mo wit di ej , bikos tin den kin tan lek se i  
klia en difren I tan lek waka we di say we wi de si kin chenj as  
wi de travul distans Don di sem tin kin chenj as wi de kam  
nia am, en so de go

Laif nɔ de disapɔynt di wan den we get sɛns , bikɔs den  
de dil wit am skilful wan ɛn ɛnjoy am Witout alaw am fɔ tek  
kɔntrol pan den ɛn pul den fridɔm Fɔ ɛgzampul, den de ɛnjoy  
wata Den de drink am ɛn was insay am, bɔt den nɔ de alaw  
dɛnsɛf fɔ drawn insay am Den de ɛnjoy di klos den we den lɛk  
Witout excessive adherence to formalities and formalities  
that are considered superficial Den de ɛnjoy fɔ it we den nɔ  
alaw gluttony fɔ kɔnsum den , bikɔs if pɔsin it pasmak, i de  
mek di bɔdi wik ɛn i de it di tin den we i de ɔndastand ɛn i go  
pwɛl am kpatakpata ɛn so, pɔsin fɔ ɛnjoy layf Bɔt i nɔ fɔ taya  
di sɛns den tru di wata we i de insay

get along with others I nɔ min fɔ gri wit den pan ɔltin , ɔ  
sakrifays di ideal dɛm fɔ den sake , bikɔs dis stayl fɔ kɔnfɔm  
nɔ fayn ɛn i nɔ alaynɛd wit di trut Di rifɔma dɛm ɛn di bigman  
dɛm nɔ bin gri Wit bɔku pipul dɛm we bin de rawnd den , den  
pan ɔl dat den bin de ɔl fast to den ideal , bikɔs den bin no se  
wetin den bin de du Dat bin rili rayt

Fɔs ɛn di men tin, pɔsin fɔ gri wit Gɔd , dɔn wit in  
kɔnshɛns, dɔn wit pipul den

Di prinsipul nɔ fɔ kɔmprɔmis ɛn nɔ fɔ yuz ulterior  
motives fɔ ajɔst wan patikyula purpose , bikɔs dat nɔ fit fɔ  
pipul den we get prinsipul

Udat go ebul fɔ liv di we we go mek Gɔd gladi? Nɔ du  
ɔda pipul den bad, bikɔs den nɔ get natin fɔ fred If dis we aw  
den de du tin nɔ de satisfay ɔda pipul den , i go du fɔ mek  
pɔsin fil fayn insay ɛn fil pis insay in at we de mek i nɔ get  
ɛnitin fɔ du wit pipul den

Di trɛnk ɛn di tin we di sol want Fɔ tɔn to Gɔd Den kɔl am  
spiritual magnetism ɛn wit dis magnetism Di sol de atrak  
blɛsin to insɛf ɛn fayn fayn vaybreshɔn ɛn ɔl di gud  
mɔtalman ɛkspiriɛns den We de mɛmba am bɔt gudnɛs ɛn  
rayt

spiritual magnetism Na di pawa we I de yuz fɔ mek i  
atrak ɛn drɔ di pɔsin to inɛf Gud padi ɛn impɔtant ɛn  
impɔtant tin dɛn ɛn wan ɔndastandin we pɔsin kin ɔndastand  
bɔt tin dɛn Dis pawa kɔmɔt frɔm di atraktiv magnetik fɔs we  
Gɔd gɛt

Kandul fɔ Pis

Tek wan mental pot Fil am wit yu pis

Tek di botul fɔ mi filin Fil am wit Yu sɔri-at

Tek mi ɛmti sol basket Fil am wit di frut dɛn we yu gɛt

Put di wata we yu lɛk insay mi sol A go tɔn am na di kɔp  
dɛn fɔ di sol we tɔsti

Tear down di walls of ego Immerse mi in yu total  
prezens

Di ray fɔ dawn fɔ lɔv

Mek i luk aut frɔm di opin dɛn na mi at

I de mɛmba mi di san layt we yu lɛk

Spread kross di skay na mi layf

Di layt we de shayn we yu lɛk dɔn shayn

Pan misɛf, ɛn i bin gɛt layt

Yu layt bin ful-ɔp mi spiritual ples

Yu na di layf we de sɔpɔt mi bɔdi

ɛn di maynd we de mek a tink

ɛn di sɛns we de pul mi ignorance

A de layt di slɛnd kandul fɔ mi lɔv

Fɔ rid di gold buk

Dən dən kip am insay mi frəm trade trade

Yu ləv bin de ən stil de

Di kandul we wi nə de si we de mek pis

We de pul di daknəs ən sho mi yu məsej dən

Di blək de na di pej dən fə at

Mek yu glori sho, O Masta

Mek di layt fə yu sənəs nə de igen

Nə no natin, nə gət wanwəd, ən jələs

Frəm di shore dən na di wəl sote go

Turn wi wiked tin to trənk

Ən wi wik ən mek wi disayd fə du səntin

Chaj wi bədi wit impətant iləktrishən

Ən ful-əp di maynd ən sol wit yu layt we de mən pipul

dən

Tek wi an so dat wi nə go drawn insay di wata we yu nə  
de pe atənsən to, ən ful wi layf wit Yu ləv ən sənəs Lə wi fil se  
wi rili de nia Yu ən di san we Yu səri fə de shayn pan wi ɔltəm

A kin put di flawa dən fə mi tink dən we de wispa ən we  
gət layf

Na di strəkchə fə stilnəs

In sənə we nə de tək natin de siŋ

Ən i de siŋ bət yu glori

Ən wit di layt we yu oli layt de shayn

A de si di fayn fayn tin dən we yu de du

Mi gladi gladi drim den kin kam tru

We yu layt de flik insay mi sol

Di vel den de bon wit faya we de mek sens

A de si yu glori, en mi gladi at de buku

Mek God layt yu wit in layt

En gritin from di sol to yu

Buku dimand en rikwayment den de we di wol de put pan  
wi en mek wi biliv se den important pas ol en i no posibul fo liv  
witout den o fo ebul fo du witout den Bot di men rikwayment  
fo bi fo get di pis we God get, we in sos no de eva dray en we  
in wel spring no de eva ron dray, en we de gi oltin na layf  
teist en minin

Le wi memba se God na di men tin we wi bi, en se lov na  
di winda we wi de luk in glori fes Enibodi we want fo fil di  
divayn prezens en men da sublaym long we de insay tink en  
du, God go gri fo wetin den aks fo en ep den fo pwel di vel den  
we de mek den no si di layt den we den don bles

Enibodi we don mekop in maynd fo go bifo pan di rod no  
go mek enitin ambog am, en enitin we go ambog am no go  
ambog am te i rich in gol en rich wetin in at want

### **Spiritual Pal en Gem den**

Di wan den we de sho oda pipul den wiked tin en mek  
den shem en veks de fa from sens en joyment fayn Wi fo  
disgres di sin, noto di posin we de sin, bikos na wi broda na  
wi spirit, pan ol we di daknes we no no natin de koba en  
rawnd am Di rizin fo kondem fo bi fo men, noto fo gladi en  
wund Wi fo trit wi sinful broda lek aw wi go want den fo trit wi  
if wi bin de na in ples en in sityueshon



Enibɔdi we ayd in brɔda in fɔlt dɛn na dis wɔl, Gɔd go  
ayd in fɔlt dɛn na di layf we de afta dat

Jɔs lɛk aw wi de jɔj ɔda pipul dɛn, na so spiritual lɔ de jɔj  
wi di sem digri Wi nɔ fɔ ɛkspekɪt tumɔs frɔm ɔda pipul dɛn, ɛn  
wi nɔ fɔ ɛkspekɪt gud rizɔlt frɔm ɛnibɔdi ɔltɛm, ilɛksɛf dɛn de  
du dɛn bɛst

Pɔsin kin fɔdɔm ɛn stɔp, bɔt i go kɔntinyu fɔ sef as lɔng  
as i de du ɔl wetin i ebul fɔ klaym di lada fɔ gud kwaliti ɛn fɔ  
du wetin rayt bak

Evride wi fɔ tray fɔ es di pɔsin in spirit pan bɔdi, maynd,  
ɔ spiritual tin na wi say, jɔs lɛk aw wi de ɛp wisɛf ɔ wi famili  
mɛmba dɛn

Enibɔdi we tray frɔm tide fɔ liv akɔdin to di divayn lɔ dɛn  
- instead ɔf di ol selfish layf we de brɪŋ prɔblɛm ɛn misɛf - go  
si se ilɛksɛf i ɔmbul di wok we i de ple na layf, i de kɔntinyu  
fɔ bi impɔtant wok as lɔng as i de du in wok to di ful mak  
akɔdin to di dayrɛkshɔn we di dairekta fɔ di kɔsmik ple ɛn di  
masta fɔ ɔl wi destinies de dayrɛkshɔn: Gɔd Olmayti

We wi de tɔk to ɔda pipul dɛn wit rial trut, tru tru lɔv, ɛn  
tink bɔt aw wi de fil, wi go brɪŋ gud padi dɛn kam na wi layf  
we wi nɔ go gɛt ɛnitin fɔ du wit wi yon intres ɔ fɔ  
kɔlkyulɛshɔn fɔ wisɛf nɔmɔ we nɔ go tek tɛm tink bɔt am; if  
nɔto dat, wi nɔ go ebul fɔ no wi tru tru padi dɛn

I nid fɔ pul ipokrit ɛn mek lɛk se wi de du tin, ɛn du tin di  
we we nɔ go du bad to ɔda pipul dɛn bay wilful

Padi dɛn nɔ fɔ vɛks, put wi dɔŋ, ɔ et wi, ɛn dɛn nɔ fɔ gi  
dɛn ɛni rizin fɔ kip wi padi biznɛs wit wi, dɛn nɔ fɔ trit wi padi  
dɛn bad, yuz wi, ɔ gi dɛn advays we dɛn nɔ aks fɔ am We dɛn  
aks fɔ advays, dɛn fɔ gi am wit ɔl dɛn at ɛn wit gud at, ɛn dɛn  
nɔ fɔ fred se bad bad tin go apin to dɛn Padi dɛn de ɛp

densef bay we den de konstrak, we den de koment wit broda  
en sista

paralayz wi wil ɔde kam f ɔDifrent layf eksperiens dem n  
ng wi fet panɔn en strɔlushɔshap wi res ɔt na fɔen win wi, b  
nfidens Som pipul den mistek biliv se denɔGɔd en wi sɛf-k  
ɔs dem we wi nɔeksperiens en chalenj dem ya na destruktiv f  
p Welth mindset is essential toɔ win, en so den giv ɔgo ebul f  
activating our inner strength to effectively deal with life and  
its trials

If pɔsin nɔ kɔmpit wit pɔsin we strong pas insɛf, i nɔ go  
strong Semweso, we wi de fes wi problem den wit kɔrej en  
maynd, wi kin strong en ebul fɔ bia

Wi maynd na wan impɔtant pat pan Gɔd in ɔl-kɔmpas  
kɔnshɛns ɔnda di wef we wi kɔnshɛns de lay di si fɔ In  
ɔndastandin we nɔ gɛt ɛnd We di wef fɔgɛt se na pat pan di  
big si, i de separet insɛf frɔm da osean pawa de As a rizulta,  
pipul den maynd kin wik bikɔs ɔf matirial limiteshɔn en den  
nɔ kin ebul fɔ wok we gɛt bɔku frut en bɔku bɔku prodakshɔn  
We maynd de shek di dɔst fɔ ignorance en brok di chen dem  
we de tay den pawa, den go bi mɔ ebul fɔ mek tin en fɔ gɛt  
fayn intarakshɔn wit layf

We yu ol fast to wan patikyula aidia en imbue am wit  
strong wil, da aidia de transfɔm to dinamik fɔs En we tink bi  
dinamik, i kin mek di rayt envayrɔment fɔ sakrifays, akɔdin  
to di map we yu nɔ si we den drɔ na yu maynd

Pipul den kin fel bikɔs den kin giv-ɔp pan bad bad tin den  
we kin apin to den na layf en den nɔ kin tinap tranga wan,  
bifo den tinap tranga wan fɔ tinap tranga wan

I nid fɔ ɛksesaiz en aktiv wil pawa

Di wan den we de go insay di oliples we gɛt kol at kin  
tɔk to ɔda sol den we lɛk Gɔd pan Gɔd biznɛs, en den kin

ondastand di langwej we ros en ol di tin den we get layf kin  
tɔk

O Masta, bi di wangren Kin we sidom pan mi lov en long

Di wan den we de tink gud wan kin get dip pis, en dis  
insay kwayet fo de ivin we den de wit oda pipul den Wetin  
posin kin lan we i de tink gud wan fo du am evride en fo tok  
to oda pipul den, en no alaw enibodi fo ambog in pis o kol at

We yu want fo mek gud abit o pul bad abit, pe atenshon  
pan di bren sel den usay di we aw difren abit den de wok de

Fo mek yu get gud abit, fos sidom kwayet wan en tink  
gud wan, luk fo ep from God Fokus yu maynd pan di sent fo di  
pawa we yu want, we de na di forest bitwin yu aybrow, en fo  
afem di abit we yu want fo put insay yu bren tranga wan We  
yu want fo pul bad abit den, konsentret yu atenshon bak pan  
dis sent fo di wil pawa en afem tranga wan se ol di grov den  
usay den abit den de don stop den de eras Wit fos en wil  
pawa, yu kin eras ivin di dip dip grov dem we get dip rut, ol  
abit Riashu yusef boku tem se yu get inof wil pawa fo pul di  
abit dem we no fayn na di bren rijyon

Di tem we fit pas ol fo dis kayn affirmation na ali monin  
we di wil en atenshon de wach

Kip de affirm to yusef se yu fri from ol di dikte en wan de  
yu go si se - Wit God in ep - yu don olredi fri yusef from di abit  
we yu bin want fo pul

Enitin we yu de fred, drab yu tinkin pan am en lef am to  
God Strong yu fet pan God en trust se i ebul fo ep yu

Borku sofa kin komot from wori en wori Wetin mek yu fo  
sofa we wetin yu de fred nor ivin apin yet? Imajin God in layt  
we de protekt yu olsay, en yu go fil in wondaful protekshon

Bikɔs bɔku pan wi wɔri kin kɔmɔt frɔm fred, if wi pul fred  
kɔmɔt na wi layf, wi go fil fri ɛn wɛl go de wantɛm wantɛm  
ɛvri nɛt, rayt bifo yu go slip, afɛm to yusɛf se Gɔd de wit yu,  
de protɛkt ɛn wach yu

Insay dis kɔsmik drama, mɔtalman dɛn we kɔmɔt na ɔl  
difrɛn kɔlɔ dɛn de mek di stori bɔt layf na di stej fɔ tɛm Wi fɔ  
ɔndastand di minin fɔ layf we wi nɔ fɔ bisin tumɔs wit ɔ ɔva-  
obsess wit wi rol dɛn we nɔ de te

Bɔku tɛm, di we aw wi de si layf kin chenj ɛn difrɛn bikɔs  
wi kin luk wit di yay dɛn we de tink bɔt wisɛf nɔmɔ ɛn we nɔ  
gɛt bɛtɛ tin fɔ du If wi luk wit di yay fɔ di sol, wi go si tin dɛn  
frɔm wan difrɛn we

We wi opin di yay fɔ sɛns, wi de si Gɔd in layt we de  
kɔba ɔltin, ɛn insay da layt de wi de si wi spiritual nature, we  
de sho di kayn we aw di yunivasal kɔnshɛns we de ɔlsay na  
ɔl di patikyula ɛn pat dɛn na di yunivas

Spiritual trut dɛn de rawnd wi, de nak na di domɔt dɛn  
na wi yay we dɛn lɔk, de ɛnkɔrej wi fɔ si di layt instead fɔ  
daknɛs, fɔ du tin wit sɛns pas fɔ nɔ no natin, fɔ ful wi at wit  
lɔv pas fɔ et, ɛn fɔ wok togɛda fɔ mek pis ɛn briŋ bɔku bɔku  
tin ɛn sef na wi wɔl We wi du dat, ignorans go dɔn, difrɛns  
pan situeshɔn go dɔn, wi go si wanwɔd na di sɛns, ɛn wi go  
gri mɔ wit wetin Gɔd want

Wi rilayshɔn wit Gɔd nɔto kol ɔ lɔv, lɛk di wan we de  
bitwin pɔsin we de gi wi wok ɛn pɔsin we de wok fɔ Wi na In  
famili, I de kia fɔ wi ɔltɛm, ɛn I de lisin to wi ɔltɛm Wi na  
important pat pan In bi, ɛn wi rilayshɔn wit am de alayv ɛn gɛt  
layf

Di Wan we mek wi dɔn gi wi bɔku bɔku lɔv, ɔndastandin,  
sɛns, gudwil, ɛn spiritual trɛnk we nɔ go dɔn, bɔt stil bɔku  
pan wi dɔn spend dis jɛntri pan natin we Gɔd want wi fɔ liv

insay sef, pis, en padi biznes wok togeda, lek aw i fit fo wan  
famili we get ay pozishon en we lek wi, bot gridi en  
kolkyuleshon we wi de tink bot wisef don tek rut na wi at en  
no gri bitwin wi

God want wi fo bi masta, bot wi don pik fo bi slev

Motalman don komot fa from in os na evin en los di  
paradays we de insay we i de fil se i de nia God en God de  
nia am, en i no go ebul fo get da paradays de bak if i no tray  
fo du am

God mek wi lek aw i tan, bot dis trut don ronawe pan wi  
maynd Wi don sokdom to di ilyushon se wi destiny na had en  
wi fate na annihilation Wi fo tear away di vel of illusion wit di  
dagger of wisdom fo si di radiant truth bihayn am

?Udat wi na en wetin na wi tru tru we

Motalman get klia difrens, ileksef na den maynd o filin  
mek-ap, di wok we den de du na layf, di wok en di tin den we  
den de du, o di tin den we den de fil Bot onda ol den difrens  
ya, tu tin den de we olman want en nid witout eksepsion  
Wan na fridom from ol kayn pen en want Di oda wan na gladi  
at we komplit en we go de sote go—komplit satisfay, usay  
pis, lov, sens, en gladi at de

Fo tru, wetin motalman de tray fo get na God, ileksef den  
yuz da nem de o den no yuz am Di wan den we get sens se  
God na di men tin we de mek posin gladi en di spirit we de  
mek posin gladi En posin no go get komplit satisfay pas i pul  
am dairekt from di kosmik sos Dis na impotent poynt fo  
ondastand di we aw motalman de

?Bot usay pipul den kin luk fo wetin den de luk fo

Den de luk fo am nomo pan tin den we de na di wol: pan  
propati, tin den we de apin na do, en fo get rilayshon wit oda

pipul den Bɔt i nɔ pɔsibul fɔ fɛn am na ɛnitin, ɛnibɔdi, ɔ ɛni  
tin we de apin na dis wɔl, we yu tink bɔt di kayn we aw Gɔd  
mek ɔltin

Krieshɔn de bays pan di prinsipul fɔ duality I nɔ pɔsibul  
fɔ gɛt pikchɔ insay wan kɔlɔ nɔmɔ, as no we nɔ de fɔ du if i  
nɔ gɛt in ɔpɔzit Semweso, i nɔ pɔsibul fɔ mek ɛni aspek fɔ  
ɛgzistens de insay isolation frɔm duality Bɔt, we wi chɛk di  
tin den we pipul den want we de mek pipul den want fɔ du  
sɔntin, wi go si se wi ɔl wan wan want ɔl di gud, fayn, fayn,  
ɛn fayn tin den, we wi nɔ want fɔ dil wit ɛnitin we nɔ fayn ɔ  
nɔ fayn Bɔt dat nɔ pɔsibul

Insay dis wɔl we gɛt tu pipul den, no gladi at nɔ de we nɔ  
gɛt pen, layt nɔ de we nɔ gɛt daknɛs, gud nɔ de we nɔ gɛt  
bad, layf nɔ de we nɔ gɛt day Di tu say den na di kɔyn nɔ de  
separet Dis min se wetin wi want fɔ dip insay wisɛf nɔ go  
ebul fɔ gɛt frɔm dis wɔl

Pipul den kin luk fɔ—yes, den kin luk wit ɔl den pawa—  
bɔt den nɔ kin ebul fɔ fɛn wetin den de luk fɔ, we kin mek den  
nɔ gɛt op ɛn nɔ gɛt op Dis kin mek den nɔ gɛt op igen bɔt den  
kin mek den vɛks bad bad wan ɛn den kin vɛks bad bad wan,  
ɛn bikɔs ɔf dat, den kin du fɛt-fɛt ɔl dis kin apin bikɔs den nɔ  
de luk fɔ wetin den de luk fɔ na di rayt ples, ɛn as a rizulta,  
den nɔ kin fɛn wetin den at want

Pipul den insay wi yon tɛm nɔ no bɔku tin bɔt wetin layf  
min ɛn wetin mek den de du am, ɛn na dat mek den de sɔfa  
wit kɔnfyushɔn ɛn kɔnfyus

Bay nature, mɔtalman na purpose-driven beings If den  
nɔ gɛt purpose na layf, ɛn if den maynd, enaji, wil, ɛn filin nɔ  
de dayrɛkt den fayn ɛn kɔnstrɔktiv we, den go tɔn to  
destructive paths lɛk alcohol and drug abuse, resorting to  
violence, ɛn so on Di ultimate goal of life is knowing God and  
it is incumbent upon individuals to harmonize their roles and

external activities through righteous di tin den we den de du,  
di we aw den de si tin fayn fayn wan, di we aw den de tink  
gud wan, en di benifit we den de chenj di we aw den de fil

Den tu tin ya na wi nature—di insay ɔ spiritual aspek en  
di outa aspek—no de agens densef if den ɔndastand am  
kɔrekt wan Bifo dat, den de sɔpɔt wisef en ep wi fɔ develɔp en  
ep wi fɔ ebul fɔ du tin en di tin den we wi ebul fɔ du na wi  
bɔdi, maynd, filin, en spiritual tin den

Pipul den de liv na big void, we no get intelektual  
stimulashɔn ɔ saykolojik stimulashɔn Den kin fil se den de  
bost bikɔs den no get enitin fɔ du wit den en den no get enitin  
we go gi den layf valyu en minin Di avrej pɔsin kin ebul fɔ  
wok en biev lek se den get saykilɔjik en maynd saful, bɔt den  
?gladi

Di men tin we mek wi get layf na fɔ no udat wi bi en  
wetin na wi tru tru we If wi gi di dip pat den na layf di  
atenshɔn we den fɔ get, wi no go ebul fɔ avɔyd fɔ fil gladi,  
bikɔs mɔtalman gladi-at get fɔ du wit fɔ kɔnekt wit pɔsin in  
spiritual sɛf, if i no get am, i no get eni egzistens ɔ bi

Di frayd fɔ fel ɔ sik de mɛn bay we yu de tink bɔt am  
ɔltɛm te di aidia fɔ fel de siep frɔm di maynd we de na di  
kɔnshɛns en leta i go rich di ay kɔnshɛns Dɔn, di fred, we dɔn  
stɔp na di sabkɔshɛns en ay kɔnshɛns, begin fɔ bɔku en gro te  
i ful di kɔnshɛns maynd wit gras den we de mek pɔsin fred  
we no izi fɔ dɔnawe wit am as di fɔs tin we den bin de tink  
bɔt we i gro Den bad bad gras ya kin dɔn bia frut we get  
pɔyzin en we kin kil pipul den Laki, den kin pul in rut den  
kɔmɔt insay bay we den de pe atenshɔn tranga wan pan  
maynd en mek pipul den no se den get fet ɔlsay pan Gɔd en  
se i ebul fɔ ep di wan den we want fɔ ep densef en protekt  
den frɔm bad tin

Wan tɛm, wan smɔl bɔbul bin de flɔt na di si , we i bin de  
tek tɛm wit big big briz ɛn laytin , we i yɛri wan vɔys de  
"?wispa to am : "Smɔl bɔbul we gɛt layf, wetin de apin to yu

Yu nɔ no se yu na pat pan di si we gɛt layf? Di smɔl  
bɔbul luk rawnd ɛn no da tru tin de

Mɔtalman kɔnshɛns de flɔt lɛk smɔl bɔbul Na di si we de  
na di kɔsmik kɔnshɛns , tink se na bɔbul fɔ sɔm tɛm , de shek  
shek wit fred fɔ sik, po, ɛn day Oh bɔbul, yu de fred di si ?  
Luk rawnd yu observe carefully Shift yu perspektiv frɔm yu  
immediate surroundings to God's infinite realm Delve dip,  
broaden your understanding , so dat yu go no ɛn bi shɔ Se  
yu na wan wit In big si , ɛn se Gɔd de wit yu I de protɛkt yu , i  
de sɔpɔt yu , naw ɛn sote go

Fɔ avɔyd trap ɛn trap

ɛnitɛm we yu fil wan strong want na yu at we de ɛnkɔrej  
yu fɔ fulfil am, yuz sɛns ɛn aks yusɛf, "Dis na gud want we  
pɔsin kin fulfil, ɔ bad want we nɔ fɔ ɔnɔ?" Di tin dɛn we wi  
want fɔ du we nɔ fayn kin ɛnkɔrej wi bad abit dɛn bay we i de  
gi wi lay lay op ɛn gladi gladi we wi nɔ de tink bɔt Insay dɛn  
kayn tin ya, wi fɔ yuz di pawa we wi gɛt fɔ no di trut Bad abit  
dɛn kin mek wi nɔ gɛt gladi at We dɛn kin no aw dɛn tru, dɛn  
nɔ kin gɛt pawa fɔ mek pɔsin insay di trap dɛn we de mek  
pɔsin sɔfa ɛn di trap dɛn we de mek pɔsin sɔfa

### **Tin dɛn we pɔsin kin tink bɔt ɛn stori dɛn**

Insay layf ɛn insay day, insay sɔri-at ɛn bad bad tin dɛn,  
mi fet pan Yu, O Masta, de kɔntinyu fɔ strong ɛn nɔ de shek,  
strong ɛn nɔ de shek

ɛvri briz we a de blo we a want ɛn beg, de opin domɔt  
ɛn winda dɛn na mi sol usay a de pas tru to Gɔd in blɛsin



Ɔs lɛk aw di san de shayn na di say dɛn we pipul dɛn kin  
ful-ɔp pas ɔl, na so a go si di rayt we Gɔd lɛk pan ɔl di tin dɛn  
we a de du na mi layf ɛn di tin dɛn we a de du ɛvride

Bles mi, O Masta, so dat a go wek mi sol wit di do ɛn bring  
am to Yu blesin treshold

Di stori bɔt di musk dia

Mask na wan valyu tin we gɛt strong sɛnt, we dɛn kin si  
na di navel fɔ di musk dia we de na di ay ay Himalayas

We di dia dɔn rich wan patikyula ej, di mɔsk we de mek  
pɔsin in at go begin fɔ kɔmɔt na in nɛf sikrit wan, ɛn di dia kin  
vɛks bikɔs ɔf da fayn sɛnt de ɛn i kin begin fɔ dans ɛn luk fɔ  
usay da fayn sɛnt de kɔmɔt

I de muf frɔm wan ples to ɔda ples, i de snɛf bitwin rɔk  
dɛn ɛn ɔnda tik dɛn, ɛn i de luk ɔlsay fɔ usay da fayn fayn  
sɛnt de kɔmɔt

Fɔ dɔn, i kin vɛks ɛn vɛks ɛn wɔri mɔ we i nɔ ebul fɔ tɔk  
ɛn i nɔ ebul fɔ fɛn wetin i de luk fɔ wit long ɛn pawa

Fɔ tray fɔ rich usay di musk kɔmɔt, i kin jomp frɔm di ay  
ay rɔk klif dɛn ɛn go insay di dip vali fɔ fes in fate ɛn mit in  
day, na da tɛm de di ɔntinman dɛn kin ebul fɔ kech am ɛn  
pul di musk sak ɔ gland frɔm am

We i kam pan dis, wan pan di pɔyt dɛn we gɛt sɛns bin  
:tɔk sɔntin we se

!O musk dia, yu ful

?Wetin mek yu de sɔfa? Wetin mek yu nɔ de slip

Dis musk de we yu kin gɛt

!Wit yu bɛɛ sak, yu ful

Ivin if yu tɔch wit yu nos

From yu, di sikrit sent de komot

Yu bin fo don win wetin yu bin de op fo

En yu bin liv witout spend

Yu no tink se, mi padi den, se boku pipul den kin biev lek  
musk dia? Den kin de luk fo gladi at oltem en sote go olsay  
apat from densef

Yes, den de luk fo gladi at we den de ple, en indulj densef  
fo taya pan tin den we den want en we den want Den de  
klaym di slip rod den we get jentri te den kin don jomp from  
di klif den we get ay op to di rok den we de mek den at pwel  
en we den no ebul fo fen di tru tru gladi at we den don kip na  
di dip dip ples den na den sol

If wi ton wi tinkin insay, en tink gud wan, wi go si insay  
di kol at we de na di sol di sos fo tru en las gladi at we wi de  
luk fo

Wi no fo tan lek di musk dia, we de day we wi de luk fo  
gladi at na di rong ples Bifo dat, wi fo de wach en tray fo fen  
gladi at insay wisef, noto ausayd wisef

Di Stori bot di Botin

Wan tem wan man kam to mi en tel mi se i get wan sik  
:we no de men na in at, en i tok bak se

."A don trai plenti tins, bot a no fit get rid of di hat pen"

Afta a tink gud wan, a aks am fo bring siza to mi I luk mi  
:wit shek shek en se

"?Yu intend fo kot mi at opin, sa"

A laf en ansa se, "A noto dokto Yu don eva yeri bot posin  
"!we de yuz siza fo du opreshon

Fɔ dɔn, i nɔ bin want fɔ kam wit siza, so a kɔt wan pan di  
bɔtin dɛn na in kot ɛn tɛl am se i nɔ fɔ si ɔda bɔtin na in ples,  
ɛn nɔ fɔ put in an na di say we di bɔtin nɔ de a tɛl am bak fɔ  
kam bak to mi afta tu wiks, ɛn a bin de ɛkspekt se i go wɛl  
insay da tɛm de

Di man laf ɛn se, "A go du wetin yu aks bikɔs a trɔst yu,  
"!bɔt a tink se na di strenj mɛɛsin we dɛn dɔn ɛva gi mi  
:Tu wiks afta dat, i kam rɔn to mi ɛn se, i sɔprayz se

Di spɛshal pipul dɛn mek a biliv se a dɔn wɛl pan at sik"  
So, fɔ Gɔd in sek, wetin yu du? Yu pul wan jini kɔmɔt na  
"?bɔtin

A ansa wit smayl: "Yes! Yu an bin de ple wit di bɔtin  
."ɔltɛm, ɛn di bɔtin bin de alaynɛd wit di at

Dat bɔtin na bin di jini we bin de mek yu at pen So a kɔt  
di bɔtin ɛn tɛl yu nɔ fɔ riplɛs am ɔ put yu an pan yu at Da we  
!de, yu at bin pul di prɛshɔn ɛn stɔp fɔ du yu bad

ɔltin de muv kwik kwik wan, ɛn pipul dɛn bizi wit bɔku  
tin Naturally, i bɛtɛ fɔ ripɛnt di wɔl in bounty pas fɔ west tɛm,  
lɛf di sizin pas yu ɛn dɔn ɛmti-an Bɔt wetin pɔsin fɔ ripɛnt na  
layf in richest harvest: fɔ kam nia Gɔd ɛn fɔ no Am Di  
wangren we fɔ gɛt tru tru gladi at na fɔ akɔmplit sɔntin na  
dis wɔl ɛn bak fɔ ajɔst spiritual sakrifays

Di wan dɛn we sabi Gɔd nɔ kin begin dɛn ɛvrɛde wok bifo  
dɛn fɔs tink gud wan bɔt Gɔd ɛn chaj dɛn maynd ɛn bɔdi wit  
blɛsin divayn ɛnaji

Di bɔku tin dɛn we di wɔl de aks fɔ kin mek di wan dɛn  
we de luk fɔ dɛn spiritual gol dɛn nɔ ebul fɔ waka ɛn pul dɛn  
kɔmɔt na di rod we dɛn dɔn pik Bɔt di wan dɛn we gɛt maynd  
we nɔ de shek nɔ de alaw ɛnitin fɔ push dɛn fɔ kɔmɔt na di  
rod; dɛn kin bia wit maynd ilɛksɛf tin tranga ɔ bad tin apin

Ilɛk wetin di wɔl gi wi, i nɔ go satisfay di tin we wi at  
want, we want fɔ get sɔntin we tinap tranga wan, we  
important pas ɔl, ɛn we get valyu pas ɔl wetin di wɔl in jɛntri  
ɛn jɛntri get

We pɔsin day—mek yu liv long—nɔ pawa na di wɔl nɔ go  
ebul fɔ du ɛnitin fɔ am Udat go ɛp wi afta wi dɔn kɔmɔt na dis  
wɔl? Gɔd So, wi fɔ mɛmba ɔltɛm se dis wɔl na jɔs fɔ stɔp fɔ  
sɔm tɛm we wi de travul fɔ go na wi os na ɛvin, usay wi go liv  
sote go bifo di Wan we get sɔri-at pas ɔlman

If yu jɛntri pasmak nɔ de mek yu get wɛlbɔdi, pis, ɛn yu  
go ebul fɔ du gud, bɔt if yu get pis ɛn yu go ebul fɔ du gud  
tin, dat go mek yu get balans sakrifays pan Gɔd biznɛs ɛn  
pan prɔpati

Mɔs pipul dɛn kin divɛlɔp mental ɛfyushɔn jɔs fɔ get  
matirial sakrifays Bɔt we pɔsin bi masta pan insɛf ɛn manej  
in saykilɔjik pawa ɛn akt akɔdin to di divayn plan, in layf go  
get blɛsin, ɛn i go test di nɛktɔ fɔ di spirit we i de na dis wɔl I  
nɔ go bi prizina igen fɔ di abit ɛn di tin dɛn we i want, bɔt in  
kɔnshɛns go chɛnj to di at fɔ di divayn prezɛns, ɛn i go de de  
ɛnjɔy nyu ɛnjɔymɛnt dɛn we nɔ gri fɔ tɔk bɔt

Di bɔdi na di big big famasi

Di wan dɛn we de stɔdi bɔt mɛrɛsin dɔn kam fɔ no se we  
wi get bɔku gladi at, di bɔdi kin mek mɛrɛsin fɔ mek wi nɔ fil  
bad ɛn ɔda tin dɛn we kin mek wi nɔ strɛs ɛn we kin wok fayn  
lɛk di wan dɛn we dɔktɔ dɛn kin gi wi Di bɔdi na di big big  
famasi na di wɔl, we ebul fɔ mek di rayt tin di rayt tɛm we wi  
de gri wit di spiritual balans we Gɔd dɔn put insay wi

tant ɛnɛji weɔNɔto ɔl strɛs kin ambɔg; strɛs de wek di im  
dɔɔdu tin ɛn muv S ɔdi ɛn i de mek wi ebul fɔtru wi b ɔlɔde f  
bɛnɛfit ɔstrɛs we wi nid f ɔdɛm dɛn sho se f

Bɔt di prɔblɛm kin kam we di strɛs pas di lɛvɛl we pɔsin  
kin gɛt wɛlbɔdi

Wi ɔl gɛt wan limit fɔ strɛs, ɛn we dɛn pas da limit de, wi  
kin strɛs pas aw wi fɔ strɛs, ɛn wi nɔ kin no bɔt am te  
prɔblɛm bigin fɔ apia na wi bɔdi, filin, ɛn maynd

Layf wit Gɔd na gladi at ɛn gladi at, we if Gɔd nɔ de,  
wɔri, trɔbul, prɔblɛm, ɛn ivin disasta de So aw wi go gɛt pis  
ɛn kol at na layf we bad bad tin dɛn ɛn bad bad tin dɛn de  
?apin, ɛn brin sɔm gladi at na dis wɔl

Di fɔs tin we wi fɔ du na fɔ no di prɔblɛm dɛn we de mit  
wi na layf we dɛn de kɔntrol wi

Gɔd na ɔltin we gɛt sɛns ɛn we sabi ɔltin, ɛn i dɔn gi wi  
bɔdi sayn dɛn lɛk kɔmfɔt, diskɔmfɔt, kolat, ɛn wɔri, ɛn wi fɔ  
pe atɛnshɔn to dɛn sayn ya Wan Gɔd in sɛns de insay wi bɔdi  
we de tray fɔ tɛl wi sɔntin, ɛn wi fɔ lisin to dɛn mɛsej ya di  
tɛm we wi strɛs ɔ rɛst We yu fil strɛs, put yu maynd pan di  
pat na yu bɔdi we de we yu de gɛt strɛs, dɔn yu tek dip briz  
ɛn, di sem tɛm, tɛns da pat de jisnɔ te i shayk Dɔn rilaks ɛn  
rilis di tɛnsion Dis go ɛp fɔ mek yu gɛt ɛnaji ɛn impɔtant  
balans na di bɔdi ɛn protɛkt am frɔm di bad bad tin dɛn we  
strɛs kin du

Wi kin ebul bak fɔ kɔntrol di strɛs we yu de fil bay we yu  
de blo We yu fil frayd ɔ ɛni ɔda bad bad imɔshɔn, briz insay  
ɛn kɔmɔt sloslo, dip, ɛn ritmik bɔku tɛm, we go mek yu bɔdi  
rilaks wit ɛni tɛm we yu de blo Dis go ɛp fɔ slo yu at bit we  
de rɔn, fɔ mek yu blɔd go bak nɔmal, fɔ mek i izi fɔ mek yu  
maynd kol ɛn fɔ mek yu tink klia wan

Layf nɔto tin we kin apin we pɔsin kin gɛt ɛnitin fɔ du wit  
am; na fayn fayn tin we Gɔd de tɔk, ɛn wi fɔ ɛnjoy am Lɛ wi  
mɛmba se smayl na pawa; if wi nɔ yuz am, wi kin lɔs wan  
impɔtant pat na layf

Mortalman na sol we get filin en filin, en den get bɔdi we  
den de wɛr lɛk klos ɔ ɔda kot Bɔt as long as wi de liv jɔs pan  
di level we di bɔdi en filin de, wi go fɔdɔm ɔnda di bad tin we  
stress en tension kin get

We wi de insay wanwɔd wit wi important nature, we na di  
spirit, di gladi at we di spirit get de flɔ insay di at en chenj to  
lɔv Fɔ fil dis lɔv, we get kɔnekshɔn to di pis en kwayɛt we di  
sol get, en fɔ akt en intarakt ɔnda in harmoni inflɔɛns, na di  
we we fit pas ɔl fɔ liv natin nɔ de na di wɔl we ful-ɔp wit  
tension en kontradikshɔn Fɔ gri wit dis gladi at na di solv fɔ  
layf in problem den

Notis: Bɔt di tin we den tɔk se: "Di bɔdi de mek wan  
mɛɛsin we de mek pɔsin fil bad en ɔda tin den we de ridyus  
stress en tension, we nɔ get bɛtɛ pawa en we nɔ de wok fayn  
pas di wan den we dɔktɔ den dɔn gi am," dis nɔto advays fɔ  
lɛf fɔ gi advays en di mɛɛsin den we den kin gi pɔsin, na dat  
mek den nid fɔ mek den no klia wan

### **Magnetik ikwɛshɔn den**

Pɔsin we get strong prezɛns en bad abit + pɔsin we get  
gud at bɔt we wik = bad magnetism de win pas gudnɛs

Wan pɔsin we wik wit wikɛd tin den + pɔsin we get  
strong maynd wit gud tin den = di gud magnetism de win di  
bad wan

Wik spiritual magnetism + bad bayomagnetism = strong  
bad magnetism

Strong moral trɛnk + wik moral trɛnk = big moral trɛnk

Pɔsin we vɛks en fɛt fɛt + pɔsin we ɔmbul en gud = di  
magnetism fɔ vɛks de win pas ɔmbul

Strong, balans, en kol at + temperament we sɔm tɛm  
dɛn kin tɛnd to discontent = di magnetism of calmness de  
prevails

ng feilɔnik ingrained feil + less ingrained feil = strɔKr  
magnetism

Strong pɔsitiv sakrifays + lɛs pɔsitiv sakrifays = ɛnhans  
sakrifays

Strong fayl vaybreshɔn + strong sakrifays vaybreshɔn =  
ɔl tu strong fayl magnetizm ɔ strong sakrifays magnetizm,  
dipen pan di envayrɔment ɛn kɔndishɔn

Strong, saful maynd + kɔmplit ignorance = ɔl tu  
shrewdness ɛn skil ɔ ignorance ɛn stupidity

ɔtstandin spiritual pawa + ɔtstandin prɛktikal pawa =  
Spiritual magnetism - na tru tru ɔtstandin prɛktikal pawa

If pipul dɛn bin ebul fɔ si di bɔku bɔku planɛt dɛn we de  
na di ɛtɛ we de rawnd dɛn, sɔntɛm sɔm go tray fɔ fɛn dɛn  
pipul dɛn we dɛn lɛk we dɔn day Gɔd dɔn opin mi spiritual  
yay, ɛn a si bɔku pan dɛn sol dɛn we dɔn kɔmɔt na di wɔl bay  
we a de pe atɛnshɔn dip wan pan di spiritual yay (di sɛnt fɔ  
di fɔrɛst), pɔsin kin si wit insay vishɔn di wɔl we de shayn we  
ɔl di gud sol dɛn we dɔn go ɔp to de liv di etheric plane to di  
prezɛns fɔ di Wan we gɛt sɔri-at pas ɔlman

Insay mɔtalman, di at de wok lɛk wayales risiva ɛn di  
spiritual yay de wok lɛk transmita Ivin if yu nɔ ebul fɔ si di  
wan dɛn we yu lɛk we dɔn day, if yu kol at fɔ put yu filin pan  
di at, yu kin fil di prezɛns fɔ di wan dɛn we yu lɛk we naw de  
liv insay ɛthɛreal bɔdi, de ɛnjɔy Gɔd in pis ɛn sikyɔriti ɛn  
gladi fɔ dɛn fridɔm frɔm di kɔnstrakshɔn dɛn na di bɔdi, so yu  
go gɛt kɔmfɔt insay dɛn pis ɛn yu at de bin mek pɔsin fil fayn  
bɔt dɛn

We a de tɔk Gɔd in nem, mi ɔl biin de mɛlt to supɾem  
gladi Bɔt dis stet jɔs kam to mi afta big tray Fɔs, a nɔ bin bi  
wan fɔ want, bikɔs mi maynd bin de drɛf da tɛm de Bɔt naw,  
jɔs lɛk aw a de fos mi tink ɛn awareness pan di spiritual  
sɛnta—di spes bitwin di aybrɔw—ɔl tinkin dɛn kin dɔnawe, di  
briz kin stɔp fɔ insɛf, di at kin stɔp fɔ bit, di trɔbul fɔ di  
maynd kin stɔp, ɛn di stet dɛn fɔ bi kin kam dɔŋ pan di sol,  
so dat a kin gɛt spiritual gladi at ɛn a kin kɔba wit divayn  
gladi at

### **Golden wɔd dɛn**

Gladi at na mi rayt, mi ɛritaj, ɛn mi divayn trɔs we a ayd  
Gayd mi fɔ fɛn insay misɛf di trɔs dɛn we pas di drim dɛn we  
kin dɛn kin drim  
\* \* \*

Laif na muvmɛnt we gɛt sɛns wit ritm we de ɔltɛm l de  
shɛp insɛf pan tin dɛn we nɔ gɛt layf, ɔ tek wan we we gɛt  
layf ɛn we de muv Layf de kɔba ɔltin ɛn i de ɔlsay  
\* \* \*

O Greatest Lover, Yu na layf Yu na mi gol ɛn mi  
aspireshɔn  
\* \* \*

Mek mi wan ros we de blo na yu gadin we de na ɛvin, ɔ  
wan spak spak bid na yu layt lɔv nɛks, ɔ gi mi di big big ɔnɔ:  
di smɔl ples na yu at  
\* \* \*

ɛnisay we ɔda pipul dɛn gladi fɔ di tray we a de tray fɔ  
du gud, na de a go ebul fɔ gi di bɛst savis  
\* \* \*

Lɛ wi wev wan gold kap we gɛt drim wit silk trɛd dɛn we  
gɛt swit mɛmori ɛn fayn fayn tin dɛn  
\* \* \*

Lɔv tan lɛk sand pepa we de polish di maynd ɛn pul rɔf  
rɔf pan pɔsin in abit  
\* \* \*



Pandemik, bad bad tin, en vaylent chenj den na di  
nature we de bring pwel pwel, pwel pwel, en bad bad tin we de  
apin ɔlsay na di wol noto "divayn decrees" Den disasta ya  
kɔmɔt frɔm mɔtalman tink en akshɔn Enisay we di wol in dilik  
balans fɔ gud en bad de ambɔg bikɔs ɔf di akumulashɔn ɔf  
bad bad wef en vaybreshɔn we mɔtalman in bad intenshɔn  
en bad tin den de mek, chaos de rul en bɔku bɔku tin den we  
den kin pwel kin apin

\* \* \*

A go tek di bɛst frɔm ɔlman, en a go gladi fɔ di gud  
kwaliti den we ɔl di kɔntri den get en a nɔ go pe atenshɔn pan  
den fɔlt den

\* \* \*

Jɔs lɛk aw wi bisin bɔt di nyutrishɔn valyu we wi it evride  
get, wi fɔ pe atenshɔn bak to di saykolojik nyutrient den we  
wi de gi wi maynd evride

\* \* \*

Kind wɔd na wɔndaful mɛresin fɔ bɔku sik den, i get  
pawaful, ɔlmost majik, magnetik pawa we de bring bɔku blɛsin  
en prɔsperiti to den spika Di wan den we de yuz wɔd den we  
de mek den fil fayn, we saful saful, kin fil se wan kɔrɛnt we  
nɔ de si klia wan de flɔ tru den we den nɔ de ambɔg den, den  
kin ful-ɔp wit wan dip sɛns fɔ mek den get kol at Dis na bikɔs  
dis kɔrɛnt get kɔnekshɔn to in ay sɔs, wan kɔnstant flɔ we de  
rich sol den we de gri wit da sɔs de, we de mek den ebul fɔ  
transmit gladi at to di wan den we want fɔ get pis

\* \* \*

Bɔku fayn wɔd den we kɔmɔt na di at dɔn pul bɔku sɔri-  
at en bɔku sɛns vɔys den dɔn layt dak rod den wit lamp den  
!we de mek pipul den gladi en get kol at

\* \* \*

Wi de gro tru evri ɛksperiɛns we wi de go tru, as long as  
wi no se wi kin lan valyu lɛsin frɔm den Fɔ evri pen en sɔfa  
we wi de ɛksperiɛns get minin en rizin

\* \* \*

Pan ɔl we di tin den we den kin du fɔ tray tranga wan,  
den tan lek faya we kin mɛlt ayen ɔyl fɔ mek i tɔn to fayn  
fayn stɛl we kin te, en we kin yuz bɔku tin den  
\* \* \*

ɔl di wɔndaful tin den we a dɔn du na mi layf dɔn  
akɔmplit tru di pawa we wan maynd get we gri wit Gɔd We di  
divayn jenɛra de rɔn, ɔltin we a want kin kam fɔ bi frut witout  
ɛksɛpshɔn, fɔs i kin tek shep lek wan dizayn we nɔ de si, we  
get ethereal en afta dat i kin sho wit pawa we pɔsin nɔ go  
ebul fɔ stɔp insay rial tin  
\* \* \*

We di maynd wispa to Gɔd wan wispa we kɔmɔt na in at,  
we get zil frɔm di dip dip dip tin den na wan sol we want, di  
spirit in kɔl go tɔch di yunivasal at, en di ansa go kam, we go  
brɪŋ bɔku bɔku gladi at Dis intɛlektual wispa de kɔltiv di wil  
te i get di trɛnk we i nid fɔ rich di gol we i want  
\* \* \*

We pɔsin in maynd en wetin i want gri wit Gɔd, den kin  
chaj am wit pawa we nɔ get limit, so dat fɔ jɔs tink bɔt sɔntin  
go du fɔ mek i ebul fɔ du am, bikɔs Gɔd in lɔ de wok fɔ di  
wan den we gri wit di tin we pas ɔl  
\* \* \*

Pɔsin nɔ fɔ devote ɔl di intɛlektual fakulti we Gɔd dɔn gi  
am fɔ du tin den we nɔ de te , so dat i nɔ go lɔs insɛf na di  
labirint fɔ matirialism en mek limiteshɔn en kɔnstrakshɔn we  
nɔ nid fɔ insɛf Bifo dat, i fɔ yuz in intɛlektual pawa fɔ get di  
tin den we i nid fɔ liv en tray fɔ divɛlɔp den moral fakulti fɔ  
mek den ebul fɔ no difrɛns bitwin rayt en rɔŋ, en bitwin wetin  
na bad tin en wetin de bɛnɪfɪt  
\* \* \*

Di trut de pas di opinion en tiori dɛm, en bɔku pipul dɛm  
we de tek dis we fɔ du tin kin get fɔ du wit den yon tin den  
we den kin tink bɔt  
\* \* \*

Opin, O Masta, di get dem fɔ kwayet en gayd di oli ples  
fɔ mi spiritual tinkin from di atak dem fɔ mi wispa en mek di  
ros dem we a want fɔ blo blo na di gadin na mi at as a de wet  
fɔ di dawn fɔ Yu kam

\* \* \*

Tiori no nɔ go ebul fɔ get divayn no, en i fayn fɔ mek  
pɔsin nɔ spen in valyu tem pan tiori den we den nɔ go ebul fɔ  
yuz insay rial tin, ɔdasay pɔsin go si insef na di midst ɔf  
dense intelektual jɔŋgrɔn en i nɔ go ebul fɔ pas di eria we  
tiori den de

\* \* \*

Gladi at na di frut fɔ saykilɔjik win pan di volatil  
sikɔstems na layf

\* \* \*

Di wan we Gɔd no, di wɔl nɔ go no am

\* \* \*

If pɔsin program insef wit tiori no [we nɔ get rial test], i  
go tan lek pɔtabl rikodin divays we de ripit prɔvab en eko ay  
ay frayz, en ɔda pipul den go tek am as masta sabi bukman  
we lan buk, bɔt da kayn no de nɔ de strong mɔ bay we i de  
ɔndastand di tru dairekt wan, en i nɔ de kɔmpia am wit di tin  
den we i de du na Gɔd in yay

\* \* \*

Prɔblem den go kontinyu fɔ de na di wɔl, so usay pɔsin  
go tɔn fɔ gayd en dayrekshɔn? Di tin den we pɔsin de tink, we  
di abit den, di we aw i de tink bɔt ɔda pipul den, di we aw i de  
tink bɔt ɔda pipul den, en di we aw i de biev, nɔ get eni yus,  
en di tin den we de ambɔg di say we i de, in famili, in kɔntri,  
ɔ di wɔl nɔ ebul fɔ gi am tru tru gayd So, i fɔ tɔn to Gɔd en  
lisin to di kwayet, kwayet vɔys we de kɔmɔt na di dip dip pat  
den na di sol, we na vɔys we gri wit di trut

\* \* \*

Opin una at to di divayn ɔtpourin so dat i go flɔ tru una  
en ful una layf wit spiritual blɛsin en gudnes

\* \* \*

Ilɛk us wok yu de du ɛn ɛnitin we yu ebul fɔ du, mɛmba  
ɔltɛm se na Gɔd de gi yu ɔl di trɛnk we yu nid fɔ wok ɛn ajɔst

\* \* \*

Mek a mɛmba yu, Masta, we yu po ɛn we yu gɛt bɔku  
prɔpati, we yu sik ɛn we yu gɛt wɛlbɔdi, we yu nɔ no natin ɛn  
we yu gɛt sɛns, ɛn mek a si yu blɛsin layt we de gi wɛlbɔdi ɛn  
wɛlbɔdi insay wan wantɛm

\* \* \*

Insay di solitude of mi tinkin, a de long fɔ yɛri yu blɛsin  
vɔys Banish frɔm mi di harsh, earthly voices we ayd insay di  
folds of mi memory A want fɔ lisin to yu serene, melodious  
voice sote go insay di tranquility of mi sol

\* \* \*

Laif de kɔba daknɛs, ɛn sɔntɛnde wi kin stɔp ɛn shem fɔ  
go bifo Wi fɔ mek Gɔd in layt bi wi gayd lamp as wi de waka  
na layf in dak rod dɛn In na di ful mun insay di nɛt dɛn we wi  
nɔ no natin ɛn daknɛs, di san we de shayn insay di awa dɛn  
we wi de wek, di layt we de gayd wi, ɛn di sta we de gayd di  
wan dɛn we de travul na di si dɛn na di wɔl, ɛgzistens we nɔ  
de te

\* \* \*

Na tɛm fɔ mek mɔtalman wek in kɔnshɛns frɔm di slip we i  
de slip fɔ fɔgɛt to wek di spirit

\* \* \*

Wi de aks yu, Masta, fɔ mek wi no frɔm di dip dip tin dɛn  
we nɔ no natin ɛn di smɔl, smɔl tin dɛn we wi de tink bɔt to di  
ɔrayzin dɛn we gɛt pis, layt, lɔv, ɛn mɔtalman sɔri-at we de  
ɔlsay na di wɔl

\* \* \*

Tin go dɔn bɛtɛ bikɔs Gɔd in pawa ɛn wɔndaful tin dɛn  
de ayd biɛn di tin dɛn we de agɛns mɔtalman layf, ɛn ɛnibɔdi  
we nɔ biliv se di tin nɔ go ebul fɔ avɔyd ɛn tray fɔ go insay  
wit in maynd ɛn fet to wetin de biɛn di vel, go gɛt di domɔt  
.opin fɔ am we [ɛvri an we biliv de nak pan am]

\* \* \*

Fet nɔ ɛva min fɔ tek tɛm ɔ nɔ fɔ dil wit di tin dɛn we de  
apin to am wit sɛns Bifo dat, ilɛk wetin apin, pɔsin fɔ mek sho  
se na Gɔd nɔmɔ ebul fɔ sɔpɔt am pan tin dɛn we nɔ izi ɛn we  
de mek i strɛs if i tɔn to Am wit ɔl in at, sol, ɛn filin

\* \* \*

If wi sɛns dɛn bin de tɛl wi di wan ol trut, wi go si di Wɔl  
as riva dɛn we gɛt ilɛktron dɛn, ɛn wi go si ɔl di dɔst dɛn lɛk  
layt we de rɔl

\* \* \*

Di wan dɛn we de go insay wit dɛn sɛns frɔm tin to spirit  
ɔndastand di kayn we aw ilyushɔn tan ɛn no di men tin we  
tru

\* \* \*

Ilɛksɛf pɔsin de na di jɔŋgrɔn na Afrika, na say usay dɛn  
de fet, i de sɔfa wit sik ɔ po, i fɔ mek insɛf biliv se Gɔd in an  
strong pas denja ɛn i ebul fɔ protɛkt di wan dɛn we de go fɛn  
say fɔ rɔn go to am

No we nɔ de we go mek i protɛkt insɛf pas dis Na tru se  
pɔsin fɔ yuz lɔjik we i de dil wit tin dɛn we de apin ɛn di sem  
tɛm i fɔ gɛt ful fet pan di ɛp we Gɔd de ɛp am

\* \* \*

Di lɔv we de insay ɔl di tin dɛn we Gɔd mek in at—di lɔv  
we ɔl mama, papa, padi, ɛn di wan dɛn we dɛn lɛk gɛt—na  
frɔm Gɔd in lɔv

\* \* \*

Dɛn fɔ mek difrɛns bitwin big ɛn smɔl wok, fɔ put di wan  
we impɔtant pas ɔl di wan dɛn we jɔs impɔtant Dɔn bak, nɔ  
duty nɔ fɔ agens ɔda wan Di skripchɔ dɛn tɛl wi se we wan  
duty de agens ɔda wan, na pruf fɔ se i nɔto tru tru duty

\* \* \*

As di san in impɔtant rayt dɛn de skata, a go spre di rayt  
dɛn we gɛt op na di po ɛn di wan dɛn we dɛn dɔn lɛf [di wan

dɛn we di sosayti dɔn lɛf] dɛn at, ɛn a go mek nyu maynd na  
di at fɔ di wan dɛn we tink se dɛn nɔ ebul fɔ du natin

\* \* \*

Di ticha Paramahansa se to wan pan in disaypul dɛm se:

"Nɔ pul ɛnibɔdi kɔmɔt na yu sɛklɔ fɔ lɔv Kip ɔlman na yu at  
."ɛn dɛn go kip yu na dɛn yon

\* \* \*

Masta, ɛp mi fɔ yuz wetin a want ɔltɛm fɔ du tin dɛn we  
go bɛnifit mi ɛn we go mek a du gud

ɛp mi fɔ gri wit wetin yu want so dat ɔl di tin dɛn we a  
de tink bɔt go gri wit wetin yu want ɛn go gri wit wetin yu  
want

I bin ɛp mi fɔ wek di pawa we ayd, we gɛt blɛsin insay mi  
so dat a go ebul fɔ win ɔl di prɔblɛm dɛn ɛn prɔblɛm dɛn

\* \* \*

Wek to da bold ɛn ɔmbul spiritual pɔsin de – wan we de  
kɔba di trɛnk we layɔn dɛn gɛt wit di saful saful we dɔv dɛn  
gɛt

\* \* \*

A nɔ go de mɔna mi wit bita, lay lay kritik, ɔ wit bɔku  
bɔku prez ɛn flat mi wangren tin we a want na fɔ du Yu wil, O  
Masta, ɛn gɛt Yu fayv

\* \* \*

Yu nɔ go ebul fɔ imajin di gladi at we go ful yu we yu fil  
di divayn prezɛns Yu sol go dɔn drɔnk wit Gɔd in lɔv we nɔ  
gɛt bɔda Na lɔv we pas ɛni mɔtalman lɔv bɔku bɔku tɛm pas  
am—lɔv we de fulɔp ɔl wetin yu want ɛn ful yu at wit gladi ɛn  
satisfay

\* \* \*

Tru insay fɔs, yu kin ɛksperiɛns spiritual gladi gladi  
dairekt wan insay yusɛf ɛn rawnd yu If yu kɔltiv dis ɔwe, yu  
pɔsin go gro wanwɔd, ɛn yu go gɛt wan atraktiv magnetizm  
fɔ pipul ɛn ɔda pipul dɛn

\* \* \*

O Gret Protøkta, a nɔ bisin if a lɔs ɔltin bikɔs ɔf mi  
destiny, we na mi yon mek, bɔt a de aks yu, mi wangren  
refyuj, fɔ protøkɪt di kandul fɔ mi lɔv fɔ yu frɔm di briz we a nɔ  
de pe atɛnshɔn ɛn fɔget

\* \* \*

Lɛ wi drink te wi ful-ɔp wit di klin wata we de mek pis we  
de flɔd frɔm di spring dɛn we gɛt fayn fayn tin dɛn, we wi dɔn  
mekɔp wi maynd fɔ tink gud wan ɛn gɛt op fɔ si tin

\* \* \*

Kɔnshɛns na sɛns we pɔsin kin ɔndastand we de sho aw  
pɔsin in tru tru pɔsin ɛn wetin mek i want fɔ du sɔntin We yu  
kɔnshɛns klia, ɛn yu no se yu de du wetin rayt, yu nɔ gɛt  
natin fɔ fred Klin kɔnshɛns na tɛstament fɔ gud kɔndɔkt frɔm  
Gɔd Fɔ bi fri pɔsin na di kɔt fɔ kɔnshɛns min fɔ gɛt gladi at ɛn  
fɔ gɛt Gɔd in blɛsin

\* \* \*

Tray fɔ du tin dɛn we gɛt maynd ɛn we go mek yu gladi  
we bɔku pipul dɛn nɔ de du, ɛn gi lɔv ɛn pis to di wan dɛn we  
ɔda pipul dɛn nɔ de si dɛn

\* \* \*

:Di ticha Paramahansa tɛl wan pan in disaypul dɛn se  
If yu nɔ spɛn tɛm fɔ kɔltiv di maynd, no ɔmɔs matirial"  
prɔsperiti nɔ go satisfay yu Dis kɔltivɛshɔn nɔto fɔ mek yu  
sɔfa bɔt na fɔ tren yu kɔnshɛns fɔ nourish di tink ɛn akshɔn  
."dɛm we de mek yu gɛt gladi at

Yu gladi gladi na yu saksɛs, so nɔ mek ɛnibɔdi tif am  
frɔm yu Protøkɪt yusɛf frɔm di wan dɛn we de tray fɔ mɔna yu  
We a bin smɔl, a bin de lɔs mi pɛshɛnt ɛnitɛm we sɔm pipul  
dɛn de spre lay lay tɔk bɔt mi Leta, a kam fɔ no se mi pis na  
mi maynd impɔtant pas fɔ mek pipul dɛn gladi ɔ fɔ admaya  
mi

\* \* \*

If yu bin no di stori bɔt Gɔd in lɔv we sɔm pipul dɛn we  
de wɔship Gɔd kin gɛt! No ɔda ɛkspiriɛns nɔ de na layf we yu  
go kɔmpia to da gladi at de we a bin no wan sent we bin de  
ɔltɛm insay di lɔv fɔ Gɔd, ɛn in fes bin de shayn oli lɔv Gɔd in  
yay de ɔltɛm pan di wan dɛn we lɛk am, ɛn I nɔ de ɛva lɛf  
dɛn fɔ wan mɔnt

\* \* \*

Na smɔl pipul dɛn nɔmɔ de we want fɔ divɛlɔp dɛn  
maynd ɛn spiritual pawa

\* \* \*

Nɔ alaw yusɛf fɔ sink to di bottom fɔ prokrastineshɔn  
Rays frɔm di slip we de boring ɔdinari rialiti ɛn set ɔf to di  
ɔrayzɔn fɔ wan rifin layf usay achivment, gladi, ɛn pis de

\* \* \*

Insay yu, bɔku bɔku pɔtnɛshɛl dɛn de we de wet fɔ mek  
dɛn put yu mɔni, ɛn na yu nɔmɔ ebul fɔ aktiv ɛn bɛnifit frɔm  
am

\* \* \*

Fɔ fri frɔm di tin dɛn we bad abit ɛn tin dɛn we nɔ fayn  
kin tɛl yu fɔ du, dat kin mek yu gɛt gladi at pas fɔ gɛt bɔku  
prɔpati

Literary saksɛs de bring wan saikɔlɔjik gladi at we  
ɛkstɛrnal sikɔstɛms nɔ go ebul fɔ tek away frɔm yu

\* \* \*

Yu kin spɛn ɔl yu tɛm fɔ gɛda mɔni, bɔt da mɔni de nɔ go  
gi yu di pis ɛn sikyɔriti we go de sote go we yu de luk fɔ  
Difrɛn frɔm dat, i go mek yu nɔ gladi mɔ bikɔs gladi at ɛn pis  
de na di maynd, nɔto insay tin dɛnsɛf

\* \* \*

Nɔ alaw wikɛd tin fɔ kam insay yu maynd, ɛn tek tɛm we  
yu de kip kɔmpin wit pipul dɛn we gɛt bad tin fɔ tink ɛn we  
nɔ gɛt bɛtɛ op, so dat dɛn wik tin dɛn nɔ go kam insay yu  
maynd, pas nɔmɔ yu maynd dɔn rich wan digri we i go gɛt  
trɛnk so dat di tin dɛn we ɔda pipul dɛn de tink nɔ go ebul fɔ  
wikɛd am, bɔt bifo dat, difrɛn frɔm dat, i go ebul fɔ mek ɔda



pipul den tink mo en mo en mek den get mo konfidens pan  
densef

\* \* \*

God de kam fɔs, en wi no fo begin ɔ don wi de we wi no  
tink bot am Wi fo memba se if wi no bin get di trenk en enaji  
we wi de get from God, wi no bin fo ebul fo du eni wan pan wi  
wok den Dis na wi big wok fo du to am

\* \* \*

Wan we de fo evaluate en joj kostom en tradishon Fɔs,  
evri tradishon bin get jostis If wi si se jostis stil de ol tru, den  
di tradishon get minin en benifit Bot, i no mek sens fo fala  
tradishon blaynd wan Wi fo no wetin rayt en fala am, no  
wetin kin mek wi get gladi at en afta dat wi fo yuz am

\* \* \*

We yu si boku pipul den no get gladi at ɔ sakrifays, no  
tink se na den destiny Yu kin mek yusef enitin we yu want fo  
bi Yu insay sakrifays na in rili de mek yu get sakrifays

\* \* \*

If yu no get natin insay yusef, yu no go gladi Bot if yu no  
get natin rawnd yu en yu gladi insay yusef, yu no get wan  
dawt se yu get sakrifays So, i no posibul fo joj pipul den bay  
wetin den de du na do

\* \* \*

Pan di boku boku krawd den, sontem posin go de we don  
rich wan say we i don go bifo pan God biznes en we get pis  
insay in at en gladi at we pas ol na in spirit

\* \* \*

A no fo tru se ol wetin a nid go kam to mi, en na dat mek  
a no de wɔri bot wetin go apin tumara bambay Dis noto fo  
bost ɔ fo mek lek se a de du am, bikos a don eksperiens di  
wok en di efektiv we da blesin pawa de du na mi layf boku  
tem

\* \* \*

Ilɛksɛf a de flɔt na di wɔl ɔ a de drawn na di dip dip si, a  
no se a de wit God en I de wit mi, en natin no go ambɔg mi

Da no de don gi mi wan gladi at we a no go ebul fo tek bot en  
we dip

\* \* \*

No dawt no de se fo bay nyu tin na tin we kin mek yu  
gladi Bot afta som tem, da gladi gladi de kin don smol smol,  
en yu kin ivin los intres pan am otogeda, forget bot am en  
want oda tin Bot, den no go forget di bil fo da tin de, mo if yu  
!bay am pan installment

\* \* \*

Possin fo tek kontrol pan in layf en mek am izi as i possibul

Den fo kip som moni fo tin den we i nid en fo enitin we go  
apin to am, put di moni we i de kip pas fo spen pan lojishon,  
en ep oda pipul den di best we aw i ebul We yu ep oda pipul  
den, ep go kam to yu wan we o oda we, en yu no go los natin  
en yu no go get natin

\* \* \*

Insay di gladi at we olman gladi, O Masta, en insay di  
padi biznes we ol di fetful pipul den get, a de fil Yu lov a gladi  
en mi at gladi fo di sakrifays en prosperiti we mi padi den get,  
jos lek aw a de gladi fo mi yon welbodi en izi As a de inspekt  
sens pan oda pipul den, a de multiply di trus dem fo mi yon  
sens, en insay di gladi at fo olman, A kin fen mi yon

\* \* \*

Di big enimi fo gladi at na fo lent moni fo bay lojishon  
Pipul den mistek biliv se den no go ebul fo gladi pas den get  
sontin we patikyula Bot ivin afta den don get da tin de, den  
no go get tru tru gladi at, pan ol di gladi at we i de bring fo  
som tem Wetin na di poynt fo ronata di mirej fo gladi at na di  
wol we promis fo brok nomo? Pipul den fo liv simpul layf, en  
den no nid fo get boku propati den we nid fo pe atenshon to  
den oltem

\* \* \*

Mi paradays de insay mi As a de enjoy God in blesin den,  
a de tel am tenki, en mi insay gladi at de gro If a no bin get  
da satisfay we a de insay mi at, ivin di gladi at en gladi at we  
de na dis wol de bi el a don kam fo no se if da gladi at de we  
de insay mi no bin de, di lod fo di wok we den put pan mi fo  
don pul mi pis en mek a no get gladi at

\* \* \*

If den joyn di jentri wit sik en problem, di bad tin den we  
go apin to am go buku Hajin en welbodi biznes de pan di tin  
den we di West get trenk Insekt den we de ambog en di jem  
den we de kil pipul den, den kin kontrol den fayn fayn wan na  
divelop kontri den, we den buku na oda kontri den Bot fo pul  
den peshent den ya noto di men tin we den kin du, bikos oda  
kayn problem den de na divelop kontri den, lek we i at fo pe  
bil en di problem den we kin mek posin swela bikos of di  
sistem den we den kin bay insay instolment—sofa we kin mek  
posin no slip fayn en we kin mek posin no get pis na in maynd

\* \* \*

Wi na impotant pat pan di sem konshens we dis big  
yunivas komot

\* \* \*

Yu don eva si wan grup we get ship? If wan pan den  
jomp, di oda ship den de falamakata am witout hesitation  
Mos pipul den tan lek dat Sombodi kin kam wit wan aidia o  
introduks nyu tren, en oda pipul den go jomp pan di  
bandwagon wantem wantem en kopi am Dis paten don de fo  
jenereshon den Ol neshon get in kostom en tradishon, en wi  
no go ebul fo tok se den ol korekt o saund Bot udat no?  
Sontem som pan den kostom en tradishon den de no get wan  
minin en den no get wan minin

\* \* \*

We di trobul storm fo tinkin don stop, wi de go insay di  
kingdom fo pis en toch di divayn prezens

\* \* \*

Tink bɔt Gɔd, ɔ wan fayn fayn ples we de mek pis de, ɔ  
wan ɛksperiens we gɛt gladi-at ɛn we de mek pɔsin gladi If yu  
de du gud tin na yu maynd, i kin mek yu gɛt trɛnk ɛn i kin  
mek yu fil fayn

\* \* \*

Wi de liv insay wan wɔl we chaotic ɛn trɔbul Yu kin tink  
se mɔni min gladi at, bɔt we yu gɛt am, yu go si se yu stil nɔ  
gladi Yu kin gɛt jɛntri ɛn—Gɔd nɔ alaw yu—lɔs yu wɛlbɔdi ɔ  
yu kin gɛt gud wɛlbɔdi ɛn lɔs yu mɔni ɔ yu kin gɛt ɔl tu jɛntri  
ɛn wɛlbɔdi bɔt yu kin sɔfa bɔku bɔku prɔblɛm wit ɔda pipul  
dɛn, ɔfrɛd gudnɛs nɔmɔ fɔ mek yu mit wit vɛks ɛn et in bak If  
Gɔd nɔ de, natin nɔ de insay dis layf kin rili satisfay yu

\* \* \*

Di wɔl kin bi ples fɔ mek pipul dɛn sɔfa fɔ di wan dɛn we  
de liv we dɛn nɔ no bɔt di divayn plan Bɔt we yu si di tin dɛn  
we de apin na layf as yu ticha dɛn ɛn lan frɔm dɛn di tru tin  
we dis wɔl tan ɛn di wok we dɛn dɔn gi yu fɔ du na di kɔsmik  
drama, dɛn ɛksperiens dɛn de kin bi valyu layt dɛn na di rod  
fɔ satisfay ɛn gladi at we go de sote go

\* \* \*

Na de, biɛn di daknɛs we nɔ dak, di stilnɛs we nɔ gɛt  
sawnd, ɛn di natin we nɔ mek, na de di tin we de sote go de,  
we na di ɔrijin fɔ ɛgzistens ɛn di sɔs we ɔl di pawa ɛn tin dɛn  
we pɔsin kin si, we pɔsin kin si ɛn we pɔsin nɔ kin si, de

\* \* \*

Gɔd nɔ mek dis wɔl fɔ wi jɔs fɔ it, slip, ɛn day, bɔt fɔ mek  
wi no wetin i want ɛn ɔndastand di rizin we mek wi de Na  
wan anful pipul dɛn we gɛt sɛns dɔn ɔndastand wetin di  
kɔsmik plan min, bɔt bɔku pipul dɛn blayn ɛn dɛn nɔ no bɔt  
da rizin de

\* \* \*

Mɔni nɔ bin ɛva bi mi gol na layf; mi gol na fɔ sav mi  
brɔda ɛn sista dɛn na mɔtalman So, Gɔd opin bɔku domɔt fɔ  
mi fɔ sɔpɔt misɛf ɛn fulfil mi mishɔn

\* \* \*

Gɔd mek dis yunivas fɔ wok akɔdin to wan lɔ we nɔ de  
chenj ɛn we nɔ de chenj If wi pwel ɛni wan pan dɛn lɔ dɛn ya  
we de na di wɔl, wi de pɔnish wisɛf Pɔsin we jomp frɔm di ruf  
na wan lɔng bildin go brok dɛn bon So, wi nɔ go ebul fɔ  
ignore di lɔ fɔ graviti we wi nɔ sɔfa di bad tin dɛn we go apin  
to am

\* \* \*

We wi tek dip luk pan di wɔl in sivilizayshɔn ɛn fɛn di  
sikrit dɛn we ayd fɔ di ol sivilizayshɔn dɛn, wan big pikchɔ de  
kɔmɔt, wit layn dɛn we miks togɛda, difrɛn chaptɔ dɛn, ɛn  
prɛsis ditil dɛn, ɛn wi si se mɔtalman na pɔsin ɛn na soshal in  
nature di sem tɛm

\* \* \*

If Gɔd bin want wi fɔ liv wi layf nɔmɔ wit tin dɛn we wi  
gɛt, wi go satisfay wit prɔpati ɛn satisfay wit di tin dɛn we de  
na di wɔl

\* \* \*

Rays fɔ klin, pis, ɛn gladi at pas drim de flik ɛn dans  
insay wi impɔtant dip

\* \* \*

Wit ɛni ɛkspiriɛns we de apin na di skay na wi layf di tɛm  
we wi de travul na dis wɔl, wi fɔ lan aw fɔ mek wi no mɔ ɛn  
aw fɔ ɔndastand mɔ bɔt di tin dɛn we de arawnd wi ɔ we wi  
de go tru, ɛn afta dat wi go ebul fɔ liv fayn fayn wan ɛn dil  
wit pipul ɛn layf fayn fayn wan ɛn sef wan

\* \* \*

Bɔku pipul dɛn kin falamakata ɔda pipul dɛn Pɔsin fɔ bi  
ɔrijinal ɛn kreativ, ɛn masta ɔltin we i de du

Insay di Is, di men tin we dɛn dɔn pe atɛnshɔn pan na fɔ  
mek pɔsin gɛt gladi at na Gɔd in yay, pan ɔl we bɔku tɛm dɛn  
nɔ de tek tɛm wit di tin dɛn we pɔsin kin gɛt na layf Insay di  
Wɛst, sɔm tin dɛn de we pɔsin kin gɛt fɔ ɛnjoy insɛf bɔt na  
smɔl tin dɛn we pɔsin kin gɛt na in maynd Wɛtin dɛn nid na

fɔ balans bitwin di tu tin dɛn, bikɔs fɔ pe atɛnshɔn pan wan  
tin nɔmɔ na layf kin mek pɔsin nɔ balans ɛn i nɔ kin ebul fɔ  
dil wit wetin layf want

\* \* \*

Di big big gladi at - afta divayn gladi at - na fɔ mek pɔsin  
gɛt pis wit in fambul dɛn we i gɛt fɔ liv wit ɛvrɪde insay di ia

\* \* \*

Pipul dɛn kin west bɔku tɛm fɔ rɔsh ɛn du tin dɛn we nɔ izi fɔ  
du ɛn nɔ du bɔku tin Na smɔl pipul dɛn kin stɔp fɔ tink ɛn  
tray fɔ ɔndastand wetin layf gɛt fɔ gi

\* \* \*

Wi fɔ wok fɔ bil insay bildin dɛn we gɛt sɛns na gadin  
dɛn we gɛt pis we de gro ɛn shayn wit bɔku bɔku flawa dɛn  
we gɛt wɔndaful spiritual gud kwaliti dɛn

\* \* \*

Insay wanwɔd na bɔku tin we de mek pɔsin gɛt trɛnk ɛn i  
de mek pɔsin gɛt nyu ɛnaji

\* \* \*

We pɔsin luk layf, i kin si se sakrifays nɔ kin izi Bɔku tɛm  
Layf kin tranga ɛn nɔ kin fɔgɪv, ɛn wi fɔ tray tranga wan fɔ  
gɛt mɔni Tink bɔt di tray we yu nid fɔ tray fɔ sɔpɔt yu bɔdi ɛn  
kip am wɛlbɔdi ɛn nɔ gɛt sik! Ivin if yu saksɛs pan dis, dat  
saksɛs na fɔ shɔt tɛm Di bɔdi—mek yu liv lɔng—go go dɔn fɔ  
rɛst Nisiti de dikte fɔ fɛt bɔku bɔku fɔs dɛn, insay ɛn ɔdasay,  
fɔ gɛt di sakrifays we yu want Dɛn fɔs ya de wok tranga wan  
fɔ tif yu ɛni rili impɔtant tin we yu dɔn du

\* \* \*

Tray fɔ kɔntinyu fɔ gɛt kol at ɔnda ɔl di tin dɛn we de  
apin, ɛn mek di sid fɔ yu pis blo wit gladi at ɛn smayl fɔ  
satisfay

\* \* \*

Ivin di big big oli wan dɛn nɔ kin gɛt kɔmplit sev pas dɛn  
sheb dɛn sakrifays wit ɔda pipul dɛn, dat na, dɛn spiritual  
ɛksperiɛns ɛn ay no, bay we dɛn ɛp dɛn fɔ gɛt oli no

\* \* \*

Fɔ dis rizin, di wan den we de rich den stej den de en rich  
den stet den de kin rili want fɔ gi ɔndastandin to di wan den  
we nid am If yu want fɔ get tru tru sakrifays, yu nɔ go jɔs  
mek sho se yu get yusef pasɔnal gladi at bɔt yu go get gladi  
at bak fɔ ɔda pipul den  
\* \* \*

Enibɔdi we get sɛns kin mek mɔni Bɔt if den get lɔv na  
den at, den nɔ go eva yuz da mɔni de fɔ dɛnsɛf nɔmɔ; bifo  
dat, den go sheb am wit ɔda pipul den Mɔni na swɛ en  
misfɔstans na di an fɔ di wan den we de tink bɔt dɛnsɛf nɔmɔ  
en di wan den we misɛf, en na blɛsin en gift na di an fɔ di  
wan den we get gud at en sol we get fri-an  
\* \* \*

Sɔmbɔdi kin disayd fɔ sɛt mɔt fɔ lɔng tɛm, nɔ gri fɔ tɔk to  
in famili mɛmba den da tɛm de Pan ɔl we dis pɔsin kin get  
sɔm pis insay in at bikɔs ɔf dat, di we aw i de biev na fɔ jɔs  
bisin bɔt insɛf nɔmɔ en i kin ambɔg in famili in gladi at Den  
nɔ go ebul fɔ tek den as pɔsin we rili get sakrifays pas di wan  
den we den lɛk dɛnsɛf bɛnifit frɔm wetin den dɔn du  
\* \* \*

Sɛmweso, fɔ get prɔpati sakrifays nɔto jɔs wi rayt fɔ  
ɛnjoy wɛlbɔdi fɔ wisɛf, bɔt na wi moral rɛspɔnsibiliti to ɔda  
pipul den we i kam pan fɔ ɛp den fɔ mek den bɔdi en layf bɛtɛ  
\* \* \*

A de protɛkt biɛn di wɔl dɛm fɔ mi klia kɔnshɛns a dɔn  
bɔn di dak past en a jɔs bisin bɔt tide  
\* \* \*

Tide a no se a na wan wit di layt fɔ di big big gud en a na  
layt fɔ di wan den we de tray tranga wan fɔ fɛt di wɛf den na  
di si we get sɔri-at  
\* \* \*

Pipul den get difrɛn we fɔ si en tiori bɔt sakrifays, i dipɛn  
pan wetin den want fɔ du na layf I nɔ kɔmɔn fɔ yɛri sɔm pipul  
den de ikwal sakrifays wit tif, den de tɔk tin den lɛk, "I bin bi  
saksɛsful tifman!" Dis de sho se sakrifays pan ɔl in fɔm en

difren kayn tin den we pɔsin kin want en we pɔsin kin luk fɔ  
Bɔt, wi sakrifays nɔ fɔ ambɔg ɔda pipul den

\* \* \*

Wan ɔda tin de bak we wi kin du fɔ mek wi gɛt sakrifays:  
we wi ebul fɔ briŋ wanwɔd en bɛnifit rizɔlt fɔ wisɛf, wi fɔ put  
ɔda pipul den bak insay wi sakrifays en sheb in frut den wit  
den

\* \* \*

Sakses min se pɔsin in satisfay en satisfay insay in  
envayrɔment Tru sakes na di rizɔlt fɔ akshɔn den we den bil  
pan prinsipul den fɔ du wetin rayt, en i de kɔba di gladi at en  
wɛlbɔdi fɔ ɔda pipul den as impɔtant pat pan pɔsin in yon  
gladi at If wi yuz dis prinsipul to wi matirial, intelektual,  
moral, en spiritual layf, wi go gɛt wan kɔmplit en  
kɔmprehensif difinishɔn fɔ sakrifays

\* \* \*

Na ya na dis wɔl we nɔ bɔku, wi de si long, wayd, en  
density, bɔt ɔda levul de usay dimenshɔn nɔ de; ɔltin klia en  
transparent—ɔltin na kɔnshɛns en sɛns Di sɛns fɔ te na fɔ no,  
lɛk di sɛns fɔ smɛl Wi filin, tink, en bɔdi na stet fɔ kɔnshɛns  
jɔs lɛk aw wi kin si, yɛri, smɛl, test, en tɔch na drim, so bak,  
pan da ay levul de, wi kin ɛksperiɛns ɔl den sɛns ya tru klin  
kɔnshɛns

\* \* \*

O Masta, mek wi gladi bay we wi fil se yu de nia wi, fri wi  
frɔm di shaklɔs fɔ di tin den we wi want, en gi wi wan insay  
gladi at we nɔ de afɛkt di tin den we de apin na layf en di tin  
den we de apin we de chenj

\* \* \*

We wi maynd de in tune wit di ay percepshon, spiritual  
consciousness de wek insay wi en wi de experience amazing  
wondars of divain waes en lov

\* \* \*



If wi lek God ɔltogeda en tɔn to am wit ɔl wi maynd en at,  
wi go fil se wi de nia am en wi go si se na in na di big ples fɔ  
sef na layf  
\* \* \*

Insay di ples we tan lek se i emti en emti, wan kɔsmik  
kɔnekshɔn en layf we go de sote go de we de mek wi jɔyn wit  
ɔl di tin den we get layf en we nɔ get layf na di yunivas wan  
wef we get big layf de fɔ tru ɔltin we de  
\* \* \*

Di tɛm we wi de sote go na wi tru tru os en ples fɔ de  
sote go, en wi de insay den bɔdi ya na fɔ shot tɛm nɔmɔ, lek  
fɔ rɛst fɔ shot tɛm fɔ karavan we de travul krɔs di dɛzat  
\* \* \*

We wi alayned wisɛf wit di kriyaytiv fɔs dɛm fɔ di spirit,  
wi go kɔnɛkt wit di yunivasal en infinite maynd we ebul fɔ  
gayd wi en solv wi prɔblɛm dɛm Krio pawa go fɔ to wi we nɔ  
go ambɔg frɔm di big big sɔs we wi bi, we go mek wi ebul fɔ  
get kriyaytiv sakrifays pan eni eria we wi de du  
\* \* \*

Lɔv de gro en go bifo na say we pipul den kin abop pan  
den, we den kin gri wit dɛnsɛf, en we den kin rɛspɛkt dɛnsɛf  
\* \* \*

Bles wi, O Masta, wit di layt fɔ klin tink en gud abit, so  
dat if di daknɛs fɔ bad abit en deviant tinkin kam nia wi, i go  
kɔmɔt wantɛm wantɛm En ɛp wi fɔ lek Yu wit lɔv we so dip  
dat nɔto matirial ilyushɔn ɔ di wɔl tɛmteshɔn nɔ go ebul fɔ  
trap wi ɔ tek wi maynd en at  
\* \* \*

Tin den we izi fɔ get nɔ kin get valyu Wi no dis frɔm we  
wi stɔdi bɔt big man en uman den layf en aw den bin bi big  
pipul den bay we den de divɛlɔp den talent, du wetin den fɔ  
du, bil den gud abit den, we den de du dip stɔdi, en avɔyd fɔ  
tink bɔt dɛnsɛf nɔmɔ Bɔt di tin den we den bin ebul fɔ du en  
di tin den we den bin ebul fɔ du bin bɔku pas di tray we den  
bin de tray

\* \* \*

Tru fridom de insay di fridom fɔ disayd fɔ du sɔntin we  
sens de gayd am ɛn we pɔsin ɔndastand, kɔrɛkt, ɛn we i want  
fɔ du sɔntin, sɔpɔt am

\* \* \*

We yu wek yu wil, di maynd, ɛn di sens we yu de tink  
bɔt, pawa dɛn we yu nɔ de si de kɔmɔt frɔm di ay kɔnshɛns—  
tru di sens we di sol gɛt—fɔ ɛp yu ɛn fɔ layt di rod dɛn we de  
go to saykilɔjik kɔmfɔt ɛn gladi at, wit Gɔd in ɛp

\* \* \*

Pɔsin fɔ opɪn di chanel dɛn fɔ di sol tru in yon tray Nɔbɔdi  
nɔ want fɔ pik sɔfa ɛn sɔfa pas pis ɛn gladi at Ignorance na di  
rut fɔ sɔfa ɛn di tin we de ambɔg we dɛn fɔ pul ɛn pul  
Ignorance na wan bad bad gras, we gɛt dip rut, we de gro na  
di gadin fɔ mɔtalman ɛn krawd di gud ɛn bɛnɪfɪt plant dɛn

\* \* \*

Ignorance must be overcome by unwavering will and  
resolute determination Di grɔn na di maynd fɔ plant wit fɔs  
atɛnshɔn [pan di gud tin dɛm], ɛn gud sid dɛn fɔ wata wit di  
wata fɔ fet We di impɔtant ɛn wam wam rayt dɛm fɔ lɔv  
shayn, di sid fɔ gudnɛs go gro ɛn win di gras ɛn parasayt  
plant dɛm, bikɔs daknɛs nɔ go ebul fɔ de we layt de

\* \* \*

Di gladi gladi we pɔsin kin gɛt kin dɔn ɛn nɔ de ɪgen, bɔt  
divayn gladi at nɔ de ɛva dak Na divayn gladi at we nɔ gɛt  
ɛnd ɛn we pɔsin nɔ go ebul fɔ tɔk bɔt

\* \* \*

Wi nɔ fɔ ɛva yuz di rɔŋ we fɔ gɛt gladi at, ɛn wi nɔ fɔ lɛf  
di pis ɛn spiritual jɛntri we wi gɛt insay wisɛf fɔ fɛn kɔmfɔt we  
na lay lay kɔmfɔt ɛn layf we de shayn we kin dangle bifo wi  
bay ɛl akshɔn ɛn bihayvya wit pwɛl pwɛl ifɛkt

\* \* \*

Serenity na di bɛst kamɛra fɔ kech di divayn prezɛns Tru  
di lens fɔ klin ɛn prɛsis fɔs tranquility, di blɛsin imej go apia  
wit pafɛkt klia

\* \* \*

Infakt, ɔl di sɛns de insay yusɛf ɛn ɔl wetin yu nid na fɔ  
no am wit ɔl yu at

\* \* \*

Tru satisfay de pan fɔ impɔtant yusɛf, so dat ɔda pipul  
dɛn de luk fɔ yu pas yu fɔ luk fɔ dɛn Lɔv ɛn padi biznɛs fɔ gi  
fri wan, we yu nɔ de ɛksprɛkt ɔ dimand ɛksprɛkt de jɔs bɔn  
misɛf ɛn nɔ gladi lvin we pɔsin de tray fɔ impɔtant insɛf,  
pɔsin fɔ tinap in wan, sɛf ɛn gɛt pis insay di fɔt we in gud  
kwaliti dɛn ɛn sɛlf valyu de

\* \* \*

Mek wata we de fɔdɔm we gɛt gladi at ɛn we gɛt op fɔ  
kɔmɔt na mi at ɔltɛm, ɛn mek dɛn sprɛy we de mek a fil fayn,  
tɔch ɔl di wan dɛn we a de mit

\* \* \*

Spiritual gladi-at de mek di sol gɛt di want fɔ ɛp ɔda  
pipul dɛn pan ɔltin, ɛn i de divɛlɔp di abiliti fɔ gladi fɔ di rifin  
moral gladi gladi we de mek pɔsin gɛt gladi at, so dat i de  
ridyus di inklinshɔn to kruk gladi-at

\* \* \*

I nɔ mata aw yu wok smɔl, i stil impɔtant lɛk di big big  
wok dɛn we i de du fɔ kɔntribyut to di sakrifays fɔ di kɔsmik  
ple we sol dɛn de du na di stej na layf

\* \* \*

Tɔtɔl kɔnshɛns na absolyut, infinite kɔnshɛns, we de  
ridyus insɛf ɔltɛm ɛn in kriaytiv nɔ de ɛva dɔn, ɛn tru yu i de  
tray fɔ ɛksprɛs wan spɛshal aspek fɔ insɛf

\* \* \*

If yu test di divayn lɔv ivin wan tɛm, yu nɔ go ɛva giv am  
bikɔs natin nɔ de we tan lɛk am na di wan ol yunivas

\* \* \*

Di wan den we no God don rich di spiritual stej den we  
rili advans, so dat den no de satisfay wit fo jcs gi spiritual  
advays to sina den, bot den kin – bay di gudnes en ep we God  
de gi den – chaj den wit di spiritual pawa we de fri den from  
di bad tin den we den kin du we den sin  
\* \* \*

Ol di gud en bad tin den we posin kin du kin ayd na di  
bren sel den en i kin tan lek gud o bad abit o tin den we posin  
kin tink bot  
\* \* \*

Posin we de sofa wit abit den we no fayn bikos den de  
chaj in bren sel den wit di pawa we den abit den de get kin fri  
insef tru di pawa we i want, we i de tink gud wan, we i de pre  
wit ol in at, en we i de kontinyu fo tok fayn fayn wan te ol di  
abit den we i no want, chenj to gud abit den fo get pis en  
kwayet Dis kin apin we di layf fcs we den de dayrekt di rayt  
we de wok fo chenj di abnormal we aw di bren sel den de di  
sel den kin ful-op wit ol wetin gud, gud kwaliti, en fayn  
\* \* \*

Ondastandin na di insay yay, di vishon fo di sol, en di  
teliskop fo di at Na di balans bitwin di kompazishon we di  
maynd get en di klin we di konsheins klin  
\* \* \*

Evride wi de si difren tin den we de apin, en evride de  
brin nyu lesin fo lan Den de op se posin go lan di lesin bay we  
i de pe atenshon pan di men rizin we mek i de: fo no usay i  
komot en di fawndeshon fo in layf  
\* \* \*

Le wi wok fo forget di sori-at we bin de trade en disayd no  
fo de tink bot den Wit ditarminieshon en aktif wil we no de  
shek, le wi ridyus wi layf, ep fo mek wi sakrifays den go bifo,  
en men insay wise gud abit en nobul kwaliti den  
\* \* \*

Enibodi we de sho se oda pipul den wiked en mek den  
shem en veks, no get sens en joj gud gud wan

## Sayings fɔ ɔl di tɛm ɛn ples dɛn

Di wan dɛn we gri wit Gɔd kin si fayn fayn tin dɛn we kin  
mek pɔsin blo ɛn dɛn kin test di swit we pas ɔl we pɔsin nɔ  
go ebul fɔ si ɛni ɔda we

We mi sol kɔl Yu, di klawd dɛn we Yu kwayɛt bin bɔs, O

Gɔd, ɛn di ren we Yu sɔri-at bin de kam dɔŋ insay big big  
wata te i bi wata we de flɔd fɔ Yu gudnɛs Yu blɛsin riva bin  
kɔba di bank dɛn na mi bɔdi, ɛn mi sol bin fɔdɔm insay di  
wata we go de sote go, ɛn di bɔbul fɔ mi smɔl layf bin solv  
insay di si usay Yu ɔl-ɛn-kɔmpas de de

Mi mentɔ bin tich mi aw fɔ yuz di chisel fɔ sɛns fɔ mek

misɛf bi tɛmpul we fit fɔ di divayn prezɛns

If yu want fɔ rich wan fayn gol, begin bay we yu mek wan  
mental mɔdel fɔ am Yu kin naw fɔ mek ɛni dairekshɔn fayn  
fayn wan na yu kɔnshɛns if yu plant wan strɔng aidia na yu  
maynd; dɔn yu wan ol pɔsin go gri wit da aidia de, ɛn di tin  
dɛn we yu de du go alaynɛd wit am

We yu tɔch di divayn at, yu trɔbul dɛn go dɔn, lɔv go ful

yu at, ɛn wɔndaful spiritual ɛksperiɛns dɛn go dans lɛk klin  
watawɛl dɛn na di gadin dɛn na yu maynd

Bɔku klawd dɛn de tray fɔ ayd yu ɛn ayd yu frɔm mi, bɔt

tru di dyu we de kɔmɔt na di kray wata we a want, yu blɛsin  
nem de apia to mi we de flash wit brayt gold lɛta dɛn frɔm

bien ɔl di kɔtin ɛn vel dɛn

Fɔ klin kɔnshɛns min fɔ dil wit di trut klia wan

Impɔtant nid dɛn de ɛn wetin sɔm pipul dɛn kin tek as

"necessities" we rili nɔ nid ɛn we nɔ impɔtant Layf fɔ simpul

bay we dɛn de pe atɛnshɔn pan di bɛsis nid dɛn ɛn pul di

lɔjishɔn dɛn we nɔ nid

Yu ay, O padi biznɛs, ɛn yu grɔn fayn ɛn oli! Lɔv na yu

nourishment ɛn loyalty yu drink

We tu pipul den waka insay wanwɔd ɛn gri pan ɔl we den  
difɛn, den kin gɛt wanwɔd wit wan gol: fɔ fɛn pis ɛn kwayɛt  
na den sol insay klin lɔv ɛn fɔ de biɛn dɛnsɛf ɛn usay di pɔsin  
we lɛk dɛnsɛf nɔ de luk fɔ gladi at pan di ɛkspɛns fɔ di pɔsin  
we den lɛk da tɛm de, na di gadin we de mek padi biznɛs wit  
ɔda pipul den, di flawa den we gɛt fayn fayn sɛnt fɔ padi  
biznɛs kin blo ɛn spre den swit sɛnt  
Di wɔl de tren wi maynd difɛn we, we de mek wi yus to  
bɔku tin den we de mek wi bigin tink se gladi at nɔ go ebul fɔ  
gɛt if den nɔ de Bɔt layf, ɛn mɔ pikin den layf, fɔ mek i izi; if  
nɔto dat, layf go tich den tru bita disapɔyntment  
Di trut kɔrɛkt ɛn rial pas fɔ jɔs tink ɔ imajin, bɔt wetin wi  
de tink ɔ imajin kin apin sɔntɛnde  
Imajinɛshɔn na impɔtant tin na di kriyaytiv tinkin prɔses  
Bɔt, imajinɛshɔn fɔ machɔ ɛn transfɔm to wan strong  
kɔnvikshɔn, ɛn dis nɔ pɔsibul if yu nɔ gɛt strong wilpawa  
If yu imajin sɔntin wit ɔl yu wil pawa, yu imajinɛshɔn go  
chenj to yu yon kɔnvikshɔn, ɛn we yu go ebul fɔ kɔntinyu fɔ  
biliv da kɔnvikshɔn de  
Pan ɔl di opinion den we nɔ gri wit dɛnsɛf, di kɔnvikshɔn  
we yu gɛt go rili apin  
Pɔsin fɔ lan fɔ tinap fɔ insɛf, ɛn in yon gud kwaliti den ɛn  
di valyu we i gɛt fɔ sɔpɔt insɛf  
Spiritual gladi at na nyu gladi-at ɛn i de apia mɔ ɛn mɔ  
pan di wan den we de tink dip bɔt Gɔd Na gladi-at we de ɛp  
fɔ mek di rayt disizhɔn ɛn du di rayt tin, ɛn we den fɛn am, di  
tin den we pɔsin kin want ɛn di tin den we i want we nɔ fayn  
kin dɔn bikɔs den kin lɔs den apil we yu kɔmpia am to gladi  
at na di spirit  
Wi ɔl mayti Krieta dɔn gi wi layf, trenk, ɛn sɛns, ɛn na wi  
wok fɔ gi am wi atɛnshɔn ɛn rayz wi at to Am wit lɔv, tɛnki,  
ɛn no se i lɛk am ɛn i du gud to am  
ɛp mi, O Gɔd, fɔ mek a nɔ bɔn di faya we de mek a vɛks,  
so dat a nɔ go bɔn wit di faya we de mek a vɛks di grɔn

oases fɔ pis insay misɛf ɛn ɔda pipul dɛn ɛp mi fɔ ɔt di faya  
we de mek a vɛks wit di ren we de flɔ ɔltɛm we a lɛk  
Mek di lek fɔ mi saful saful ɛn mi pis kɔntinyu fɔ de  
kwayɛt ɛn stil, nɔ go ambɔg di big big briz we de mek a nɔ  
satisfay we nɔ de brɪŋ natin pas misɛf  
Fɔ du tin dɛn we pɔsin kin du bikɔs i fil se yu fɔ du  
sɔntin, ɔ fɔ sakrifays wetin yu want fɔ sav ɔda pɔsin ɛn fɔ lɛk  
am, bɛtɛ fa fawe pas fɔ du dat bikɔs yu de fred  
lvɪn we pɔsin stɔp fɔ pwɛl Gɔd in lɔ dɛn, i fɔ du dat bikɔs  
i lɛk Gɔd, nɔto bikɔs i de fred se i go pɔnish am  
ɛnitin we yu de fred, tɔn yu tinkin kɔmɔt pan am Lɛf am  
to Gɔd ɛn mek yu abop pan am strong  
Fɔ fred de wit mɔtalman ɔltɛm, ɛn fɔ pul am kɔmɔt na di  
wɔl i pɔsibul bay we yu de tink bɔt Gɔd ɛn fil se i de wit yu  
I kin at fɔs fɔ waka di rod dɛn we de sho se pɔsin de du  
gud, bɔt dɛn na rod dɛn we gɛt blɛsin we de mek pɔsin gɛt  
pis na in maynd ɛn tru tru gladi at  
Mek Gɔd in glori shayn pan ɔl di kɔna dɛn na wi layf,  
mek in lɔv de na wi at, ɛn mek in layt ful wi kɔnshɛns  
O mi divayn pɔsin we a lɛk, di flawa dɛn de blo ɛn di  
sizin dɛn de chenj, ɛn ɔl de tɔk bɔt yu Di ful mun de sho di tin  
dɛn we yu de smayl, ɛn di san de kɛr yu sɛlestial lamp A de  
swim insay wan si we gɛt kray wata, we de ful-ɔp wit lɔng fɔ  
yu Insay di tik dɛn lif dɛn ɛn di vein dɛn fɔ mɔtalman de flɔ  
yu layf ɛn vitality, ɛn a de fil di bit fɔ yu kɔsmik at de trob  
insay mi yon  
We a fil yu prezɛns, a kin fil lɛk se a wek na ɔda wɔl, ɛn  
wan wan tɛm a kin drim bɔt dis wɔl ɛn dis smɔl bɔdi—mi yon  
a kin wek wit gladi at we nɔ de dɔn, ɛn mi de drim bɔt layf na  
dis wɔl kin mek pɔsin fil fayn wit di gladi gladi memori dɛn  
we a kin wek wit yu a dɔn pul di gras dɛn we a kin drim bad  
bad drim dɛn na di gadin we a bin de drim ɛn plant di ros dɛn  
na mi inspekshɔn, usay di sɛnt fɔ mi lɔng go dɔr yu insay, ɛn  
yu go kam fɔ tek mi wit yu to di ɔrayzin dɛn fɔ gladi at we go  
de sote go

O Gɔd, mek a transparent wit klin ɛn klin so dat a go  
 bring Yu hiling layt insay mi  
 Kɔl di miro we de shek shek na mi maynd so dat i go sho  
 yu fes we nɔ gɛt ɛnd  
 Opin di winda dɛn we gɛt fet so dat a go blo di sɛnt fɔ yu  
 pis

O Yu We de shayn insay Yusef, O Majesty We defy  
diskripshon, luk wit mi yay we de want Yu, so dat a no go si  
natin we de pas Yu  
Bien ol di tin den we de apin en di tin den we de apin na  
layf, na God in voys we no de tok de, we de kol wi oltem tru  
flawa den, oli buk den, wi konshens, en ol di fayn fayn tin den  
we de mek layf fit fo liv  
Enitin we di posin we de luk fo di tray we i de tray fo rich  
di say den we God de tok, God de kont am fo am en i de bles  
am fayn fo am

Wi de aks yu, O Masta, fɔ layt wi maynd wit di layt fɔ yu  
 trut, fɔ mek wi at bit wit yu lɔv, ɛn fɔ ful wi sol wit yu gladi at  
 ɛn di bɔku bɔku gudnes we yu get  
 Frɔm da transparent ɔrayzin we di maynd nɔ ebul fɔ go  
 insay, Gɔd de tɔn In layt we de sote go ɛn frɔm di kɔsmik  
 maynd de kɔmɔt sublaym inspekshɔn ɛn blɛsin pawa dɛn, ɛn  
 kriyaytiv aktiviti de flɔ insay opin ɛn wanwɔd maynd  
 We yu si se yu sol, yu at, ɛvri spak we de mek yu get  
 inspekshɔn, di blu skay, di sta dɛn we de shayn, di mawnten  
 dɛn, di wɔl, di bɔd dɛn, ɛn di flawa dɛn ɔl dɔn tay togɛda wit  
 wan tred we get kɔsmik ritm, spiritual gladi, ɛn wanwɔd we  
 de ɔlsay na di wɔl dɛn yu go no se dɛn ɔl na wef dɛn na di  
 brɔst fɔ di divayn si we nɔ get sho  
If wi fɔget di Wan we mek wi, wi fit fɔ sɔfa Wi fɔ no se  
Gɔd na wi pɔsin we wi lɛk ɛn i lɛk wi, ɛn dis no go fri wi frɔm  
 wi prɔblɛm ɛn sɔfa

Di pɔsin we rili lɛk Gɔd nɔ de ɛva stɔp fɔ luk fɔ am,  
ilɛksɛf i nɔ ebul fɔ fɛn am afta we i dɔn tray bɔku tɛm Jɔs lɛk  
aw wɛf fɔ kam bak na di at na di si afta di big big briz dɔn go



dɔŋ, na so di pɔsin we de luk fɔ am wit ɔl in at; i gɛt wan biliv  
we nɔ klia se di tin dɛn we de ambɔg am go krɔs ɛn i nɔ go  
ebul fɔ avɔyd fɔ jɔyn wit di kɔsmik si kwik ɔ leta—dat si we  
nɔ gɛt ɛnd usay i kɔmɔt ɛn usay i de kam bak  
We di maynd de tink ɔltɛm bɔt di pɔsin we Gɔd lɛk, di at  
kin siŋ siŋ dɛn fɔ gladi ɛn gladi at  
Spiritual emanation na we mɔtalman kɔmɔt frɔm wetin i  
bi naw to wetin i go bi tumara bambay  
Pɔsin nɔ kin ebul fɔ ayd in tru tru nature frɔm ɔda pipul  
dɛn di vaybreshɔn we dɛn de tink bɔt go sɔm kayn we de sho  
pan in bihayvya ɛn go apia tru wetin i de du  
Bɔku pipul dɛn de we nɔ tink di rayt we bɔt fridɔm; dɛn  
kin tek fridɔm as fɔ du ɛnitin we pɔsin lɛk fɔ du, ɛn a kɔl dis  
fridɔm fridɔm fɔ du sɔntin  
Bikɔs dɛn nɔ ɔndastand di tru tru we aw fridɔm tan, sɔm  
mama ɛn papa dɛn kin mek dɛn pikin dɛn bi slev to tradishɔn  
bay we dɛn de du wetin dɛn want wantɛm wantɛm Di pikin  
kin gro ɔp biliv se as lɔng as dɛn gi dɛn wetin dɛn want, dɛn  
gladi, ɛn di rizin fɔ layf na fɔ fulfil ɔl wetin dɛn want Bɔt, leta  
dɛn kin kam fɔ no se dɛn bin mistek, as di wɔl we de na do  
rili difrɛn frɔm layf na os, ɛn dɛn kin lan se fɔ fulɔp ɔl wetin  
yu want nɔ izi! ɔda pipul dɛn kin push dɛn na sayd ɛn nɔ pe  
atɛnshɔn to dɛn fɔ du wetin dɛn want Fɔ du dat, di pikin kin  
tranga ɛn nɔ kin fil fayn bikɔs i kin want fɔ satisfay wetin dɛn  
want So, mama ɛn papa dɛn fɔ ɛp dɛn pikin dɛn fɔ divɛlɔp  
dɛn wil ɛn sɛns so dat dɛn go ebul fɔ liv na di wɔl we nɔ go  
fɔdɔm insay in trap ɛn trap dɛn  
Di mama se, "Tich am wit lɔv" Na tru se fɔ trit pikin dɛn  
wit lɔv jɔs fayn, bɔt tumɔs switnɛs kin pwɛl dɛn tit, ɛn  
semweso, tumɔs pampering kin pwɛl pikin Dɛn digri fɔ mek i  
strong ɛn disayd fɔ du sɔntin, bɔt if dɛn trit pikin ɛn pɔnish  
am bad bad wan fɔ mistek, di bad tin dɛn we go apin to am  
go rili bad Blɛsin fɔ de pan aw dɛn de trit pikin dɛn ɛn dil wit  
dɛn; ɛvri papa fɔ temper in temperament wit lɔv ɛn

tenderness, en evri mama fɔ sizin in lɔv wit sɛns en  
rationality

Pɔsin fɔ kip in stebul saykilɔjik stet fɔ lɛk en lɔng fɔ Gɔd

A dɔn tray bɔku wok, bɔt ilɛk wetin na mi wok, mi tinkin de  
wit Gɔd ɔltɛm

Wi fɔ ɛnjoy dis krieshɔn, bɔt wi nɔ alaw am fɔ mek wi bi

slev En ɛksperiɛns dɔn tich mi se di gladi at we pɔsin kin gɛt  
we a fɛn Gɔd nɔ gɛt wan kɔmpitishɔn

Bifo pɔsin bigin fɔ du big big wok dɛn, i fɔ sidɔm kwayɛt

wan, mek in sɛns en tinkin kol, tink gud wan, en aks Gɔd fɔ  
ɛp am fɔ mek i go gayd am na Gɔd in yay en fɔ mek i go ebul  
fɔ dayrɛkt am fayn fayn wan

Mek a no se di smayl we yu de smayl we yu de smayl na

do, na flawa dɛn lip, en di bigman man en uman dɛn fes na  
yu smayl

A nɔ go afɛkt di pikchɔ dɛn we de kam afta dɛnsɛf bɔt  
misfɔstans, bad lɔk, sik, ɔ ɛnitin we a nɔ bin de ɛkspekt bikɔs  
a no se wan kɔnshɛns we gɛt disiplɛn we gɛt fɔ du wit di  
kɔsmik kɔnshɛns nɔ de sɔfa implisit wan wit fɔlt en  
anɔyntmɛnt

Fridɔm min fɔ ebul fɔ du tin akɔdin to sɛns, nɔto akɔdin

to wetin di tin dɛn we pɔsin lɛk, abit, en tin dɛn we pɔsin  
want fɔ du fɔ obe di ego de mek pɔsin bi slev, pan ɔl we fɔ  
gri fɔ du wetin di spirit de tɛl pɔsin fɔ du, i de mek pɔsin fri  
frɔm tin dɛn we de ambɔg am

I nɔ mek ɛni difrɛns to mi if a de liv na fayn fayn pales ɔ

na ɔmbul kɔtjɛt, as lɔng as Gɔd de wit mi

A go yuz di mɔni we a dɔn gɛt wit ɔnɛs fɔ liv simpul layf,

en lɛf fɔ liv bɔku bɔku tin dɛn

Tru fet pan Gɔd en di yus fɔ di pawa we pɔsin gɛt, i kin  
win sik, fɔ fel, en nɔ no natin, as lɔng as di vaybreshɔn na di  
wil strɔng pas di vaybreshɔn fɔ di sik dɛn we i gɛt na in bɔdi  
ɔ na in maynd Di mɔ di sik we de te, na di mɔ di wil fɔ strɔng  
en mek i gɛt maynd, en di fet we dip en tinap tranga wan, fɔ  
mek i ebul fɔ gɛt di tin we i want

Inspekt mi, O Masta, fɔ put mi trɔst pan Yu wan, nɔto  
pan mɔtalman we fɔ protɛkt mi Lɛ a nɔ mek fred ɛn wɔri  
paralayz mi trɛnk we nɔ gɛt bɔda fɔ fes ɛni wan pan di  
prɔblɛm dɛn we go mit mi na layf Lɛ a nɔ imajin aksident,  
bad bad tin dɛn, ɛn misfɔstans bikɔs a de fred fɔ mek dɛn rili  
sho dɛn tru tink ɛn imajineshɔn Ɛn mek a no, O Masta, se  
ilɛksɛf a wek ɔ we a de slip, wek ɔ lɔs insay de drim, we de  
alayv ɔ we de day, Yu protɛktiv prezɛns stil de kɔba ɛn gayd  
mi

Di wan dɛn we gɛt sɛns se: Di frut fɔ gud tin we pɔsin kin  
du we i lɛk Gɔd ɛn gud kwaliti, na fɔ gɛt wanwɔd ɛn klin Di  
frut we pɔsin kin du we i want fɔ du sɔntin ɛn we i want fɔ du  
sɔntin, na pen ɛn sɔfa Di frut we pɔsin kin du we i nɔ no natin  
ɛn we i nɔ gɛt sɛns

Gud tin dɛn kin mek pɔsin gladi, ɛn di tin dɛn we pɔsin  
kin du na di wɔl we i lɛk insɛf kin mek i sɔfa ɛn fil pen, bɔt we  
pɔsin kɔntinyu fɔ du bad tin, dat kin pwɛl di we aw pɔsin kin  
ebul fɔ no ɛn ɔndastand

If yu want fɔ liv wit pis ɛn wanwɔd, di tin dɛn we yu want  
fɔ du fɔ bi gud, ɛn yu fɔ skata di tin dɛn we yu de tink bɔt  
gud ɛn filin fɔ lɛk If yu de liv fayn layf, yu go ɛp ɔda pipul dɛn  
tru yu ɛgzampul ɛn gud we aw yu de biev

Di tɛm we a kin fil wɔri ɛn kɔnfyus na mi maynd, a go  
tɔn bak to stil ɛn tink gud wan te a gɛt maynd bak, ɛn a go  
bigin ɛvrɛde bay we a de tink bɔt Gɔd ɛn aks fɔ In ɛp ɛn gayd  
Rizɔlt nɔ fɔ alaw di gras dɛn we de mek yu swɛla we yu  
et fɔ gro ɛn kam insay di gadin na yu layf, gadin we ful-ɔp  
wit di gud kwaliti dɛn we wan nobul spirit gɛt Ɛn di mɔ yu de  
plant dɛn kwaliti dɛn ya we gɛt fayn fayn sɛnt, we tan lɛk  
ros, na di mɔ Gɔd go sho yu di big sikrit we de insay yu  
Di rizin fɔ layf na fɔ gɛt pis, satisfay, nɔ de day, sɛf, ɛn  
no di trut, ɛn na di at fɔ dɛn tin ya we de mek wi want fɔ du  
sɔntin we de mek wi want fɔ du sɔntin, na di divayn tin we  
de dip insay wi

Mek a fən mi fridom insay Yu, O Masta, ən no se mi tru  
os na Yu total egzistens ən a na important pat pan Yu kosmik  
konshens

O big, divayn si, mek di riva den we a want, we de flo tru  
di dezat den we get tin den we de ambog ən tin den we de  
ambog, fo don miks insay yu big dip9

Na di divayn fot nomo wi kin fən protekshon ən sef, ən no  
say no de we sef pas fo fil se wi de nia God ən toch In prezens

Bikos motalman de gayd di abit den we de shep di tin  
den we den kin want, di we aw den kin biev, di we aw den de  
biev, ən di tin den we den want, if den abit den de bad, di  
abit den kin bi bad tin ən di tin den we wi de du kin bi bad So,  
i fayn fo put gud abit den fos, bikos den kin gayd wi tin den  
we wi de du ən tink bot fo rich di fayn fayn gol den ən mek wi  
get welbodi ən gladi at

Enisay we sol den we sori ən we de sofa de, a kin get mi  
komfort fo sav ən korej den a go du ol wetin a ebul fo mek oda  
pipul den gladi ən a go sori fo den filin lek se na mi yon

ot den stil deotalman, bodi mental abiliti dem de insay m  
Itok ebul foku pipul dem, ən if den nop insay banda divel  
di, dios tin dem Lek di boden abiliti dem ya i kin mek i get siri  
helth ən vitality ot fayn ən eksesayz f maynd nid f

Daymond kin get ən riflēs layt, ən na so bak klin,  
transparent sol den we no God ən we de shayn wit In prezens  
O Masta, Yu na di tru tru jentri na layf, ən bay we a fən

Yu fos a go fən ol wetin a nid insay Yu  
Pipul den kin jos pe atenshon pan it, briz, ən san layt fo  
mek den get gud welbodi, bot tem kin kam we welbodi kin  
pwel pan ol we den tin ya we de na do boku boku wan de na  
di bodi Na da tem de di nid kin kam fo chaj di bodi in enaji  
from insay

If di bot na mi maynd de nia di rok den we get gridi want  
we get fo du wit denja ən risk, we di bad bad briz we de mek  
a no no natin de dreb, den bi, O mi God, mi layt ən gayd mi  
oltəm to di shore den fo Yu rayt ən gudnes

Tink tan lek faya we den fo yuz in konsentret pawa fo  
bon di tin den we de ambog we de mek posin no ebul fo du  
sontin

Wi kin fen God tru di divayn lov oltem We wi lek God pas  
in gift den, I go kam to wi I don gi wi freedom fo disayd en di  
pawa fo pik so dat wi go difrens bitwin di wol in gift den we  
de pas en we no important en di gift fo de nia am en di gladi  
at we i get fo in blesin prezens

Den bin gi wi memori so dat wi go praktis fo memba gud  
tin den te wi go ebul fo memba di gud tin we pas ol: God  
Di briz we Yu lek de blo tru mi, O Masta! En di lif den na  
mi layf de dans wit gladi at we Yu de kam Den fayn fayn rosh  
de dref na di ays, de invayt di wan den we taya fo rest na di  
shed fo Mi spiritual pis

Di problem den we kin apin na layf no min fo du wi bad;  
bifo dat, problem en sik den de gi wi lesin den Wi pen  
ekspiriens den no min fo pwel wi, bot fo mek wi klin en mek wi  
go bak kwik kwik wan to wi klin sos—God—we de wok olkayn  
we fo ep wi en bring wi bak na wi os na evin  
Infiniti na wi tru tru os, en wi travul to dis wol en insay  
den bodi den ya tan lek shot tem visa trip

Masta, a no se prez no de elevet mi, en fo korekt mi no  
de stop mi A bi lek aw a de bifo mi konsheins en bifo Yu a go  
kontinyu fo waka na dis rod, du mi best fo sav olman en tray  
fo get Yu fayv—na dat de mi gladi at  
Yu na wan speshal kricho en yu esin na wondaful, so kam  
fo no yu tru tru sef

We yu kam, di bod den we a want go blo en ton to flawa  
den we get sent en we get layf

O Masta, mek da de de kam kwik kwik wan we a go wev  
wan neks wit den flawa den de we get dyu en put am na Yu  
blesin treshold

Bifo i tray oltem fo mek in wangren gladi, i fo tray bak fo  
mek oda pipul den gladi We i de tray fo sopt oda pipul den

pan Gɔd biznɛs, fɔ ɡɛt sɛns, ɔ fɔ ɡɛt mɔni, i go si se dɛn de  
du wetin i nid ɛn di kɔp fɔ in layf ful-ɔp wit gladi at

Di wan dɛn we go win daknɛs na di wɔl fayn fayn wan go  
ɡɛt di layt we de gi glori as dɛn pat ɛn dɛn go ɡɛt pis ɛn gladi  
at insay dɛn at

O Masta, kɔntinyu fɔ skata di sid dɛn fɔ Yu blɛsin dɛn na  
di grɔn na mi at, we a de plɔɡ wit beg, so dat dɛn go gro to  
tik dɛn we ɡɛt shado we dɛn branch dɛn de bia di frut dɛn we  
swit ɛn swit pas ɔl fɔ no yusɛf

Bɔku tɛm wi kin kɔntinyu fɔ fil pen we wi nɔ tray fɔ  
chenj, ɛn na dat mek wi nɔ kin ɡɛt pis ɛn satisfay we go de  
sote go If wi bin kɔntinyu fɔ bia ɛn tray tranga wan, wi go  
mɔs ebul fɔ win ɔl di prɔblɛm dɛn we kin mit wi Wi fɔ tray fɔ  
kɔmɔt na misɛf to gladi at, ɛn frɔm we wi nɔ ɡɛt op to wi ɡɛt  
maynd

O Divayn Lɔv, jɔyn mi lɔv wit Yu lɔv, blend mi layf wit Yu  
gladi, mi maynd wit Yu kɔsmik kɔnshɛns, ɛn kwɛn mi tɔsti  
frɔm di watawɛl we Yu gladi we go de sote go de

Di at fɔ di pɔsin we de luk fɔ di trut kin wispa ɔltɛm se:

"O mi Gɔd ɛn mi Lɔv, a nɔ want fɔ put mi insay di trɔbul we  
dis ilɛshɔn wɔl de mek, ɛn ɔl wetin a want na fɔ wek Yu lɔv  
na pipul dɛn at Mi at, mi sol, mi bɔdi, mi maynd, ɛn ɔl wetin a  
ɡɛt na Yu yon, O Masta" Da pɔsin de we de luk fɔ mi, rich to  
Gɔd ɛn kam fɔ no Am

Masta, gi wi nyu ɛn tru ɔndastandin bɔt brɔdaship Lɛ wi  
lɛf wɔ ɛn mɛn di wund dɛn we nɛshɔn dɛn ɡɛt wit di balm fɔ  
lɔv ɛn di kɔmfɔt we go las fɔ ɔndastandin wit sɔri-at

Blɛs wi so dat wi go fri frɔm di inflɛns fɔ gridi, di  
dominans fɔ ful, ɛn di kɔntrol fɔ ilɛshɔn, ɛn ɛp wi fɔ bil nyu  
wɔl usay sik, ignorance, ɛn angri nɔto natin pas drim fɔ wan  
dak ɛn bad bad past

Lɛ wi solv ɔl di prɔblɛm dɛn nɔto wit di lɔjik we de na di  
jɔngrɔn, bɔt wit ɔndastandin, trut, ɛn fet we nɔ de shek pan  
Yu ɛn Yu divayn jɔstis

Laif dɔn brɪŋ wi toɡɛda ya fɔ sɔm tɛm, afta dat wi go go  
wi separet we Bɔt if Gɔd in lɔv de insay wi, i nɔ mata usay wi  
de go, bikɔs ilɛk aw fa wi de rɔnawe, wi go de insay di sɛklɔ  
fɔ divayn lɔv ɛn wi nɔ go ɛva rili separet  
Masta, mek mi bi igl we de go bifo pan spiritual tin dɛn  
we de flay ɔp ɔp di rod dɛn we gɛt smɔl smɔl maynd ɛn we  
de du tin pasmak  
Kɔl mi fɔ go na say dɛn we ay ɛn ay, pas di bad bad at  
we di wɔl de shek ɛn di klawd dɛn we de blok di san layt  
Mek a tek di wing dɛn fɔ balans fɔ liv rayt, ɛn mek a flay  
go na dɛn ay ay skay dɛn de ɔp ɔl di big big briz ɛn ebi ebi  
ren, usay big big ɔrayzin ɛn sublaym pɔsibul dɛn de  
Pis kin kam we wi opin wi at fɔ lɛk ɛn du gud Di wan dɛn  
we gɛt at we gɛt lɔv ɛn we de wok tranga wan fɔ du gud wok  
kin gɛt pis bikɔs i de insay dɛn Pis na di say we oli na ɛvin ɛn  
di fawndeshɔn fɔ wan gladi layf  
Wi fɔ tink ɔltɛm bɔt di fayn fayn tin dɛn we Gɔd mek biɛn  
di flawa dɛn, di layt we de biɛn di san, ɛn di big layf we de  
flik na ɛni yay  
We pɔsin rili gud ɛn sho rɛspɛkt to ɔda pipul dɛn, ɛn gi  
am bak di kɔmpliment dɛn we i du, dɛn go trit am wit tɛnki  
ɛn rɛspɛkt ɔltɛm  
A go spre mi lɔv to ɔda pipul dɛn so dat a go opin get fɔ  
Gɔd in lɔv fɔ kam to mi ɛn de na mi at  
Masta, mek a bi layt fɔ di wan dɛn we de drawn na di dip  
dip sɔri-at ɛp mi fɔ brɪŋ gladi at to ɔda pipul dɛn fɔ tɛl tɛnki fɔ  
di spiritual gladi at we Yu dɔn gi mi  
A go mɛlt et insay di faya we a lɛk, ɛn a go fɔgɪv ɔda  
pipul dɛn ɛn gi lɔv to ɔl di at we tɔsti  
Tru lɔv na di lɔv we de gladi we di pɔsin we i lɛk de kɔrej  
am  
Mek yu layt shayn pan wi, O Masta, ɛn mek yu lɔv ful wi  
at sote go

Fɔ get spirit fɔ du sɔntin min fɔ get di pawa fɔ imajin tin  
den we de mek pɔsin ebul fɔ invent sɔntin we nɔbɔdi nɔ dɔn  
du bifo Olman bɔn wit dis gift we Gɔd gi am  
Di big big lɔv na divayn lɔv, we de mek layf fayn pas  
wɔd We yu fil Gɔd wit yu, kam to yu enisay we yu de en gayd  
yu step, divayn lɔv dɔn begin  
Di pawa we trut get de agens di briz  
Masta, we a de get prɔblem den fɔ sɔm tɛm, lɛ a mɛmba  
Yu bɔku bɔku blɛsin den we yu bin dɔn gi mi trade, a no se  
Yu ɛp nɔ de ɛva lɛf mi en Yu kia de wit mi ɔltɛm To Yu A de gi  
mi at tɛnki fɔ ɛvri blɛsin we de kam to mi frɔm Yu fri an  
Drɔp den we get lɔv de shayn na gud sol den, en na di si  
we get lɔv nɔmɔ den kin fɛn Gɔd  
Ondastandin na di lamp we de layt pɔsin in rod en mek i  
get sakrifays  
Insay spring, Gɔd kin mek di tin den we Gɔd mek fayn  
wit di fayn fayn ros en flawa den we get fayn fayn klos den en  
brayt kɔlɔ den  
Pis na di fɔs herald we de anɔys di aprɔch to di Divayn  
Prɛzɛns Afta dat, pis de chenj to layt den we brayt pas gladi  
at we nɔ get end  
We a de delv dip insay di si we a de tink gud wan, a kin  
fil wan blɛsin flɔt insay mi bɔdi en a kin yɛri wan vɔys we de  
."wispa se, "A dɔn nia  
Wan fɔ tɔn insay, to usay di sol de sho inɛf Frɔm di dip  
dip tin den we de na di sol spring ɔl di ɛkspiriɛns den we de  
insay layf  
We di sol no inɛf wit divayn kɔnshɛns, i kin fil big gladi  
en expansion insay di boundless space  
If yu yuz ɔl di ɔda tin den we yu get en di tin den we yu  
get, apat frɔm di tin den we yu ebul fɔ du, fɔ mek yu ebul fɔ  
win ɔl di tin den we go ambɔg yu, yu go get di pawa den we  
Gɔd dɔn gi yu: den pawa den we nɔ get limit we de kɔmɔt na  
di dip dip tin den we yu get  
Lɔv de waka na di golden rod we de go to Gɔd



A go spre di san shayn fɔ gud wish ɛn gud intenshɔn  
ɛnisay we di daknɛs fɔ misɔndastandin dɔn krep insay  
We problɛm dɛn atak yu, bɔt stil yu nɔ gri fɔ stɔp fɔ tray  
ɛn tray, pan ɔl di tin dɛn we de ambɔg yu ɛn tin dɛn we de  
ambɔg yu, da tɛm de Gɔd go ansa yu ɛn krawn yu tray wit  
sakrifays

O Masta, a go pul di flawa we de mek a want fɔ de na di  
gadin we de na mi at ɛn put am as ɔfrin fɔ lɔv na Yu oli  
trɛshɔl

Bikɔs wi tink ɛn wɔd na di sid dɛn we go briŋ wi di avɛst  
fɔ tumara bambay, a go bigin tide fɔ ful mi kɔnshɛns wit gud,  
fayn fayn tin dɛn

A de flay ɛn flay na di plen we mi kɔnshɛns de ɔp ɛn dɔŋ,  
nɔt ɛn rayt, insay ɛn ausayd ɛn ɔlsay fɔ fɛn se na ɛvri kɔna  
na di spes a bin de ɛn stil de na Gɔd in fes

Liv ɛvri mɔnt wit ɔwe fɔ yu rilayshɔn wit di Absolut we nɔ  
gɛt ɛnd Nɔ ɛnd nɔ de fɔ yu kɔnshɛns, ɛn ɔltin de flik ɛn shayn  
lɛk sta dɛn na di skay we yu bi

Detachment, ɔ nɔ atak, na di waes rod we di pɔsin we  
de luk fɔ de tray, we i gri fɔ rayz pas tin dɛn we nɔ impɔtant  
fɔ di sake of big wan dɛn I nɔ de tay insɛf to fleeting sensual  
pleasures in pursuit of a renewed inner joy Detachment is  
not an end in itself, bɔt i de mek we fɔ mek di sol in gud  
kwality ɛn spiritual pawa dɛn kɔmɔt

Di pɔsin we win pan Gɔd biznɛs de go bifo wit maynd  
stɛp dɛn na di rod dɛn na layf

Pɔsin fɔ mek di bɛst pan in layf naw, ɛn opin di winda  
dɛn na in at ɛn wek ɛn gi layf bak to di dormant fakulti dɛn  
na in sol

Bihayn di mask dɛm fɔ chenj ɛn transfɔmeshɔn de di  
divayn prezɛns ɛn ɛnibɔdi we ebul fɔ stedi di miro na dɛn  
maynd ɛn mek i nɔ shek, go si insay da klia miro de di fes fɔ  
di kɔsmik pɔsin we dɛn lɛk

Lɔv strong pas day ɛn di bad bad tin dɛn we tɛm de du

Self-analysis na di ki fɔ sakrifays, ɛn riflɛkshɔn na miro  
we wi de si insay kɔna dɛn we ɔda we go de ayd frɔm wi yay  
Wi fɔ no di tin dɛn we wi nɔ ebul fɔ du, difrɛns bitwin di gud  
ɛn bad tin dɛn we wi de du, ɛn no di tin dɛn we de ambɔg di  
prɔgrɛs ɛn sakrifays

Una rili wɔndaful, O padi biznɛs! Yu we de pul frɔm di  
wata we de bisin bɔt yu wit ɔl yu at, we gɛt padi biznɛs wit  
yu, ɛn we di dyu we gɛt swit we de insay ɛn we de na do we  
de kɔmɔt na di dip dip at we gɛt tru ɛn fetful at, wet yu lif  
dɛn

Wan tɛm a si wan smɔl ant de tray fɔ klaym wan bɔku  
bɔku san, ɛn a tink to misɛf: di ant go mɔs de tink se i de  
klaym di Himalayas! Di bɔku bɔku san go dɔn tan lɛk se i rili  
big to di ant, bɔt nɔto to mi yay Semweso, bɔku bɔku ia dɛn  
we wi gɛt na di san kin nɔ rich wan minit na Gɔd in maynd  
Wi fɔ tren wisɛf fɔ tink bɔt big big tin dɛn lɛk fɔ sote go  
ɛn we nɔ gɛt ɛnd

A bin de waka waka na di wɔl we nɔ gɛt ɛnd ɛn witnɛs di  
mist we de shayn na di land we layt de, ɛn insay da layf  
brilians de a rid di minin dɛn fɔ di sikrit dɛn we dɛn rayt na di  
pej dɛn fɔ tɛm

We yu slip, yu pasiv wan kwayɛt tink ɛn filin Bɔt we yu  
kɔnshɛns kwayɛt tink ɛn filin tru meditashɔn, di fɔs tin we yu  
kin ɛkspiriɛns na wan stet ɔf pis, ɛn yu fes mɔsul dɛn natin nɔ  
de fɔm wan smayl we de sho insay pis Bɔt yu fɔ luk bifo dis  
stet ɔf pis fɔ no di klin we yu sol klin—na klin klin we nɔ dɔti  
bay sɛns stimuli ɔ ɔtomɛtik riakshɔn to tink dɛn we gɛt fɔ du  
wit di senses Di stet we yu de ɛkspiriɛns da tɛm de na wan  
we de mek yu gladi ɔltɛm, we de ridyus ɔltɛm  
If yu put wan bol wata ɔnda di mun layt ɛn afta dat yu  
stir am, yu go mek wan distɔrjment imej fɔ di mun We di  
wata setul na di bol, di riflɛkshɔn kin klia Di tɛm dɛn we di  
wata we de na di bol stil ɛn riflɛsɛ di mun in fes wit pafɛkt  
klia, yu kin kɔmpia am to wan stet we pis de tink gud wan ɛn  
wan stet we dip stil de Insay di pis we yu de tink bɔt, ɔl di

wef dɛn we yu de fil ɛn tinkin dɛn kin stɔp fɔ flɔ frɔm di  
maynd ɛn insay dis dip stet fɔ pis, di pɔsin we de tink gud  
wan, insay da kwayɛt de, de si di ful mun fɔ divayn prezɛns  
we de sho insay di lek we di sol de

Fo tin dɛn de we di ɔdinari pɔsin no bɔt: gladi at we i du  
wetin i want, nɔ gladi we dɛn dinay am, bore we i nɔ gladi ɔ  
pwɛl at, ɛn pis we i win dɛn filin ya ɔ saykolojik stet fɔ gladi,  
pen, ɛn bore

Pis na stet we pɔsin kin rili want, we kin kɔmɔt frɔm we  
pɔsin nɔ gɛt sɔri-at ɛn gladi at, ɛn we pɔsin nɔ de bost Dɛn  
stet ya kin shift ɛn ripɛl ɔltɛm na di sol in fes Afta yu dɔn  
rayd di trɔbul wef dɛn we de mek pɔsin fil pen ɛn gladi,  
inklud fɔ go insay di dip dip ples dɛn we pɔsin taya, gladi at  
de fɔ flɔt na di kol si we pis de Bɔt i pas pis na spiritual  
ecstasy—di gladi gladi we di sol gɛt—di gladi at we pas ɔl Na  
gladi at we de sote go we nɔ de ɛva dɔn bɔt we de wit di sol  
fɔ sote go Dis supɛm gladi at kin jɔs apin tru di awareness fɔ  
di divayn prezɛns

Tru tru smayl na smayl fɔ spiritual gladi at we pɔsin kin  
gɛt we i de tink gud wan ɛn tink bɔt Gɔd ɛn fil se i de wit am  
Mi smayl kɔmɔt frɔm wan dip gladi at we de insay mi—  
gladi we ɔlman kin ebul fɔ gɛt I tan lek di sɛnt we de kɔmɔt  
na di at fɔ wan ros we de blo Dis big gladi at de invayt ɔda  
pipul dɛn fɔ put dɛnsɛf insay di oli wata we gɛt gladi at  
Insay di layt fɔ blɛsin fɔ fɔgiv, di daknɛs fɔ et we dɛn dɔn  
gɛda fɔ long long tɛm kin dɔn

Gɔd kin du ɛnitin we di wan dɛn we de wɔship am nid  
kwik kwik wan bikɔs dɛn dɔn fri dɛnsɛf frɔm di tin dɛn we dɛn  
kin tink bɔt dɛnsɛf nɔmɔ we kin mek dɛn nɔ ebul fɔ tray ɛn  
mek dɛn nɔ gɛt op igen

Di wan we Gɔd de protɛkt, natin nɔ go ebul fɔ pwɛl am  
Nɔto wi wangren de na dis wɔl, bikɔs Gɔd de wit wi, ɛn  
padi biznɛs de we go de sote go, we go mek wi gɛt tayt padi  
biznɛs, ɛn we gɛt padi biznɛs wit wi, we wi kin gɛt sɔpɔt ɛn  
gladi at

O sta we de shayn we de gayd yu na di evin we get sens,  
yu brayt flash de invayt mi fo fen yu blesin crayzin den, en mi  
bod we de long de rosh wit big spid, de chuk di dense, dak  
atmosfes, we i de dreb bay we i want yu en fo bask insay yu  
mos oli layt

fil - tru op en blo we i ebul fadivel analiti de begin foin pas  
t diddi boshal bolid foto di son - se noinsay, intuitiv sensesh  
dicrant we de sote go insay di bospiritual k

We di disaypul in at ful-op wit lov fo God, in fes go shayn  
wit smayl we get pis en sens, en di layers fo ignorance we de  
koba in sol go kros en donawe wit am kpatakpata

We yu luk flawa o tik, yu no se den fayn fayn layf ya no  
kam fo densef na God shep den en gi den sent en fayn fayn  
tin den

Oltam du yu wok den, smol en big, wit dip atenshon,  
memba se God de gayd yu step en mek yu tray tranga wan fo  
rich di fayn fayn tin den we yu want

We posin konekt wit in spiritual esin, we den don forget fo  
long tem, we don pas en di pawa den we no de day na di sol  
kin kam bak to in konsheens We posin de tink gud wan, i kin

memba se den na sol we no de day, noto bodi we de day  
Olsay wi kin fen pipul den, gud en bad, de luk fo gladi at

na den yon we Nobodi no want fo du bad to densef So wetin  
mek som pipul den kin du tin den we no go eva mek den fil  
pen en sori? Na bikos pipul den we no no natin en we den de  
ful pipul den kin mek den du den tin den de

Wi de aks yu, O Masta, fo shayn pan wi wit di layt fo yu  
sens en fo pul di daknes we de mek wi no no natin en we de  
ful wi

Posin we de tink bot scontin fo tek tem pas fo fred, en i fo  
get maynd fo du scontin en no fo tek tem en no du tin kwik  
kwik wan so dat i no fo put inself pan tin den we go mek i fred  
en wori

Waiz no de dipen pan di injekshon fo infomeshon from  
odasay, bot na di pawa we posin get insay posin in

akseptens, we de sho ɔmɔs tru tru no we pɔsin kin gɛt ɛn di  
spid we pɔsin kin gɛt da no de

Dis wɔl na jɔs wan stej usay wi de du wi wok dɛn ɔnda di  
dayrɛkshɔn fɔ di Divayn Dayrɛktɔ Wi fɔ du wɛl ilɛksɛf di wok  
dɛn we dɛn gi wi fɔ du, wi fɔ mɛmba ɔltɛm se wi impɔtant  
nature na blɛsin we go de sote go  
Di wan we gɛt sɛns pas ɔlman na di wan we de tray fɔ  
no Gɔd, ɛn di wan we gɛt sakrifays pas ɔlman na di wan we  
dɔn fɛn Gɔd

O Divayn Lɔv, mek yu tek fɔs ples na wi layf, mek yu  
hiling lɔv ful wi at, ɛn mek yu blɛsin layt pul di daknɛs fɔ wɔri  
frɔm wi sol

Fridɔm min fɔ du tin akɔdin to kɔnshɛns, nɔto akɔdin to  
di diktɛt fɔ abit ɛn want Fɔ obe di ego ɛn in whims de bɔn  
kɔnstrakshɔn, pan ɔl we fɔ lisin to di promptings fɔ sɛns de gi  
fridɔm frɔm dɛn kɔnstrakshɔn dɛn de

Yu kin gɛt pis na yu maynd bay we yu de divɛlɔp gud  
kwality dɛn wit ɔl yu at ɛn bay wilful, we we dɛn dɔn big, dɛn  
nɔ go ebul fɔ pul dɛn ɔna pas i disayd fɔ lɛf dɛn bay wetin i  
want

Bɔku pipul dɛn kin luk fɔ gladi at bay we dɛn de yuz di  
we aw dɛn de du tin we nɔ rayt Sɔm pipul dɛn biliv se dɛn kin  
dubl dɛn gladi at bay we dɛn de du di rɔng abit ɛn du tin dɛn  
we nɔ fayn we tan lɛk se dɛn de gi prɔmis we de shayn fɔ  
mek dɛn gladi pasmak ɛn we go de sote go, ɛn dɛn kin ful  
dɛn wit dɛn lay lay prɔmis dɛn de, bikɔs dɛn nɔ kin ebul fɔ  
teist fɔ tru tru gladi at na di ɛl fɔ lay lay lay lay tin dɛn ɛn fɔ  
du bad tin dɛn

ɛvri minit na sote go bikɔs wi kin ɛkspiriɛns sote go  
insay da minit de De, minit, ɛn awa na winda we wi kin yuz fɔ  
si sote go Layf shot, yet di sem tɛm nɔ gɛt ɛnd ɛn i nɔ gɛt  
bɔda Di sol nɔ de day, ɛn insay dis shot chapta na mɔtalman  
layf, wi fɔ yuz ɔl di pɔtnɛshɛl ɛn chans we de  
Spiritual wɔd dɛn tan lɛk sid dɛn we nid fayn fayn grɔn fɔ  
mek i gro, gro, blo, ɛn bia frut

Fɔ gro pan spiritual tin dɛn nid fɔ tink bɔt yusɛf, fɔ arenj  
bak di tin dɛn we yu fɔ put fɔs na yu layf, fɔ no ɛn pul di bad  
abit dɛn, ɛn fɔ fala di lɔ ɛn lɔ dɛn bɔt wɛlbɔdi biznɛs we go gri  
wit di we aw pipul dɛn de ɔndastand di spiritual tin dɛn ɛn di  
trɛnk we de gro na di maynd

We di disaypul test di divayn gladi at, i go si se Gɔd dɔn

bi rial to am pas ɛni ɔda tin, ɛn i go no se fɔ tɔch di divayn  
prezɛns na gladi-at we no sɛnsful gladi at nɔ go ebul fɔ ikwal

Gɔd de wok fɔ wek mɔtalman in spiritual kɔnshɛns ɛn  
gayd wetin i want fɔ go na di rayt say tru di fayn fayn kwaliti  
dɛn, di big big tin dɛn we pɔsin kin gri fɔ du, di wɔndaful we  
aw i gɛt sɛns, ɛn di fayn fayn tin dɛn we i kin gɛt na di  
spiritual gladi at

A nɔ go tek ɔda pipul dɛn as strenja bikɔs a fil se ɔlman  
na mi brɔda ɔ sista a go mek mi layf sakrifays ɛn fulfil so dat  
a go ɛp ɔda pipul dɛn fɔ gɛt sakrifays ɛn ajɔst A go sɔri fɔ ɔda  
pipul dɛn ɛn sho dɛn sɔri-at as a de sho misɛf se a go lɛk Gɔd  
lɛk aw di prɔfɛt ɛn oli pipul dɛn bin lɛk am, ɛn a go trowe  
selfishness insay di wɛl fɔ mi lɔv fɔ ɔda pipul dɛn

Bifo dis layf we de pas, we de na dis wɔl, we de ɔnda  
day, layf de we de sote go, we nɔ de chenj Di bɔdi gɛt  
kemikal ɛliment dɛn we de rɔtin ɛn pwɛl, bɔt pas dis transient  
ɛgzistens, layf de sote go, we de na ɛvin insay Gɔd in fes So,  
wi nɔ fɔ kɔnfyus ɔl wi atɛnshɔn to dis bɔdi we nɔ de sote go,  
ɛn di wan dɛn we want am fɔ bia in prɔblɛm dɛn ɛn bi in  
masta

Tide a go tray fɔ ɛp di wan dɛn we nid ɛp ɛn gi wetin a  
ebul to di wan dɛn we angri

A sɛf ɛn sikrit insay Gɔd in prɔtɛkshɔn ɛn biɛn di wɔl  
dɛm fɔ mi klia kɔnshɛns a de wan wit di layt fɔ gudnɛs we de  
gayd di ship dɛm fɔ sol dɛm we wev dɛm fɔ sɔri-at de tos  
rawnd insay wan si we gɛt kɔnfyushɔn ɛn wɔri

Tide a de fil Gɔd insay di flɔt fɔ pis we de shek shek  
insay mi ɛn mek di strɛch dɛn na mi at

A go du ol wetin a ebul fo mek oda pipul den gladi, jɔs  
lek aw a de tray fo mek misef gladi, en tru mi spiritual gladi  
at a go sav olman na di os we God lek en a no go fred natin  
pas misef if a tray fo ful mi konsheɲs

### **Fɔm di gadin den we di sol de**

Yu get di intenshon fo go sɔmsay, en yu rɔsh yusef fo  
rich de kwik We yu rich, yu si se yu no de enjoy di ples bikɔs  
ɔf di eagerness, wɔri, en sɔntem ivin trɔbul we yu de fil  
Insted, tray fo bi kol, mo kompɔzit, en mo balans If yu tinkin  
inklin to wɔri en agiteshon, fos fo stop den te den get den  
kompɔzishon bak  
n de afekt di beɛ na di nerv sistem badɔdi eksaytɛsh  
diom pat dem na di bɔku enɛji to sɔs i de send bɔbad wan bi  
mal shea Dis imbalans na dida pipul den no we i de mek  
di we kol en rilaks deɔs bɔnerv ɔz fon na di kɔenɛji distribush  
diomek di nev dem kol en i de mek di saykolojik wel b  
Fo gri wit God, insay vishon begin fo apin smol smol Pɔsin  
fo get komplit fet se God go ansa evri prea we i de pre wit in  
at Enibodi we ton to am fo fen layt go get in vishon opin en  
den maynd en at go shayn  
We insayt opin, i kin sho as filin we tan lek se i komɔt na  
di at, filin fo dip klia en presishon Tru dis filin, di pɔsin we de  
luk fo get konvikshon we no de shek en fayn gayd fo fala di  
rayt rod, en smol smol i kin kam fo no en tɔst dis filin  
Dis no min se yu fo lef fo tink atol; fo tink kwayet, no de  
tek wan pɔsin betɛ pas oda pɔsin kin mek pɔsin get sens bak  
Fo tink bot imoshonal, we na fo natin en fo impɔtant inɛf, kin  
mek pipul den no ondastand densef en fo mek den no tink di  
rayt we  
Rijekt dawt we de pwel en lay lay biliv wit ol yu at, en ton  
yu at en sol to di say we fet de en abop pan God komplit wan  
Insay di stil we yu de tink gud wan, yu konsheɲs go ebul fo  
pe atenshon pan di trut en kɔrekt ondastandin Insay dis  
eksperiens, fet de blo en opin, en tru sens, yu go eksperiens

wetin nɔbɔdi nɔ si, no yes nɔ yeri, ɛn no mɔtalman maynd nɔ  
dɔn no

Evri briz we a de blo we a want ɛn beg, de opin domɔt  
ɛn winda dɛn na mi sol usay a de pas tru to Gɔd in blɛsin  
ɔs lɛk aw di san de shayn na di rod dɛn we bizi pas ɔl,  
na so a go si di raytin fɔ di divayn lɔv na ɔl di krawd ples dɛn  
we a de du ɛvrɪde

Bles mi, O Masta, so dat a go wek mi sol wit di do ɛn bring  
am to Yu blɛsin treshɔld

O Masta, gi mi wan jenaros spirit fɔ sheb wit ɔda pipul  
dɛn wetin a gɛt, ɛn ɛp mi fɔ si insay di stil lek na mi maynd di  
riflɛkshɔn fɔ mi sol in mun we de shayn wit di layt we Yu de  
de

Tide a go dayv dip dip wan insay di si we de tink gud  
wan ɛn tink bɔt Gɔd te a fɛn pal dɛn we gɛt sɛns ɛn we kɔmɔt  
frɔm Gɔd

A go lɛk yu, Masta, pas ɛni ɔda tin, bikɔs if yu nɔ de a nɔ  
go ebul fɔ lɛk ɛni mɔtalman ɔ ɛni ɔda tin  
Insay di dip dip dip ples dɛn na di mawnten dɛn ɛn di stil  
skay, ɛn insay di dip dip ples dɛn na mi sol ɛn di kev we de  
kwayɛt, a de si Gɔd in prezɛns ɛn fil In gladi at ɔltɛm, ɛn a de  
drink frɔm In klin spring dɛn we nɔ de ɛva stɔp ɔ dray fɔ  
ɔltɛm

A lɛk ɛn wɔship Yu, O Masta, we in lɔv de rul pas ɔlman  
na ɛvri kayn at we gɛt lɔv

Sɔmbɔdi bin aks di ticha Paramahansa fɔ sho am we fɔ  
mek i gɛt magnɛtik ɛn atraktiv pɔsin, ɛn i se: Yu fɔ de na yu  
maynd we yu de intarakt wit ɔda pipul dɛn bikɔs  
absentmindedness de mɔna pɔsin in kɔlchɔ pas ɛni ɔda tin  
Na tru se, a nɔ de tɔk bɔt di absenmindedness we big pipul  
dɛn kin gɛt, we dɛn kin tink bɔt dip tin dɛn  
Yu fɔ de wach ɛn no ɔltɛm, ɛn yu go bi magnet we fayn  
fɔ yu

Nɔbɔdi nɔ lɛk fɔ lɛ dɛn nɔ pe atɛnshɔn to am Wi ɔl want  
mek dɛn tink bɔt wi filin ɛn tek am na kɔna, ɛn semweso, wi



fɔ tink bɔt aw ɔda pipul den de fil en sho den fɔ tink bɔt den  
so dat wi go get wanwɔd en ɔndastandin fɔ du dis, yu fɔ de  
wach, ɔndastand, en pe atenshon to ɔlman we de arawnd yu  
Di wan den we ɔn day nɔ get pawa fɔ provok ɔda pipul

den, bɔt di wan we nɔ pe atenshon to den get pawa  
We yu de wit ɔda pipul den, tɔk to den wit ɔl yu at, wit  
trɛnk, en intres, bɔt nɔ tɔk bɔt yusɛf

ɔlman want fɔ tɔk bɔt insɛf, bɔt na wik we fɔ du tin Lɛ  
ɔda pipul den tɔk bɔt dɛnsɛf if den want; lisin to wetin den  
get fɔ tɔk Lɛ den tɔk bɔt den prɔblɛm, di tin den we den ɔn  
du, en di tin den we den de tink bɔt, bɔt mek yu magnetizm  
tɔk fɔ yu Di layt fɔ di lamp de tɔk fɔ insɛf klia wan; mek yu  
silent vibrations tok fo yu wit ikwal klia

God sho mi insay wan vishon se di wan den we de day  
na fet kin drim bad bad drim bɔt day, bɔt jɔs afta di gud wan  
den grap from di bɔdi den kin wek lɛk se na bad drim we de  
ambɔg den en den kin gladi fɔ fri from am

ɔl wi layf ɛksperiens na pat pan di kɔsmik drim we  
Mɔtalman mek di nɛtmɛr fɔ wɔ, bɔt afta di wan den we dis  
nɛtmɛr ɔn kil kɔmɔt na den bɔdi, den no se na bin bad bad  
drim we den ɔn wek from, en den ɔndastand se den nɔ day  
Dis na dip metafizikal trut

If pɔsin bin no se i de drim, i nɔ go sofa wit drim  
ɛksperiens den we de ambɔg am Bɔt if den ajɔst dɛnsɛf insay  
di drim en sɔmbɔdi deliv wan fatal blow, da drim day de tan  
lɛk rial en terrifying ordeal te den wek en no se i nɔ bin rial

Dis kin apin bak to di stet afta day As wi kɔmɔt na wi  
bɔdi so, wi kin no se wi kɔnshɛns nɔ day, bɔt wi kin no se wi  
ɔn fri from di bɔdi en in matirial kɔnstrakshon en limiteshon  
den, en insay da fridɔm de, big fridɔm de

Wi nɔ fɔ ɛva aks fɔ day, bɔt wi fɔ rɛdi wi kɔnshɛns bay  
we wi de gri wit God en tink gud wan bɔt am, so dat we day  
kam insay in tɛm wi go luk am lɛk natin pas drim  
A kin si di drim we layf en day get ɛnitɛm we a want So,  
a nɔ de put dis bɔdi bɛtɛ bɛtɛ wan

nda di nev sɛstɛm wɛɔ wan spiritual fysioloji de we de  
ɔk ɔpmɛnt fɔdivɛl ɔrich di hɛy stɛj dɛm f ɔtalman fɔde alaw m  
nsɛns

ku animalɔb ɔtalman bren, we big pas di bren fɔdi m  
kuɔku bɔr kompleks ɛn i gɛt bɔdɛm pas wɛl ɛn ɛlifant, na m  
ɔmɛnt fɔtalman bren bi fayn instrɔtink Dis de mek di m ɔtin f  
dɛm Di ɔda krichɔ nsɛns pasɔr advans kɔtalman, we gɛt mɔm  
ɔn dɛm de mek mɔlyushɔnɔmpleks kɔmplikt ɛn kɔbren in k  
talman tink dip ɛn dip So, na mɔtalman nɔmɔ ebul fɔ rich di  
advans lɛvul dɛn fɔ no, ɛn bikɔs ɔf dat, fɔ no di Wan we mek  
am Di sɛnsman na di wan we de yuz dɛn sɛns abiliti fɔ sav ɛn  
bɛnifit mɔtalman pan di matirial, intɛlɛktual, ɛn spiritual lɛvul

Winta bin kam wit in kol klos we wayt ɛn we tan lɛk lili  
Di tin dɛn we a bin want fɔ di gladi at we a kin gɛt insay  
di sɔmma dɔn dɔn  
Dɛn tɛl mi fɔ luk fɔ di wam we yu gɛt fɔ du wit yu fayn at  
ɛn as spring de apia, dɛn de dans, dɛn de dres wit  
ɔlkayn flawa dɛn  
Scent wit di fragrance of fild ɛn hills dem tel mi fo lov  
yu, mai God

ɛn di sɔmma bin kam, i bin de siŋ in grɔn myuzik dɛn na  
di lif dɛn we gɛt smɔl smɔl tik dɛn, di rɔsh we di pɔpla dɛn de  
rɔsh, ɛn di rɔsh we di pain tik dɛn de rɔsh  
I bin insist se a fɔ rid to yu  
Ivin di grɔn we bin saf ɛn we bin tan lɛk se i bin de kɔt  
kɔt mi fut dɛn we a bin de rɔsh

ɛn i aks dɛn fɔ go nia yu ples we oli we de ɔlsay  
Di saf sɛnt bin tɛl mi fɔ fala in rod  
To yu oli temple in di hat of swaying roses ɛn basil  
ɛn di bɔd dɛn tɛl mi fɔ siŋ to yu lɛk dɛn  
ɛn di briz we de blo ɔp di watasay dɛn ɛn di watawɛl dɛn  
A wek di bɔbul dɛn we a lɛk yu, ɛn dɛn bigin fɔ ple ple ɔp  
yu big chɛst  
ɛn wit di kɔba fayv dɛn we de na di gras, a lan aw fɔ bɛn  
A de butu to yu, O Masta

En di insens bin tɛl mi bak bɔt di fayn fayn sent we yu de  
 mek  
 En aw a fɔ kip mi at ful wit yu oli sent bifo yu tron we nɔ  
 ?get end  
 En di smɔl smɔl ston dɛn we nɔ de tɔk, ɛn we de  
 peshɛnt, tɛl mi so dat a go si yu ivin pan di wan dɛn we de  
 tray fɔ tif mi gladi at  
 Di ia dɛn we a fɔget bin aks mi fɔ sɛn to mi kɔmpin  
 mɔtalman mɛsej bɔt lɔv ɛn lɔv we dɛn rap insay ɛvri minit ɛn  
 sɛkɔn  
 En ɛvri tinkin bin de tɛl mi fɔ luk fɔ yu na in at  
 Mi lɔv inspekt mi fɔ lɛk ɔl wetin de tru yu  
 En mi lɔv wispa to mi se, "Lɔv mi wit ɔl di trɛnk we a get,  
 ."O mi Gɔd  
 Wan tɛm a ledɔm pan wan bed we get gras ɛn flawa dɛn  
 ɛn drim se ɔltin we de de fayn ɛn gladi  
 Mi ed bin de rɛst pan long, grɔn, ɛn tik tik gras dɛn, we  
 bin de fan mi wit briz we de kɛr wan swit sent  
 Dɔn dɛn bin drɛb mi fɔ tɔch mi an ɛn mi bɔdi, ɛn a bin  
 sɔprayz wit di big big we aw di Wan we mek am Yes, a bin  
 sɔprayz se mi, we shɔ bɔt di rial tin bɔt mi bɔdi, wan de go lɛf  
 am fɔ rɛst na di wɔl dis bɔdi we go kol, pale, ɛn nɔ de muv di  
 tɛm we a day, we naw i tan lɛk se i get layf ɛn i de kip bɔku  
 bɔku sɛns, bɔku bɔku tin dɛn we a de tink, ɛn bɔku bɔku  
 pipul dɛn fantasi ɛn di we aw pipul dɛn de si tin  
 Dis bɔdi na di stej we di chaptɔ dɛn na layf de apin, usay  
 di bɔd dɛn we de smayl de blo, na fɔ fala day we nɔ go ebul  
 fɔ avɔyd Na ya, midul bɔdi, bon, ɛn blɔd, ɛn biɛn di fayn fayn  
 mask we get skin, di wulf dɛn we get sik ɛn di animal dɛn we  
 want fɔ du sɔntin, de slip En na ya bak, ɔnda di bɔdi, wan  
 sikrit pasej de fɔ go na di kinɔm fɔ layt Dis bɔdi go dray ɛn  
 dɔn we in masta—di sol—go kɔmɔt pan am we nɔ go ɛva  
 chenj En wetin mek nɔto so? Bikɔs we di masta we get sɛns  
 fɔ di say we pɔsin de liv taya fɔ liv na di hut we get dɔti ɛn  
 we de brok brok, we di kɔd dɛn we de na di nerv dɛn we de

aks fɔ kia fɔ ɔltɛm, i kin gɛt kɔrej na ɔda os we de na sɔm  
kɔna na Gɔd in wɔl—na ɔda say we i de ɔlsay usay di sɛnt fɔ  
gladi gladi de ɔlsay ɛn i nɔ de stɔp  
Di sol we nɔ de day de ple di rol fɔ layf ɛn day wit smayl  
we go de sote go, dɔn i de kɔmɔt na in os we go de sote go  
Yu tink se di wan dɛn we de wach fim fɔ de na di sinima  
sote go afta di sho dɔn? Fɔ tru, nɔto Pipul dɛn fɔ go bak na os  
Semweso, sol dɛn kin kam ya fɔ ɛnjoy di sinima spɛktakl na  
layf, dɔn dɛn kin kɔmɔt ɛn kam bak bak Dɛn lɛk fɔ wach fim  
ɛn ple, ɛn we dɛn taya wit di pɔfɔmɛnshɔn dɛn we dɛn bin de  
drim bɔt, ɛn dɔn masta di lɛsin dɛn we Gɔd want dɛn fɔ lan,  
dɛn kin go bak wans ɛn fɔ ɔltɛm na di ples we dɛn kin gɛt  
gladi at we go de sote go

We valyu dɛn nɔ de pan jɔstis, gap dɛn opin usay misɛf  
ɛn sɔfa de siep If valyu dɛn de bays pan selfish, fɛt-fɛt we de  
kil, ɛn bad bad kɔmpitishɔn, di rizɔlt dɛn go dɔti bikɔs di rizin  
dɛn nɔ klin, ɛn mɔni nɔ go blɛs insay dis kayn kes  
Pɔsin fɔ klin in kɔnshɛns we i de tink bɔt insɛf nɔmɔ ɛn i  
nɔ fɔ tray fɔ jɛntri pan ɔda pipul dɛn Fɔ tru tru satisfay na  
spiritual tin, nɔto prɔpati, ɛn di rial bɛnifit na layf na fɔ gɛt di  
jɛntri dɛn we gɛt sɛns, no, ɛn lɔv fɔ Gɔd  
Wi fɔ liv simpul layf ɛn ɔltɛm tray fɔ ɛp ɔda pipul dɛn ɛn  
mek dɛn tin bɛtɛ as wi ebul Bɔt dis fayn gol nɔ gri wit fɔ bisin  
bɔt wisɛf ɛn fɔ gridi we wi nɔ de tink bɔt ɔda pipul dɛn  
Di wan dɛn we de na di wɔl nɔ balans ɛn dat mek dɛn nɔ  
de tek dɛn as pipul dɛn we gɛt sakrifays Simpul layf we  
balans na wɔndaful art ɛn na sayn fɔ sakrifays Di wan dɛn we  
dɛn wangren aim na fɔ gɛt mɔni nɔ go gɛt fayv frɔm Gɔd  
Na tru se Gɔd bin mek wi fil angri so dat wi go wok ɛn gi  
wi bɔdi wetin wi nid, bɔt fɔ gi wi bɔdi nɔto di wangren tin we  
mek wi de liv wi layf Di rizin pas ɛni ɔda tin we wi fɔ tink bɔt  
ɔ we wi de tink bɔt fɔ sɔm tɛm, ilɛksɛf i tan lɛk se i wɔndaful,  
i gɛt glori, ɛn i de mek wi yay  
Wan pan di disaypul dɛn aks Masta Paramahansa aw fɔ  
ɛkspiriɛns di divayn prezɛns I ansa se, "ɛvri nɛt, bifo yu

sɔrɛnda to slip, tink gud wan te yu fil se yu kɔnshɛns dɔn pas  
di wɔl fɔ tink ɛn go insay ɔda dimɛnshɔn Bɔt, dis nɔto ɔl Afta  
yu dɔn tɔn di maynd insay, lɔng fɔ rɔn go bifo, ɛn di tin dɛn  
we yu want fɔ rɔsh lɛk wata to Gɔd We di disaypul sɔrɛnda  
insɛf kɔmplit wan to Gɔd, i fil wantɛm wantɛm se i dɔn tɔch

In blɛsin prezɛns ɛn no Am I go si wan big layt we brayt  
pasmak, ɛn i kin si enjɛl dɛn ɛn sol dɛn we de du gud ɔ i kin  
smɛl wan sɛnt we de kɔmɔt na ɛvin we de drɔnk, ɛn da tɛm  
de i go no se Gɔd dɔn ansa am, ɛn in sɛns go opɪn, ɛn Gɔd go  
sho am di sikrit dɛn na layf ɔ i kin kɔba am wit big big sɛnt  
pis we i de tink gud wan If i kɔntinyu fɔ tink gud wan ɛn Gɔd  
gi am in big lɔv, i go fil wan divayn gladi we pas diskripshɔn  
. "Blɛsin fɔ di wan we dɛn gi di blɛsin ɛkspiriɛns

Divayn lɔv de opɪn di get fɔ ɛvin, we di pɔsin we de luk

fɔ go tru fɔ go insay Gɔd in fes

If pɔsin aks Gɔd, di wan we get sɔri-at ɛn we get sɛns, fɔ  
di bred we de gi layf we go de sote go, I nɔ go gi dɛn di stɔn  
we de mek pipul dɛn nɔ no natin if pɔsin we de wɔship de luk  
fɔ di it we get sɛns, Gɔd nɔ go gi dɛn di snek we de ful pipul  
dɛn If pɔsin we de wɔship am aks Gɔd fɔ di mɛn tin we get fɔ  
du wit divayn gladi at we de mek ɔlman tɔsti, I nɔ go gi dɛn  
di skɔpɪɔn we de mek dɛn wɔri ɛn get prɔblɛm wit dɛn maynd

If mɔtalman we dɛn dɔn ful no aw fɔ gi gud gift to dɛn pikin  
dɛn, aw di Masta—di say we ɔl gud ɛn gladi at de kɔmɔt—go

!mɔs gi spiritual no ɛn layt to di wan dɛn we lɛk am  
Gɔd de gi di sɛns we ay pas ɔl ɛn di big big no to di wan  
dɛn we de luk fɔ dɛn, ɛn I de gi insɛf to di pɔsin we de luk fɔ  
am wit ɔl in at we nɔ de tek ɛni ɔda pɔsin fɔ tek in ples Di  
wan we de luk fɔ Gɔd wit ɔl in at ɛn sol na di wan we get sɛns  
pas ɔlman, ɛn na di wan we pipul dɛn lɛk pas ɔlman to Gɔd

ɛn we di pɔsin we de wɔship in lɔng lɔng mɔ ɛn mɔ, i kin get  
wan ansa we nɔ bɔku ɛn we i lɛk frɔm Gɔd ɛn i kin get di  
spɛshal gladi at we i kin get fɔ lɔv we di wan dɛn we lɛk di

Wan we dɛn Lɛk kin get

Di pɔsin we ɣet sɛns we de ple in pat pan dis kɔsmik  
drim wit spiritual ɔwe ɛn di divayn lɔng we de gro, de nia  
Gɔd ɛn i dia to Am I ɣet klin lɔv ɛn lɛk Gɔd witout ɛni selfish  
motives ɛn witout ɛni prɛkɔndishɔn, lɛk fɔ se, fɔ ɛgzampul,  
"O Masta, a go wɔship yu pan di kɔndishɔn se yu gi mi  
."wɛlbɔdi, mɔni, ɛn kɔmfyut layf

Bitwin di wan dɛn we ɣet sɛns ɛn Gɔd, dip lɔv de we nɔ  
ɣet bɔda ɛn we nɔ ɣet ɛnd If pɔsin aks Gɔd fɔ sɔntin we  
patikyula, Gɔd no gud gud wan se di pɔsin intres pan In gift  
dɛn pas am

I nɔ bad fɔ mek pɔsin pre fɔ mek dɛn mit wetin i nid, bɔt  
we i de beg fɔ no Gɔd ɛn si di layt we in fes ɣet glori, i nɔ fɔ  
want ɛni yon bɛnifit frɔm am, ɛn i nɔ fɔ want fɔ ɣet ɛni bɛnifit  
frɔm am, ɛn i nɔ fɔ jɔs tink bɔt di gift dɛnsɛf, bɔt na to di  
pɔsin we gi am insɛf We di pɔsin we de luk fɔ am ebul fɔ du  
dis wit ɔl in at, i go ɣet ɔl di ɔda gift dɛn ɔtomɛtik wan frɔm di  
wɛlspring we ɣet fri-an ɛn di ocean of bɔku bɔku tin dɛn  
Wan pan di disaypul dɛn aks di ticha Paramahansa fɔ  
advays bɔt aw fɔ biev pan sɔm tin dɛn ɛn aw fɔ dil wit ɔda  
:pipul dɛn, ɛn i se

Fɔ fala di trut ɛn nɔ kɔmɔt nia am, ɛn avɔyd fɔ tɔk ɛnitin  
we go ambɔg yu ɔ ɔda pipul dɛn, ilɛksɛf na tru , as lɔng as yu  
nɔ de kɔmɔt nia di spirit fɔ tru Di sem tɛm, yu nɔ fɔ go di  
ɔpɔsitet ekstrem ɛn yuz lay fɔ avɔyd fɔ tɔk tru tin dɛn we de  
mek yu fil pen

Bi ɔnɛs wit yusɛf ɛn ɔda pipul dɛn we yu nɔ de tink bɔt di  
tin dɛn we nɔ nid Tɔk di tru ɛn avɔyd fɔ tɔk tin dɛn we de  
ambɔg ɔ ambɔg ɛnibɔdi Nɔ sho ɔl yu sikrit dɛn insay di nem  
fɔ ɔnɛs ɛn transparency, bikɔs if yu pul yu wikɛd tin dɛn, dɛn  
go tray fɔ mek yu fil bad ɔ provok yu ɛnitɛm we dɛn fil lɛk  
?Wetin mek yu fɔ gi dɛn wɛpɔn we dɛn go yuz agɛns yu  
Tɔk ɛn du tin di we we go mek yusɛf ɛn ɔda pipul dɛn ɣet  
gladi-at ɛn pis

I nid fɔ divɛlɔp spiritual sɛns fɔ no di difrɛns bitwin di trut  
we de brinj gud ɛn fɔ tɔk bak bɔt di tru tin dɛn we yu nɔ tink

bot di bad tin den we kin apin from den, bikos den kin joj tin  
den bay di end we den kin don I no fayn fo tok ol wetin yu no,  
en i no fayn bak fo avoyd en sikrit bot tin den we oda pipul  
den fo no fo den yon gud

We yu no ebul fo ondastand gud gud wan, i go fayn fo  
mek yu no tok natin te yu ondastand di tru dairekt wan we  
go mek olman no di rayt tin  
Kontinyu fo tink bot God en aks fo in ep en gayd, en yu  
sens go opin so dat yu go si tin klia wan en afta dat yu go  
ebul fo no difrens bete

### **Chaj di bodi in sel den wit yon layf**

de oltem en no dicinsay di b olsmik enaji de fodi k  
ku pawa Dioku bino dis b olu pipul den not bamboq am, b  
t na den selomowan dem we de fil am kin get enaji we de k  
rant we de mek den get nyu trenkodem en wan k  
ol di tin den we God mek de butu fo respekt di Masta fo  
di Yunivas, en In pawa de flo tru motalman Di problem de we  
wi no ebul fo mek wan strong konekshon bitwin motalman en  
di say we ol pawa de komot Wi de liv dairekt bay divayn  
pawa, en ol oda pawa den no get yus if God no get pawa we  
de sopot wi  
Fod, oksijen, en san layt—den tin ya kin gi wi som digri fo  
get welbodi, bot wi nid fo ondastand aw fo get komplit welbodi  
from di Infinite Source Matirial sos den tan lek smol batri den  
we kin don wit chaj, we di Infinite Source na pawaful jenera  
we in pawa no de eva stop, we de kontinyu fo gi di sol wit  
pawa, gladi at, en trenk So, i impotant pas ol fo abop pan di  
Infinite Source as mo as i possibul  
Di posin we want fo lan di rayt we fo benifit from da  
impotant tin de dairekt from di say we i komot, en i fo no se  
tink na rial tin, bikos ol di tin den we de apin na di wol na tin  
we God de tink bot bikos God bin de tink bot dis wol bifo i  
mek am

Boku pipul den biliv se tink na sontin we di bodi de mek,  
bot di we aw di bodi rili korekt, en di wondaful we aw in pat

dɛn ɛn in ɔgan dɛn de wok togɛda, de sho klia wan se di bɔdi  
na di krieshɔn fɔ wan suprem sublaym kɔsmik maynd  
Di maynd na di men tin we de kontrol di bɔdi, ɛn i rili  
important fɔ mek pɔsin avɔyd di tin dɛn we mɔtalman nɔ de  
du na in maynd lɛk sik, wik, ol, ɛn pwɛl at, ɛn fɔ mek sho se  
wan tin we nɔ de dɔn de flɔ tru am, ɛn dis wok gɛt sɛns ɛn i  
ebul fɔ chaj di bɔdi in sɛl dɛn wit wɛlbɔdi ɛn trɛnk we yɔn  
pɔsin gɛt

Tink na di bren, di filin, ɛn di tin dɛn we ɛvri sɛl we gɛt  
layf de fil; i gɛt di pawa fɔ kip di bɔdi ɔ aktif ɛn alert ɔ  
lethargic ɛn sluggish Tin na di masta, ɛn di bɔdi in sɛl dɛn na  
in sɔbjɛkt, we de obe di kɔmand ɛn prohibishɔn dɛn fɔ dɛn  
suprem masta: tink

Wi de pe bɔku atɛnshɔn to di kwaliti fɔ it we wi de it  
ɛvrɪde, ɛn semweso wi fɔ pe atɛnshɔn to di kwaliti fɔ di it we  
wi de gi wi maynd ɛvrɪde we gɛt sɛns ɛn we wi de tink  
Di metafizikal sayensman se di bɔdi nɔto ilɛktromagnetik  
wef bɔt na wef we de mek pɔsin no se i de flɔt na di si we  
Gɔd in kɔnshɛns de

ɛvrɪde wi fɔ mek wi bɔdi strong, mek wi maynd gɛt mɔ  
trɛnk, ɛn no wi tru tru sɛf bay we wi de tink gud wan, tink  
gud wan, ɛn wok fayn, we go mek wi gɛt gud wok we go  
bɛnɪfit wi bɔdi, maynd, ɛn spirit togɛda  
Gɔd dɔn blɛs mi wit gladi at ɔl dɛn lɔng ia ya na mi layf  
Ilɛksɛf pipul dɛn si di smayl fɔ satisfay na mi fes ɔ nɔ si,  
divayn gladi at de wit mi ɔltɛm ɛn nɔ de ɛva lɛf mi Di big riva  
fɔ gladi at de flɔ kɔntinyu ɔnda di sand dɛn na mi kɔnshɛns  
ɛn i de bɔs lɛk blɛsin spring dɛn we de wata di gadin dɛn na  
mi layf

Di chenj dɛn we kin apin na layf wantɛm wantɛm nɔ kin  
ambɔg mi pis, ɛn di bad bad tin we kin mek a day nɔ go ebul  
fɔ pul di gladi at we a kin gɛt na Gɔd in yay  
I bin at fɔ mek da stet de sote go ɛn i nɔ go chenj, bɔt di  
frut dɛn we di spirit we a de ɛnjoy naw ɛn sheb wit ɔda pipul  
dɛn bin gɛt, bin valyu ɔl di tray we a bin tray fɔ du am



A de tink en du tin we di divayn spirit de gayd Mōni nɔ  
eva bi mi gol na layf, bɔt na fɔ sav mi brɔda en sista dɛn na  
mɔtalman So, Gɔd dɔn opɪn bɔku domɔt fɔ gudnɛs fɔ mi fɔ  
sɔpɔt misɛf en fulfil mi mishɔn En enitem we a nid ɛp, Gɔd de  
gi mi am wantɛm wantɛm

Di wangren tin we a want na fɔ sav una, en na dat mek a  
de ya

Gɔd in pawa de wok na una layf bak Una go ɛksperiɛns  
dis trut fɔ unasɛf we una fet go strong en una no se tru tru  
jɛntri nɔ de kɔmɔt frɔm di tin dɛn we una gɛt bɔt na frɔm di  
ɔlmayti

Pan ɔl we layf tan lɛk se pɔsin nɔ go ebul fɔ no wetin go  
apin, i tan lɛk se i nɔ izi fɔ ɔndastand, i ful-ɔp wit dawt en  
ɔlkayn prɔblɛm en chɛnj, wi stil de ɔnda Gɔd in protɛkshɔn  
ɔltɛm Wi nɔ fɔ ɛgzajarayt tin ɔ lɔs wi kɔmpɔzishɔn we tin de  
apin, bikɔs if wi alaw panik fɔ ful wi, wi de gi pawa to bad en  
dip in rut, we de gro en gro fayn fayn wan na di grɔn we de  
fred en wɔri

Wi nɔ fɔ tink se wi go gɛt gladi at en kolat we go de sote  
go pan prɔblɛm dɛn na layf; bifo dat, wi fɔ fɛn en diskɔba dɛn  
insay wisɛf Dɔn, ɛni ɛksperiɛns we wi go tru, wi go dil wit dɛn  
di sem we aw wi de wach ɔda pɔsin in ɛksperiɛns na fim,  
ilɛksɛf i fayn ɔ i de mek wi fil pen

Pɔsin kin tɔn ɔl in ɛksperiɛns to prɔblɛm dɛn we de mek i  
fil pen, we nɔ gɛt gladi at if i alaw in maynd fɔ du dat Dɛn kin  
ɛnjoy gud wɛlbɔdi en yet dɛn nɔ kin gladi fɔ di valyu we i gɛt  
Bɔt if i sik, i go dɔn put insɛf dɔn en gladi fɔ di blɛsin we i de  
gi wi fɔ gɛt wɛlbɔdi Wi fɔ gri se Gɔd in fayv en tɛl am tɛnki fɔ  
di blɛsin dɛn we i de gi wi we wi nɔ wet fɔ di bad tin dɛn we  
go apin to wi fɔ mek wi gladi en akɔdin to In gudnɛs

Laif fɔ bi blend fɔ tink en akshɔn We pɔsin lɔs in maynd  
balans, i kin bi vulnerable to di onslaught of wori, di klawd fɔ  
sɔri, en di pen fɔ pen En if i tray fɔ pwɛl di lɔ dɛn fɔ wɛlbɔdi,  
prɔsperiti, en sɛns, i nɔ go eva sɔfa wit sik, po, en ignorance

Wi fɔ kip di tin dɛn we wi want fɔ du klin, di tin dɛn we wi  
want fɔ du klin, ɛn du tin di we we go mek wi gɛt kolat na wi  
maynd, ɛn nɔ alaw di tin dɛn we de apin na layf fɔ ambɔg wi  
pis ɛn pwɛl wi gladi at  
bak fɔ mek wi sɛns strɔng ɛn nɔ gri wit di lod fɔ wikɛdnɛs  
ɛn gud abit dɛn we wi gɛt frɔm ia ɛn jɛnɛrɛshɔn Dɛn dɔti ya  
fɔ bɔn insay di faya dɛn we gɛt nyu rizzɔlt ɛn prodaktiv akshɔn  
Wit dis konstrɔktiv we, di pɔsin we rili kɔmit kin rich di  
ɔrayzɔn fɔ fridɔm ɛn fridɔm

### **Di lɔ dɛn we go de sote go fɔ gladi at**

Dɛn bin se insay di golden tɛm we wan pan di rayt rula  
dɛn na India bin de, no tin nɔ bin apin, day bifo tɛm, ɔ natin  
nɔ bin apin we bin ambɔg di pis ɛn wanwɔd we bin de na in  
kingdɔm

We di famili mɛmba dɛn de liv wit mɔ integriti, ɔl os go  
gɛt mɔ harmoni, wɛlbɔdi, ɛn lɔv Bɔt we famili mɛmba dɛn trit  
dɛnsɛf wit ɔgly selfishness, di os go ɔtomɛtik ful-ɔp wit  
diskɔrd ɛn et Dis kin apin bak to neshɔn dɛn We pipul dɛn liv  
wit ɔnɛs ɛn integriti, dɛn go witnɛs di Kingdɔm fɔ Gɔd na di  
Wɔl

Taym shɔt Tide wi de ya, tumara wi go kɔmɔt Fɔ fɛn Gɔd  
na di ay ɔnɔ we mɔtalman gɛt Wi fɔ yuz di fridɔm we Gɔd dɔn  
gi wi na dis layf fayn fayn wan ɛn yuz am wit sɛns so dat  
wisɛf go ɛkspiriɛns di tru tin dɛn we go de sote go na di spirit  
Sin na ɔltin we de mek pɔsin fil pen ɛn sɔfa Gud kwaliti  
na in de mek i gladi sote go If pɔsin nɔ gɛt spiritual harmoni  
na in tink ɛn pis insay inɛf, nyu os, nyu motoka, ɔ ɛni ɔda  
nyu tin nɔ go ebul fɔ brinj gladi at ɛn kol at to in sol; bifo dat,  
di sɔfa we dɛn go sɔfa insay dɛn go stil de ivin we dɛn gɛt  
dɛn nyu tin dɛn de ɛn ɔda tin dɛn  
Tru gladi at de pan di ebul fɔ defy sikɔstɛms ɛn bia ɔl di  
prɔblɛm dɛn we de kɔmɔt na do I kin fɛn am we yu ebul fɔ  
bia di pen we de mek yu fil bad ɛn di bad bad tin dɛn we kin  
apin to yu we ɔda pipul dɛn kin tink bad ɛn we dɛn kin tray fɔ  
du bad to yu, ɛn yu kin ansa dɛn bad tin dɛn wit lɔv ɛn fɔgiv

We yu ebul fɔ kontinyu fɔ gɛt pis na yu maynd pan ɔl we di  
pen we yu de sting yu di tin dɛn we de apin na do, da tɛm de  
yu go test gladi at

Di Oli Skripchɔ dɛn se di wan dɛn we nɔ de tek di lɔ dɛn  
we Gɔd gi ɛn we de du dɛn fulish tin dɛn we dɛn want ɛn we  
dɛn want, nɔ go gɛt gladi at ɔ rich di men gol Dɛn de ɛnkɔrej  
di pɔsin we de luk fɔ di trut fɔ mek di Oli Skripchɔ dɛn bi dɛn  
layt we de gayd am ɛn jɔj fɔ disayd wetin fɔ du ɛn wetin fɔ  
avɔyd, ɛn fɔ no wetin fɔ du ɛn wetin fɔ avɔyd, ɛn fɔ no wetin  
fɔ du ɛn du tin akɔdin to sɛns

Di wan dɛn we gɛt kɔnfidɛns pan dɛnsɛf na di wan dɛn  
we de du tin wit ɔnɛs Gladi at kin kɔmɔt nɔmɔ frɔm klin tin  
dɛn ɛn du tin dɛn we rayt If yu gladi naw, yu go gladi tumara  
bambay, na ya ɛn na di nɛks wɔl

Wi fɔ gɛda di avɛst fɔ gud fɔchɔ bay we wi gɛda di frut  
dɛn we gɛt sɛns we di san fɔ di chans dɛn we de de shayn In  
ɔda wɔd, wi fɔ tek di chans dɛn bifo i tu let  
if yu nɔ tek di chans, i go bi sɔntin Size di chans, bikɔs)

(we yu go rigɛt

Gɔd dɔn gi wi spiritual lɔ dɛn we dɛn kɔl kɔmandmɛnt

Bɔt dɛn nɔ de tek dɛn lɔ ya ɛn brok dɛn kɔmandmɛnt ya  
ɛvrɪde ɛn ɔlsay If pipul dɛn ɔndastand dɛn spiritual minin,  
dɛn go ɔltɛm kɔmplɛn bɔt dɛn ɛn tɔn dɛn bak pan dɛn Dɛn lɔ  
ya na kɔd fɔ kɔndɔkt we nɔ de chɛnj we ɔl di Ebraam rilijɔn  
dɛn dɔn ɛndɔs Bɔt bɔku tɛm di tɛks dɛn nɔ kin ebul fɔ  
ɛksplɛn di saykolojik aspek dɛn fɔ dɛn kɔmandmɛnt ya ɛn di  
bɛnɪfɪt dɛn we gɛt fɔ du wit fɔ fala dɛn Pipul dɛn kin aksept  
dɛn lɔ ya na ples dɛn we dɛn de wɔship bɔt dɛn nɔ kin ebul fɔ  
fala dɛn ausayd dɛn, fɔ jɔstɪfɪy dis bay we dɛn de tɔk se dɛn lɔ  
ya nɔ de wok, dɛn nɔ gɛt sɛns, ɛn dɛn nɔ de fala di tɛm Bɔt  
stil, fɔ pwɛl dɛn lɔ ya na di men tin we de mek ɔl di sɔfa we  
pipul dɛn de sɔfa na di wɔl

Bɔt wetin na di bɛnɪfɪt we dɛn lɔ dɛn de gɛt ɛn usay dɛn

?bɛnɪfɪt dɛn de

Di oli buk den advays mortalman fo tink bot God, fo put in  
maynd insay Am, fo gi oltin to am, en fo woship am wit ol in  
at, we no miks wit ipokrit en we no go doti wit mek lek se i de  
Fo no God fo bi di men gol na layf Di wok den we de na  
di wol no go ebul fo du if yu no get di pawa we God don gi  
mortalman Fo du odinari wok den we yu de forget God na  
mistek en sin

Sin min fo no no natin: fo du tin di we we no gri wit di  
gud we mortalman get pas ol

Wetin mek pipul den kin fil bad en rigret? Na bikos den  
no bin de du wetin rayt bikos God no bin de fos na den at  
Notin no de na posin in layf we den fo tek as important  
pas God If posin rili bisin bot God en du in spiritual duty to  
am, in sikostems go important pan oltin, en i go fil sef en sef  
pan ol we oltin de arawnd am

As posin begin fo woship propati, moni, nem, o eni oda tin  
apat from God, no gladi kin bi in lot Di wan den we de pe  
atenshon ol den atenshon pan den tin ya, na in rili de woship  
den, en dat mek den no de kam nia God bot den de dref  
komot nia am Bot di wan den we de tink bot God, tink gud  
wan bot am, en tok to am na den at kin kam nia Am en  
ekspiriens insay den at gladi at we den de komyunion wit Am  
kwayet wan

Na God nomo ebul fo mek mortalman drim en op fo get  
gladi at we go de sote go So, den no fo alaw natin fo tek God  
in ples na di at

Oli simbul den de we go ep di posin we de luk fo fo  
memba God en kam nia am Bot if posin begin fo woship den  
simbul ya, di bad tin we den go du go pas di benifit we den  
go benifit am Woship fo de to God nomo, bikos natin no de  
we fit fo woship

Ilek wetin na ritual woship, God kin gri wit am as long as  
di posin we de woship de du am wit spiritual awareness en  
long fo Am Bot, boku pipul den no de ondastand di men tin

we de fɔ wɔʃɪp, ɛn dɛn tɪŋk ɛn at kɪn kɔmɔt nɪa Gɔd to di  
rituals, so dɛn nɔ kɪn bɛnɪfɪt bɔku frɔm dɛn wɔʃɪp  
Tru wɔʃɪp dɛn nɔ de alaw dɛn kɔnʃɛns fɔ jɔs de pan  
ɛni ɪmeɪ ɔ fɔm, bɔt dɛn de pe atɛnʃɔn wɪt di dɪp lɔv ɛn ful  
atɛnʃɔn pan di divayn spɪrɪt we de bɪɛn ɔl di ɪmeɪ ɛn fɔm dɛn  
Gɔd nɔ gɛt wan bɔt ɛn i nɔ gɛt ɛnd, ɛn no ɪmeɪ ɔ statɪ nɔ  
go ɛbul fɔ gɛt am

Wi kɪn sɛ Gɔd de sho ɪnsɛf pan ɔlman we lɛk am wɪt ɔl ɪn  
at ɛn we de grɪ wɪt am, bɪkɔs I de ɔlsay ɛn dat mɛk i de ɪnsay  
ɔlman Bɔt nɔto ɔlman gɛt di abɪlɪtɪ fɔ sho di divayn prezɛns Di  
san de shayn ɪkwɔl pan ɔl tu di kɔl ɛn dayamɔn, bɔt di  
dayamɔn de gɛt ɛn sho di san layt, we di kɔl nɔ ɛbul  
Semweso, ɔl pɪpul dɛn de ɪnsay Gɔd ɪn layt, bɔt na nɔmɔ sɔm  
kɪn ɛbul fɔ gɛt da layt de ɛn sho am na dɛn tɪŋk ɛn akʃɔn Fɔ  
du dat, dɛn fɔ klɪn dɛnsɛf bay we dɛn de tɪŋk gud wan ɛn bay  
we dɛn de fala di tɪʃɪn ɛn lɔ dɛn we Gɔd gɪ dɛn  
We wɪ de kɔl Gɔd ɪn nem, wɪ fɔ rɪlɪ no wɛtɪn wɪ de tɔk If  
yu bɪn ɛbul fɔ sɪ ɪnsay pɪpul dɛn maɪnd we dɛn de pre, yu go  
sɪ sɛ bɔku pan dɛn de tɪŋk bɔt ɔltɪn pas Gɔd, pan ɔl we dɛn  
de tɔk ɪn nem! Dis kaɪn prea nɔ gɛt wan bɛnɪfɪt ɛn i nɔ gɛt  
wan valyu

We wɪ de pre, wɪ fɔ tray fɔ pe atɛnʃɔn pan wɪ ɔl wɪ  
maɪnd pan Gɔd, pas fɔ jɔs rɪpɪt ɪn blɛsɪn nem we wɪ de alaw  
wɪ maɪnd fɔ waka waka Wan pan mɪ antɪ dɛn bɪn de rɪd ɪn  
prea dɛn pan prea bɪdz, we nɔ kɪn kɔmɔt na ɪn an Bɔt i kɔnfɛs  
to mɪ wan de sɛ pan ɔl we i dɔn praktɪs dɪs prea abɪt fɔ fɔtɪ ɪa,  
Gɔd nɔ bɪn dɔn ansa ɪn prea dɛn Nɔ wɔnda! ɪn "preya" nɔ bɪn  
pas natɪn pas wan nervɔs abɪt

We wɪ de pre, wɪ nɔ fɔ tɪŋk bɔt natɪn pas Gɔd Wi fɔ tray  
fɔ bɪ tru tru wɔʃɪp ɛn devɔte ɪnsay wɪ beg Yuz prea bɪdz ɛn  
kɔl Gɔd ɪn nem ɔltɛm na tɪn we pɔsɪn kɪn grɪ wɪt pafɛkt wan  
we di prɔsɪs kɔmɔt frɔm di at ɛn na sɔpɔt frɔm sɪnsɪ ɛn fɔs  
maɪnd Bɔt dɪs prɔsɪs kɪn bɪ ɔtomɛtɪk as tɛm de go  
Wi fɔ wɪspa Gɔd ɪn nem na wɪ at, pan di rosary fɔ lɔŋg ɛn  
divayn lɔv; dɪs na tru wɔʃɪp we de tɔʃh Gɔd ɪn at Fɔ tɔk Gɔd

in nem wit kol en maynd we de waka waka na fo tok bad en  
no respekt We posin de pre, in at en maynd fo ful-op wit di lov  
we God get Fo praktis mental fos tru ay yoga egzampul den  
de ep wi fo kam nia God, di suprem sos we de gi glori en  
speshal, en i de ep wi bak fo tink en tok to am  
I impotant fo dediket wan de insay di wik fo spiritual ritrit  
(if i posibul) fo tink bot God en fo get kol at, pis, en insay pis  
Taym we yu spen dis kayn we go bi wan balm we go mek yu  
fil fayn fo di trobul en wori we yu go get insay di oda pat na di  
wik

Olman nid fo spen wan de evri wik na say we nobodi no  
de o na "spiritual retreat" fo men den filin wund en pen we  
den de fil We da de de bi wan we get pis, gladi, en satisfay,  
yu go rili wet fo am wik afta wik  
Fo de yu wan na di prayz fo big tin Yu go soprayz wit di  
fayn fayn tin den we yu go get fo yu maynd, bodi, en sol tru  
dis spiritual ritrit en konekshon wit yu spirit en wit God If yu  
want fo get tru tru gladi at, yu fo put yusef insay di si we get  
divayn pis ali monin we yu wek, en bak bifo yu go slip na net  
Di sensman den na India advays no jos fo wan de fo mek  
posin no de nia oda pipul den, bot den de eksplen se i nid fo  
tink gud wan kwayet wan insay 4 patikyula tem den evride  
We di ples klin, bifo i grap en si enibodi, posin fo enjoy di kol  
at en fil se i get pis Na midde, posin fo mek in maynd kol bifo  
i it, en i fo enjoy bak fo get pis bifo i it dina Fo don, bifo i go  
slip na net, i fo go insay wan stet we pis de wan tem mo  
Di wan den we de silens wit ol den at we den de den wan  
en ol den 4 tem ya evride, go mos fil se den gri wit God Di  
wan den we no ebul fo wach ol den tem ya fo dediket at le di  
monin en ivintem awa We den du dat, den layf go chenj fo  
betε, en den go get gladi-at; eksperiens na di best prof  
If yu kontinyu fo rayt en sayn chek we yu no put moni fo  
koba yu bank akaun, yu go don wit moni Di sem tin kin apin  
to yu layf If yu no put pis oltem na yu layf akon, yu enaji go  
don, yu kwayet go don, en yu gladi at go don In shot, yu go

dɔn sɔfa pan imɔshɔnal, maynd, bɔdi, ɛn spiritual bankruptcy  
Bɔt dip daily meditation on God will kɔmpens di tin dɛn we nɔ  
de na yu sol

Di pɔsin we de luk fɔ di tin dɛn we de apin de tink gud  
wan ɛvrɪde, de tɔk to Gɔd wit ɔl di lɔv ɛn lɔng we de na in at,  
de beg am fɔ sho insɛf If yu na pɔsin we lɛk Gɔd ɛn yu want  
fɔ ɛksperiens in prezɛns, yu fɔ put yu maynd ɛn bɔdi insay In  
pis, ɛn layf go smayl pan yu, ɛn yu afɛkt dɛn go impɔtant pan  
bɔku we dɛn Pɔsin we gɛt kol at nɔ kin rili mek mistek ɛn  
sakrifays usay tawzin pipul dɛn kin fel

Di wan dɛn we nɔ de tink bɔt Gɔd ɔ bisin bɔt am kin gɛt  
pwɛl at ɛn sɔfa Dɛn kin vɛks ɛn tɔn to mashin we de waka  
Di san we gɛt sɛns ɛn pis go kɔmɔt na di skay we gɛt kol  
at ɛn i go kɔba yu bi wit in raytin we de mɛn as lɔng as yu de  
tray fɔ du spiritual ɛn gi fɔs ples to Gɔd na yu at

De fɔ tink gud wan fɔ bi de bak fɔ rɛst na yu maynd ɛn  
bɔdi ɛn fɔ mek yu gɛt pis insay yu at ɛni wok we de gi sɛns  
ɛn pis na blɛsin wok da de de  
As fɔ ɔnɔ mama ɛn papa dɛn, di oli buk dɛn dɔn se yu fɔ  
trit dɛn fayn: “Rɛna yu papa ɛn yu mama” ɛn “Bi gud to  
. ”mama ɛn papa

Dɛn fɔ ɔnɔ mɔtalman papa ɛn mama dɛn as pipul dɛn we  
de ripresent Gɔd, we gi dɛn di gift fɔ mek mɔtalman Mama  
na di pɔsin we de sho Gɔd in klin lɔv, bikɔs mama we lɛk am  
de fɔgɪv usay nɔbɔdi nɔ go fɔgɪv Di papa na di we aw Gɔd de  
sho se i gɛt sɛns ɛn i de protɛkt in pikin dɛn

Pɔsin nɔ fɔ lɛk in papa ɛn mama apat frɔm Gɔd, bɔt as fɔ  
sho da lɔv de Di pɔsin we de protɛkt ɛn di wan we gɛt sɛns Di  
suprɛm divayn spirit de bi di papa ɛn mama fɔ ɛp di pikin, so  
i fɔ ɔnɔ insay di mama ɛn papa

Di skripchɔ dɛn advays wi bak se wi nɔ fɔ kil pɔsin fɔ kil,  
bikɔs na da tɛm de pɔsin kin bi pɔsin we de kil Pɔsin nɔ fɔ tek  
ɔda pɔsin in layf insay wan mɔnt we i rili fil bad Bɔt if dɛn de  
trɛtin di wan dɛn we i lɛk, i fɔ fɛt fɔ protɛkt di wan dɛn we

God don trɔs am, bikɔs na oli wok fɔ difend in famili ɛn in  
kontri

Fɔ tɔk bɔt di lɔ we se dɛn nɔ fɔ du mami ɛn dadi biznɛs  
wit ɔda pɔsin, di bɛst tin we mek dɛn fɔ du mami ɛn dadi  
biznɛs wit ɔda pɔsin fɔ bi fɔ bɔn pikin dɛn we dɛn mek lɛk  
God ɛn fɔ sho di klin lɔv we di man ɛn uman we mared we de  
si God de fil insay dɛnsɛf Di wan dɛn we de liv na bɔdi nɔmɔ,  
we nɔ gɛt ɛnitin fɔ du wit tru tru lɔv ɔ di ay rizin we mek dɛn  
mek mami ɛn dadi biznɛs wit ɔda pɔsin, de du mami ɛn dadi  
biznɛs wit ɔda pɔsin akɔdin to dis lɔ Insay dis kes, dɛn nɔ  
difrɛn frɔm animal dɛn we satisfy dɛn di tin dɛn we dɛn kin  
want fɔ du fɔ du mami ɛn dadi biznɛs ɛn afta dat dɛn kin go  
bifo

God mek dis kriyaytiv drayv insay man ɛn uman fɔ bɔn  
pikin ɛn sho tru tru lɔv fɔ dɛnsɛf na mared layf, ɛn dɛn nɔ fɔ  
yuz am di rɔŋ we, bɔt i fɔ chɛnj am to oli wok ɛn no  
If yu ebul fɔ kontrol ɛn sheb mami ɛn dadi biznɛs pawa  
insay yu bɔdi, yu go ebul fɔ divɛlɔp big big maynd abiliti fɔ  
rayt, drɔ, ɔ fɔ sho layt talɛnt dɛn pan bɔku bɔku ɔda we dɛn  
ɛn we yu go dɔn ebul fɔ kontrol ɛn chɛnj di tin dɛn we yu  
de du na God in yay, yu go gɛt bɔku pis, yu go gɛt bɔku lɔv,  
ɛn yu go gɛt mɔ gladi at pan God biznɛs  
Sent ɛn spiritual lida dɛn we dɔn chɛnj dɛn mami ɛn dadi  
biznɛs pan spiritual tin dɛn na jayant dɛn we ebul fɔ du  
wɔndaful ɛn wɔndaful tin dɛn na di wɔl ɛn insay di esoterik  
fɛn fɔ tru

So, di ay we aw dɛn de yuz di mami ɛn dadi biznɛs na fɔ  
ɛlɛvɛt in pawa, dat na fɔ chɛnj in ɛnaji to wan ay tin fɔ mek i  
go sho se i gɛt sɛns, i gɛt ay ay aydia, ɛn i de tink bɔt God  
biznɛs Pɔsin nɔ fɔ gɛt gladi at frɔm di tin dɛn we i de tink bɔt  
mami ɛn dadi biznɛs ɔ want wetin dɛn nɔ fɔ du We dɛn dɔn  
rich dis kayn kontrol fɔ insɛf, i go gɛt fayn we fɔ si mami ɛn  
dadi biznɛs ɛn di tin we i want fɔ du we pas ɔl

Fɔ bi slev to mami ɛn dadi biznɛs min se yu nɔ go gɛt  
wɛlbɔdi, yu nɔ go ebul fɔ kontrol yusɛf, ɛn yu nɔ go gɛt pis na



yu maynd, ɛn fɔ tɔk smɔl, yu nɔ go gɛt ɔl di tin dɛn we pɔsin  
nid fɔ gɛt gladi at

Di oli buk dɛn de ɛnkɔrej wi bak se wi nɔ fɔ tif If wan  
grup we gɛt wan tawzin pipul dɛn fɔ tif frɔm dɛnsɛf, ɛni wan  
pan dɛn go gɛt 999 ɛnimi So, pɔsin nɔ fɔ pwɛl ɔda pipul dɛn  
rayt, ɔ tek dɛn land, pis, lɔv, rɛspɛkt, ɔ ɛni wan pan dɛn  
prɔpati ɔ spiritual prɔpati dɛn If yu nɔ fil se yu want fɔ tek  
wetin nɔto yu yon, wetin yu nid ɔ want go kam to yu Tif  
originates first in the mind when a person begins to envy  
others Di sid dɛm fɔ bad bad tin dɛm fɔ kɔmɔt na di maynd  
Spiritual altruism na di we Dɔn, pɔsin go naturally attract  
bɔku, ɛn blɛsin go flɔ to am frɔm sɔs dɛm we i no ɛn sɔs dɛm  
we i nɔ no It is an infallible divine law As for tifman ɛn pipul  
dɛm we de tink bɔt dɛnsɛf nɔmɔ, dɛn de spɛn dɛn layf fɔ  
chas afta matirial prɔpati, dɛn yay ɔltɛm pan wetin ɔda pipul  
dɛn gɛt, ilɛksɛf dɛn yon kɔf ful-ɔp wit gold  
If dɛn nɔ lɛf fɔ bisin bɔt prɔpati, di wɔl nɔ go ebul fɔ no  
gladi at

Gladi at kin kam nɔmɔ tru spiritual kɔpɔreshɔn I kin kam  
we pɔsin fil di nid fɔ ɔda pipul dɛn lɛk se na in yon ɛn wok fɔ  
ɔda pipul dɛn as i de wok fɔ insɛf  
Wan ɔda impɔtant lɔ na fɔ avɔyd fɔ tɔk lay lay witnɛs Fɔ  
du bad to ɛnibɔdi bay we i de chenj di trut na ɔda we fɔ mek  
pipul dɛn nɔ gɛt wanwɔd na di soshal layf If pɔsin want fɔ  
mek dɛn trit am fayn, i fɔ trit ɔda pipul dɛn di rayt we  
Dɛn fɔ tɔk di tru ɔltɛm, bɔt dɛn fɔ mek difrɛns bitwin fɔ  
tɔk di tru ɛn fɔ jɔs tɔk bɔt di tru tin dɛn Fɔ tɔk bɔt pɔsin as  
pɔsin we nɔ ebul waka ɔ we blaynd, dat kin mek pɔsin fil bad  
ɛn i nɔ kin ɛp; pɔsin fɔ tink bɔt aw ɔda pipul dɛn de fil ɛn  
avɔyd fɔ mek dɛn shem Semweso, fɔ sho tru tin we go mek  
pɔsin tɔn in bak pan pɔsin we nɔ gɛt gud rizin, na tin bak we  
nɔ rayt Na di ɔda say, pɔsin nɔ fɔ lay fɔ avɔyd fɔ tɔk di tru;  
bifo dat, pɔsin kin sɛt mɔt pan sɔm tin dɛn fɔ mek i nɔ shem  
ɔ du bad to ɔda pipul dɛn

Wan fɔ tek tɛm wit jɛlɔs, wan sik we de pwɛl di sol we de  
swɛt di pis na in sol Di mɔ we pɔsin want wetin na ɔda pipul  
dɛn yon, na di mɔ i nɔ gladi ɛn i de sɔfa Di pɔsin we de jɛlɔs  
de liv layf we gɛt prɔblɛm, i nɔ de ɛva nɔ di teys fɔ kol at I  
bɛtɛ fa fawe fɔ mek dɛn rɛspɛkt dɛnsɛf, abop pan dɛnsɛf, ɛn  
fɛn tin dɛn we de insay spiritual richness

Pɔsin in rɛspɛkt ɛn in intrinsic worth big fa fawe pas  
ɛnitin we i go want ɔ we i go want fɔ gɛt Gɔd de sho insɛf  
pan ɛvri mɔtalman di we we nɔ de sho pan ɛni ɔda mɔtalman  
Dɛn fɛs nɔ tan lɛk ɛni ɔda pɔsin in yon, ɛn dɛn sol nɔ tan lɛk  
ɛni ɔda pɔsin in yon, bikɔs insay dɛn de di big big trɔs pan ɔl  
di tin dɛn we Gɔd mek—ɛn da big big trɔs de na Gɔd  
Wi nɔ de tay wi wit di tin dɛn we bin dɔn apin trade  
We pɔsin gɛt di rayt fet ɛn du wetin i want, i kin gladi  
pas di wan dɛn we nɔ gɛt fet ɛn we nɔ de du dɛn wok na di  
fɛt fɔ layf

Saund fet ɛn rayt akshɔn (we dɛn sɔpɔt wit nobul  
motives ɛn gud intenshɔn) de ɔltɛm de ɛnisay we gladi at de,  
ɛn dɛn de lɔs ɛnisay we gladi at nɔ de Frɔm dis, wi kin dɔn se  
na tu impɔtant kɔndishɔn fɔ gladi, we nɔ go ebul fɔ gɛt if dɛn  
nɔ gɛt dɛn Di wan dɛn we want gladi at nid fɔ gɛt dɛn tu men  
tin ya nɔmɔ, we na in kɔna stɔn ɛn pila dɛn  
Mɔtalman nɔ kin ebul fɔ kɔntrol—we dɛn want—di tin  
dɛn we nɔ gɛt ɛnd na di yunivas, ɛn dɛn nɔ kin ebul fɔ chɛnj  
ɔ ires dɛn Dɛn tin ya kin miks wit di klos we mɔtalman layf  
gɛt, ɛn mɔtalman nɔ kin ebul fɔ wok we dɛn nɔ de nia dɛn  
Bɔt dɛn kin kɔntrol dɛn maynd fɔ adap to dɛn tin ya  
Nɔ du am bad

Wi gret gret granpa dɛn bin gladi pas wi nɔto bikɔs dɛn  
bin gɛt mɔ tin dɛn ɛn ɛnjɔymɛnt we de na di wɔl pas wi naw,  
ɔ bikɔs dɛn nɔ bin de gɛt bɔku prɔblɛm dɛn na layf, bɔt bikɔs  
dɛn bin gɛt di balans we dɛn bin de tink bɔt we bin de gi dɛn  
kɔmfɔt, pis, satisfay, ɛn fɔ shɔt tɛm, dɛn bin gɛt gladi-at  
Dɛn nɔ bin de dipɛn pan di tin dɛn we de apin na do fɔ  
mek dɛn gladi, ɛn dɛn nɔ bin de sɔfa pan di tin dɛn we de

apin na do we go mek den no get am Den filin fo komfot, pis,  
gladi, en satisfy na bin natura, normal, welbodi, en fo las Wi,  
saf, fo get den filin ya if wi want fo get gladi at En udat pan wi  
?no get

Fate na di rizolt fo wan past eksesayz fo fri wil o fridom fo  
pik Tru wi past prasis fo fri wil, wi don bring en kontinyu fo bring  
pan wisef fate en destiny Bot, wi no de tay pan di tin den we  
don pas, en wi no de kontrakt wi sote go bikos of di tin den  
we kin apin to wi akshon Wi kin pul wetin wi don plant en ires  
wetin wi don rayt if wi so want en tray fo korrekt wi kos en  
impruv di kwaliti fo wi avest If wi pul di sid dem fo akshon wit  
pen konseksion en plant insay den ples sid dem we fit mo to  
di kayn we aw di sol tan, wi go mos ripent di frut dem fo gladi  
from den gud sid dem we den plant na di sol in gron Wi fo yuz  
fri wil naw, naw en noto tumara, if wi want fo get mo gladi at  
o fo mek wi no sofa en pen smol

So, di kondishon fo gladi de insay mortalman, en ol wetin i  
fo du na fo dil sirios wan wit da iqwoj de we no de mek  
mistek, en di rizolt go bi in favo if i mek di best asesment en  
dil wit am Bot di posin we get strong wil de gri wit God

Konsentret maynd enaji

We yu konsentret di san layt Bay we yu fos wan  
magnifying lens pan wan smol poynt , i de mek ot , en da ot  
de kin layt wud Fabrik, pepa, en oda tin den Semweso, we yu  
fos yu maynd gud gud wan In konsentret enaji Fo bon di bad  
en rut den we de mek posin dawt, di tin we de mek oltin no  
ebul fo du natin , en fo mek di layt we get sens shayn wit  
brilians en layt

We tinkin gri wit God Di sos we ol gudnes komot en di  
orijin fo ol blesin pawa , i kin no di divayn prezens en get ol di  
element den fo sakrifays Den tin ya get tayt padi biznes wit di  
big big pawa we God get , we ebul fo mek nyu rizin fo  
sakrifays pan eni fild

Mek God krawn di gud tin den we den de du en di gud  
wok den we den de tray fo du wit sakrifays  
Trɔbul en prɔblem den kin apin we pɔsin nɔ no bɔt di tin  
den we i bin dɔn du trade, we i du na wan patikyula tɛm en  
ples Di sɔfa we den de sɔfa naw kɔmɔt frɔm di tin den we den  
bin de tink en du we den bin de tɔk, we bin tek rut na di grɔn  
we den bin de tink, we bin de gro to plant en bia frut we de  
sho di kayn tin den we den bin de tink en du  
We yu luk di san we de fa bɔku bɔku mayl den na di  
spes, da big big sta de kin tan lɛk se i smɔl pas wi Wɔl Bɔt  
stil, di wɔl in dayamita na lɛk 7,900 mayl, we di san in  
dayamita pas am wan ɔndrɛd tɛm If yu kin put wi planɛt Wɔl  
dairekt bifo di san, i go tan lɛk wan smɔl dɔt we yu kɔmpia  
am wit am Imajin di big big sta we di san gɛt de go ɔp te in  
big big mas engulf di wan ol blu skay Di skay we wi de si na  
jɔs wan smɔl pat, na jɔs wan smɔl smɔl pat, pan di spɛs we  
nɔ gɛt end we de ɔlsay na di yunivas Ivin if di san kɔntinyu fo  
bɔku to di wan we nɔ gɛt end, i nɔ bin stil ebul fo kɔba di wan  
den we nɔ gɛt end Dis kɔsmik ilyushɔn fo smɔl en dɔn de stɔp  
di maynd fo ebul fo ɔndastand di big big wan we de na di  
yunivas , usay i kɔmɔt, en di say den we i de  
Di wan we nɔ de ɔnda dimɛnshɔn en mɛzhɔmɛnt, we nɔ  
gɛt limit en we nɔ gɛt ɛni ɔrijin, na God, we de ɔlsay en we de  
na di fa fa say den na di spes I de na di fa fa, rimot sta den ,  
jɔs lɛk aw I de insay yu en insay mi , en I de kɔnshɛns fo no ɔl  
di spes we I de tek Ilɛksɛf i smɔl ɔ big Frɔm di buk we nem "  
" Man's Ultimate Goal

### **Di tin den we den kin aks fo**

Oh, Masta

Tek mi an frɔm daknɛs to layt

O kosmik stilnɛs

A de yɛri yu vɔys we di watawɛl de grɔmbul en di naytin

den de grɔmbul

Insay di kray we di briz de kray, di wɛf den we de ala, en

di tɛnda we di wata de shek shek

O Masta we a læk  
 A no de wɔʃip yu wit wɔd, bɔt a de wɔʃip yu wit di  
 lɔŋ we at de bɔn wit di want fɔ yu  
 Mek a si yu big big ples  
 Yu de de biɛn ɔltin ɔltɛm  
 Sɔntɛm a go no se a na pat pan yu layf we no de chenj  
 sote go  
 O ocean we de flɔd  
 If na di riva dɛn we de rɔn rawnd di tin dɛn we a want  
 bin ebul fɔ flɔd tru di dɛzat dɛn we gɛt tin dɛn we de ambɔg  
 ɛn tin dɛn we de ambɔg mi  
 Fɔ dɔn, yu big big trɔbul dɔn miks  
 ɛp mi fɔ lisin to yu vɔys, Masta  
 Di kɔsmik sawnd we di vaybreshɔn na di yunivas bin de  
 kɔmɔt  
 . Mek a no yu prezɛns tru di blɛsin sawnd (Om - Amen)  
 melody Oli fɔ ɔl di vɔys dɛn we gɛt blɛsin  
 Expand mi awareness as a de lisin to di simfɔni fɔ  
 ɛgzistɛns  
 Mek a fil laik di cosmic ocean  
 ɛn di bɔdi in riplin muvmɛnt dɛn de dans na in chɛst  
 Mek di vɔys we oli pas ɔl, mek i yɛri insay mi  
 Fɔ mek a no mɔ frɔm di bɔdi to di yunivas  
 Mek a fil gladi at we go de sote go, we de kɔba ɔltin  
 We i de bɔn frɔm wan si we gɛt layt we de ful-ɔp  
 O pawa we no gɛt ɛnd  
 O sɛns we go de sote go  
 Chaj mi sol wit yu spiritual vibration  
 O vɔys fɔ di blɛsin kɔsmik wɔd  
 Kɔrɛkt mi mistɛk dɛn  
 A nid am  
 Tek mi an frɔm daknɛs to layt  
 ɛnitɛm we a tink bɔt Yu, O Masta, wan wata we de bɔn  
 we de bɔn de bɔn insay mi, we de shek mi filin ɛn we de flɔ

from mi at to evri sel na mi bōdi, we de chaj am wit divayn  
lv

Mi big big wish na fō rich di very core of yu being en  
revel in yu presence

En wantem wantem di sol in domot opin, en a gladi  
!pasmak we a si yu layt we de shayn

Di past nō no bōku pan mōtalman, wit di eksepsyon fō  
som pipul den we den don pik we get sens Bōt stil, di we aw  
wi nō no bōt di tin den we don pas, na fō wi benifit bak Bikos  
if wi bin nō ol wetin wi don du na dis layf en insay layf we wi  
bin don liv bifo, wi go don ful-ɔp wit di sheer volyum we wi de  
du en wi go konfyus bad bad wan Fō tru, wi wil kin ivin  
paralayz bikos ɔf di shok, we go mek wi nō ebul fō kontinyu fō  
du wi pursuits and leaving us prey to despair Ivin insay dis  
wol layf, fōget na blēsin from Gōd, we de mek di memori den  
we wi bin don mēmba trade, mō di wan den we bin bita en  
we de mek wi fil pen, nō de ambog wi tink en filin  
Bōt wi gladi fō no se di divayn spak we de insay wi de  
shayn ɔltē wit op en di want fō kontinyu fō waka na layf we  
nō de don Wi fō tēl Gōd tenki fō den tu blēsin ya: fō fōget di  
tin den we don pas en fō op fō tumara bambay  
Wi nō fō don se fate de put tin den we de ambog di we  
aw pōsin kin fri fō disayd fō du sōntin Bōt wi fō du ol wetin wi  
ebul fō tinap tranga wan fō tinap tranga wan we bōku pipul  
den kin tōk se na tin we kin apin to pōsin en wetin kin apin to  
wi, en yuz wi fridom fō disayd fō du sōntin akōdin to wetin wi  
biliv insay wi at, bōt den konvikshon ya komot from gud fet en  
we den get gron pan Gōd in lo den, we pōsin nō go ebul fō  
test tru tru gladi at

We wi begin fō du wan wok, wi nō fō fred bad bad tin den,  
bōt wi fō get op te to di bēst we, wit rili fet se natin nō go  
ebul fō stop wi fō du wetin wi want en fō du di fridom we wi  
get fō disayd fō du sōntin

If wi nō ebul fō rich wi gol, i akseptabl fō gri se tin den  
bin de we wi mek wi yon we mek wi nō ebul fō rich am Wi fō

kɔntinyu ɛn dubl wi tray fɔ rich wi ɔbjektiv Wi fɔ afɛm bak to  
wisɛf se ilɛk aw strɔŋg ɛn fɔmidabul di tin dɛn we de ambɔg  
ɛn chalenj dɛn kin bi, wi stil gɛt inɔf trɛnk fɔ pul dɛn ɛn win  
dɛn lvin if wi nɔ ebul pan ɔl we wi de tray fɔ du ɔl wetin wi de  
du, nid nɔ de fɔ mek wi nɔ gɛt op ɛn fɔ mek wi at pwɛl, as  
lɔng as wi ɔndastand se mɔtalman in wil strɔŋg pas di tin we  
wi want fɔ du, we na wi yon mek So, wi nɔ fɔ stɔp fɔ tray,  
ilɛksɛf wi nɔ ebul fɔ du am, bikɔs domɔt dɛn de we opin  
ɔltɛm Wi jɔs nid fɔ kɔntinyu fɔ tray ɛn ripit di tray te dɛn gi wi  
sakrifays Gɔd go gi wi ɛp as lɔng as wi de ansa am ɛn tray  
tranga wan Di wan we de waka na di rod go rich usay i de  
go, ɛn di wan we abop pan Gɔd nɔ go disapɔynt  
We pɔsin want sɔntin , ɛn da want de strɔŋg ɛn i nid fɔ  
du am kwik kwik wan , da want de nɔ de ɛva kɔmɔt na in  
kɔnshɛns , ɛnisay we i go ɛn ɛnisay we i tɔn , ɛn ɛnitin we i  
bisin bɔt ɛn wɔri bɔt Tru in kɔnstant ɛn kɔntinyu aktiviti , da  
want de gɛt bɔku bɔku ditarminieshɔn ɛn ɛnaji Dis intelektual  
wispa strɔŋg ɛn i wok pas mɛkanikal beg , we nɔ de go bifo  
fɔ muv di lip Dis na wetin pipul dɛn we lɛk Gɔd kin du ; dɛn  
de wispa dɛn lɔv fɔ Gɔd we dɛn nɔ de stɔp , ɛn dɛn wispa dɛn  
de kɔmɔt na dɛn at ɛn dɛn nɔ de yɛri , ɔlsay na dɛn ɔl di tin  
dɛn we dɛn de du ɛvrɪde Dis wispa we kɔmɔt na dɛn at nɔ de  
ambɔg dɛn , ɛn i nɔ de agens dɛn ɔda wok dɛn we dɛn de du  
As dɛn want fɔ Gɔd de gro , dɛn lɔv fɔ am de strɔŋg ɛn dip ,  
te dɛn tɔch In prezɛns ɛn si In layt wit di yay fɔ di sol , de test  
ɔvawɛl gladi ɛn fil wan pis we pɔsin nɔ go ebul fɔ tɔk bɔt  
Gɔd de sɛn lɛsin dɛn we wi nid na layf so dat wi go  
bɛnɪfɪt frɔm dɛn ɛn gɛt ɔndastandin ɛn ɛkspiriɛns ɛnibɔdi we  
avɔyd dɛn lɛsin dɛn de, dɛn go fos am fɔ lan dɛn ilɛk aw lɔng  
i tek  
ɛvri tɛst na padi if wi lan frɔm am , ɛn na tyrannical  
despot if wi spend di chans ɛn yuz am di rɔŋ we tru  
kɔmplɛn , vɛks , ɛn bad jɔjment  
We wi gɛt gud ɔndastandin ɛn di rayt we aw wi de tink  
bɔt layf , i kin fayn ɛn i nɔ gɛt ɛnitin fɔ du wit prɔblɛm dɛn

## saykolojik kes dɛm

Pɔsin nɔ go ebul fɔ de sote go we dɛn de kɛr am go na  
wef we de mek i gladi , ɔ we i de ɔnda wata ɔnda wata we de  
mek i fil bad , ɔ drawn insay di dip dip ples dɛn we i de bost  
Insay dis wɔl we dɛn kɔl tu tin dɛn we de agens dɛnsɛf, Di  
avɛrej pɔsin de sɔbjɛkt to ɔp ɛn dɔŋ l de rayz pan wan wef  
we gɛt gladi at ɛn plɔmp insay di dip we aw i nɔ bisin bɔt  
am , ɛn i de tos rawnd bay wef dɛn we de vɛks we de mek i  
sɔri ɛn i nɔ kin no bɔt ɛni ɔda stet fɔ kɔnshɛns Alaw  
sikɔstɛms fɔ tos tink bɔt dis we l min fɔ sɔrɛnda pɔsin in wil  
to kapricious ɛn volatile fate  
Wetin pɔsin nid fɔ liv fayn ɛn ful-ɔp layf na fɔ balans in  
maynd

Dis kin ɔlɛdi apin bay we yu de fos di maynd Kɔntrol  
saykolojik fakulti dɛm

Ivin di dip sɔri-at kin wɛl wit tɛm , so nɔr minin fɔ de tink  
bɔt pwɛl hat ɛvri wan de na wi layf If pɔsin fil bad fɔ lɔng tɛm  
fɔ pɔsin we wi lɛk we dɔn day, dat nɔ kin ɛp am ɛn wi , ɛn i  
ɔsɛlf-p ɔ mpleksɔriti kɔp infɛriɔnɔ kin chɛnj ɛnitin fɔ tru Divɛl  
n duɔfɛil dɛm we yu bin d ɔ t mistekɔde tink b ɔn Fɔnish  
nli mek layf miserable ɛn stiflesɔ de yus l de ɔtrade, i n  
mental abiliti dɛm

Wi nɔ fɔ alaw wisɛf fɔ fɔdɔm insay di pit fɔ boring rutin ,  
bikɔs dat na saykolojik stet we de fa frɔm kɔmfyut , as i de  
wɔri di maynd ɛn bɔn layt abiliti dɛn na di ɔfna fɔ apathy  
Dɛn fɔ pul di tin dɛn we nɔ ebul fɔ du na in rut, ɛn dɛn fɔ  
wok tranga wan ɛn mekɔp dɛn maynd fɔ plant di fil dɛn we  
de na layf ɛn plant dɛn wit gud sid dɛn fɔ mek dɛn go ebul fɔ  
avɛst bɔku bɔku tin dɛn wit Gɔd in ɛp  
Ayɔn insay di Silva Jubili

Wan tɛm dɛn bin invayt mi fɔ wan silva jubili sɛlibreshɔn  
fɔ wan man ɛn in wɛf we bin tan lɛk se na wan pan di kɔpl  
dɛn we gladi pas ɔl , bɔt di tɛm we a go insay dɛn os a si se  
sɔntin nɔ rayt a aks tu pan mi student dɛn fɔ wach aw dɛn de  
trit dɛnsɛf na ivintɛm, ɛn leta dɛn tɛl mi Di man ɛn wɛf de



smayl to densesf bifo ɔda pipul den en adres densesf wit di swit  
wɔd den lek "Yes, my dear". en "Fɔ tru, mi lɔv," en ɔda kayn  
padi wɔd den Bɔt jɔs lek aw den tink se na den wan de, den  
kin agyu en dayrekt wɔd den we de mek den fil bad to densesf  
A tɔk to den en se : Una invayt mi fɔ atend una pati, bɔt  
di atmosferes de tens en a fil se bɔku bɔku diskɔrd de na dis os,  
en i tan lek to mi se bɔku ayen de na dis silva jubili  
Fɔs, den bin veks , bɔt leta den admit se a rayt en aks fɔ  
padi I kontinyu fɔ tɔk se : Wetin yu de gɛt we yu de agyu en  
?agyu ɔltɛm

I tan lek se una de liv togɛda fɔ mek una gɛt gud nem as  
pafɛkt man en in wɛf, bɔt una nid fɔ de da we de wit unasɛf  
en liv wit pis en wanwɔd fɔ una yon gladi at en pis na una  
maynd

Magnetik it fɔ it

We pipul den de tɔk bɔt it ɔ it, den kin min di fyzikal it  
we den de it fɔ sɔpɔt di bɔdi Bɔt ɔda kayn it den de we nɔ  
smɔl pas di it we den de it, en bɔku tɛm den kin ivin mɔ , lek  
di it we pɔsin kin gɛt wit in maynd ɔ we i gɛt spiritual tin den  
we pɔsin kin du na in maynd ɔ fɔ konsɛntret pan maynd, sens  
en fɔ no wetin i de du na Gɔd in yay  
Fɔ it we pɔsin kin it kin mek di bɔdi in sɛl den kontinyu fɔ  
wok, en it we pɔsin kin gɛt kin ful-ɔp di maynd wit fayn fayn  
aidia den, en di it we gɛt sens kin mek di sol gɛt layf bak en  
mek i ebul fɔ du in wok

Intelektual nourishment kin bi di aidia dɛm we pɔsin kin  
tink en di wan dɛm we i kin gɛt frɔm ɔda pipul dɛm tru  
kontakt en intarakshɔn wit dɛm

Pipul den we gɛt kol at en we gɛt fayn fayn abit den kin  
ɛp fɔ mek wi tink gud wan en gɛt wɛlbɔdi

E nɔr tranga fɔ no if pɔrsin de pul in intelektual  
nourishment frɔm say wae gɛt pis ɔr de disruptiv  
envayrɔment Wɔri, pwɛl hat, en konfyushɔn ɔl kin kɔmɔt frɔm  
wae i gɛt padi biznes wit di rɔng kayn pipul dɛm, ilɛksɛf na in

padi ɔr fambul Dis kin mek pipul den de tink bɔt wɔri ɛn in at  
kin pwɛl

s it dɛm, weɔm fɔdi de gɛt ɛnɛji ɛn vitɛliti frɔdi b  
di ɛn maynd ɛnɛji chaj dɛm we iziɔmagnetik it dɛm de gi di b  
It to livɔnvɔk ɔkin izi f ɔlid ɛn likid it dɛm, we nɔdigɛst pas s ɔf  
ɛnɛji

We yu kin chenj ignorance to waes , wik ɛn frayd to  
wɛlbɔdi ɛn vitality , ɛn waka wit kɔnfidɛns ɛn bold – ivin yu  
wan – pan di rod dɛm fɔ layf , ɛn ɛkspiriɛns insay gladi at fɔ  
gɛt layf ɛn wach kɔnshɛns , ɛn fet we nɔ de shek pan Gɔd in  
jɔstis ɛn di win we rayt pan rɔng ɛn trut pan ilyushɔn  
ɛn we yu tray ɛvride fɔ rilis yu tinkin to ay ɛn mɔ rifin  
lɛvɛl , ɛn yu gɛt at we gɛt lɔv ɛn tɛnki , ɛn gud intenshɔn to  
ɔda pipul den , yu intelektual nourishment go bi magnetik ,  
ɛn yu go afta dat atrak to yusɛf ɔl wetin fayn ɛn yusful , frɔm  
tin den, pipul den ɛn sikɔstɛms , we nid fɔ kɔntinyu di joyn to  
di shores fɔ sikyɔriti ɛn fɔ sɛf

We yu tray tranga wan fɔ gɛt wetin yu nid , ɛn yu  
satisfay wit wetin Gɔd de gi yu, yu go jɛntri pan spirit ɛn  
satisfay pas di wan den we de tink bɔt di tin den we de na di  
wɔl ɛn we want fɔ ɛnjoy di tin den we de apin fɔ shɔt tɛm  
We pɔsin de luk fɔ Gɔd , we na di wangren tru padi , pas  
ɔl padi den , i kin pɔsibul fɔ mek tru tru padi biznɛs na ɔl  
mɔtalman rilayshɔnship : famili, brɔda ɛn sista, mared, ɛn  
spiritual

Padi biznɛs na impɔtant tin fɔ mek maredman ɛn in wɛf  
gɛt tayt padi biznɛs wit ɔda pipul den , ɛn den fɔ put di tin  
den we den fɔ du fɔ mek den gɛt tayt padi biznɛs wit dɛnsɛf  
ɛn di we aw den de fil , fɔ fil se den gɛt gud abit den , ɛn fɔ  
gɛt tru tru lɔv ɛn padi biznɛs

Di wan den we nɔ ebul fɔ no difrɛns bitwin tru tru lɔv ɛn  
di we aw pɔsin kin want fɔ du mami ɛn dadi biznɛs, kin fil  
bad ɔltɛm

We mared de pan ay aydia ɛn rɛspɛkt fɔ dɛnsɛf , i kin bi  
wan gladi ɛn sakrifays union bitwin tu sol den we lɛk dɛnsɛf

En den kin wok togeda fo izi di lod den na layf fo densef , en  
pul di wori fo liv tru sori-at En ondestandin bitwin densef, padi  
biznes

Nobodi no go ebul fo kontrol mi o tek mi wil , pas nomo a  
alaw di tin den we oda pipul den de tink en du fo afekt mi  
Lord , A rialize se a get chans we no get end bifo mi Fo  
fen ol wetin a ebul fo du en diskoba mi spiritual potneshel , a  
go ripples matirial atakshon wit ay aspireshon den En a go no  
se di fetful spirit de wit mi oltem

Tide a go ful mi tinkin wit wan doz fo op , a go distans  
misef from eksperiens den we no fayn , en a go praktis wetin  
go men di bodi, maynd, en spirit Insay wan balans en  
konsistens we

Di dans fo layf en day de oltem , bot a go fri misef sote  
go bay we a de protekt mi spiritual aydentiti En we di big big  
briz den we de mek a get problem en trubul den de mit mi , a  
go tek bot insay di bot we mi sol de mek Kros di si we get  
layf To di sef, divayn shores

We a de wok en mek a go memba se God de wok tru mi ;  
Na in na di Masta fo di wan ol wol En a kin konekt wit am bay  
we a de tink gud wan bot am

Mi dia God , a no se mi tinkin go bring mi ol tu fail o  
sakrifays , dipen pan us tinkin strong pas ol na mi layf So, a  
go tray fo memba se yu de es ep mi En i de pripia mi fo di  
rizin den fo sakrifays

We bad bad tin den apin to mi , a go rayz mi spirit en  
mek mi maynd strong fo win den A go adopt sinsi en ones we  
a de dil en intarakshon wit olman , en a go fri tink bot lov en  
gud wish Don God go sopot mi wit in pawa en sens  
Lord , a go yuz mi wilpower en intellect fo akomplit smol  
smol tins fos , en den go mov on to big achivment

Ivin if ol di matirial ambishon den fulfil , den stil jos de  
bring gladi at we no komplit , en fo fen God na di wangren tru  
gladi at we a go diskoba rizova den we no de don fo gladi En i

no de eva stop fo flo en ron , na di gadin den fo di sol en in  
evagrin medo

### **Golden word den**

Gladi at na mi rayt, mi eritaj, en mi divayn trɔs we a ayd  
Gayd mi, O Masta, so dat a go fen insay misef di trɔs den we  
pas di drim den we kin den kin drim

\* \* \*

Di divayn we de na at de layt insay in disaypul den -  
bikos of in sɔri-at en sɔri-at - di lamp den we de shayn we get  
sens we de pul di daknes we no no natin

\* \* \*

Laif na movment we get sens wit ritm we de ɔltɛm I de  
shep insaf pan tin den we no get layf, ɔ tek wan we we get  
layf en we de mov Layf de kɔba ɔltin en i de ɔlsay

\* \* \*

O Gret Lov, Yu na layf sɛf Yu na mi gol en mi aspireshɔn  
Mek mi ros we de blo na Yu gadin we de na evin, ɔ wan spak  
spak bid na di nɛks fo Yu lov we de shayn, ɔ gi mi di big big  
ɔnɔ: di smɔl ples na Yu at

\* \* \*

Enisay we ɔda pipul den gladi fo di tray we a de tray fo  
du gud, na de a go ebul fo gi di best savis

\* \* \*

Le wi wev wan gold kap we get drim wit silk tred den we  
get swit memori en fayn fayn tin den

\* \* \*

Emti maynd [we no get gud tin den fo tink bot tin den we  
go ep yu fo du sɔntin] na faktri fo trɔbul, wɔri, pwɛl at, en fo  
no get op

. \*\*\*

If ɔlman lov de na yu at, i go mek yu get gladi at we go  
de sote go en we go mek yu get nyu gladi at we nobɔdi no go  
ebul fo gi yu

. \*\*\*

Di flawa dɛn we gɛt layf we de blo na di gadin we de na  
di wɔl, fayn fayn wan ɛn i kin mek pɔsin gladi fɔ si Bɔt di tin  
we rili wɔndaful ɛn we fayn pas ɔl na di wɛl we gɛt fayn fayn  
tin dɛn ɛn sɛns we de sɔmsay, usay wi kɔmɔt ɛn we wi go  
kam bak ɛn miks wan tɛm mɔ

. \*\*\*

We di disaypul wek na mɔnin, i afɛm to insɛf se: "Mi nɔto  
di bɔdi, mi na spirit we wi nɔ de si... Mi na gladi... Mi na layt...  
Mi na sɛns... Mi na lɔv ɛn pan ɔl we a de na dis bɔdi, mi spirit  
"nɔ de day ɛn i nɔ de rɔtin

. \*\*\*

Jɔs lɛk aw dyu drɔp kin ɛp flawa dɛn fɔ blo ɛn gro, na so  
we pɔsin du gud kin mek padi biznɛs fayn ɛn i kin mek i gro

\* \* \*

Wev dɛn de we de apia na di si ɛn wev dɛn de we de lɔs  
insay di dip say dɛn we i de; insay di tu kes dɛm, dɛn de  
t distalman we de fɔinsay di si ɛn wan wit am Semweso, m  
smik o we de disappearɔf di kɔ fayzɔtɛm we "layf" de na di s  
insay am we i "day" de ikwal insay di si we go de sote go

\* \* \*

Di mun in riflekshɔn nɔ de klia wan na wata we gɛt  
trɔbul, bɔt wans di wata in safa dɔn kol, di mun in riflekshɔn  
kin klia pafɛkt wan Na di sem tin kin apin to di maynd: we i  
kol, yu kin si di fes fɔ yu sol wit kɔmplit klia ɛn prɛsishɔn

. \*\*\*

Send, O Masta, di raytin fɔ di san fɔ Yu sɛns fɔ gayd mi  
insay mi gladi gladi de dɛn fɔ ajɔst, ɛn di layt fɔ di ful mun fɔ  
Yu sɔri-at we a de waka na di dak nɛt dɛn we a de sɔri

. \*\*\*

Meditashɔn na di we aw yu de kɔnɛkt wit di yunivasal  
maynd, ɛn we yu gri wit da awareness we nɔ gɛt ɛnd yu go  
ebul fɔ no ɔl di sikrit dɛn fɔ krieshɔn

. \*\*\*

Di want fɔ kam nia Gɔd ɛn fɔ no am nɔ kin kam fɔ insɛf,  
bɔt i fɔ gɛt fɔ du wit am, ɛn layf nɔ gɛt ɛni valyu if i nɔ gɛt da  
want de  
. \*\*\*

Laif na di wɔl na stɔp fɔ shɔt tɛm, ɛn di men wok we  
mɔtalman fɔ du na fɔ ɔndastand di rizin ɛn di gol fɔ dis waka  
Da rizin na fɔ no Gɔd, ɛn i nɔ go ebul fɔ bi ɛni ɔda tin  
. \*\*\*

Yu pis na yu valyu tin, so nɔ alaw ɛnibɔdi fɔ tek da jɛntri  
de pan yu  
\* \* \*

Lan fɔ tinap yu wan, sef ɛn sikrit na di fɔt fɔ yu gud  
kwaliti dɛn ɛn yu valyu fɔ yusɛf  
\* \* \*

Oltin de bikɔs Gɔd de ɛn bikɔs I de, yusɛf de Tɛnki fɔ in  
ɛgzistens, yu de ɛnjoy di kɔmfɔt ɛn gladi at na layf So, yu  
tɛnki to Gɔd fɔ dip  
. \*\*\*

Gud buk kin bi padi dɛn we nɔ tɔk natin, we gɛt pɔlitiks,  
ɛn we gɛt rɛspɛkt Nɔ lɛf dɛn buk ya we yu gɛt prɔblɛm dɛn,  
bikɔs dɛn nɔ go ɛva lɛf yu, nɔto lɛk yu bɔdi padi dɛn we kin  
lɛf yu  
. \*\*\*

ɛnibɔdi we gɛt gud wɛlbɔdi, kɔmfyut layf, ɛn big mental  
kapasiti, bɔt stil nɔ gɛt gladi at, nɔ dɔn gɛt sakrifays yet na  
layf We yu kin rili se, "A gladi, ɛn nɔbɔdi nɔ go ebul fɔ tek mi  
gladi at," yu dɔn fɛn Gɔd in pikchɔ insay yusɛf  
. \*\*\*

ɛmpɛsh fɔ gɛt kol at ɛn pis, ɛn sɛn ɔl di tin dɛn we gɛt  
lɔv ɛn gud tin dɛn we yu want fɔ du if yu want fɔ liv wit pis ɛn  
wanwɔd Liv layf we gɛt fɔ du wit rayt ɛn fɔ wɔship Gɔd, ɛn ɔl  
di wan dɛn we dɛn layf gɛt sɔntin fɔ du wit yu layf go bɛnifit  
jɔs we dɛn de wit yu  
. \*\*\*

If yu nɔ ɡet padi, ɔ if yu padi dɛn de west yu tɛm, ɔ if yu  
nɔ de gri wit dɛn, den mek buk [ɛn matirial] we ɡet sɛns bi  
yu padi, as yu kin pas na di domɔt dɛn na dɛn pej dɛn fɔ go  
insay wan wɔl we ɡet wɔndaful ɛn fayn fayn aydia dɛn  
. \*\*\*

Fɔ fɛn Gɔd min fɔ ɡet ɔl wetin di at want, ɛn fɔ bi  
spiritual min fɔ opin di domɔt fɔ wɛlbɔdi, gladi-at, ɛn  
sakrifays  
. \*\*\*

Insay wi, wan spak we ɡet divayn pawa de we de mek ɛn  
sɔpɔt ɔl layf ɛn i de wet fɔ mek dɛn bɔn am  
. \*\*\*

Rid na sɔntin we rili bɛnifit yu maynd; i de ɛksesaiz di  
maynd ɛn kip am fleksibul Wan ɔ tu awa we yu rid ɛvrɪde go  
gi ɛnibɔdi difrɛn difrɛn tin dɛn fɔ no insay sɔm ia, if i pik buk  
dɛn we ɡet valyu Nɔ west tɛm ɔ ambɔg yu maynd bay we yu  
de rid smɔl smɔl novel ɔ buk dɛn we nɔ impɔtant we nɔ ɡet  
ɛni rizin ɔ minin  
. \*\*\*

Di wan dɛn we ɡet sɔshal inklinɛshɔn go fɛn insay valyu  
buk dɛn nyu ɛnaji fɔ ɛp mɔtalman tru di lɛsin dɛn we de insay  
buk dɛn we nobul, talent man ɛn uman dɛn rayt  
\* \* \*

Rid na sɔntin we rili bɛnifit yu maynd; i de ɛksesaiz di  
maynd ɛn kip am fleksibul Wan ɔ tu awa we yu rid ɛvrɪde go  
gi ɛnibɔdi difrɛn difrɛn tin dɛn fɔ no insay sɔm ia, if i pik buk  
dɛn we ɡet valyu Nɔ west tɛm ɔ ambɔg yu maynd bay we yu  
de rid smɔl smɔl novel ɔ buk dɛn we nɔ impɔtant we nɔ ɡet  
ɛni rizin ɔ minin  
\* \* \*

Wi fɔ lɛf fɔ tink bɔt dɛnsɛf nɔmɔ ɛn fɔ mek prawd bikɔs  
na dɛn tin ya we de mek wi nɔ ebul fɔ no bɔt Gɔd biznɛs  
\* \* \*

If wi nɔ ɡet sɛns bɔt Ɔɔd, i tan lɛk se dis wɔl ful-ɔp wit  
fɛt-fɛt, fɛt-fɛt, ɛn bad bad tin dɛn we kin mek pɔsin fil bad,  
Gladi at de we pɔsin fil se i de nia Ɔɔd

\* \* \*

Di wan dɛn we sabi Ɔɔd kin ɡet gladi at ɛn gladi at ɔltɛm  
Bikɔs dɛn kin fil se dɛn ɡet blɛsin sef ɛn kol at, big big briz we  
kin mek dɛn vɛks nɔ kin shek dɛn, ɛn fred nɔ kin ebul fɔ go  
insay dɛn at

\* \* \*

Gud buk dɛn na yu bɛst padi dɛn; tru dɛn, yu kin yɛri di  
big big maynd dɛn de tɔk to yu saful saful, kɔmfɔt yu ɛn gi  
yu di bɛst advays Fɔ nɔ ɡet rial want fɔ rid gud buk dɛn min  
fɔ lɔs di lɛgsi we jɛnɛreshɔn dɛn dɔn ɡet

\* \* \*

If Ɔɔd nɔ ɛp pipul dɛn, dɛn go mɔs fel, bikɔs di trɛnk ɛn  
sɛns we dɛn nid fɔ ɡet sakrifays na di fɛt fɔ layf kɔmɔt frɔm  
wan say we nɔ ɡet ɛnd We pɔsin nɔ pe atɛnshɔn to Ɔɔd, dɛn  
kin kɔt di layf layn we de gi dɛn di ɛp ɛn sɔpɔt we dɛn nid fɔ  
mek dɛn ɡet sakrifays  
Di wan dɛn we de luk fɔ pipul dɛn we de nak na di domɔt  
fɔ di chans dɛn we dɛn ɡet fɔ lan bɔt Ɔɔd, go si se di domɔt  
opin fɔ dɛn bikɔs Ɔɔd de ɛp di wan dɛn we de ɛp dɛnsɛf  
We yu gri wit Ɔɔd, ɔl di tin dɛn we Ɔɔd mek de gri wit yu

\* \* \*

Lɔv tan lɛk sand pepa we de polish di maynd ɛn pul rɔf  
rɔf pan pɔsin in abit

\* \* \*

We yu fɛn Ɔɔd wantɛm wantɛm ɔlsay, ɛn we I kam to yu,  
inspekt yu, ɛn gayd yu, di stori bɔt di divayn lɔv dɔn begin

\* \* \*

Mek lɔv shayn na at ɛn sɛn wɛlbɔdi rayt to ɔda pipul dɛn

\* \* \*

Tray fɔ no Ɔɔd we yu yɔŋ ɛn strong, bikɔs we yu ol ɛn sik  
yu nɔ go ebul fɔ luk fɔ am igen We pipul dɛn begin fɔ  
ɔndastand di tru minin fɔ layf, di bɔdi kin wik, ɛn dɛn kin



spen di ɔda pat na den layf fɔ kia fɔ den bɔdi we nɔ get bɛtɛ  
trɛnk instead fɔ fɛn di trut

\* \* \*

A go tek di bɛst frɔm ɔlman, ɛn a go gladi fɔ di gud  
kwality den we ɔl di kɔntri den get ɛn a nɔ go pe atɛnshɔn pan  
den fɔlt den

\* \* \*

Jɔs lɛk aw wi bisin bɔt di nyutrishɔn valyu we wi it ɛvrɪde  
get, wi fɔ pe atɛnshɔn bak to di saykolojik nyutrient den we  
wi de gi wi maynd ɛvrɪde

\* \* \*

Kind wɔd na wɔndaful mɛrɛsin fɔ bɔku sik den, i get  
pawaful, ɔlmost majik, magnetik pawa we de brɪŋ bɔku blɛsin  
ɛn prɔsperiti to den spika Di wan den we de yuz wɔd den we  
de mek den fil fayn, we saful saful, kin fil se wan kɔrɛnt we  
nɔ de si klia wan de flɔ tru den we den nɔ de ambɔg den, den  
kin ful-ɔp wit wan dip sɛns fɔ mek den get kol at Dis na bikɔs  
dis kɔrɛnt get kɔnekshɔn to in ay sɔs, wan kɔnstant flɔ we de  
rich sol den we de gri wit da sɔs de, we de mek den ebul fɔ  
transmit gladi at to di wan den we want fɔ get pis

\* \* \*

Bɔku fayn wɔd den we kɔmɔt na di at dɔn pul bɔku sɔri-  
at ɛn bɔku sɛns vɔys den dɔn layt dak rod den wit lamp den  
!we de mek pipul den gladi ɛn get kol at

\* \* \*

Wi de gro tru ɛvri ɛksperiɛns we wi de go tru, as long as  
wi no se wi kin lan valyu lɛsin frɔm den ɛvri pen ɛn sɔfa we  
wi de get get minin ɛn rizin Pan ɔl we den ɛksperiɛns ya  
tranga, den tan lɛk faya we de mɛlt ayɛn ɔyl, we de chenj am  
to fayn, strɔŋg, ɛn stɛl we pɔsin kin yuz bɔku tin den

\* \* \*

ɔl di wɔndaful tin den we a dɔn du na mi layf dɔn  
akɔmplit tru di pawa we wan maynd get we gri wit Gɔd We di  
divayn jenɛra de rɔn, ɔltin we a want kin kam fɔ bi frut witout  
ɛksɛpshɔn, fɔs i kin tek shɛp lɛk wan dizayn we nɔ de si, we

gɛt ethereal ɛn afta dat i kin sho wit pawa we pɔsin nɔ go  
ebul fɔ stɔp insay rial tin

\* \* \*

We di maynd wispa to Gɔd wan wispa we kɔmɔt na in at,  
we gɛt zil frɔm di dip dip dip tin dɛn na wan sol we want, di  
spirit in kɔl go tɔch di yunivasal at, ɛn di ansa go kam, we go  
brɪŋ bɔku bɔku gladi at Dis intelektual wispa de kɔltiv di wil  
te i gɛt di trɛnk we i nid fɔ rich di gol we i want

\* \* \*

We pɔsin in maynd ɛn wetin i want gri wit Gɔd, dɛn kin  
chaj am wit pawa we nɔ gɛt limit, so dat fɔ jɔs tink bɔt sɔntin  
go du fɔ mek i ebul fɔ du am, bikɔs Gɔd in lɔ de wok fɔ di  
wan dɛn we gri wit di tin we pas ɔl

\* \* \*

Ilɛk wetin de mɔna wi, Gɔd fɔ tek di fɔs ples na wi layf  
Wan pan di impɔtant tin dɛn we go mek wi go bifo pan Gɔd  
biznɛs na fɔ kɔntinyu fɔ wispa to Gɔd wit ɔl wi at, usay yusɛf  
go gɛt fayn fayn chenj we go mek yu rili kɔle

\* \* \*

Mɔtalman nɔ fɔ devote ɔl di mental abiliti dɛm we Gɔd  
dɔn gi am fɔ luk fɔ tin dɛm we nɔ de te, ɔdasay i go lɔs insɛf  
insay di labirint dɛm fɔ matirialism ɛn mek fɔ insɛf restriktshɔn  
ɛn limiteshɔn dɛm we i nɔ nid Bifo dat, i fɔ yuz in mental  
pawa fɔ gɛt di tin dɛm we i nid fɔ liv ɛn tray fɔ divɛlɔp in  
spiritual fakulti fɔ difrɛns bitwin rayt ɛn rɔŋ, ɛn bitwin bad ɛn  
bɛnɪfɪt

\* \* \*

Di trut de pas di opinion ɛn tiori dɛm, ɛn bɔku pipul dɛm  
we de tek dis we fɔ du tin kin gɛt fɔ du wit dɛn yon tin dɛn  
we dɛn kin tink bɔt

\* \* \*

Opin, O Masta, di get dɛm fɔ kwayɛt ɛn gayd di oli ples  
fɔ mi spiritual tinkin frɔm di atak dɛm fɔ mi wispa ɛn mek di  
ros dɛm we a want fɔ blo blo na di gadin na mi at as a de wet  
fɔ di dawn fɔ Yu kam

\* \* \*

Tiori no nɔ ebul fɔ ɣet divayn no, ɛn i fayn fɔ mek pɔsin \*  
nɔ west in valyu tɛm pan tiori dɛn we pɔsin nɔ go ebul fɔ yuz  
insay rial tin, ɔdasay pɔsin go si insɛf na di midst of dense  
intellectual jungles ɛn i nɔ go ebul fɔ pas di eria we tiori dɛn  
de

\* \* \*

Gladi at na di frut fɔ saykilɔjik win pan di volatil  
sikɔstɛms na layf

\* \* \*

Di wan we Gɔd no, di wɔl nɔ go no am

\* \* \*

If pɔsin program insɛf wit tiori no [we nɔ ɣet rial tɛst], i  
go tan lɛk pɔtabl rikodin divays we de ripit prɔvab ɛn ɛko ay  
ay frayz, ɛn ɔda pipul dɛn go tek am as masta sabi bukman  
we lan buk, bɔt da kayn no de nɔ de strong mɔ bay we i de  
ɔndastand di tru dairekt wan, ɛn i nɔ de kɔmpia am wit di tin  
dɛn we i de du na Gɔd in yay

\* \* \*

Prɔblɛm dɛn go kɔntinyu fɔ de na di wɔl, so usay pɔsin  
go tɔn fɔ ɣayd ɛn dayrɛkshɔn? Di tin dɛn we pɔsin de tink, we  
di abit dɛn, di we aw i de tink bɔt ɔda pipul dɛn, di we aw i de  
tink bɔt ɔda pipul dɛn, ɛn di we aw i de biev, nɔ ɣet ɛni yus,  
ɛn di tin dɛn we de ambɔg di say we i de, in famili, in kɔntri,  
ɔ di wɔl nɔ ebul fɔ gi am tru tru ɣayd So, i fɔ tɔn to Gɔd ɛn  
lisin to di kwayɛt, kwayɛt vɔys we de kɔmɔt na di dip dip pat  
dɛn na di sol, we na vɔys we gri wit di trut

\* \* \*

Opin una at to di divayn ɔtpourin so dat i go flɔ tru una  
ɛn ful una layf wit spiritual blɛsin ɛn gudnɛs

\* \* \*

Ilɛk us wok yu de du ɛn ɛnitin we yu ebul fɔ du, mɛmba  
ɔltɛm se na Gɔd de gi yu ɔl di trɛnk we yu nid fɔ wok ɛn ajɔst

\* \* \*

Mek a mɛmba yu, Masta, we yu po ɛn we yu gɛt bɔku \*  
prɔpati, we yu sik ɛn we yu gɛt wɛlbɔdi, we yu nɔ no natin ɛn  
we yu gɛt sɛns, ɛn mek a si yu blɛsin layt we de gi wɛlbɔdi ɛn  
wɛlbɔdi insay di tɛm

\* \* \*

Insay di solitude fɔ mi tinkin, a de lɔng fɔ yɛri yu blɛsin  
vɔys Banish frɔm mi di harsh, wɔl vɔys dɛn we ayd insay di  
fold dɛn na mi mɛmori A want fɔ lisin to yu kol, melodious  
vɔys sote go insay di tranquility of mi sol

\* \* \*

Laif dɔn kɔba wit daknɛs, ɛn wi fɔ mek Gɔd in layt bi wi  
gayd lamp as wi de waka na in dak rod dɛn In na di ful mun  
insay di nɛt dɛn we wi nɔ no natin ɛn daknɛs, di san we de  
mek pɔsin gɛt layt insay di awa dɛn we wi de wek, di layt we  
de gayd wi, ɛn di Nɔt Sta fɔ di wan dɛn we de travul di si dɛn  
we de na di wɔl, we de pas

\* \* \*

Na tɛm fɔ mek mɔtalman wek frɔm in slip we i fɔgɛt fɔ  
wek to spiritual wek Wi de aks Yu, O Masta, fɔ rayz wi  
kɔnshɛns frɔm di dip dip tin dɛn we nɔ de pe atɛnshɔn ɛn  
smɔl, limited tinkin to di ɔrayzɔn fɔ pis, layt, lɔv, ɛn yunivasal  
mɔtalman sɔri-at

\* \* \*

Tin go dɔn bɛtɛ bikɔs Gɔd in pawa ɛn wɔndaful tin dɛn  
de ayd biɛn di tin dɛn we de agɛns mɔtalman layf, ɛn ɛnibɔdi  
we nɔ biliv se di tin nɔ go ebul fɔ avɔyd ɛn tray fɔ go insay  
wit in maynd ɛn fet to wetin de biɛn di vel, go mek dɛn opin  
di domɔt fɔ am

\* \* \*

Fet nɔ de ɛva min fɔ tek tɛm ɔ nɔ fɔ dil wit di tin dɛn we  
de apin to am wit sɛns Bifo dat, ilɛk wetin apin, pɔsin fɔ mek  
shɔ se na Gɔd nɔmɔ ebul fɔ sɔpɔt am pan tin dɛn we nɔ izi ɛn  
we de tray if i tɔn to Am wit ɔl in at, sol, ɛn filin

\* \* \*

If wi sɛns dɛn bin ebul fɔ gi di wan ol trut to wi, wi go si  
di wɔl lɛk riva dɛn we gɛt ilɛktron dɛn, ɛn ɛvri smɔl dɔst lɛk  
layt we de rɔl Di wan dɛn we de go insay di say we di tin dɛn  
de apin to di spiritual pipul dɛn ɔndastand di kayn we aw  
ilyushɔn tan ɛn no di men tin we tru

\* \* \*

Ilɛksɛf na di Afrikan jɔŋgrɔn, na fɛt-fɛt ples, i de sɔfa wit  
sik ɔ po, pɔsin fɔ biliv insɛf se Gɔd in an strong pas ɛni denja  
ɛn i ebul fɔ protɛkt di wan dɛn we de fɛn say fɔ rɔn go to am  
No we nɔ de we go protɛkt am pas dis Na tru se pɔsin fɔ yuz  
rizin fɔ dil wit tin dɛn we de apin ɛn di sem tɛm i fɔ abop pan  
Gɔd in ɛp

\* \* \*

Di lɔv we de insay ɔl di tin dɛn we Gɔd mek in at—di lɔv  
we ɔl mama, papa, padi, ɛn di wan dɛn we dɛn lɛk gɛt—na  
frɔm Gɔd in lɔv

\* \* \*

Dɛn fɔ mek difrɛns bitwin big ɛn smɔl wok, fɔ put di wan  
we impɔtant pas ɔl di wan dɛn we jɔs impɔtant Dɔn bak, nɔ  
duty nɔ fɔ agens ɔda wan Di skripchɔ dɛn tɛl wi se we wan  
duty de agens ɔda wan, na pruf fɔ se i nɔto tru tru duty

\* \* \*

As di san in impɔtant rayt dɛn de skata, a go spre di rayt  
dɛn we gɛt op na di po ɛn di wan dɛn we dɛn dɔn lɛf [di wan  
dɛn we di sosayti dɔn lɛf] dɛn at, ɛn a go mek nyu maynd na  
di at fɔ di wan dɛn we tink se dɛn nɔ ebul fɔ du natin

\* \* \*

:Di ticha Paramahansa tɛl wan pan in disaypul dɛn se  
Nɔ pul ɛnibɔdi kɔmɔt na yu sɛklɔ fɔ lɔv Kip ɔlman na yu"  
."at ɛn dɛn go kip yu na dɛn yon

\* \* \*

Masta, ɛp mi fɔ yuz wetin a want ɔltɛm fɔ du tin dɛn we  
go bɛnifit mi ɛn we go mek a du gud

Ɛp mi fɔ gri wit wetin yu want so dat ɔl di tin den we a  
de tink bɔt go gri wit wetin yu want en go gri wit wetin yu  
want

I bin ɛp mi fɔ wek di pawa we ayd, we gɛt blɛsin insay mi  
so dat a go ebul fɔ win ɔl di prɔblɛm den en prɔblɛm den  
\* \* \*

Wek to da bold en ɔmbul spiritual pɔsin de – wan we de  
kɔba di trɛnk we layɔn den gɛt wit di saful saful we dɔv den  
gɛt  
\* \* \*

A nɔ go bisin bɔt bita, lay lay kɔmɛnt, ɔ bɔt bɔku bɔku  
prez en flawa Mi wangren tin we a want na fɔ du wetin yu  
want, O Masta, en gɛt Yu fayv  
\* \* \*

Yu nɔ go ebul fɔ imajin di gladi at we go ful yu we yu fil  
di divayn prezɛns Yu sol go dɔn drɔnk wit Gɔd in lɔv we nɔ  
gɛt bɔda Na lɔv we pas ɛni mɔtalman lɔv bɔku bɔku tɛm—lɔv  
we de fulɔp ɔl wetin yu want en ful yu at wit gladi en satisfay  
\* \* \*

Tru insay fɔs, yu kin ɛksperiɛns spiritual gladi gladi  
dairekt wan insay yusɛf en rawnd yu If yu kɔltiv dis ɔwe, yu  
pɔsin go gro wanwɔd, en yu go gɛt wan atraktiv magnetizm  
fɔ pipul en ɔda pipul den  
\* \* \*

O Gret Protɛkta, a nɔ bisin if a lɔs ɔltin bikɔs ɔf mi  
destiny, we na mi yon mek, bɔt a de aks yu, mi wangren  
refyuj, fɔ protɛkt di kandul fɔ mi lɔv fɔ yu frɔm di briz we a nɔ  
de pe atɛnshɔn en fɔgɛt  
\* \* \*

Lɛ wi drink te wi ful-ɔp wit di klin wata we de mek pis we  
de flɔd frɔm di spring den we gɛt fayn fayn tin den, we wi dɔn  
mekɔp wi maynd fɔ tink gud wan en gɛt op fɔ si tin  
\* \* \*

Kɔnshɛns na sɛns we pɔsin kin ɔndastand we de sho aw  
pɔsin in tru tru pɔsin en wetin mek i want fɔ du sɔntin We yu

kɔnshɛns klia, ɛn yu no se yu de du wetin rayt, yu nɔ ɡɛt  
natin fɔ fred Klin kɔnshɛns na tɛstament fɔ gud kɔndɔkt frɔm  
Gɔd Fɔ bi fri pɔsin na di kɔt fɔ kɔnshɛns min fɔ ɡɛt gladi at ɛn  
fɔ ɡɛt Gɔd in blɛsin

\* \* \*

Tray fɔ du tin dɛn we ɡɛt maynd ɛn we go mek yu gladi  
we bɔku pipul dɛn nɔ de du, ɛn gi lɔv ɛn pis to di wan dɛn we  
ɔda pipul dɛn nɔ de si dɛn

\* \* \*

:Di ticha Paramahansa tɛl wan pan in disaypul dɛn se  
If yu nɔ spɛn tɛm fɔ kɔltiv di maynd, no ɔmɔs matirial"  
prɔsperiti nɔ go satisfay yu Dis kɔltivɛshɔn nɔto fɔ mek yu  
sɔfa bɔt na fɔ tren yu kɔnshɛns fɔ nourish di tink ɛn akshɔn  
."dɛm we de mek yu ɡɛt gladi at

\*\*\*

Yu gladi gladi na yu saksɛs, so nɔ mek ɛnibɔdi tif am  
frɔm yu Protɛkt yusɛf frɔm di wan dɛn we de tray fɔ mɔna yu  
We a bin smɔl, a bin de lɔs mi peshɛnt ɛnitɛm we sɔm pipul  
dɛn de spre lay lay tɔk bɔt mi Leta, a kam fɔ no se mi pis na  
mi maynd impɔtant pas fɔ mek pipul dɛn gladi ɔ fɔ admaya  
mi

\* \* \*

If yu bin no di stori bɔt Gɔd in lɔv we sɔm pipul dɛn we  
de wɔship Gɔd kin ɡɛt! No ɔda ɛkspiriɛns nɔ de na layf we go  
kɔmpia to da gladi at we a bin no wan oli we bin de put insɛf  
pan Gɔd in lɔv ɔltɛm, ɛn in fes bin de shayn oli lɔv Gɔd in yay  
de ɔltɛm pan di wan dɛn we lɛk am, ɛn I nɔ de ɛva lɛf dɛn fɔ  
wan mɔnt

\* \* \*

Na smɔl pipul dɛn nɔmɔ de we want fɔ divɛlɔp dɛn  
maynd ɛn spiritual pawa

\* \* \*

No alaw yusɛf fɔ sink to di bottom fɔ prokrastineshɔn  
Rays frɔm di slip we de boring ɔdinari rialiti ɛn set ɔf to di  
ɔrayzɔn fɔ wan rifin layf usay achivment, gladi, ɛn pis de

\* \* \*

Insay yu, bɔku bɔku pɔtnɛshɛl dɛn de we de wet fɔ mek  
dɛn put yu mɔni, ɛn na yu nɔmɔ ebul fɔ aktiv ɛn bɛnifit frɔm  
am

\* \* \*

Fɔ fri frɔm di dikte fɔ bad abit ɛn di tin dɛn we yu want fɔ  
du we nɔ fayn kin brɪŋ gladi at fa fawe pas matirial sakrifays  
Insay intɛlektual sakrifays de na saykolojik wɛlbɔdi we  
ɛksternal sikɔstɛms nɔ go ebul fɔ tek yu kin spɛn ɔl yu tɛm fɔ  
gɛda jɛntri, bɔt da jɛntri de nɔ go gi yu di pis ɛn sikyɔriti we  
go de sote go we yu de luk fɔ Difrɛn frɔm dat, i go brɪŋ yu mɔ  
nɔ gladi bikɔs tru tru gladi at ɛn pis de na di maynd, nɔto  
insay di tin dɛn we pɔsin gɛt

We yu dɔn tinap tranga wan insay yu tru tru sɛf, yu de  
du ɔl di wok dɛn ɛn ɛnjoy ɔl di gud tin dɛn wit divayn gladi at

\* \* \*

Nɔ alaw wikɛd tin fɔ kam insay yu maynd, ɛn tek tɛm we  
yu de kip kɔmpin wit pipul dɛn we gɛt bad tin fɔ tink ɛn we  
nɔ gɛt bɛtɛ op, so dat dɛn wik tin dɛn nɔ go kam insay yu  
maynd, pas nɔmɔ yu maynd dɔn rich wan digri we i go gɛt  
trɛnk so dat di tin dɛn we ɔda pipul dɛn de tink nɔ go ebul fɔ  
wikɛd am, bɔt bifo dat, difrɛn frɔm dat, i go ebul fɔ mek ɔda  
pipul dɛn tink mɔ ɛn mɔ ɛn mek dɛn gɛt mɔ kɔnfidɛns pan  
dɛnsɛf

\* \* \*

Gɔd de kam fɔs, ɛn wi nɔ fɔ begin ɔ dɔn wi de we wi nɔ  
tink bɔt am Wi fɔ mɛmba se if wi nɔ bin gɛt di trɛnk ɛn ɛnaji  
we wi de gɛt frɔm Gɔd, wi nɔ bin fɔ ebul fɔ du ɛnitin So, wi  
big wok na fɔ to am

\* \* \*

Wan we de fɔ evaluate ɛn jɔj kɔstɔm ɛn tradishɔn Fɔs,  
ɛvri tradishɔn bin gɛt jɔstis If wi si se jɔstis stil de, den di  
tradishɔn gɛt minin ɛn bɛnifit Bɔt, i nɔ mek sɛns fɔ fala  
tradishɔn blaynd wan Wi fɔ no di tru ɛn fala am, no wetin kin  
mek wi gɛt gladi at ɛn afta dat wi fɔ yuz am



\* \* \*

We yu si bɔku pipul dɛn nɔ gɛt gladi at ɔ sakrifays, nɔ  
tink se na dɛn destiny Yu kin mek yusɛf ɛnitin we yu want fɔ  
bi Yu insay sakrifays na in rili de mek yu gɛt sakrifays

\* \* \*

If yu nɔ gɛt natin insay yusɛf, yu nɔ go gladi Bɔt if yu nɔ  
gɛt natin rawnd yu ɛn yu gladi insay yusɛf, yu nɔ gɛt wan  
dawt se yu gɛt sakrifays So, i nɔ pɔsibul fɔ jɔj pipul dɛn bay  
wetin dɛn de du na do

\* \* \*

Pan di bɔku bɔku krawd dɛn, sɔntɛm pɔsin go de we dɔn  
rich wan say we i dɔn go bifo pan Gɔd biznɛs ɛn we gɛt pis  
insay in at ɛn gladi at we pas ɔ na in spirit

\* \* \*

A no fɔ tru se ɔ wetin a nid go kam to mi, ɛn na dat mek  
a nɔ de wɔri bɔt wetin go apin tumara bambay Dis nɔto fɔ  
bost ɔ fɔ mek lɛk se a de du am, bikɔs a dɔn ɛkspiriɛns di  
wok ɛn di ɛfɛktiv we da blɛsin pawa de du na mi layf bɔku  
tɛm

\* \* \*

Ilɛksɛf a de flɔt na di wɔl ɔ a de drawn na di dip dip si, a  
no se a de wit Gɔd ɛn I de wit mi, ɛn natin nɔ go ambɔg mi  
Da no de dɔn gi mi wan gladi at we a nɔ go ebul fɔ tɔk bɔt ɛn  
we dip

\* \* \*

No dawt nɔ de se fɔ bay nyu tin na tin we kin mek yu  
gladi Bɔt afta sɔm tɛm, da gladi gladi de kin dɔn smɔl smɔl,  
ɛn yu kin ivin lɔs intres pan am ɔltogɛda, fɔgɛt bɔt am ɛn  
want ɔda tin Bɔt, dɛn nɔ go fɔgɛt di bil fɔ da tin de, mɔ if yu  
!bay am pan instɔlment

\* \* \*

Pɔsin fɔ tek kɔntrol pan in layf ɛn mek am izi as i pɔsibul  
Dɛn fɔ kip sɔm mɔni fɔ tin dɛn we i nid ɛn fɔ ɛnitin we go  
apin to am, put di mɔni we i de kip pas fɔ spɛn pan lɔjishɔn,  
ɛn ɛp ɔda pipul dɛn di bɛst we aw i ebul We yu ɛp ɔda pipul

dɛn, ɛp go kam to yu wan we ɔ ɔda we, ɛn yu nɔ go lɔs natin  
ɛn yu nɔ go gɛt natin

\* \* \*

Insay di gladi at we ɔlman gladi, O Masta, ɛn insay di  
padi biznɛs we ɔl di fetful pipul dɛn gɛt, a de fil Yu lɔv a gladi  
ɛn mi at gladi fɔ di sakrifays ɛn prɔsperiti we mi padi dɛn gɛt,  
jɔs lɛk aw a de gladi fɔ mi yon wɛlbɔdi ɛn izi As a de inspekt  
sɛns pan ɔda pipul dɛn, a de multiply di trɔs dɛm fɔ mi yon  
sɛns, ɛn insay di gladi at fɔ ɔlman, A kin fɛn mi yon

\* \* \*

Di big ɛnimi fɔ gladi at na fɔ lɛnt mɔni fɔ bay lɔjishɔn  
Pipul dɛn mistek biliv se dɛn nɔ go ebul fɔ gladi pas dɛn gɛt  
sɔntin we patikyula Bɔt ivin afta dɛn dɔn gɛt da tin de, dɛn  
nɔ go gɛt tru tru gladi at, pan ɔl di gladi at we i de brɪŋ fɔ  
sɔm tɛm Wetin na di pɔynt fɔ rɔnata di mirej fɔ gladi at na di  
wɔl we prɔmis fɔ brok nɔmɔ? Pipul dɛn fɔ liv simpul layf, ɛn  
dɛn nɔ nid fɔ gɛt bɔku prɔpati dɛn we nid fɔ pe atɛnshɔn to  
dɛn ɔltɛm

\* \* \*

Mi paradays de insay mi As a de ɛnjoy Gɔd in blɛsin dɛn,  
a de tɛl am tɛnki, ɛn mi insay gladi at de gro If a nɔ bin gɛt  
da satisfay we a de insay mi at, ivin di gladi at ɛn gladi at we  
de na dis wɔl de bi ɛl a dɔn kam fɔ no se if da gladi at de we  
de insay mi nɔ bin de, di lod fɔ di wok we dɛn put pan mi fɔ  
dɔn pul mi pis ɛn mek a nɔ gɛt gladi at

\* \* \*

If dɛn jɔyn di jɛntri wit sik ɛn prɔblɛm, di bad tin dɛn we  
go apin to am go bɔku Hajin ɛn wɛlbɔdi biznɛs de pan di tin  
dɛn we di Wɛst gɛt trɛnk Insekt dɛn we de ambɔg ɛn di jem  
dɛn we de kil pipul dɛn, dɛn kin kɔntrol dɛn fayn fayn wan na  
divɛlɔp kɔntri dɛn, we dɛn bɔku na ɔda kɔntri dɛn Bɔt fɔ pul  
dɛn peshɛnt dɛn ya nɔto di men tin we dɛn kin du, bikɔs ɔda  
kayn prɔblɛm dɛn de na divɛlɔp kɔntri dɛn, lɛk we i at fɔ pe  
bil ɛn di prɔblɛm dɛn we kin mek pɔsin swɛla bikɔs ɔf di

sistem den we den kin bay insay instolment—sofa we kin mek  
posin no slip fayn en we kin mek posin no get pis na in maynd

\* \* \*

Wi na important pat pan di sem konsheens we dis big  
yunivas komot

\* \* \*

Yu don eba si wan grup we get ship? If wan pan den  
jomp, di oda ship den de falamakata am witout hesitation  
Mos pipul den tan lek dat Sombodi kin kam wit wan aidia o  
introduks nyu tren, en oda pipul den go jomp pan di  
bandwagon wantem wantem en kopi am Dis paten don de fo  
jenereshon den Ol neshon get in kostom en tradishon, en wi  
no go ebul fo tok se den ol korekt o saund Bot udat no?  
Sontem som pan den kostom en tradishon den de no get wan  
minin en den no get wan minin

\* \* \*

We di trobul storm fo tinkin don stop, wi de go insay di  
kingdom fo pis en toch di divayn prezens

\* \* \*

Tink bot God, o wan fayn fayn ples we de mek pis de, o  
wan eksperiens we get gladi-at en we de mek posin gladi If yu  
de du gud tin na yu maynd, i kin mek yu get trenk en i kin  
mek yu fil fayn

\* \* \*

Wi de liv na wan wol we chaotic en trobul Yu kin tink se  
moni min gladi at, bot we yu get am, yu si se yu stil no gladi  
Yu kin get jentri en los yu welbodi (God no fo mek yu no get  
bete welbodi) O yu kin get gud welbodi en los yu moni O yu  
kin get ol tu jentri en welbodi bot yu kin sofa boku boku  
problem wit oda pipul den, ofred gudnes nomo fo mek yu mit  
wit et en veks in riton If God no de, natin no de pan dis layf  
kin rili satisfay yu

\* \* \*

Di wol kin bi ples fo mek pipul den sofa fo di wan den we  
de liv we den no no bot di divayn plan Bot we yu si di tin den

we de apin na layf as yu ticha den en lan from den di tru tin  
we dis wɔl tan en di wok we den don gi yu fɔ du na di kɔsmik  
drama, den ɛksperiens den de kin bi valyu layt den na di rod  
fɔ satisfay en gladi at we go de sote go

\* \* \*

Na de, bien di daknes we nɔ dak, di stilnes we nɔ get  
sawnd, en di natin we nɔ mek, na de di tin we de sote go de,  
we na di ɔrijin fɔ egzistens en di sɔs we ɔl di pawa en tin den  
we pɔsin kin si, we pɔsin kin si en we pɔsin nɔ kin si, de

\* \* \*

God nɔ mek dis wɔl fɔ wi jɔs fɔ it, slip, en day, bɔt fɔ mek  
wi no wetin i want en ɔndastand di rizin we mek wi de Na  
wan anful pipul den we get sɛns don ɔndastand wetin di  
kɔsmik plan min, bɔt bɔku pipul den blayn en den nɔ no bɔt  
da rizin de

\* \* \*

Mɔni nɔ bin ɛva bi mi gol na layf; mi gol na fɔ sav mi  
brɔda en sista den na mɔtalman So, God opin bɔku domɔt fɔ  
mi fɔ sɔpɔt misɛf en fulfil mi mishɔn

\* \* \*

God mek dis yunivas fɔ wok akɔdin to wan lɔ we nɔ de  
chenj en we nɔ de chenj If wi pwɛl ɛni wan pan den lɔ den ya  
we de na di wɔl, wi de pɔnish wisɛf Pɔsin we jomp from di ruf  
na wan long bildin go brok den bon So, wi nɔ go ebul fɔ  
ignore di lɔ fɔ graviti we wi nɔ sɔfa di bad tin den we go apin  
to am

\* \* \*

We wi tek dip luk pan di wɔl in sivilizayshɔn en fɛn di  
sikrit den we ayd fɔ di ol sivilizayshɔn den, wan big pikchɔ de  
kɔmɔt, wit layn den we miks togɛda, difrɛn chapta den, en  
prɛsis ditil den, en wi si se mɔtalman na pɔsin en na soshal in  
nature di sem tɛm

\* \* \*

If Gɔd bin want wi fɔ liv wi layf nɔmɔ wit tin dɛn we wi  
gɛt, wi go satisfay wit prɔpati ɛn satisfay wit di tin dɛn we de  
na di wɔl  
\* \* \*

Rays fɔ klin, pis, ɛn gladi at pas drim de flik ɛn dans  
insay wi impɔtant dip  
\* \* \*

Wit ɛni ɛkspiriɛns we de apin na di skay na wi layf di tɛm  
we wi de waka na dis wɔl, wi fɔ lan aw fɔ mek wi no mɔ ɛn  
aw fɔ ɔndastand mɔ bɔt di tin dɛn we de arawnd wi ɔ we wi  
de go tru, ɛn afta dat wi go ebul fɔ liv fayn fayn wan ɛn dil  
wit pipul ɛn layf fayn fayn wan  
\* \* \*

Bɔku pipul dɛn kin falamakata ɔda pipul dɛn Pɔsin fɔ bi  
ɔrijinal ɛn kreativ, ɛn masta ɔltin we i de du  
Insay di Is, di men tin we dɛn dɔn pe atɛnshɔn pan na fɔ  
mek pɔsin gɛt gladi at na Gɔd in yay, pan ɔl we bɔku tɛm dɛn  
nɔ de tek tɛm wit di tin dɛn we pɔsin kin gɛt na layf Insay di  
Wɛst, sɔm tin dɛn de we pɔsin kin gɛt fɔ ɛnjoy inɛf bɔt na  
smɔl tin dɛn we pɔsin kin gɛt na in maynd Wetin dɛn nid na  
fɔ balans bitwin di tu tin dɛn, bikɔs fɔ pe atɛnshɔn pan wan  
tin nɔmɔ na layf kin mek pɔsin nɔ balans ɛn i nɔ kin ebul fɔ  
dil wit wetin layf want  
\* \* \*

Di big big gladi at - afta divayn gladi at - na fɔ mek pɔsin  
gɛt pis wit in fambul dɛn we i gɛt fɔ liv wit ɛvrɪde insay di ia  
Pipul dɛn kin wɛst bɔku tɛm fɔ rɔsh ɛn du tin kwik kwik  
wan we dɛn nɔ ebul fɔ du bɔku tin Na smɔl pipul dɛn kin stɔp  
fɔ tink ɛn tray fɔ ɔndastand wetin layf gɛt fɔ gi  
\* \* \*

Wi fɔ wok fɔ bil insay bildin dɛn we gɛt sɛns na gadin  
dɛn we gɛt pis we de gro ɛn shayn wit bɔku bɔku flawa dɛn  
we gɛt wɔndaful spiritual gud kwaliti dɛn  
\* \* \*

Insay wanwɔd na bɔku tin we de mek pɔsin gɛt trɛnk ɛn i  
de mek pɔsin gɛt nyu ɛnaji

\* \* \*

We pɔsin luk layf, i kin si se sakrifays nɔ kin izi Bɔku tɛm

Layf kin tranga ɛn nɔ kin fɔgiv, ɛn wi fɔ tray tranga wan fɔ  
gɛt mɔni Tink bɔt di tray we yu nid fɔ tray fɔ sɔpɔt yu bɔdi ɛn  
kip am wɛlbɔdi ɛn nɔ gɛt sik! Ivin if yu saksɛs pan dis, dat  
saksɛs na fɔ shot tɛm Di bɔdi—mek yu liv lɔng—go go dɔn fɔ  
rɛst Nisiti de dikte fɔ fɛt bɔku bɔku fɔs dɛn, insay ɛn ɔdasay,  
fɔ gɛt di sakrifays we yu want Dɛn fɔs ya de wok tranga wan  
fɔ tif yu ɛni rili impɔtant tin we yu dɔn du

\* \* \*

Tray fɔ kɔntinyu fɔ gɛt kol at ɔnda ɔl di tin dɛn we de  
apin, ɛn mek di sid fɔ yu pis blo wit gladi at ɛn smayl fɔ  
satisfay

\* \* \*

Ivin di big big oli pipul dɛn nɔ kin gɛt kɔmplit sev pas  
dɛn sheb dɛn sakrifays—dɛn spiritual ɛksperiɛns ɛn ay no—  
wit ɔda pipul dɛn bay we dɛn de ɛp dɛn fɔ rich dɛn spiritual  
ɔndastandin Dis na di rizin we mek di wan dɛn we dɔn rich  
dɛn kayn stej dɛn de ɛn rich dɛn kayn stet dɛn de kin rili  
want fɔ gi ɔndastandin to di wan dɛn we nid am If yu want  
tru sakrifays, yu nɔ go jɔs sikyurɛt yu yon gladi at bɔt ɔda  
pipul dɛn gladi at bak

\* \* \*

Enibɔdi we gɛt sɛns kin mek mɔni Bɔt if dɛn gɛt lɔv na  
dɛn at, dɛn nɔ go ɛva yuz da mɔni de fɔ dɛnsɛf nɔmɔ; bifo  
dat, dɛn go sheb am wit ɔda pipul dɛn Mɔni na swɛ ɛn  
misfɔstans na di an fɔ di wan dɛn we de tink bɔt dɛnsɛf nɔmɔ  
ɛn di wan dɛn we misɛf, ɛn na blɛsin ɛn gift na di an fɔ di  
wan dɛn we gɛt gud at ɛn sol we gɛt fri-an

\* \* \*

Sɔmbɔdi kin disayd fɔ nɔ tɔk natin fɔ lɔng tɛm, nɔ gri fɔ  
tɔk to in famili Pan ɔl we dis pɔsin kin gɛt sɔm pis insay in at,  
di we aw i de biev kin bi se i de tink bɔt insɛf nɔmɔ ɛn i kin

ambɔg in famili in gladi at Dɛn nɔ kin tek dɛn as pɔsin we rili  
gɛt sakrifays pas di wan dɛn we dɛn lɛk dɛnsɛf bɛnifit frɔm di  
tin dɛn we dɛn dɔn du Semweso, fɔ gɛt prɔpati sakrifays nɔto  
jɔs bɔt wi rayt fɔ ɛnjoy prɔsperiti nɔmɔ; i min bak se wi gɛt fɔ  
du wit gud abit dɛn to ɔda pipul dɛn fɔ ɛp dɛn fɔ mek dɛn gɛt  
mɔni ɛn liv bɛtɛ layf

\* \* \*

A de protɛkt biɛn di wɔl dɛm fɔ mi klia kɔnshɛns a dɔn  
bɔn di dak past ɛn a jɔs bisin bɔt tide

\* \* \*

Tide a no se a na wan wit di layt fɔ di big big gud ɛn a na  
layt fɔ di wan dɛn we de tray tranga wan fɔ fɛt di wef dɛn na  
di si we gɛt sɔri-at

\* \* \*

Pipul dɛn gɛt difrɛn we fɔ si ɛn tiori bɔt sakrifays, i dipɛn  
pan wetin dɛn want fɔ du na layf I nɔ kɔmɔn fɔ yɛri sɔm pipul  
dɛn de ikwal sakrifays wit tif, dɛn de tɔk tin dɛn lɛk, "I bin bi  
saksɛsful tifman!" Dis de sho se sakrifays pan ɔl in fɔm ɛn  
difrɛn kayn tin dɛn we pɔsin kin want ɛn we pɔsin kin luk fɔ  
Bɔt, wi sakrifays nɔ fɔ ambɔg ɔda pipul dɛn

Wan ɔda tin de bak we wi kin du fɔ mek wi gɛt sakrifays:  
we wi ebul fɔ briŋ wanwɔd ɛn bɛnifit rizɔlt fɔ wisɛf, wi fɔ put  
ɔda pipul dɛn bak insay wi sakrifays ɛn sheb in frut dɛn wit  
dɛn

Saksɛs min se pɔsin in satisfay ɛn satisfay insay in  
envayrɔmɛnt Tru saksɛs na di rizɔlt fɔ akshɔn dɛn we dɛn bil  
pan prinsipul dɛn fɔ du wetin rayt, ɛn i de kɔba di gladi at ɛn  
wɛlbɔdi fɔ ɔda pipul dɛn as impɔtant pat pan pɔsin in yon  
gladi at If wi yuz dis prinsipul to wi matirial, intɛlektual,  
moral, ɛn spiritual layf, wi go gɛt wan kɔmplit ɛn  
kɔmprɛhɛnsif difinishɔn fɔ sakrifays

\* \* \*

Na ya na dis wɔl we nɔ bɔku, wi de si long, wayd, ɛn  
density, bɔt ɔda lɛvul de usay dimɛnshɔn nɔ de; ɔltin klia ɛn  
transparent—ɔltin na kɔnshɛns ɛn sɛns Di sɛns fɔ te na fɔ no,

læk di sɛns fɔ smɛl Wi filin, tink, ɛn bɔdi na stet fɔ kɔnshɛns  
jɔs læk aw wi kin si, yɛri, smɛl, test, ɛn tɔʃh na drim, so bak,  
pan da ay levul de, wi kin ɛksperiɛns ɔl dɛn sɛns ya tru klin  
kɔnshɛns  
\* \* \*

O Masta, mek wi gladi bay we wi fil se yu de nia wi, fri wi  
frɔm di shaklɔs fɔ di tin dɛn we wi want, ɛn gi wi wan insay  
gladi at we nɔ de afɛkt di tin dɛn we de apin na layf ɛn di tin  
dɛn we de apin we de chenj  
\* \* \*

We wi maynd de in tune wit di ay percepshon, spiritual  
consciousness de wek insay wi ɛn wi de experience amazing  
wondars of divain waes en lov  
\* \* \*

If wi læk Gɔd ɔltogɛda ɛn tɔn to am wit ɔl wi maynd ɛn at,  
wi go fil se wi de nia am ɛn wi go si se na in na di big ples fɔ  
sef na layf  
\* \* \*

Insay di spes we tan læk se i ɛmti, we big, wan  
kɔnekshɔn de we de na di wɔl ɛn wan layf we go de sote go  
we de mek wi jɔyn wit ɔl di tin dɛn we gɛt layf ɛn we nɔ gɛt  
layf na di yunivas—wan wef we gɛt layf we pas ɔl we de flɔ  
tru ɔl di ɛgzistens Eternity na wi tru tru os ɛn ples fɔ de sote  
go, ɛn wi ɛgzistens na wi bɔdi dɛn ya na fɔ shɔt tɛm nɔmɔ,  
læk fɔ rɛst fɔ shɔt tɛm fɔ wan karavan we de travul krɔs di  
dɛzat  
\* \* \*

We wi alaynɛd wisɛf wit di kriyaytiv fɔs dɛm fɔ di spirit,  
wi go kɔnɛkt wit di yunivasal ɛn infinite maynd we ebul fɔ  
gayd wi ɛn sɔlv wi prɔblɛm dɛm Krio pawa go flɔ to wi we nɔ  
go ambɔg frɔm di big big sɔs we wi bi, we go mek wi ebul fɔ  
gɛt kriyaytiv sakrifays pan ɛni eria we wi de du  
\* \* \*

Lɔv de gro ɛn go bifo na say we pipul dɛn kin abop pan  
dɛn, we dɛn kin gri wit dɛnsɛf, ɛn we dɛn kin rɛspɛkt dɛnsɛf



\* \* \*

Bles wi, O Masta, wit di layt fɔ klin tink ɛn gud abit, so  
dat if di daknɛs fɔ bad abit ɛn deviant tinkin kam nia wi, i go  
kɔmɔt wantɛm wantɛm ɛn ɛp wi fɔ lɛk Yu wit lɔv we so dip  
dat nɔto matirial ilyushɔn ɔ di wɔl tɛmteshɔn nɔ go ebul fɔ  
trap wi ɔ tek wi maynd ɛn at

\* \* \*

Tin dɛn we izi fɔ gɛt nɔ kin gɛt valyu Wi no dis frɔm we  
wi stɔdi bɔt big man ɛn uman dɛn layf ɛn aw dɛn bin bi big  
pipul dɛn bay we dɛn bin de divɛlɔp dɛn talɛnt, du dɛn wok,  
bil dɛn gud abit dɛn, dɛn dip stɔdi, ɛn we dɛn nɔ de tink bɔt  
dɛnsɛf nɔmɔ Di tin dɛn we dɛn bin gɛt ɛn di tin dɛn we dɛn  
bin ebul fɔ du bin big pas di tray we dɛn bin de tray

\* \* \*

Tru fridɔm de insay di fridɔm fɔ disayd fɔ du sɔntin we  
sɛns de gayd am ɛn we pɔsin ɔndastand, kɔrɛkt, ɛn we i want  
fɔ du sɔntin, sɔpɔt am

\* \* \*

We yu wek yu wil, di maynd, ɛn di sɛns we yu de tink  
bɔt, pawa dɛn we yu nɔ de si de kɔmɔt frɔm di ay kɔnshɛns—  
tru di sɛns we di sol gɛt—fɔ ɛp yu ɛn fɔ layt di rod dɛn we de  
go to saykilɔjik kɔmfɔt ɛn gladi at, wit Gɔd in ɛp

\* \* \*

Pɔsin fɔ opɪn di chanel dɛn fɔ di sol tru in yon tray Nɔbɔdi  
nɔ want fɔ pik sɔfa ɛn misɛf pas pis ɛn gladi at Ignorance na  
di rut fɔ sɔfa ɛn di tin we de ambɔg we dɛn fɔ pul ɛn pul  
Ignorance na wan bad bad gras, we gɛt dip rut, we de gro na  
di gadin fɔ mɔtalman, we de krawd di gud ɛn bɛnɪfit plant  
dɛn Ignorance must overcome with unwavering will and  
resolute determination Dɛn fɔ til di grɔn na di maynd wit  
prɛsis mental fɔs [pan di gud tin dɛm] ɛn di gud sid dɛm fɔ  
wata wit di wata fɔ fet We di impɔtant ɛn wam wam rayt dɛm  
fɔ lɔv shayn, di sid fɔ gudnɛs go gro ɛn win di parasayt gras  
ɛn gras dɛm, bikɔs daknɛs nɔ go ebul fɔ de we layt de

\* \* \*

Di gladi gladi we pɔsin kin gɛt kin dɔn ɛn nɔ de igen, bɔt  
divayn gladi at nɔ de ɛva dak Na divayn gladi at we nɔ gɛt  
ɛnd ɛn we pɔsin nɔ go ebul fɔ tɔk bɔt  
\* \* \*

Wi nɔ fɔ ɛva yuz di rɔŋ we fɔ gɛt gladi at, ɛn wi nɔ fɔ lɛf  
di pis ɛn spiritual jɛntri we wi gɛt insay wisɛf fɔ fɛn kɔmfɔt we  
na lay lay kɔmfɔt ɛn layf we de shayn we kin dangle bifo wi  
bay ɛl akshɔn ɛn bihayvya wit pwɛl pwɛl ifɛkt  
\* \* \*

Serenity na di bɛst kamera fɔ kech di divayn prezɛns Tru  
di lens fɔ klin ɛn prɛsis fɔs tranquility, di blɛsin imej go apia  
wit pafɛkt klia  
\* \* \*

Infakt, ɔl di sɛns de insay yusɛf ɛn ɔl wetin yu nid na fɔ  
no am wit ɔl yu at  
\* \* \*

Satisfay de pan fɔ impɔtant yusɛf, so dat ɔda pipul dɛn  
de luk fɔ yu pas yu fɔ luk fɔ dɛn Lɔv ɛn padi biznɛs fɔ de we  
yu nɔ de ɛksprɛkt ɔ dimand fɔ gi am bak, bikɔs ɛksprɛkt de  
bɔn vɛks ɛn bita lvin we pɔsin de tray fɔ impɔtant insɛf, pɔsin  
fɔ tinap in wan, sɛf ɛn gɛt pis insay di fɔt we in gud kwaliti  
dɛn ɛn di valyu we i gɛt fɔ insɛf  
\* \* \*

Mek wata we de fɔdɔm we gɛt gladi at ɛn we gɛt op fɔ  
kɔmɔt na mi at ɔltɛm, ɛn mek dɛn sprɛy we de mek a fil fayn,  
tɔch ɔl di wan dɛn we a de mit  
\* \* \*

Spiritual gladi-at de mek di sol gɛt di want fɔ ɛp ɔda  
pipul dɛn pan ɔltin, ɛn i de divɛlɔp di abiliti fɔ gladi fɔ di rifin  
moral gladi gladi we de mek pɔsin gɛt gladi at, so dat i de  
ridyus di inklinshɔn to kruk gladi-at  
\* \* \*

I nɔ mata aw yu wok smɔl, i stil impɔtant lɛk di big big  
wok dɛn we i de du fɔ kɔntribyut to di sakrifays fɔ di kɔsmik  
ple we sol dɛn de du na di stej na layf

\* \* \*

Yunivasal kɔnshɛns na absolyut, infinite kɔnshɛns, we de  
ridyus insɛf ɔltɛm ɛn we nɔ de dɔn insay in kriaytiv, ɛn tru yu  
i de tray fɔ sho wan spɛshal aspek fɔ insɛf

\* \* \*

If yu test di divayn lɔv ivin wan tɛm, yu nɔ go ɛva giv am  
bikɔs natin nɔ de we tan lɛk am na di wan ol yunivas

\* \* \*

Di wan dɛn we no Gɔd dɔn rich di spiritual stej dɛn we  
rili advans, so dat dɛn nɔ de satisfay wit fɔ jɔs gi spiritual  
advays to sina dɛn, bɔt dɛn kin – bay di gudnɛs ɛn ɛp we Gɔd  
de gi dɛn – chaj dɛn wit di spiritual pawa we de fri dɛn frɔm  
di bad tin dɛn we dɛn kin du we dɛn sin

\* \* \*

ɔl di gud ɛn bad akshɔn dɛn de insay di bren sɛl dɛn ɛn i  
de sho as gud ɔ wiked abit ɔ tin dɛn we pɔsin kin tink bɔt  
Pɔsin we de sɔfa wit abit dɛn we nɔ fayn bikɔs dɛn de chaj in  
bren sɛl dɛn wit di pawa we dɛn abit dɛn de gɛt kin fri insɛf  
tru di pawa we i want, we i de tink gud wan, we i de pre wit  
ɔl in at, ɛn we i de kɔntinyu fɔ afɛm am te ɔl di abit dɛn we i  
nɔ want, chenj to gud abit dɛn we i gɛt fɔ gɛt pis ɛn kwayɛt  
Dis kin apin we di layf pawa we dɛn de dayrɛkt di rayt we de  
wok fɔ chenj di abnɔmal we aw di bren sɛl dɛn de, so dat dɛn  
sɛl dɛn de go ful-ɔp wit ɔl wetin gud, gud, ɛn fayn

\* \* \*

ɔndastandin na di insay yay, di vishɔn fɔ di sol, ɛn di  
tɛliskɔp fɔ di at Na di balans bitwin di kɔmpɔzishɔn we di  
maynd gɛt ɛn di klin we di kɔnshɛns klin

\* \* \*

ɛvrɪde wi de si difrɛn tin dɛn we de apin, ɛn ɛvrɪde de  
brɪŋ nyu lɛsin fɔ lan Dɛn de op se pɔsin go lan di lɛsin bay we  
i de pe atɛnshɔn pan di men rizin we mek i de: fɔ no usay i  
kɔmɔt ɛn di fawndeshɔn fɔ in layf  
Lɛ wi wok fɔ fɔgɛt di sɔri-at we bin de trade ɛn disayd nɔ  
fɔ de tink bɔt dɛn Wit ditarminieshɔn ɛn aktif wil we nɔ de

shek, le wi ridyus wi layf, ep fo mek wi sakrifays den go bifo,  
en men insay wisef gud abit en nobul kwaliti den

God na mi trenk en a no biliv eni oda trenk  
Fet layf in fet en peshent te di end, no eva giv op No eva  
se, "A no ebul fo fen di rod, so a go stop fo tray" Aks fo gayd  
if yu don mek mistek, bot no eva stop fo tray Boku pipul den  
kin aksept fo win we den get problem den we de ambog den  
Di wan den we no ebul fo du scontin fo get padi biznes wit  
pipul den we don get sakrifays, noto pipul den we no ebul fo  
du scontin Bi disayd fo get sakrifays; mek dat bi yu filosofi na  
layf

Evride wi fo mek wi bodi strong, mek wi maynd get mo  
trenk, en no wi tru tru sef bay we wi de tink gud wan, tink  
gud wan, en wok fayn, we go mek wi get gud wok we go  
benifit wi bodi, maynd, en spirit togeda

We yu want fo mek yu get gud abit o lef bad abit, pe  
atenshon pan di bren sel den usay di we aw difren abit den  
de wok fo mek yu get gud abit, fcs sidom kwayet wan en tink  
gud wan, en luk fo divayn gayd

Fokus yu maynd pan di wilpawa senta na yu forest,  
bitwin yu aybrow, en afem di abit we yu want fo put insay yu  
bren tranga wan We yu want fo pul bad abit den, fcs yu  
atenshon bak pan di wilpawa senta en afem tranga wan se  
den de eras ol di grov den usay den abit den de don stop  
If yu de pe atenshon en yu want fo du scontin, yu kin ebul  
fo eras ivin di dip dip swelin den we de na di ol abit den we  
don stop

Riaffirm to yusef boku tem se yu get di wil pawa fo pul di  
abit den we no fayn na yu bren Di best tem fo dis affirmation  
na ali monin we yu wil pawa en fcs de na den peak Kontinyu  
fo affirm to yusef se yu fri from ol di dikte, en wan de yu go si  
—wit God in ep—dat yu don rili fri yusef from di abit we yu  
want fo brok

Enitin we yu de fred, drɛb am na yu tink ɛn lɛf am to Gɔd  
Strong yu fet pan Gɔd ɛn trɔst se i ebul fɔ ɛp yu, ɛn no se  
bɔku sɔfa kin kɔmɔt frɔm wɔri ɛn wɔri  
Wetin mek yu fɔ sɔfa naw we di tin we yu de fred nɔ  
apin yet? Bikɔs bɔrku pan wi distɔblɛshɔn kin kɔmɔt frɔm  
frayd, if wi pul frayd na wi layf wi go fil fri ɛn wɛl go bi kwik  
kwik wan

Evri nɛt, rayt bifo yu go slip, afɛm to yusɛf se Gɔd de wit  
yu, de protɛkt ɛn wach yu Imajin in layt we de protɛkt yu we  
de rawnd yu frɔm ɔlsay, ɛn yu go fil In wɔndaful protɛkshɔn  
Insay dis kɔsmik ple, mɔtalman dɛn we kɔmɔt na ɔl  
difrɛn kɔlɔ dɛn de mek di drama bɔt layf na di stej fɔ tɛm  
Wi fɔ ɔndastand di minin fɔ layf we wi nɔ fɔ pe atɛnshɔn  
tumɔs pan ɔ fɔ pe atɛnshɔn tumɔs pan wi tɛmporari wok dɛn  
Bɔku tɛm, di we aw wi ɔndastand layf kin chɛnj ɛn nɔ de du  
di rayt tin bikɔs wi de si am wit di yay we wi de tink bɔt wisɛf  
nɔmɔ ɛn we wi nɔ de si am bɛtɛ; if wi luk wit di spirit in yay,  
wi go si tin frɔm wan ɔda we

We wi opin di yay fɔ sɛns, wi de si Gɔd in layt we de  
kɔba ɔltin, ɛn insay da layt de wi de si wi spiritual nature, we  
de sho di kayn we aw di yunivasal kɔnshɛns we de ɔlsay na  
ɔl di patikyula ɛn pat dɛn na di yunivas  
Spiritual trut dɛn de rawnd wi, de nak na di domɔt dɛn  
na wi yay we dɛn lɔk, de ɛnkɔrej wi fɔ si di layt instead fɔ  
daknɛs, fɔ du tin wit sɛns pas fɔ no natin, fɔ ful wi at wit lɔv  
pas fɔ et, ɛn fɔ wok togɛda fɔ mek pis ɛn briŋ bɔku bɔku tin  
ɛn sɛf na wi wɔl We wi du dis, ignorans go dɔn, difrɛns na di  
wɔl go dɔn, wi go si wanwɔd insay difrɛn, ɛn wi go gri mɔ wit  
wetin Gɔd want

Wi rilayshɔn wit Gɔd nɔto kol ɔ lɔv, lɛk di wan we de  
bitwin pɔsin we de gi wi wok ɛn pɔsin we de wok fɔ Wi na In  
pikin dɛn, ɛn di kia we i de kia fɔ wi ɔltɛm; I de lisin to wi  
ɔltɛm Wi na impɔtant pat pan In bi, ɛn wi rilayshɔn wit am de

alayv en get layf I don gi wi boku boku lov, ondestandin, sens,  
gud wil, en spiritual trenk we no de don, bot boku pan wi don  
spend dis jentri pan natin

God want wi fo liv insay sef, pis, en fo wok togeda wit  
padi biznes, jos lek aw i fayn fo di memba den na wan famili  
we get ay pozishon en we lek densef, bot gridi en  
kolkyuleshon fo densef don gro en tek rut na pipul den sol en i  
don mek di famili no get wanwod

God want wi fo bi masta, bot wi don pik fo bi slev  
Motalman don komot fa from in os we de na evin en los di  
paradays we de insay we i de fil se i de nia God en God de  
nia wi, en i no go ebul fo get da paradays de bak if wi no tray  
fo du wi yon tray we God mek wi lek aw i tan, bot dis trut don  
komot na wi maynd

Wi don srenda to di ileshon se wi destiny na tranga en  
wi fate na annihilation, en wi fo te di vel fo ilyushon wit di  
daga fo sens fo si di brayt trut bien di vel

God don bles mi wit gladi at ol den long ia ya na mi layf

Ileksef pipul den si di smayl fo satisfay na mi fes o no si,  
divayn gladi at de wit mi oltem en no de eva lek mi Di big riva  
fo gladi at de flo oltem onda di sand den na mi konshens en i  
de bos lek blesin spring den we de wata di gadin den na mi  
layf

Di chenj den we kin apin na layf wantem wantem no kin  
ambog mi pis, en di bad bad tin we kin mek a day no go ebul  
fo pul di gladi at we a kin get na God in yay

I bin at fo mek da stet de sote go en i no go chenj, bot di  
frut den we di spirit we a de enjoy naw en sheb wit oda pipul  
den bin get, bin valyu ol di tray we a bin tray fo du am

A de tink en du tin we di divayn spirit de gayd Moni no  
eva bi mi gol na layf, bot na fo sav mi broda en sista den na  
motalman So, God don opin boku domot fo gudnes fo mi fo  
sopot misef en fulfil mi mishon En enitem we a nid ep, God de  
gi mi am wantem wantem

Di wangren tin we a want na fɔ sav una, ɛn na dat mek a  
de ya

Gɔd in pawa de wok na una layf bak Una go ɛksperiens  
dis trut fɔ unasef we una fet go strong ɛn una no se tru tru  
jɛntri nɔ de kɔmɔt frɔm di tin dɛn we una gɛt bɔt na frɔm di  
ɔlmayti

ɛvri tɛm we yu spɛn wit Gɔd go bi fɔ yu di bɛst bɛnifit, ɛn  
ɔl wetin yu du bikɔs yu lɛk am ɛn fɔ mek Gɔd gladi, dɛn go  
rayt am fɔ yu na di rɛkɔd we go de sote go  
Ritrit insay di say we yu de tink bɔt yu wan ɛn ɛnjoy di  
pis we de kɔmɔt na di watawɛl we de mek yu nɔ tɔk natin  
If wi plant gud tin, wi kin gɛt gladi-at ɛn blɛsin, ɛn if wi  
plant bad tin, wi kin gɛt difrɛn kayn ɛn difrɛn difrɛn prɔblɛm  
dɛn

ɛni gud tin we wi de du tan lɛk pikaks we wi de yuz fɔ  
dig insay di grɔn we wi de tink bɔt fɔ pul di watawɛl we de  
mek Gɔd gladi

Lan fɔ dayv insay di si we yu de luk fɔ yusɛf ɛn fɛn ɔltin,  
ilɛksɛf na tin we gɛt fɔ du wit gud buk, biliv, prɔblɛm, sɛns, ɔ  
gladi at insay yu at, ɛn no se ɔdinari [kɔntemplativ] we yu de  
fil na yu wan na di prayz fɔ tru tru gladi at  
Pan ɔl we layf tan lɛk se pɔsin nɔ go ebul fɔ no wetin go  
apin, i tan lɛk se i nɔ izi fɔ ɔndastand, i ful-ɔp wit dawt ɛn  
ɔlkayn prɔblɛm ɛn chɛnj, wi stil de ɔnda Gɔd in protɛkshɔn  
ɔltɛm Wi nɔ fɔ ɛgzajarayt tin ɔ lɔs wi kɔmpɔzishɔn we tin de  
apin, bikɔs if wi alaw panik fɔ ful wi, wi de gi pawa to bad ɛn  
dip in rut, we de gro ɛn gro fayn fayn wan na di grɔn we de  
fred ɛn wɔri

Aks yusɛf ɛvri nɛt: ɔmɔs tɛm yu dɔn spɛn wit Gɔd, ɔmɔs  
tɛm yu dɔn tink bɔt, ɔmɔs yu dɔn du, ɔmɔs yu dɔn du fɔ ɔda  
?pipul dɛn, ɛn ɔmɔs yu dɔn kɔntrol wetin yu want  
Wi nɔ fɔ tink se wi go gɛt gladi at ɛn kolat we go de sote  
go pan prɔblɛm dɛn na layf; bifo dat, wi fɔ fɛn ɛn diskɔba dɛn  
insay wisɛf Dɔn, ɛni ɛksperiens we wi go tru, wi go dil wit dɛn

di sem we aw wi de wach oda pɔsin in ɛksperiens na fim,  
ileksef i fayn ɔ i de mek wi fil pen  
Pɔsin kin tɔn ɔl in ɛksperiens to pen, misef prɔblem if i  
alaw in maynd fɔ du dat Den kin ɛnjoy gud wɛlbɔdi ɛn yet  
dɛn nɔ kin gladi fɔ di valyu we i gɛt Bɔt if i sik, dɛn go dɔn  
ɔmbul dɛnsɛf ɛn gladi fɔ di blɛsin we de gi wi wɛlbɔdi Wi fɔ  
gri se Gɔd in fayv ɛn tɛl am tɛnki fɔ di blɛsin dɛn we i de gi wi  
we wi nɔ wet fɔ di bad tin dɛn we go apin to wi fɔ mek wi  
gladi ɛn gri se I gɛt gudnɛs  
Laif fɔ bi blend fɔ tink ɛn akshɔn We pɔsin lɔs in maynd  
balans, i kin bi vulnerable to di onslaught of wori, di klawd fɔ  
sɔri, ɛn di pen fɔ pen ɛn if i tray fɔ pwɛl di lɔ dɛn fɔ wɛlbɔdi,  
prɔsperiti, ɛn sɛns, i nɔ go ɛva sɔfa wit sik, po, ɛn ignorance  
Wi fɔ kip di tin dɛn we wi want fɔ du klin, di tin dɛn we wi  
want fɔ du klin, ɛn du tin di we we go mek wi gɛt kolat na wi  
maynd, ɛn nɔ alaw di tin dɛn we de apin na layf fɔ ambɔg wi  
pis ɛn pwɛl wi gladi at

Sad at ɛn brok brok tinkin kin atrak mi, ileksef dɛn de fa  
ɛkspen di bɔda dɛn fɔ yu kɪndɔm we de shayn we gɛt lɔv  
fɔ inklud yu famili, yu neba dɛn, yu kɔmyuniti, yu kɔntri, ɛn ɔl  
di kɔntri ɛn tin dɛn we gɛt sɛns smɔl smɔl

Wi fɔ mek wi sɛns strɔng bak ɛn nɔ gri wit di lod we  
wikɛdnɛs ɛn gud abit dɛn we wi gɛt frɔm ia ɛn jɛnɛreshɔn  
Den dɔti ya fɔ bɔn insay di faya dɛn we gɛt nyu rizɔlt ɛn  
prodaktiv akshɔn Wit dis kɔnstrɔktiv we, di pɔsin we rili kɔmit  
kin rich di ɔrayzɔn fɔ fridɔm ɛn fridɔm  
Aktiv di pawa we nɔ gɛt ɛnd insay yu so dat yu go ebul  
fɔ ple yu prestij rol na di stej na layf  
As pɔsin bigin fɔ wɔship prɔpati, mɔni, nem, ɔ ɛni oda tin  
apat frɔm Gɔd, nɔ gladi kin bi in lɔt Di wan dɛn we de pe  
atɛnshɔn ɔl dɛn atɛnshɔn pan dɛn tin ya, na in rili de wɔship  
dɛn, ɛn dat mek dɛn nɔ de kam nia Gɔd bɔt dɛn de drɛf  
kɔmɔt nia am Bɔt di wan dɛn we de tink bɔt Gɔd, tink gud



wan bɔt am, ɛn tɔk to am na dɛn at kin kam nia Am ɛn  
ɛksperiɛns insay dɛn at gladi at we dɛn de kɔmyunion wit Am  
kwayɛt wan

Na Gɔd nɔmɔ ebul fɔ mek mɔtalman drim ɛn op fɔ gɛt  
gladi at we go de sote go So, dɛn nɔ fɔ alaw natin fɔ tek Gɔd  
in ples na di at

Oli simbul dɛn de we go ɛp di pɔsin we de luk fɔ fɔ  
mɛmba Gɔd ɛn kam nia am Bɔt if pɔsin bigin fɔ wɔship dɛn  
simbul ya, di bad tin we dɛn go du go pas di bɛnifit we dɛn  
go bɛnifit am Wɔship fɔ de to Gɔd nɔmɔ, bikɔs natin nɔ de  
we fit fɔ wɔship

Ilɛk wetin na ritual wɔship, Gɔd kin gri wit am as long as  
di pɔsin we de wɔship de du am wit spiritual awareness ɛn  
long fɔ Am Bɔt, bɔku pipul dɛn nɔ de ɔndastand di men tin  
we de fɔ wɔship, ɛn dɛn tink ɛn at kin kɔmɔt nia Gɔd to di  
rituals, so dɛn nɔ kin bɛnifit bɔku frɔm dɛn wɔship  
Tru wɔship dɛn nɔ de alaw dɛn kɔnshɛns fɔ jɔs de pan  
ɛni imej ɔ fɔm, bɔt dɛn de pe atɛnshɔn wit di dip lɔv ɛn ful  
atɛnshɔn pan di divayn spirit we de biɛn ɔl di imej ɛn fɔm dɛn  
Gɔd nɔ gɛt wan bɔt ɛn i nɔ gɛt ɛnd, ɛn no imej ɔ statu nɔ  
go ebul fɔ gɛt am

Wi kin se Gɔd de sho insɛf pan ɔlman we lɛk am wit ɔl in  
at ɛn we de gri wit am, bikɔs i de ɔlsay ɛn dat mek i de insay  
ɔlman Bɔt nɔto ɔlman gɛt di abiliti fɔ sho di divayn prezɛns Di  
san de shayn ikwal pan ɔl tu di kol ɛn dayamɔn, bɔt di  
dayamɔn de gɛt ɛn sho di san layt, we di kol nɔ ebul  
Semweso, ɔl pipul dɛn de put dɛnsɛf dɔŋ na Gɔd in layt,  
bɔt na smɔl pipul dɛn nɔmɔ ebul fɔ gɛt da layt de ɛn sho am  
na dɛn tink ɛn akshɔn Fɔ du dat, dɛn fɔ klin dɛnsɛf bay we  
dɛn de tink gud wan ɛn bay we dɛn de fala di tichin ɛn lɔ dɛn  
we Gɔd gi dɛn

We wi de kɔl Gɔd in nem, wi fɔ rili no wetin wi de tɔk If  
yu bin ebul fɔ si insay pipul dɛn maynd we dɛn de pre, yu go  
si se bɔku pan dɛn de tink bɔt ɔltin pas Gɔd, pan ɔl we dɛn

de tɔk In nem! Dis kayn prea nɔ ɡet wan bɛnɪfɪt ɛn i nɔ ɡet  
wan valyu

We wi de pre, wi fɔ tray fɔ pe atɛnʃən pan wi ɔl wi  
maynd pan Gɔd, pas fɔ jɔs rɪpɪt In blɛsɪn nem we wi de alaw  
wi maynd fɔ waka waka Wan pan mi anti dɛn bin de rid in  
prea dɛn pan prea bidz, we nɔ kin kɔmɔt na in an Bɔt i kɔnfɛs  
to mi wan de se pan ɔl we i dɔn praktis dis prea abɪt fɔ fɔti ia,  
Gɔd nɔ bin dɔn ansa in prea dɛn Nɔ wɔnda! In "preya" nɔ bin  
pas natin pas wan nervɔs abɪt

We wi de pre, wi nɔ fɔ tink bɔt natin pas Gɔd Wi fɔ tray  
fɔ bi tru tru wɔʃɪp ɛn devɔte insay wi beg Yuz prea bidz ɛn  
kɔl Gɔd in nem ɔltɛm na tin we pɔsɪn kin gri wit pafɛkt wan  
we di prɔsɪs kɔmɔt frɔm di at ɛn na sɔpɔt frɔm sɪnsi ɛn fɔs  
maynd Bɔt dis prɔsɪs kin bi ɔtɔmɛtɪk as tɛm de go  
Wi fɔ wɪspɑ Gɔd in nem na wi at, wit lɔng ɛn divayn lɔv;  
dis na tru wɔʃɪp we de tɔʃh Gɔd in at Fɔ tɔk Gɔd in nem wit  
kol at ɛn maynd we de waka waka na fɔ tɔk bad ɛn nɔ  
rɛspɛkt We pɔsɪn de pre, in at ɛn maynd fɔ ful-ɔp wit di lɔv  
we Gɔd ɡet

O Masta, Yu na di divayn Nɔt Sta we mi de waka waka  
de ɡayd mi na di trɔbul si we ɡet prɔblɛm ɛn trɔbul  
Fɔ praktis fɔ kɔnsɛntret di maynd tru ay yoga ɛɡzɑmpul  
dɛn kin ɛp fɔ kam nɪɑ Gɔd, di wan we pas ɔl we de ɡɪ ɡlɔri ɛn  
spɛʃhəl, jɔs lɛk ɑw i kin ɛp fɔ tink bɔt Gɔd ɛn tɔk to ɑm  
I ɪmpɔtɑnt fɔ dedɪkɛt wan de insay di wik fɔ spɪrɪtʃuəl rɪtrɪt  
(if i pɔsɪbəl) fɔ tink bɔt Gɔd ɛn fɔ ɡet kol at, pis, ɛn insay pis  
Taym we yu spɛn dis kayn we go bi wan balm we go mek yu  
fil fayn fɔ di trɔbul ɛn wɔri we yu go ɡet insay di ɔdɑ pat na di  
wik

Olman nid fɔ spɛn wan de ɛvri wik na say we nɔbɔdi nɔ  
de ɔ na "spɪrɪtʃuəl rɛtrɪt" fɔ mɛn dɛn filin wund ɛn pen we  
dɛn de fil We da de de bi wan we ɡet pis, ɡladi, ɛn satisfay,  
yu go rili wet fɔ ɑm wik aftɑ wik  
Fɔ de yu wan na di prayz fɔ big tin Yu go sɔprayz wit di  
fayn fayn tin dɛn we yu go ɡet fɔ yu maynd, bɔdi, ɛn sol tru

dis spiritual ritrit en konekshon wit yu spirit en wit God If yu want fo get tru tru gladi at, yu fo put yusef insay di si we get divayn pis ali monin we yu wek, en bak bifo yu go slip na net Di sensman den na India advays no jos fo wan de fo mek

pasin no de nia oda pipul den, bot den de eksplen se i nid fo tink gud wan kwayet wan insay 4 patikyula tem den evride We di ples klin, bifo i grap en si enibodi, pasin fo enjoy di kol at en fil se i get pis Na midde, pasin fo mek in maynd kol bifo i it, en i fo enjoy bak fo get pis bifo i it dina Fo don, bifo i go slip na net, i fo go insay wan stet we pis de wan tem mo Di wan den we de wok tranga wan fo set mot we den de den wan en ol den 4 tem ya evride, go mos get wanwod wit God Di wan den we no ebul fo du ol den tem ya fo dediket at le di monin en ivintem awa to dis We den du dat, den layf go chenj fo bete, en den go get tru tru gladi-at; eksperiens na di best prof

If yu kontinyu fo rayt en sayn chek we yu no put moni fo koba yu bank akaun, yu moni go don Di sem tin kin apin to yu layf If yu no put pis oltem na yu layf akon, yu enaji go don, yu kwayet go don, en yu gladi at go don In shot, yu go don sofa pan imoshonal, maynd, bodi, en spiritual bankruptcy Bot dip daily meditation on God will replenish yu imoshonal akon Di pasin we de luk fo am wit ol in at de tink gud wan evride, de tok to God wit ol di lov en long we de na in at, de beg am fo sho insef If yu na pasin we lek God en yu want fo eksperiens in prezens, yu fo put yu maynd en bodi insay In pis, en layf go smayl pan yu, en yu afekt den go important pan boku we den

Pasin we get kol at no kin mek mistek, en i kin win usay boku boku oda pipul den no kin ebul fo du am Di wan den we no de tink bot God o bisin bot am kin get pwel at en sofa Den kin veks en ton to mashin we de waka Di san we get sens en pis go komot na di skay we get kol at en i go was yu bodi wit in raytin we de men as long as yu de tray fo du spiritual en gi fcs ples to God na yu at

Wan mun de shayn brayt pas ol di sta den we den joy  
Di san we tan lek smol, de pul daknes komot na wan eria we  
big pas insef boku boku tem Semweso, gud posin, jos bay we  
i de na di wol, i de mek vaybreshon den we de koba en no get  
boku pan di vaybreshon den we wiked pipul den de mek  
De fo tink gud wan fo bi de bak fo rest na yu maynd en  
bodi en fo mek yu get pis insay yu at Eni wok we de gi sens  
en pis na blesin wok da de de  
As fo on mama en papa den, di oli buk den don se yu fo  
trit den fayn: "Rena yu papa en yu mama" en "Bi gud to  
. "mama en papa

Den fo on mortalman mama en papa as posin we de  
represent God, we gi den di gift fo mek mortalman Di mama  
na di posin we de sho God in klin lov, bikos mama we lek am  
de fогiv usay nobodi no go fогiv Di papa na di posin we de  
sho God in sens en di posin we de protekt In pikin den  
Wan no fo lek in papa en mama apat from God, bot as fo  
sho in lov we de protekt en get sens Di suprem divayn spirit  
kin bi papa en mama fo ep di pikin; so, den fo on am na di  
mama en papa

Di skripcho den advays wi bak se wi no fo kil posin fo kil,  
bikos na da tem de posin kin bi posin we de kil Posin no fo tek  
oda posin in layf insay wan mont we i rili fil bad Bot if den de  
tretin di wan den we i lek, i fo fet fo protekt di wan den we  
God don trus am, bikos na oli wok fo difend in famili en in  
kontri

Fo tok bot di lo we se den no fo du mami en dadi biznes  
wit oda posin, di best tin we mek den fo du mami en dadi  
biznes wit oda posin fo bi fo bon pikin den we den mek lek  
God en fo sho di klin lov we di man en uman we mared we de  
si God de fil insay densef Di wan den we de liv na bodi nomo,  
we no get enitin fo du wit tru tru lov o di ay rizin we mek den  
mek mami en dadi biznes wit oda posin, de du mami en dadi  
biznes wit oda posin akodin to dis lo Insay dis kes, den no  
difren from animal den we satisfy den di tin den we den kin

want fɔ du fɔ du mami ɛn dadi biznɛs ɛn afta dat dɛn kin go  
bifo

God mek dis kriyaytiv drayv insay man ɛn uman fɔ bɔn  
pikin ɛn sho tru tru lɔv fɔ dɛnsɛf na mared layf, ɛn dɛn nɔ fɔ  
yuz am di rɔŋ we, bɔt i fɔ chɛnj am to oli wok ɛn no  
If yu ebul fɔ kɔntrol ɛn sheb mami ɛn dadi biznɛs pawa  
insay yu bɔdi, yu go ebul fɔ divɛlɔp big big maynd abiliti fɔ  
rayt, drɔ, ɔ fɔ sho layt talɛnt dɛn pan bɔku bɔku ɔda we dɛn  
ɛn we yu go dɔn ebul fɔ kɔntrol ɛn chɛnj di tin dɛn we yu  
de du na God in yay, yu go gɛt bɔku pis, yu go gɛt bɔku lɔv,  
ɛn yu go gɛt mɔ gladi at pan God biznɛs  
Sent ɛn spiritual lida dɛn we dɔn chɛnj dɛn mami ɛn dadi  
biznɛs pan spiritual tin dɛn na jayant dɛn we ebul fɔ du  
wɔndaful ɛn wɔndaful tin dɛn na di wɔl ɛn insay di esoterik  
fɛn fɔ tru

So, di ay we aw dɛn de yuz di mami ɛn dadi biznɛs na fɔ  
ɛlɛvɛt in pawa, dat na fɔ chɛnj in ɛnaji to wan ay tin fɔ mek i  
go sho se i gɛt sɛns, di ay ay tin dɛn, ɛn di prinsipul dɛn we  
gɛt fɔ du wit God biznɛs Pɔsin nɔ fɔ gɛt gladi at frɔm di tin  
dɛn we i de tink bɔt mami ɛn dadi biznɛs ɔ want wetin dɛn nɔ  
fɔ du We dɛn dɔn rich dis kayn kɔntrol fɔ insɛf, i go gɛt fayn  
we fɔ si mami ɛn dadi biznɛs ɛn di ay tin we i want fɔ du  
Fɔ bi slev to mami ɛn dadi biznɛs min se yu nɔ go gɛt  
wɛlbɔdi, yu nɔ go ebul fɔ kɔntrol yusɛf, ɛn yu nɔ go gɛt pis na  
yu maynd, ɛn fɔ tɔk smɔl, yu nɔ go gɛt ɔl di tin dɛn we pɔsin  
nid fɔ gɛt gladi at

Di oli buk dɛn de ɛnkɔrej wi bak se wi nɔ fɔ tif If wan  
grup we gɛt wan tawzin pipul dɛn fɔ tif frɔm dɛnsɛf, ɛni wan  
pan dɛn go gɛt 999 ɛnimi So, pɔsin nɔ fɔ pwɛl ɔda pipul dɛn  
rayt, ɔ tek dɛn land, pis, lɔv, rɛspɛkt, ɔ ɛni wan pan dɛn  
prɔpati ɔ spiritual prɔpati dɛn If yu nɔ fil se yu want fɔ tek  
wetin nɔto yu yon, wetin yu nid ɔ want go kam to yu Tif  
originates first in the mind when a person begins to envy  
others Di sid dɛm fɔ bad bad tin dɛm fɔ kɔmɔt na di maynd  
Spiritual altruism na di we Dɔn, pɔsin go naturally attract

bɔku, ɛn blɛsin go flɔ to am frɔm sɔs dɛm we i no ɛn sɔs dɛm  
we i nɔ no Dis na infallible divine law As fɔ tɪfman ɛn pipul  
dɛm we de tink bɔt dɛnsɛf nɔmɔ, dɛn de spɛn dɛn layf fɔ  
chas afta matirial prɔpɔti, dɛn yay ɔltɛm de pan wetin ɔda  
pipul dɛn gɛt, ilɛksɛf dɛn yon kɔf ful-ɔp wit gold  
If dɛn nɔ lɛf fɔ bisin bɔt prɔpɔti, di wɔl nɔ go ebul fɔ no  
gladi at

Gladi at kin kam nɔmɔ tru spiritual kɔpɔreshɔn I kin kam  
we pɔsin fil di nid fɔ ɔda pipul dɛn lɛk se na in yon ɛn wok fɔ  
ɔda pipul dɛn as i de wok fɔ insɛf

Wan ɔda impɔtant kɔmandment na fɔ avɔyd fɔ bi lay lay  
witnɛs Fɔ du bad to pɔsin bay we i de chenj di trut na ɔda we  
fɔ pwɛl di soshal wanwɔd If pɔsin want fɔ mek dɛn trit am  
fayn, i fɔ trit ɔda pipul dɛn di we aw i fɔ trit am Di trut fɔ tɛl  
ɔltɛm, bɔt dɛn fɔ mek difrɛns bitwin fɔ tɔk di tru ɛn fɔ jɔs tɔk  
di trut Fɔ tɔk bɔt pɔsin as lɛm ɔ blaynd na tin we de mek i fil  
bad ɛn i de du bad; pɔsin fɔ de tink bɔt aw ɔda pipul dɛn de  
fil ɛn avɔyd fɔ shem dɛn Semweso, fɔ sho tru tin we go  
kɔmɔt biɛn pɔsin we nɔ gɛt gud rizin, na tin bak we nɔ rayt  
Na di ɔda say, pɔsin nɔ fɔ lay fɔ avɔyd fɔ tɔk di tru; bifo dat,  
pɔsin kin sɛt mɔt pan sɔm tin dɛn fɔ mek i nɔ shem ɔ du bad  
to ɔda pipul dɛn

Wan fɔ tek tɛm wit jɛlɔs, wan sik we de pwɛl di sol we de  
swɛt di pis na in sol Di mɔ we pɔsin want wetin na ɔda pipul  
dɛn yon, na di mɔ i nɔ gladi ɛn i de sɔfa Di pɔsin we de jɛlɔs  
de liv layf we gɛt prɔblɛm, i nɔ de ɛva no di teys fɔ kol at I  
bɛtɛ fa fawe fɔ mek dɛn rɛspɛkt dɛnsɛf, abop pan dɛnsɛf, ɛn  
fɛn tin dɛn we de insay spiritual richness

Pɔsin in rɛspɛkt ɛn in intrinsic worth big fa fawe pas  
ɛnitin we i go want ɔ we i want fɔ gɛt Gɔd de sho insɛf pan  
ɛvri mɔtalman di we we nɔ de sho pan ɛni ɔda mɔtalman Dɛn  
fɛs nɔ tan lɛk ɛni ɔda pɔsin in yon, ɛn dɛn sol nɔ tan lɛk ɛni  
ɔda pɔsin in yon, bikɔs insay dɛn de di big big trɔs pan ɔl di  
tin dɛn we Gɔd mek—ɛn da big big trɔs de na Gɔd

Wi want wi layf fɔ shayn ɛn flɔs wit gud tin dɛn, fɔ smɛl  
wit gladi-at ɛn gladi-at, ɛn fɔ liv sote go insay di memori fɔ di  
wan dɛn we gladi fɔ wi

We pɔsin gɛt di rayt fet ɛn du wetin i want, i kin gladi  
pas di wan dɛn we nɔ gɛt fet ɛn we nɔ de du dɛn wok na di  
fɛt fɔ layf

Saund fet ɛn rayt akshɔn (we dɛn sɔpɔt wit nobul  
motives ɛn gud intenshɔn) de ɔltɛm de ɛnisay we gladi at de,  
ɛn dɛn de lɔs ɛnisay we gladi at nɔ de Frɔm dis, wi kin dɔn se  
na tu impɔtant kɔndishɔn fɔ gladi, we nɔ go ebul fɔ gɛt if dɛn  
nɔ gɛt dɛn Di wan dɛn we want gladi at nid fɔ gɛt dɛn tu men  
tin ya nɔmɔ, we na in kɔna stɔn ɛn pila dɛn

Mɔtalman nɔ kin ebul fɔ kɔntrol, chenj, ɔ ires di tin dɛn  
we nɔ gɛt ɛnd na di yunivas we i want Dɛn pat dɛn ya kin  
miks wit di klos we mɔtalman layf gɛt, ɛn mɔtalman nɔ kin  
ebul fɔ wok we dɛn nɔ de nia dɛn Bɔt mɔtalman kin kɔntrol  
dɛn maynd fɔ adap to dɛn tin ya ɛn avɔyd fɔ mek dɛn nɔ du  
dɛn bad

Wi gret gret granpa dɛn bin gladi pas wi nɔto bikɔs dɛn  
bin gɛt mɔ tin dɛn ɛn ɛnjɔymɛnt we de na di wɔl pas wi naw,  
ɔ bikɔs dɛn nɔ bin de gɛt bɔku prɔblɛm dɛn na layf, bɔt bikɔs  
dɛn bin gɛt di balans we dɛn bin de tink bɔt we bin de gi dɛn  
kɔmfɔt, pis, satisfay, ɛn fɔ shɔt tɛm, dɛn bin gɛt gladi-at

Dɛn nɔ bin de dipen pan di tin dɛn we de apin na do fɔ  
mek dɛn gladi, ɛn dɛn nɔ bin de sɔfa pan di tin dɛn we de  
apin na do we go mek dɛn nɔ gɛt am Dɛn filin fɔ kɔmfɔt, pis,  
gladi, ɛn satisfay na bin natura, nɔmal, wɛlbɔdi, ɛn fɔ las Wi,  
sɛf, fɔ gɛt dɛn filin ya if wi want fɔ gɛt gladi at ɛn udat pan wi  
?nɔ gɛt

Fate na di rizɔlt fɔ wan past ɛksɛsayz fɔ fri wil ɔ fridɔm fɔ  
pik Tru wi past prɔsis fɔ fri wil, wi dɔn brinj ɛn kɔntinyu fɔ brinj

pan wisef fate en destiny Bɔt, wi nɔ de tay pan di tin dɛn we  
dɔn pas, en wi nɔ de kɔnstrakt wi sote go bikɔs ɔf di  
kɔnsikuns dɛm fɔ wi akshɔn Wi kin pul wetin wi dɔn plant en  
ires wetin wi dɔn rayt if wi so want en tray fɔ kɔrɛkt wi kɔs en  
impruv di kwaliti fɔ wi avɛst

If wi pul di sid dɛm fɔ akshɔn wit pen kɔnsɛkshɔn en  
plant insay dɛn ples sid dɛm we fit mɔ to di kayn we aw di  
sol tan, wi go mɔs ripɛnt di frut dɛm fɔ gladi frɔm dɛn gud sid  
dɛm we dɛn plant na di sol in grɔn Wi fɔ yuz fri wil naw, naw  
en nɔto tumara, if wi want fɔ gɛt mɔ gladi at ɔ fɔ mek wi nɔ  
sɔfa en pen smɔl

So, di kɔndishɔn fɔ gladi de insay mɔtalman, en ɔl wetin i  
fɔ du na fɔ dil siriks wan wit da iqwɔj de we nɔ de mek  
mistek, en di rizɔlt go bi in favɔ if i mek di bɛst asɛsment en  
dil wit am

O Masta, mek mi bi ful wit Yu vitality, mi at wit Yu  
kɔmfɔt en sɔri-at prezɛns, mi maynd wit Yu sɛns, en mi sol ful  
wit Yu divayn awareness

Insay di grɔn na una at, di sid dɛn fɔ lɔv de gro Wata dɛn  
sid dɛn de wit di wata dɛn we de mek ɔlman gɛt lɔv en sɔri-at  
we ɔlman gɛt

Di pawa we di maynd gɛt nɔ gɛt limit en akɔdin to dat, if  
yu tink dip wan bɔt ɛni tɔpik, yu go gɛt di ansa to ɛni  
kwɛstyɔn we gɛt fɔ du wit da tɔpik de

If pɔsin de gi ɔl in wok en di tin dɛn we i de du fɔ sav ɔda  
pipul dɛn en du am wit satisfay maynd, dat min se dɛn fɔ rili  
tink bɔt am en tɛl am tɛnki

Wi nɔ fɔ de wan sayd Bifo dat, wi fɔ balans wi wok en put  
wi wok en di wok dɛn we wi fɔ du fɔs, akɔdin to di impɔtant  
tin we ɛni wan pan dɛn impɔtant

Duti na da akshɔn we pɔsin de du wit gladi at en nɔto fɔ  
gɛt mɔni, en spiritual en moral duty fɔ kam fɔs na layf  
ɛvri mɔtalman gɛt pɔtnɛshɛl we dɛn nɔ tap Dɛn gɛt ɔl di  
trɛnk dɛn we dɛn nid Di maynd sɛf na pawa we pas ɔl, en i fɔ



fri from di abit en konssept den we don ol en we de stop pipul  
den

Di influens we planet en sta den get pan mortalman layf na  
di pawa den we de bitwin di planet den en mortalman bodi we  
de mek den atrak en ton den bak pan am

Di bad tin we possin kin tink bot kin mek i go na say we  
bad tin usay i kin tok bot inself akodin to wetin i want Bot,  
possin kin chenj in tink en konsheens tru di pawa we i get, en  
bikos of dat, di say we i de If possin de na say we bad fo long  
tem, da say de begin fo afekt am we i no no am As tem de go,  
i kin los in freedom fo pik wan ples we get welbodi en we get  
welbodi en i kin bi subjekt to di bad tin den we de apin to da  
bad bad tin de Bot di wan den we get strong pawa fo du  
sontin, de gri wit God

### Konsentret maynd enaji

We yu fos di san layt tru wan magnifying glas pan wan  
smol poynt, i de mek ot, en da ot de kin layt wud, klos, pepa,  
en oda tin den Semweso, we yu fos yu maynd presishon, in  
konsentret enaji kin bon di rut den fo dawt bien eni fayl en  
alaw di layt fo sens fo shayn brayt brayt wan

We di maynd de alayned wit God, di sos fo ol gudnes en  
di krijin fo ol blesin pawa, i de kam fo no di divayn prezens en  
get ol di eliment den fo sakrifays Den eliment ya get tayt padi  
biznes wit God in big big pawa, we ebul fo mek nyu chans fo  
sakrifays pan eni fild

Troubul en problem den kin apin we possin no no bot di tin  
den we i bin don du trade, we i du na wan patikyula tem en  
ples Di sofa we den de sofa naw komot from di tin den we den  
bin de tink en du we den bin de tok, we bin tek rut na di gron  
we den bin de tink, we bin de gro to plant en bia frut we de  
sho di kayn tin den we den bin de tink en du

Trɔbul ɛn trɔbul nɔ kin kam fɔ brok pɔsin ɔ paralayz  
wetin i want, bɔt na fɔ mek dɛn gladi fɔ Gɔd in big ɛn rɛspɛkt  
in lɔ dɛn, we dɛn kin yuz fɔ gɛt tru tru gladi at Gɔd nɔ kin sɛn  
dɛn tranga tranga ya bikɔs na mɔtalman mek dɛn fɔs ɔl  
wetin dɛn nid fɔ mɔtalman na fɔ wek in kɔnshɛns frɔm in slip  
we i nɔ de pe atɛnshɔn ɛn fɔ kɔmɔt na di daknɛs we i nɔ no  
natin ɛn go insay di layt fɔ no bɔt sɔntin  
Bɔku tɛm, wi sɛns dɛn kin prɔmis wi fɔ gɛt gladi at we nɔ  
de te bɔt te kin dɔn briŋ wi pen ɛn sɔfa fɔ lɔng tɛm Tru gud  
kwaliti ɛn gladi at, bɔt, i kin prɔmis smɔl, bɔt te kin gi wi klin  
ɛn gladi at we go de sote go Dis na di rizin we mek a kin tek  
gladi at we go de insay wi at as tru tru gladi at, ɛn di gladi  
gladi we go de insay wi at as sɔntin we jɔs de ɛnjoy

We yu luk di san frɔm bɔku bɔku mayl dɛn we de fa na  
di spes, da big sta de kin tan lɛk se i smɔl pas wi Wɔl fa fawe  
Bɔt di wɔl in dayamita na lɛk 7,900 mayl, we di San in  
dayamita pas di wɔl wan ɔndrɛd tɛm If yu kin put wi planet  
we na di wɔl dairekt bifo di San, i go tan lɛk smɔl dɔt we yu  
kɔmpia am to di San  
Lɛ wi se di pawaful solar fil de bɔku ɛn big te in big big  
mas swɛla di wan ol blu skay Di skay we wi de si na jɔs smɔl  
pat, fɔ tru, na smɔl smɔl smɔl pat, pan di spes we de ɔlsay na  
di yunivas we nɔ gɛt ɛnd  
Ivin if di san kɔntinyu fɔ bɔku ɛn strɛch na di spes sote  
go, i nɔ go stil ebul fɔ kɔba di say we nɔ gɛt ɛnd  
Di kosmik ilyushɔn fɔ smɔl ɛn finitude de limit ɛn mek di  
maynd nɔ ebul fɔ no da kɔsmik vastnɛs de  
?Usay dis absolyut void kɔmɔt, ɛn usay in limit dɛn de  
Di wan we nɔ de ɔnda dimɛnshɔn ɔ mɛzhɔmɛnt, we nɔ  
gɛt limit ɔ ɔrijin, na Gɔd, we de ɔlsay ɛn we de na di fa fa say  
dɛn na di spes I de insay di sta dɛn we de fa ɛn we de fa jɔs

læk aw i de insay yu en insay mi , i de no ɔl di ples we i de tek  
, ilæksef i smɔl ɔ big

Di past nɔ no bɔku pan mɔtalman, wit di ɛkseɪpʃən fɔ  
sɔm pipul dɛn we dɔn pik we gɛt sɛns Bɔt stil, di we aw wi nɔ  
no bɔt di tin dɛn we dɔn pas, na fɔ wi bɛnɪfɪt bak Bɪkɔs if wi  
bin no ɔl wetin wi dɔn du na dis layf en insay layf we wi bin  
dɔn liv bɪfɔ, wi bin fɔ dɔn ful-ɔp wit di sheer vɔlyum we wi de  
du en wi go kɔnfyus bad bad wan Wi wil kin ivin paralayz  
bɪkɔs ɔf di shɔk, we go mek wi nɔ ebul fɔ kɔntɪnyu fɔ du wetin  
wi dɔn du en lef wi prey to despair Ivin insay dis layf na dis  
wɔl, fɔgɛt na blɛsɪn frɔm Gɔd, we de mek wi nɔ de tink en filin  
fɔ mɛmba di tin dɛn we bin dɔn apɪn trade, mɔ di wan dɛn we  
bita en we de mek wi fil pen Laki, di divayn spak we de insay  
wi de shayn ɔltɛm wit op en di want fɔ kɔntɪnyu di joyn we nɔ  
de stɔp na layf Wi fɔ tɛl Gɔd tɛnki fɔ dɛn tu blɛsɪn ya: di ebul  
fɔ fɔgɛt di tin dɛn we dɔn pas en di op fɔ tumara bambay

Wi nɔ fɔ dɔn se fate de put tin dɛn we de ambɔg di we  
aw pɔsɪn kin fri fɔ disayd fɔ du sɔntɪn Bɔt wi fɔ du ɔl wetin wi  
ebul fɔ tinap tranga wan fɔ tinap tranga wan we bɔku pipul  
dɛn kin tɔk se na tin we kin apɪn to pɔsɪn en wetin kin apɪn to  
wi, en yuz wi frɪdɔm fɔ disayd fɔ du sɔntɪn akɔdɪn to wetin wi  
biliv insay wi at, bɔt dɛn kɔnvɪkʃən ya kɔmɔt frɔm gud fet en  
we dɛn gɛt grɔn pan Gɔd in lɔ dɛn, we pɔsɪn nɔ go ebul fɔ  
test tru tru gladi at

We wi bigin fɔ du sɔntɪn, wi nɔ fɔ fred bad bad tin dɛn,  
bɔt wi fɔ gɛt op te to di bɛst we, wit rili fet se natin nɔ go  
ebul fɔ stɔp wi fɔ du wetin wi want en fɔ yuz frɪdɔm fɔ disayd  
fɔ du sɔntɪn

Boku tem, mortalman kin tan lek lif we de flot na di riva,  
en den fo pul densef komot na di korent we de mek den get  
otometik abit den we de ker den go na wata we de fodom we  
get ilyushon en pwel pwel Boku pipul den kin tan lek se den  
no bisin bot den en den kin alaw di korent fo swip den

If wi no ebul fo rich wi gol, i akseptabl fo gri se tin den  
bin de we wi mek wi yon we mek wi no ebul fo rich am Wi fo  
kontinyu fo du am en dubl di tray we wi de tray fo rich di tin  
we wi want Wi fo mek wi no bak se ilek aw di tin den we de  
ambog en chalenj den kin strong en bad bad wan, wi stil get  
di trenk fo win den lvin if wi no ebul fo du am pan ol we wi de  
tray fo du oltin, nid no de fo pwel at o fo mek wi at pwel, as  
long as wi ondestand se mortalman wil strong pas di tin we wi  
want fo du, we na wi yon mek So, wi no fo stop fo tray, ileksef  
wi no ebul fo du am, bikos domot den de we opin oltem Wi jos  
nid fo kontinyu fo tray en ripit di tray te den gi wi sakrifays  
God go gi wi ep as long as wi de ansa am en tray tranga wan  
[Di wan we de waka na di rod go rich usay i want fo go, en di  
.wan we abop pan God no go disapoynt]

We posin want scontin bad bad wan en kontinyu fo du  
scontin, da want de no de eva komot na in konshens, enisay  
we i go en enitin we i bisin bot Tru in wok we i de du oltem en  
we no de taya, da want de get boku boku ditarminieshon en  
enaji Dis insay wispa get mo pawa en i de wok pas aw den de  
beg am wit mashin, we jos de mov di lip den Dis na aw di  
wan den we lek God de du tin Den de wispa den lov fo Am we  
no de stop, den wispa den we komot na den at we no de yeri  
ol di tem we den de du tin den we den de du evride Dis wispa  
we komot na den at no de pul den maynd o no de agents den  
oda wok den we den de du As den want fo God de gro, den de

lek am mo en mo, te den de si in layt en si in layt wit di sol in  
yay Den de test gladi at we pasmak en fil pis we den no ebul  
fo tok bot

God de sen wi di lesin den we wi nid na layf so dat wi go  
benefit from den en get ondestandin en eksperiens Enibodi we  
avoyd den lesin den de, den go fos am fo lan den ileksef i tek  
long tem

Evri test na padi if wi lan from am, en na bad bad  
pawaful govment if wi spend di chans en yuz am di roj we  
wit grumbul, veks, en no de joy fayn

We wi ondestand gud gud wan en di rayt we fo tink bot  
layf, i kin fayn en no kin get problem den

. -

saykolojik kes dem

Possin no go ebul fo de sote go we den de ker am wit  
gladi at, we i de onda wata we de mek i fil bad, o we i drawn  
insay di dip dip ples den we i de bost Insay dis wol we get tu  
tin den we no gri wit densaf, di averej possin kin get tin den we  
kin go op en dorj—i kin rayz pan wef den we kin mek i gladi, i  
kin sink insay di ol we no get enitin fo du wit am, en i kin tos  
rawnd bay wef den we de mek i fil bad we i de fil bad—i no  
kin izi fo get eni oda tin we kin apin to am no

Fɔ alaw tin dɛn fɔ chɛnj in tink dis we min fɔ sɔrɛnda  
wɛtin i want to wan kaprish ɛn ɔltɛm chɛnj Fate Wɛtin pɔsin  
nid fɔ liv layf we gɛt sakrifays ɛn fulfil na in maynd balans, ɛn  
dis kin jɔs apin bay we i de tink gud wan ɛn kɔntrol di we aw  
i de fil

Ivin di dip sɔri-at kin wɛl wit tɛm, so i nɔ gɛt ɛni bɛnifit fɔ  
de tink bɔt sɔri-at ɛvrɪde na wi layf Fɔ kray ɔltɛm fɔ lɛ pɔsin  
we wi lɛk lɔs nɔ de ɛp dɛn ɛn wi, ɛn i nɔ de chɛnj natin  
Semweso, fɔ kɔltiv pɔsin we nɔ impɔtant ɔ fɔ pɔnish yusɛf fɔ  
mistek ɔ fɔlt dɛn we yu dɔn du trade, na tin we nɔ izi fɔ du; i  
jɔs de mek layf nɔ fayn ɛn i de stif di mental fakulti

Wi nɔ fɔ alaw wisɛf fɔ fɔdɔm insay di pit fɔ boring rutin,  
bikɔs dat na saykilɔjik stet we de fa frɔm kɔmfyut, as i de  
ambɔg di maynd ɛn bɔn di layt abiliti dɛn na di ɔfna fɔ  
apathy

Dɛn fɔ pul di tin dɛn we nɔ ebul fɔ du na in rut, ɛn dɛn fɔ  
wok tranga wan ɛn mekɔp dɛn maynd fɔ plant di fil dɛn we  
de na layf ɛn plant dɛn wit sid dɛn we go mek dɛn ebul fɔ  
avɛst bɔku bɔku tin dɛn, wit Gɔd in ɛp  
Du sɔntin we nɔbɔdi nɔ dɔn du bifo—sɔntin we go mek di  
wɔl sɔprayz Sho se Gɔd in pawa fɔ mek tin dɛn de wok tru yu

Pipul wae gɛt kol at ɛn nobul temperament kin ɛp fɔ mek  
wi tink magnet ɛn wɛl I nɔr kin at fɔ no if pɔrsin de pul in  
intɛlektual nourishment frɔm say wae gɛt pis ɔr disruptiv  
envayrɔment Wɔri, pwɛl hat, ɛn kɔnfyushɔn ɔl kin kɔmɔt frɔm

wae i get padi biznes wit di rɔŋg kayn pipul dɛm, ilɛksɛf na  
padi ɔr fambul, we kin mek i de tink bɔt wɔri ɛn get trɔbul

s it dɛm, weɔm fɔdi de get enɛji ɛn aktiviti frɔdi b  
di ɛn maynd enɛji chaj dɛm we iziɔmagnetik it dɛm de gi di b  
It toɔnɔvɔk ɔkin izi f ɔlid ɛn likid it dɛm we nɔdaygɛst pas s ɔf  
liv enɛji

We yu kin chenj di we aw pɔsin nɔ no natin to sɛns,  
wikɛdnɛs ɛn wikɛd tin to wɛlbɔdi ɛn trɛnk, ɛn waka wit  
kɔnfidɛns ɛn maynd—ivin yu wan—tru layf in rod dɛn, ɛn get  
gladi at insay yu fɔ get kɔnshɛns we de alayv ɛn we de wach,  
ɛn fet we nɔ de shek pan Gɔd in jɔstis ɛn di win we rayt pan  
di rɔŋg ɛn trut win ilyushɔn, ɛn we yu de tray tranga wan fɔ  
elevɛt yu tinkin fɔ ay ɛn mɔ rifin lɛvɛl, ɛn get at we get lɔv ɛn  
tɛnki ɛn gud tin fɔ du to ɔda pipul dɛn, yu intelektual it go bi  
magnetik, ɛn yu go atrak yusɛf ɔl wetin fayn ɛn bɛnifit—tin  
dɛn, pipul dɛn, ɛn sikɔstɛms—we impɔtant fɔ kɔntinyu yu  
joyn fɔ go na di shores fɔ sɛf ɛn sɛf ɛn las wan, we yu tray  
tranga wan fɔ get wetin yu nid ɛn satisfay wit wetin Gɔd de  
gi, yu go jɛntri pan spirit ɛn satisfay pas di wan dɛn we di wɔl  
want ɛn we gridi fɔ di tin dɛn we de mek yu gladi fɔ shot tɛm

Sɔri-at na di brij we de kɔnɛkt ɛvri sol to ɔda sol Sɔri-at  
na di get fɔ ɛvri at

We pɔsin de luk fɔ Gɔd, we na di wangren tru padi pas ɔl  
ɔda pipul dɛn, i kin bi pɔsibul fɔ mek i get tru tru padi biznes  
na ɔl mɔtalman rilayshɔnship—famili, brɔda, mared, ɛn  
spiritual padi biznes na impɔtant tin fɔ mek mared-os, ɛn fɔ  
get tayt padi biznes wit in maynd ɛn filin, fɔ mek i fil lɛk se i  
lɛk Gɔd, ɛn tru tru lɔv fɔ bi di fɔs tin Di wan dɛn we nɔ ebul fɔ

no difrɛns bitwin tru tru lɔv ɛn di we aw pɔsin kin atrak am  
na in bɔdi dɛn kin disapɔynt bɔku tɛm

We mared de bay ay aydia ɛn rɛspɛkt fɔ dɛnsɛf, i kin bi  
wan gladi ɛn sakrifays union bitwin tu sol dɛn we lɛk dɛnsɛf  
ɛn we de wok togɛda, we kin mek dɛn kɔmpin dɛn nɔ gɛt  
bɔku prɔblɛm dɛn na dɛn layf ɛn pul di wɔri we dɛn kin wɔri  
bɔt fɔ liv wit sɔri-at ɛn ɔndastandin wit padi biznɛs

Nɔbɔdi nɔ go ebul fɔ kɔntrol mi ɔ tek mi wil pas a alaw di  
tin dɛn we ɔda pipul dɛn de tink ɛn du fɔ afɛkt mi  
If yu kɔnfyus yu tinkin to matta, yu go si ɔltin frɔm  
matirial pɔynt Bɔt wans yu rayz yu kɔnshɛns to wan stɛt fɔ  
spiritual awareness, yu go si di pervasive kɔrɛnt fɔ Gɔd in  
layt de flɔ pas ɔl matter, ɛn yu go si ɔltin frɔm spiritual  
perspektiv

Masta, a no se a gɛt chans we nɔ gɛt ɛnd fɔ fɛn ɔl mi  
abiliti ɛn diskɔba mi spiritual pɔtnɛshɛl Tide a go ful mi tinkin  
wit optimism ɛn detach misɛf frɔm ɛkspiriɛns dɛn we nɔ fayn  
A go praktis wetin go mɛn mi bɔdi, maynd, ɛn spirit insay  
wan we we balans ɛn we gɛt wanwɔd

A go riples matirial atakshɔn wit ay aspireshɔn  
ɛn a go no se di fetful spirit de wit mi ɔltɛm

Di dans fɔ layf ɛn day de ɔltɛm, bɔt a go fri misɛf sote go  
bay we a sev mi spiritual aydɛntiti ɛn we a de fes di big big  
briz we de mek a gɛt prɔblɛm ɛn trɔbul, a go tek bɔt insay mi  
spiritual bɔt fɔ krɔs di si we gɛt layf fɔ go na di sɛf, divayn  
sho dɛn



We a de wok en mek, a go memba se Gɔd de wok tru mi  
In na di Masta fɔ di wan ol wɔl, en a kin kɔnekt wit am tru dip  
tink bɔt Am

Mi Gɔd we a lɛk, a no se mi tinkin go bring mi ɔl tu fɔl ɔ  
sakraifays, dipen pan us aydia strong pas ɔl na mi layf En a go  
tray fɔ memba se Yu de es Yu ep an en redi di we fɔ mi  
sakraifays

We bad bad tin en bad bad tin apin to mi, a go kɔl mi  
trenk en strong mi maynd fɔ win den A go bi sinsi en ɔnes pan  
mi dil wit ɔlman, en a go spre tink bɔt lɔv en gud wish Dɔn  
Gɔd go sɔpɔt mi wit in pawa en sens

Sik den we get fɔ du wit Gɔd biznes en aw fɔ trit den  
Masta Paramhansa Yogananda

Tray fɔ imajin wan grup we get mɔtalman figa den we nɔ  
:fit en we nɔ get wanwɔd  
Wan we get smɔl ed we di sayz lɛk chikpi en big bɔdi we  
!saiz lɛk kamɛl  
Wan ɔda wan get pawaful an we tan lɛk Samsin ɔ Ekyl  
!in an en bɔdi we tan lɛk dwɔf in bɔdi  
En di tɔd wan get di ed fɔ wan big elifant en di bɔdi fɔ  
!wan skrawn maws  
Yu nɔ tink se da tin de go mek yu sɔprayz en sɔprayz, ɔ  
yu go sɔri en rigret if yu si wan krawd pan den tin den de we  
?get wan strenj en we nɔ gri wit wetin den rayt  
Naw imajin ɔda grup fɔ pipul dem wae nɔrmal fɔm en aw  
den de luk, bɔt nɔr balans pan den maynd en nɔr de fil fayn  
na den maynd

Jos lek aw klos kin ayd wund, sos, en oda tin den we no  
fayn na in bodi, na so bak posin we get strong bodi we get  
welbodi en fayn fayn fes we de shayn kin ayd boku sirios  
maynd sik den en di bad tin den we posin kin get we i bon  
If yu mit boku boku odinari pipul den we difren bikos den  
de luk fayn en den get gud welbodi, en if yu ebul fo go insay  
den maynd bodi wit yu spiritual vishon, di soprayz go mek yu  
soprayz, en yu go rili fil bad fo wetin yu go fen  
:Yu kin wach den maynd bodi lek dis

Di maynd de sho di ed, di sens en filin de sho di bodi, en  
di wil na di an en fut ol den tin ya no normal, sik, en no fayn  
Yu go si se som get smol ed we no de divelop sens, we  
den don rayd pan bodi we no get bete trenk en we don swel  
wit tin den we den want fo du fo densef nomo en we den want  
fo du mami en dadi biznes

Yu go si bak se som pipul den get bodi we no get filin en  
pawa, pan ol we den get an we don divelop pasmak en we de  
wok

Oda pipul den kin get big, kriyaytiv bren, bot den sori-at  
en imoshonal kapasiti kin stop en atrofi En oda kayn pipul den  
de we get normal bodi en maynd konstityushon, bot we den  
wil pawa en kontrol densef wik o paralayz  
En di list fo di tin den we yu don si de go bifo en pan Mek  
!yu liv long

Den kayn boku boku saykilojik distorshon ya na di maynd  
bodi we no de divelop bete pan som aspek dem en we don  
ova divelop pan oda wan dem, rili de - pan ol we den ayd - na  
motalman Den kin mek den get saykilojik pen en mek den no  
sho den talent en abiliti lek aw den fo sho

Fo adres som saykilojik sik dem ya kin ep fo no di  
ondalayn koz dem fo ol motalman problem, so dat ol di wan  
dem we de sofa wit den go at ol no den, ivin we den no no, so  
dat den go ondastand di kayn we aw den problem den de,  
den symptom dem, en di saylens we den de go insay di sayk,

so dat den go ebul fo dreb di krip we den de pwel pis en gladi  
at

### spiritual melancholy

Dis sik de ɔlsay pan di wan den we no de du tin wit sens  
en bɔdi ɔnda di pretekst fo se den de dip pan spiritual tin den  
Den pipul ya we de sofa no de pe atenshon to di men en smɔl  
wok den we den de du na layf we den de mek lek se den de  
sav God, en dis de mek den opin densɛf fo Setan, we kin du  
bad bad tin to den Den de sofa bikɔs den no get op en den no  
de gladi fo enitin we go benifit den ɔ we fayn we de arawnd  
den den Dis na sik we kin pas, en ɔl di wan den we get  
spiritual aspireshon fo tek tɛm wit am en fri densɛf from am  
bay we den de kip den trenk layf ɔltɛm en den imyuniti strong  
tru gud tinkin, optimist lukin-grɔn, en wɛlbɔdi, prodaktiv wok  
spiritual indigestion we no de it fayn

Dis kin apin as a rizulta fo di random (guzzling), dat na,  
di kwik we aw den de it bɔku bɔku rɛdi-mɛd saykotropik  
drogs we den rɛjista ɔnda nem den we de shayn, en we den  
prɛzɛnt insay di fɔm fo lay lay spiritual buk en lɛsin den we  
“spiritual dɔkto den” we get ɛksperiɛns pan di art fo  
charlatanry en majik

Dis sik no de jɔs kil di spiritual angri fo no di trut, bɔt i de  
pwel di ebul fo no difrɛns bitwin gud en bad, benifit en bad  
Di wan we de it tiolojikal aydia den ɔltɛm en it ɔltin we  
fɔdɔm na in an no go jɔs it pasmak bɔt i go it pɔyzin aydia  
den wit di wan den we yusful, en dis go mek i no get bɛtɛ  
sens en dis go mek i day pan God biznɛs sloslo  
Fo stɔdi pasmak en kɔntinyu fo stɔdi difrɛn spiritual en  
filɔsofik aydia den, we yu no no ɔ tray fo dayjɛst en chɛk den  
tru pɔsin in yon ɛksperiɛns fo no if den valid, kin dɔn mek  
pipul den get dawt, no bisin bɔt ɔda pipul den, en no trɔst ɔl  
di spiritual prinsipul en lɔ den  
Pashon en ɔbseshon

Di wan den we get dis sik de liv west layf, we no get  
minin bikos den get boku moni en tem, en bikos den no get  
rizin en no ondestand layf di rayt we

Na wetin den want de dreb den pipul ya; den kin du  
enitin we kam na den maynd en mek den gladi Den kin ful-op  
den layf wit novel den we no dia, we no important, fim den we  
kin mek posin fil bad, en enjoyment we no get wan minin Den  
no kin no se den get dis denja sik te den get bad bad shok o  
den nervos brok—dat na afta den don du di damej  
kol we de na yu maynd

Dis sik get oda nem: pwel hat Posin nor kin eva no ustem  
i go atak en sofa in sik wae de mek posin fil bad, lek wae i  
nor get op, i nor kin ebul fo bia wit am, i kin wori, en i nor kin  
get peshent pas ol na dat, borku tem i kin te, en di wan dem  
wae kin get dis sik kin kam bak kwik kwik wan, ivin if den  
biliv se den don wel kwik kwik wan  
Saykolojik kataro

Dis sik kin kam bikos den de tink bot tin den we de mona  
pipul den na di wol we no de don Di wan den we de sofa kin  
no yuz di wepon we den want en dis kin mek den no du natin  
en put densesf onda di fred we den de fred oltem instead fo  
kofrent den wit maynd en pul den komot we den smol  
abnormal saykolojik atakshon

Di wan den we dis sik don sofa kin bi wan say we den de  
tray fo get gladi at Bikos den biliv se gladi at de pan fo geda  
jentry, fo get nem, o fo get welbodi o pawa, den kin sakrifays  
oltin—helth, gud nem, pis na den maynd, on, en respekt—na  
di olta we den want fo get we de bon Tu let, den kin no se na  
balans layf nomo, we de respekt di lo den fo di tin den we God  
mek en di tin den we God de tel posin fo du, en i de mek di  
wok we posin de du wit kol at, gri, i kin mek posin get tru tru  
gladi at en i kin mek posin du wetin i want fo liv fayn layf  
Di wan den we de sofa wit di sik we den kol unhealthy  
attachment disorders kin it wit tin den we den kin tink bot fo  
long tem we den no ebul fo kontrol, we kin mek den no de si

layf di we aw den de si am en we no fayn Fɔ egzampul, wan  
biznesman bin get bɔku sakrifays en gɛda bɔku bɔku mɔni,  
bɔt bifo i ebul fɔ enjɔy in jɛntri, i bin get wan nervɔs brok  
bikɔs ɔf di wɔri en fred we i bin de fred pasmak, en i day wit  
at pwɛl

ɔda pipul den biliv se ɔltin kin alaw fɔ mek den ebul fɔ  
rich di gol Bikɔs ɔf dis kɔnfyushɔn, den kin mis den tru tru  
ɔbjektiv en den no kin ebul fɔ get ivin di smɔl satisfayshɔn,  
ilɛksɛf den get den tin den we den bin dɔn rili want, bikɔs  
mɔtalman in nature big en get bɔku bɔku tin den en i nid fɔ  
get balans divɛlɔpment pan ɔl di lɛvul den

### Blaynd spiritual klin

Dis aberrant fanaticism fɔ sɔm biliv den kɔmɔt frɔm we  
den de kɔntinyu fɔ fala sɔm patikyula opinion en aydia den  
we den no aks kwɛstyɔn ɔ egzamin den, so dat de mek di  
wan den we get dis sik vɛks en et fɔ eni gud spiritual aidia ɔ  
opin en fri tink Dis isolation de mek pipul den tɔn agens Gɔd  
in ɔ den, we de sho pan intelektual efyushɔn, matirial  
wɛlbɔdi, mental en bɔdi wɛlbɔdi, en ɔv en rɛspɛkt fɔ pipul  
den we kɔmɔt na difrɛn difrɛn say den

Fɔ put prinsipul den we get fɔ du wit Gɔd biznɛs  
Bikɔs sik den we pɔsin kin get na wi bɔdi kin si, i kin mek  
wi fil pen, en i no kin mek wi gladi, i kin mek wi tray tranga  
wan fɔ tinap tranga wan, en dis kin mek wi tray fɔ win den  
tru difrɛn we den fɔ mɛn pipul den, frɔm ɛksesaiz en it fayn it  
to difrɛn mɛrɛsin en drɔgs Bɔt, pan ɔl we na di mɛn tin we kin  
mek mɔtalman fil pen en fred, den no kin avɔyd ɔ trit den wit  
inɔf urgency, en den kin alaw den fɔ pwɛl wi layf en pwɛl wi  
layf

Eduketa dɛm, fizik ɛdyukeshɔn ticha dɛm, pricha dɛm,  
rifɔma dɛm, dɔktɔ dɛm, en lijislɛta dɛm go ebul fɔ drɛb  
prɔgrɛs fɔ go bifo we den fɔs lan, stat wit dɛnsɛf, en afta dat  
den tich ɔda pipul dɛm di kɔrɛkt we fɔ kɔltiv mɔtalman

nature insay wan balans en harmoni, akodin to di lo dem fo  
layf en di prinsipul dem fo wan welbodi egzistens Dis na di tru  
tru effektiv edyukeshon en komprehensiv motalman kolcho we  
pipul den olsay na di wol nid

Di edyukeshon institiushon den tink se i no posibul fo tich  
spiritual fawndeshonal tin den na poblik skul den bikos den  
tink se konfyushon de bitwin den prinsipul den ya en difren  
rilijon tichin den Bot if den institiushon den ya bin de pe  
atenshon pan di yunivasal prinsipul den we na pis, lov, savis,  
fet, opin maynd, en aksept oda pipul den—we na spiritual  
konstant den we den don mek tranga wan—en develop  
prektikal we den fo mek den prinsipul den ya insay di fayn  
fayn tin den gron fo pikin den maynd en sol, den kin fen rizin  
en akseptabl solvishon fo dis problem we den tink se en we  
den kin imajin Na big mistek fo ignore dis kweshon jos bikos  
of di problem den we i tan lek we get fo du wit am

Boku pan di wan den we don gradyuet from koleji kin  
komot na yunivasiti wit den ed we ebi en swel bikos of wetin  
de insay buk den dat den no kin ebul fo waka na di rod den  
na layf, bikos i don lef smol fo le den no ebul fo du wetin den  
want en fo kontrol densaf bikos den no de tek tem wit den en  
den no de yuz den So, yu de si den de du tin we no de tek  
tem en we de pwel, den de rosh ed wit den ed insay di ol we  
no get wanwod we no get wanwod, we de yuz den mared we  
no ikwal, we de ronata moni, en we no ebul fo du den wok  
bikos den no lan aw fo yuz di shap naif we den get fayn fayn  
wan pan den sens we den don on pan akademik tin den As a  
rizulta, den kin kot densaf en du bad to densaf  
I sori fo no se i tan lek se boku yon pipul den kin enjoy fo  
du tin den we kin mek den get bad en pen Som kin yuz tif en  
oda bad tin den, ivin kriminal tin den, we no get enitin fo stop  
o stop Den wan den we no ebul fo mek bad tin no go olsay na  
di sosayti de enkorej som pipul den fo biev di roj we Olman  
we get konshens en tru tru fet fo bi gud egzampul to oda  
pipul den we i kam pan integriti, ones, respekt, en respekt fo

yusef Skul, koleji, yunivasiti, en soshal institiushon den no de  
gi inof sayens we fo ridyus kraym bay we den de adres di rut  
koz dem, we de mo na di maynd  
Den fo mek speshal skul den bak fo tich di art fo liv gladi  
en sakrifays, fo develop di tin den we posin ebul fo du en fo  
mek i ebul fo du mo fo insef  
Den kayn skul ya go tan lek gadin en pak usay yon pipul  
den maynd de gro en go bifo Den fo tek tem pik di ticha den  
en mek sho se den get di kopreshon we mama en papa en di  
komyuniti get Den skul ya go ep fo shep wan wan pipul den  
fayn fayn wan Den fo memba se di spiritual it we posin get  
we i begin fo it na in de sho in welbodi en ebul fo gro leta  
Wi no get wan dawt fo se di we aw den de tren posin in  
maynd en in bodi na di skul den we de naw, i go benifit, bot  
den no get eni spiritual fawndeshon If den no get gud kwaliti  
den, i no go komplit fo gro  
Den fo tich di sayens den bot di we aw posin de gro pan  
bodi, maynd, en spiritual tin den to yon pipul den we den  
maynd stil get sori-at en we kin chenj chenj en we den no  
chenj den pawa yet pan som we den  
Afta den don tren den gud gud wan, di student den na  
den skul den de fo kontinyu fo du egzam fo tink gud wan, en  
di setifiket den we den go get go bi gud welbodi, gud nem,  
we go wok fayn, get moni en spiritual jentri, gladi at,  
sakrifays, en konfidens pan densef  
Di rizolt fo di las egzam na di end fo dis waka na dis wol  
go bi akodin to di ovala som pan di mental en spiritual  
achivement en setifiket den we den get di tem we den de du di  
sab-egzam olsay na di layf  
Di wan den we sabi du dis fayn fayn test, we pas ol, go  
get oli setifiket fo sho se den ebul fo kia fo densef en fri, klin,  
en gladi at konshens  
En blesin den we den rayt sote go na di sol in pej  
Dis prayz we no boku, no go mek mot chenj am  
En tifman den an no go rich am

Ɔ tɛm go ɛras am  
I go bi paspɔt  
Ɔ bi ɔna mɛmbaship na di Righteous Group

Usay gladi at de?

**Gɔd, insay in absolyut sɔri-at, de gi wi in gladi at  
ɛn inspeksiɔn**

**Ɛn i de gi wi rial layf**

**Tru tru sɛns**

**Ɛn tru tru gladi-at**

**Tru ɔndastandin de kam tru ɔl di difrɛn difrɛn  
ɛksperiɛns dɛn we wi gɛt na wi layf**

**Bɔt Gɔd in glori de sho ɔl na di spiritual pis we di  
sol de gɛt ɛn insay di maynd in rili tray Ɔ gri wit Am  
De, wi tinap fes to fes wit di trut Na do, ilyushɔn dɛn  
gɛt pawa pasmak, ɛn na smɔl pipul dɛn nɔmɔ kin ebul  
Ɔ rɔnawe pan di inflɛns we di tin dɛn we de na do gɛt  
Di wɔl kɔntinyu wit in kɔmplisiti dɛn we nɔ gɛt ɛnd ɛn  
bɔku bɔku prɔblɛm dɛn Gɔd in vɔys de biɛn di we aw  
layf de apia, de kɔl wi ɔltɛm ɛn tɔk to wi frɔm flawa,  
skripchɔ, wi kɔnshɛns, ɛn tru ɔl di fayn fayn tin dɛn we  
de mek layf fit Ɔ liv**

**Di mɔ we wi de pe atɛnshɔn pan tin dɛn we de na  
do, na di mɔ wi nɔ go ebul Ɔ gɛt glori we de insay wi;  
ɛn di mɔ we wi de tɔn insay, na di mɔ wi de gɛt  
prɔblɛm dɛn we de na do na di kɔnstant Ikweshɔn Bɔt  
bɔku pipul dɛn nɔ de no dis trut bikɔs ɔf di inflɛns we  
di wɔl kɔmpin, di sosayti we dɛn de liv insay, ɛn di abit  
dɛn we nɔ gɛt wɛlbɔdi Sosayti de kip pɔsin insay wata  
ɛn bisin bɔt tin dɛn we de ɔp, we de mek dɛn nɔ ebul  
Ɔ tink bɔt dip trut dɛn**

**Ivin ples dɛn we gɛt Ɔ du wit Gɔd biznɛs, sɔm  
pipul dɛn kin go we dɛn nɔ rili want Ɔ bɛnɛfit frɔm di**



**bləsin we dən de, so dən nɔ kin gət natin fɔ notis frɔm  
dən visit dən de**

**Enibɔdi we want fɔ si Gɔd go fən am ɔlsay  
Mɔtalman abit dən de pwɛl, it, ɛn it; dən de pwɛl, pwɛl,  
ɛn dɔnawe wit am Na tɛm fɔ mek mɔtalman lan aw fɔ  
gladi ɛn satisfay wit wetin i gət Wi nɔ fɔ want ɛnitin  
pas wetin de kam to wi Gɔd gət fri-an; I no wetin wi  
nid ɛn gi wi am insay di rayt tɛm Dis nɔ min se wi fɔ  
abop pan Gɔd we wi nɔ tray fɔ du ɛnitin Nɔto atɔl I min  
se wi fɔ du wi pat to di bɛst we wi ebul ɛn lɛf di ɔda  
wan to Gɔd, we nɔ go ɛva pul wi wetin wi nid ɛn we wi  
fɔ gət**

**Di bɛst we fɔ gət gladi at sote go na fɔ fil Gɔd in  
prezɛns Di tin we wi want pas ɔl na fɔ no Gɔd ɛn fɔ  
disayd fɔ de wit am Gɔd fɔ bi fɔs ɛn fɔs pan wi tink ɛn  
filin, ɛn wi fɔ tek am as di pila we strong pas ɔl ɛn we  
strong pas ɔl na wi layf**

**(So ol Gɔd in rop tranga wan, ɛn luk fɔ say fɔ rɔn  
go to am)**

**Bikɔs na in na di pila if ɔl di ɔda pila dən nɔ  
ebul yu**

**A dɔn kam fɔ no se di wangren rizin fɔ layf na fɔ  
no Gɔd Sɔm pipul dən de we nɔ go biliv se fɔ fən Gɔd  
na di men gol fɔ layf Bɔt nɔbɔdi nɔ go dinay se di rizin  
fɔ layf na fɔ fən gladi at ɛn a de se wit kɔmplit  
kɔnfidɛns ɛn shɔ se Gɔd na di ɔlmat gladi at I na  
suprɛm bləsin I na absolyut, universal lɔv In na di  
gladi gladi we go de sote go we nɔ de ɛva kɔmɔt na di  
sol fɔ di wan dən we de insay harmony with Him So  
wetin mek wi nɔ de tray fɔ gət da pafɛkt gladi at de?  
Nɔbɔdi nɔ go ebul fɔ gi wi am Wi fɔ kɔltiv ɛn mɛn am  
insay wisɛf ɔltɛm Di pawa dən we di tin dən we Gɔd  
mek de tray tranga wan fɔ gi pipul dən di wɔl gladi at,  
bɔt dən kayn gladi gladi ya we nɔ de te kin dɔn mek  
dən rigrɛt, bita, ɛn rigrɛt lvin di pɔsin we gət laki pas**

olman, we i tan lek se i get oltin, kin stil no rili gladi  
Den no go satisfy wit tin den na di wol fo long tem  
bikos den tin ya no de fo kil den tru tru tosti o satisfy  
den spiritual angri

Di tin den we posin get de gi jos lay lay pis en  
satisfay we no de te Di wan ol wol don ful-op wit  
konfyushon en chaos, en na di tin den we posin kin  
want fo du fo insef nomo en we kin mek i want fo du  
sontin we kin mek pipul den fet wo no de oda tin we de  
mek wo

Di tru hiro na di fet na layf na di wan we win insef  
en win wetin i want Moni, nem, want, en oltin we de  
agens dis prinsipul de ambog wi pis en gladi at If pipul  
den lan fo tink oltem bot di tru valyu den na layf, den  
go fen di gladi at we den de luk fo, bot den go komot  
nia wetin den want en di korent we di wol want we a  
don fen we de swip den no temteshon no go ebul fo pul  
mi pan di rod we a don pik en fala fo misef

I kin charm tawzin pipul wit di pawa we God don gi  
mi, bot da rod de go detrimental to mi Eni we, a no  
want fo charm tawzin en kapcho den maynd A jos want  
fo si sinsi disaypul den we tinap tranga wan insay God  
Di wan den we lek God go savor den aidia ya, en di  
wan den we den zil kontinyu go fil God in blesin en  
prezens tru den tichin ya

I no posibul fo mek posin ful God, bikos I de de  
oltem, i no wetin de na den maynd en wetin den want  
We den lef di wol en want fo get wanwod na den spirit,  
God go kam to den We da want de tek rut na di at we  
de luk fo am, God kam na da at de en ful-op am wit  
gudnes en blesin Di wangren tin we fit fo liv fo na fo  
gri wit God en fo get in fayv Da wanwod de fo bi  
agrimant we go de sote go en promis we no go brok  
(di wan den we de kip God in agriment en no brok  
am) .

**Olman want mɔ jɛntri pas ɔda pipul dɛn lvin we dɛn gɛt am, dɛn nɔ satisfay, dɛn de diskɔba se ɔda pɔsin jɛntri pas am Pipul dɛn de liv na wan kwagmaya we de mek dɛnsɛf sɔfa, we dɛn want fɔ gɛt mɔ pawa Wi fɔ satisfay wit wetin wi gɛt Matirial prɔpati dɛn nɔ de brɪŋ gladi at; bifo dat, bɔku tɛm dɛn kin mek pɔsin wɔri, wɔri, ɛn fred mɔ**

**Di rod fɔ go to Gɔd na di rod we simpul ɛn izi, yet na smɔl pipul dɛn nɔmɔ de waka pan am pan ɔl we bɔku rilijɔn ritual ɛn fɔmaliti dɛn de l bɛtɛ fɔ tɔn wi at to Gɔd ɛn aks am fɔ wetin bɛtɛ ɛn las fɔ wi Fɔ tru, Gɔd de wet fɔ wi bikɔs i want fɔ kip wi fa frɔm bad ɛn denja l want wi wit am na wi at ɛn maynd bikɔs di smɔl smɔl tin dɛn we de na dis wɔl nɔ go ebul fɔ satisfay mɔtalman lɔng ɔ ful di spiritual void we wi de fil dip insay Gɔd de tɔk to wi ɔltɛm, bɔt na smɔl pipul dɛn nɔmɔ de yɛri In vɔys Da kwayɛt vɔys de bɔku tɛm drawn aut bay di kray kray we de mek nɔys tink ɛn blatant want Bɔt we di tin dɛn we wi de tink dɔn stɔp ɛn di tin dɛn we wi want fɔ kol, wi de yɛri Gɔd in vɔys klia wan, pan ɔl we i nɔ de tɔk ɛn i nɔ de tɔk tru Fɔ tru, Gɔd de du ɔltin fɔ ɛp mɔtalman, i de opin domɔt dɛn ɛn layt di rod dɛn so dat wi go si usay wi fɔ step, so dat wi nɔ go stɔp ɔ slip Bɔt bɔku pipul dɛn nɔ no dis tru**

**A nɔ want pipul fɔ tink se dɛn kin gɛt no bɔt tin dɛn jɔs bay we dɛn de lisin to ɔda pipul ɔ rid buk Dɛn fɔ yuz wetin dɛn de rid ɛn yɛri Fɔ go na say dɛn we dɛn de wɔship bɛtɛ pas fɔ de na os ɛn lisin to idle chatter Bɔt ivin na ples dɛn we dɛn de wɔship, pɔsin fɔ fil Gɔd in prezɛns na dɛn at ɛn no aw fɔ ɛksperiɛns am Imotional outbursts and rational analyses cannot give us the knowledge our souls yearn to gɛt**

**We wi sɔrɛnda wisɛf to Gɔd ɛn tɛl wi gudbay to wetin wi want fɔ wisɛf, ɛn we wi shɔ se Gɔd de wit wi ɔltɛm, de liv insay wi sol ɛn inspekt wi wit gud ɛn**

**nobul tink en filin, wi go get gladi at en fridom, en wi go witness di san we de komot pan sens na di sol in crayzin**

**Imajin! Diked ia from naw, wi yon egzistens go bi drim, en ol wetin wi de du naw go bi pat pan da drim de lvin di big big pipul den na mortalman go bi jos figment den fo mortalman konsheens Bot den big big pipul den de rich den oltimat gol bikos den rich di ay ay levul en kontinyu fo liv na spirit, fulop fo no en no ol wetin de apin, bikos den get wanwod insay divayn konsheens Enibodi we tray fo gri wit den tru den tink en tichin den go mos fil den prezens, get den blesin, en no dip dip wan se den rili de insay komyunion wit den**

**Laif na big drim Yet, we yu luk yu bodi naw en si am vibrant wit layf, yu kin ful-op fo biliv di rial tin bot dis drim Yu tink se yu fo get dis o da tin de fo mek yu gladi Bot ileksef yu fulop boku tin den we yu want, yu no go get gladi at tru den Di mo we posin de get, na di mo i want Di tin den we i want, i fo filta, en layf simpul if posin want fo liv insay komfort, kol at, en satisfay insay**

**Di skripcho den se di posin we in want oltem de flo insay (to den sol) na posin we get ay insay pis Insay dis, den tan lek di si, we no de eva chenj o stop, bot i de kontinyu fo ful-op wit wata we de flo insay am we no de stop Bot di posin we de mek ol den we want na di rizova fo den pis en alaw di impotant wata fo lik en west no no natin bot spiritual pis en gladi at we posin kin get insay posin in at**

**Wi nid gayd from di wan den we sabi God, we get di abiliti fo tok to am en we de no se i de wit am Di profet den don aks wi fo luk fo God insay pis we de insay wi, na di say we di sol de in wan usay di fetful spirit en di best spiritual gladi at de Di ticha den we get sens na India densef de endos den aidia ya en den**

**de eksplen di impotants fɔ dip meditashɔn fɔ no di  
Divayn Self insay di dip tin dɛn we de na di sol**

**ɔltin we de na wev-layk vaybreshɔn we Gɔd in  
maynd de dayrɛkt Dis intɛligent vaybreshɔn na di Oli  
Spirit, ɔ di fetful Spirit, we pɔsin kin tɔk to tru prea ɛn  
tink gud wan**

**Insay di stil we yu sol stil de ɛn di grov fɔ yu  
maynd we de fos, di lɔv afɛa wit di Absolut ɛn di  
Infinite nɔ gɛt ɛnd Bɔt i at fɔ fɛn Gɔd if wi de rɔnata  
mɔni fɔs Wi fɔ mek Gɔd bi wan impotant pat pan wi  
layf, ɛn afta dat wi go gɛt ɔl wetin wi nid na dis layf  
ɛnibɔdi we mek Gɔd bi ples we go de sote go na dɛn  
at, Gɔd go gi dɛn bɔku bɔku pat pan di blɛsin dɛn we  
di wɔl ɛn ɛvin gɛt, ɛn opin bifo dɛn big big ɔrayzɔn  
usay di san dɛn we gɛt sɛns de shayn, we de shayn  
dɛn rod ɛn pul di daknɛs we de rawnd dɛn Gɔd na di  
pɔsin we lɛk dɛn sote go, ɛn no gladi at nɔ de fɔ  
mɔtalman pas we dɛn lɛk Gɔd lɛk aw dɛn lɛk—at ɔl—di  
wan dɛn we dɛn lɛk pas ɔl, bikɔs if Gɔd nɔ bin de, wi  
nɔ bin fɔ no di men tin bɔt lɔv, ɔ test di swit we i swit**

**Wi fɔ lan fɔ yuz wi wil ɛn fos wi maynd fɔ luk fɔ  
Gɔd wit ɔl wi at Mɔtalman akshɔn na wetin wi want, ɛn  
dɛn abit ya de kɔmpɛl wi ɔltɛm fɔ du wetin wi nɔ want  
fɔ du Fɔ tru, mɔtalman na in yon ɛnimi, we wi nɔ no  
bɔt am I nɔ no aw fɔ sidɔm stil, ɛn i nɔ de dediket tɛm  
to Gɔd, yet i want gladi at ɛn garanti fɔ go insay  
Paradays witout delay Di oli ɛkspiriɛns nɔ go ebul be  
attained merely by reading books, listening to  
sermons, or performing good deeds Wi nɔ gɛt wan  
dawt fɔ se dɛn ɔl ya bɛnifit, bɔt dɛn nɔ go du fɔ rich to  
Gɔd nid fɔ tek tɛm tink gud wan ɛn tink gud wan**

**Wi fɔ fɛn Gɔd in fayv fɔs Wi nɔ go ebul fɔ mek  
ɔlman gladi, bikɔs dat nɔ pɔsibul A de tray nɔ fɔ ɔfɛnd  
ɛnibɔdi a de du wetin a ebul, ɛn na dat nɔmɔ a ebul fɔ  
du Mi wangren aim na fɔ mek Gɔd gladi A de yuz mi**

an fɔ ɔmbul fɔ pre bifo am, mi fut fɔ luk fɔ am ɔlsay,  
en mi maynd fɔ tink bɔt am en tink bɔt In wɔndaful tin  
den Gɔd fɔ tek di fɔs ples na wi at so dat wi go  
ekspiriens am as pis, lɔv, ɔndastandin, gudnes, sɔri-at,  
en sens Dis, en nɔto ɔda tin, na wetin a kam fɔ witnes  
en tɔk to una bɔt

Apat frɔm we pɔsin de tink gud wan, pɔsin fɔ kip  
gud kɔmpin Wi nɔ fɔ de rɔnata pipul, bɔt wi fɔ de fala  
Gɔd If yu fɛn bɛnifit pan den tin ya, tek am se na  
blɛsin frɔm Gɔd, bikɔs ɔl di kredit na in yon Sheb am  
wit ɔda pipul den so dat den go fɛn insay den wetin yu  
fɛn (En as fɔ di fayv we yu Masta gɛt, tɔk bɔt am) En  
nɔ fɔgɛt fɔ ɛp pɔsin ɛvrɪde akɔdin to yu abiliti As long  
as a gɛt mɔni na mi poket, a nɔ go stɔp fɔ gi, fɔ mi sɔs  
we nɔ de dɔn en we de flɔ ɔltɛm na Gɔd

Fɔ dɔn, wi fɔ kam fɔ no Gɔd lɛk aw di big big wan  
den bin du Dis kin apin bay we wi de tink gud wan en  
tray fɔ du sɔntin fɔ wisɛf

Wan tɛm, a bin de waka na do na di ɛritaj, de tink  
bɔt mi big ticha, Sri Yuktiswar, we bin dɔn pas sɔm ia  
bifo a fil wan ɔvawɛl long fɔ am en a bin sɔri se i nɔ bin  
de wit mi fɔ ɛnjoy di fayn fayn en di atmosfɛs na di  
ɛritaj Wantɛm wantɛm, i apia to mi frɔm di skay en se,  
"Yu tink se na yu nɔmɔ de ɛnjoy dis fayn fayn ples? A  
de ɛnjoy am jɔs lɛk yu!"

Di pɔsin we want fɔ gɛt wanwɔd wit Gɔd fɔ tray  
tranga wan fɔ du tin ɛvrɪde fɔ tink gud wan en fɔ lɛk  
am, en fɔ mek ɔlman gɛt da lɔv de Dis na di wangren  
we fɔ mek den nɔ gɛt cham-mɔt Fɔ wok togɛda na di  
spiritual tin den impɔtant If yu nɔ gɛt tru tru  
spirituality, no wan pɔsin ɔ ɔlsay gladi at nɔ de Oli  
wanwɔd na di wangren we fɔ sɔlv ɔl di prɔblɛm den we  
gɛt fɔ du wit bɔdi, mɔni, mared, gud abit, en spiritual  
prɔblɛm den

**Gladi at kin kɔmɔt frɔm we yu fil se yu de nia Gɔd  
Mɔtalman dɔn put insɛf na jel biɛn di bar dɛm we nɔ  
no natin, ɛn na tɛm fɔ brok fri frɔm dis prizin we de  
mek yu shem Di maynd fɔ tɔn to Gɔd ɔltɛm, ilɛk wetin  
apin, ɛn afta dat yu go gɛt big pis ɛn gladi at**

**Di wan dɛn we de rili want Gɔd ɛn gi dɛn layf to  
am, ɛnkɔrej ɛn mek dɛnsɛf gɛt layt, ɛn mɛmba Gɔd  
ɔltɛm, na di wan dɛn we gladi na dis wɔl ɛn di wan dɛn  
we win di blɛsin we go de afta Gɔd**

**Pis de fɔ una**

### **Di kɔtin go rayz ɛn klin go**

Eni wan pan wi na di pikchɔ we Gɔd mek Wi kɔmɔt frɔm

In divayn Spirit, ɛn In ɛsin de insay wi wit ɔl in klin, glori, ɛn  
gladi gladi we pas am Dis oli ɛritaj na fɔt we pɔsin nɔ go ebul

fɔ win Fɔ mek pɔsin kɔndɛm insɛf as sina, we de flɔd na di  
rod fɔ sin, na wan pan di big big sin dɛn we ɔlman gɛt Bikɔs  
we dɛn du dat, dɛn de kɔndɛm dɛnsɛf to pɔsin we nɔ ebul fɔ  
ɛp insɛf, we nɔ gɛt op, ɛn we nɔ ebul fɔ rayz ɛn go ɔp Na tru  
se pɔsin kin du tin dɛn we nɔ gri wit di lɔ dɛn we di natura ɛn

Gɔd gɛt, bɔt i fɔ chenj in kɔs wantɛm wantɛm ɛn tɔn to di  
rayt rod Insay dɛn klin we, pɔsin na oli tɛmpul, ɛn di divayn

Spirit de insay dɛn

Wi fɔ mɛmba ɔltɛm se Gɔd lɛk wi klin wan ɛn nɔ gɛt ɛni

kɔndishɔn Bɔt bikɔs I dɔn gi wi di absolyut chuk fɔ kam nia  
am ɔ tɔn wi bak pan am, I de wet fɔ mek wi sho se wi want in

lɔv bifo I kam to wi

Wan tɛm a yɛri in vɔys de wispa we i de tink gud wan:

“Yu se a nɔ de wit yu, bɔt yu nɔ luk insay A nɔ ɛva lɛf yu fɔ  
wan mɔnt Enta di tɛmpul fɔ di sol ɛn yu go si mi Bikɔs a de

”ya ɔltɛm, fɔ tek yu ɛn grit yu wit di gritin fɔ di divayn lɔv  
Dip sinsiti impɔtant na di spiritual rod Insay klin ɛn tru,

di dawn fɔ di sol de brok

Wi mortalman sɛns nɔto natin we yu kɔmpia am to Gɔd  
Di wangren we we wi go kam nia am na fɔ gi am di sem klin  
lov we I de gi wi  
ɔlman go dɔn fɛn sev, bɔt di wan dɛn we de falt along di  
rod fɔdɔm insay di abyss of apathy Indifference de mek wi nɔ  
no di impɔtant impɔtant tin fɔ fɛn Gɔd rayt naw, insay dis  
sem tɛm Wi big planet Wɔl, we de flɔt na spes, ɛn wi  
mortalman aydentiti, nɔ bin gi wi fɔ spɛn sɔm ia ya ɛn afta dat  
wi fɔ lɔs insay natin Bifo dat, wi min fɔ tink dip wan ɛn  
ɔndastand di mistɛri fɔ ɛgzistens Fɔ liv we wi nɔ ɔndastand di  
rizin fɔ layf na ful, fulish, ɛn west tɛm Di sikrit dɛn na layf de  
rawnd wi ɔlsay, ɛn Gɔd dɔn gi wi sɛns fɔ fɛn dɛn solvishɔn  
We a bin de luk fɔ lov we go de sote go, a bin kam fɔ no  
se Gɔd lɛk mi pan ɔl di we dɛn we a go imajin I lɛk mi as  
mama, papa, ɛn padi  
A bin de luk fɔ da padi we go de sote go pas ɔl mi padi  
. ,dɛn  
ɛn bɔt da big lovman we a de si naw de shayn na ɛvri  
kayn ɛn lov fes Da divayn padi nɔ ɛva disapɔynt mi, ɛn i nɔ  
ɛva mek a fil bad  
Gɔd de biɛn ɔl wetin de Wi fɔ ɔnɔ ɛn trit wi mama ɛn  
papa fayn, bɔt wi fɔ lɛk Gɔd wit ɔl wi at ɛn sol Wi fɔ no di  
impɔtant tin fɔ gɛt impɔtant kɔnekshɔn wit am, we wi nɔ fɔ  
west ɛni tɛm igen  
We wi de slip, wi nɔ no if wi go wek ɔ nɔ wek Wi de  
kɔmɔt na dis wɔl wan bay wan Bɔt dis tink nɔ fɔ mek wi wɔri  
We wi day, dɛn kɔl wi fɔ bɔn bak na di wɔl, begin nyu layf  
frɔm usay wi bin lɛf pan dis wan  
A si layf as di fɔmɛshɔn ɛn disɔlshɔn fɔ wev dɛn na di  
safa ɔf di si Mortalman wef de rayz frɔm di sɔfays ɔf di divayn  
si we dɛn bɔn am, ɛn we i day, i de rɛst na Gɔd in at A dɔn  
grap dis trut ɛn no se a nɔ de ɛva rili day, pan ɔl we di bɔdi  
dɔn day Bikɔs if a de rɛst na di si we di divayn spirit de ɔ wek



insay di bɔdi we pɔsin kin si, a na wan wit di kɔsmik bɔdi  
ocean Dat suprem gladi at nɔ go ebul fɔ fɛn na di wɔl Di sem  
tɛm, wi nɔ nid fɔ rɔnawe go na di fɔrest fɔ fɛn rizin Wi kin fɛn  
Gɔd na dis jɔngrɔn we de liv evride—insay di dip dip ples na  
di kev we nɔ de tɔk

Mɔtalman kin mek bɔku mistek, bɔt dɛn mold dɛn insay  
di imej fɔ di divayn spirit we Gɔd mek dis ilyushɔn wɔl we gɛt  
gladi-at na di wɔl fɔ wan rizin nɔmɔ: so dat mɔtalman go no  
se na jɔs wan kɔsmik drama, lɛf ilyushɔn, ɛn lɛk Gɔd nɔmɔ  
Dis na di trut, ɛn i nɔ kin bi ɔda we Wetin mek Gɔd mek wi fɔ  
lɛk wi famili mɛmba dɛn nɔmɔ fɔ si dɛn kɔmɔt nia wi wan bay  
wan? Dɛn tin ya kin apin fɔ mek wi no se na Gɔd rili lɛk wi,  
pas ɔl di wan dɛn we wi lɛk

Laif na siriks pikchɔ dɛn we de muv, bɔt dis trut at fɔ  
ɔndastand bikɔs i tan lɛk se tin dɛn we pɔsin kin tink bɔt rial  
ɛn tin dɛn we pɔsin kin si kin tan lɛk tin dɛn we pɔsin kin tink  
bɔt Di wɔl kin dɔn kɔmɔt na wi kɔnshɛns ɛvri nɛt we wi de  
slip, sɔntɛm so dat wi go ɔndastand se di tin dɛn we wi de si  
nɔto rial tin

Dis lɛsin fɔ slip nɔ kam fɔ mek wi fred, bɔt fɔ mek wi  
want fɔ no bɔt Gɔd in trut Natin nɔ go satisfay di sol pas Gɔd  
ɛn in lɔv Gɔd in Spirit na di trut we nɔ gɛt wan kɔmpitishɔn  
Nɔtin nɔ de we dɛn kɔl nɔ rial, ɛn wetin rial nɔ go ebul fɔ bi  
nɔ rial Di wan dɛn we gɛt sɛns ɔndastand dis trut we de  
shayn

Bɔku ia na wi layf dɔn pas, ɛn na ia, wik, de, ɛn awa  
nɔmɔ lɛf Wetin mek wi fɔ west tɛm pan tin dɛn we nɔ go  
bɛnifit wi? Wi fɔ want fɔ kɔnɛkt wit Gɔd de ɛn nɛt, ɛn rili sinsi  
pan dis want bifo di tɛm we dɛn dɔn gi wi fɔ layf dɔn ɛn wi  
kɔmɔt na dis wɔl we wi nɔ du ɛnitin we wi fɔ notis  
Na da sem tɛm de, a si di big layt fɔ Gɔd de kɔba ɔl di tin  
dɛn we Gɔd mek Dis na big big gladi at! Dis na wɔndaful  
!layt

Mi Gɔd, a tɛl yu tɛnki ɛn butu to yu fɔ dɛn bɔku bɔku  
blɛsin ya fɔ fil yu prezɛns

Blessin pan olman di sem we, so dat wi go no se Yu na di  
olimat trut na di yunivas en Yu na wi olimat gol, we pas dat,  
no oda gol no de

Wi fo lek am en tok to am evri sekon na wi layf—we wi de  
wok en we wi de rest, we wi de mov en stil de—wit dip beg  
en bon long long Don wi go si di vel we de mek pipul den no  
biliv am de rayz en i de skata God de wit wi insay evri mont  
na wi layf Di wan den we de tink en gri wit Am de si am insay  
di fayn fayn flawa den, di nobul we di kayn sol den get, di  
fayn fayn tin den we den de fil en di fayn fayn imoshon den,  
en di fayn fayn drim den Fo don, I go komot bien di tik tik vel  
:den fo tel enibodi we de luk fo am wit ol in at se

Wi don de apat fo long taim bikos a bin want mek yu"  
giv mi yu lov wilful a kriet yu fo mai imij, and a wet te yu yuz  
."yu fridom and giv mi yu lov of yu own

Wi fo aks God fo gi wi di gift we go de sote go en we go  
de sote go we na in divayn lov Bot udat go fen dis God we lek  
am if i no tray? If yu yuz 25 pasent pan di tray, di oda wan de  
to God en yu spiritual gayd A no de aks natin fo misef, bikos  
ol di kredit na fo God, di say we ol gud en gudnes de komot  
Mek in gudnes go wit yu, In awareness de wit yu, en mek yu  
no di boku boku tin den we i de insay yu en olsay we de  
rawnd yu

God no de ansa wi wantem wantem bikos wi de shem fo  
sho aw wi want am Wi no fo fred fo go nia am, bot wi fo tek  
am se na wi yon, wi Lov, en luk fo am oltem wit wi tink,  
akshon, at, en maynd, en wi go si am di big say fo ronawe  
pan sef en pis na dis egzistens

O Masta, a de gi Yu dis bokul we get gud sol den, so dat  
den go mek di tempul we Yu de de fayn Akompan den sol ya,  
we na Yu famili en di wan den we yu lek Wi de sin Yu blessin  
nem Dispel di daknes we no no natin wit Yu oli layt Banish di  
daknes from wi maynd wit di layt we de shayn, we no get  
boda we de sho se Yu bi Wi na Yu yon, ilek wetin apin to wi,  
O Lord of Majesty and Bounty Bless each one of us Aksept di

wispa dɛm fɔ wi longing tinkin ɛn di yearning bit dɛm fɔ wi  
lɔv at To Yu wi de gi ɔl di lɔv, ɔna, ɛn lɔng, bikɔs Yu na wi Lɔv  
ɛn ɔl wetin wi gɛt na dis yunivas  
Blɛs wi wit Yu gudnɛs Brek di wɔl dɛn we wi want we de  
separet wi frɔm Yu Bi di divayn Kin we dɔn sidɔm pan ɔl wi  
aspireshɔn dɛn Mek di layt fɔ Yu glori skata ɔlsay na di big  
wɔl Blɛs wi ɔl Ful wi wit di sɛnt we de na Yu prezɛns ɛn lɛ wi  
no mɔ se Yu dɔn de wit wi ɔltɛm, Yu de wit wi naw, ɛn Yu go  
de wit wi sote go

Wi tɛl Yu tɛnki fɔ di gudnɛs ɛn lɔv we Yu dɔn gi Yu  
devoted followers we de want fɔ mek yu de nia yu ɛn we de  
wet fɔ Yu prezɛns wit ɔl wi op Wi op se di sɛklɔ fɔ Yu disaypul  
dɛn go gro so dat wi go sɛlibret Yu blɛsin prezɛns ɛn gladi fɔ  
Yu nia

Blɛs wi so dat wi go opin wi at to wisɛf ɛn klin wi  
intenshɔn, so dat wi go fit fɔ gɛt yu protɛkshɔn ɛn kia Rivɛl  
yusɛf, insay ɛn na do Yunayt wi ɔl, ɛn insay di layt fɔ da  
wanwɔd de, lɛ wi no yu spɛshal ɛgzistɛns  
Wit di sinsi we wi wanwɔd at ɛn di lɔng we wi sol dɛn we  
gɛt wanwɔd gɛt, wi de butu bifo Yu, de luk fɔ Yu ɛp, gayd, ɛn  
fɔ no ɔltɛm se Yu de na wi sol  
Mek di faya we de sote go fɔ lɔv bɔn brayt brayt wan na  
wi at, ɛn mek wi fil Yu nia wi naw ɛn sote go, O wi Masta, O  
!wi Lɔv

Suprim want ɛn mental kapsul

**Gret na Gɔd in glori I na di men tin fɔ tru ɛn wi kin  
fɛn am na dis layf Insay pipul dɛn at, bɔku prea ɛn beg  
de: fɔ mɔni, fɔ gɛt nem, fɔ gɛt wɛlbɔdi—prea fɔ ɔl kayn  
tin Bɔt di prea we fɔ bi fɔs ɛn fɔs na ɛvri at na fɔ di  
filin fɔ Gɔd in prezɛns As wi de waka di rod dɛn na layf  
wit kwayɛt ɛn shɔ, wi fɔ no se Gɔd na di ɔltimat gol we  
go ebul fɔ satisfay wi ɛn fulɔp wetin wi want, bikɔs na  
Gɔd de di ansa to ɛnitin we wi at want**

**We yu nɔ ebɔl fɔ fulɔp sɔntin we yu want tru yu yon tray, yu de tɔn to Gɔd fɔ pre So, ɛvri beg we yu tɔk de sho wan ayd we yu want insay Bɔt we yu fɛn Gɔd, ɔl di tin dɛn we yu want kin dɔn, ɛn ɔl di tin dɛn we yu want kin apin**

**Di tin dɛn we di wɔl want kin kɔmɔt frɔm di mistek we pipul dɛn kin tink bɔt di rizin we mek wi gɛt layf Dis wɔl nɔto wi tru tru os Di skripchɔ dɛn tɛl wi se wi na Gɔd, dɛn mek wi lɛk aw i tan, ɛn wetin i want na fɔ mek wi go bak to usay wi kɔmɔt frɔm Gɔd Wetin mɔtalman nɔ ebɔl fɔ no na dat, if i nɔ go bak usay i kɔmɔt, i go fos am fɔ tray fɔ fulfil bɔku bɔku tin dɛn we i want dat! Na tru se mɔtalman nɔ go ebɔl fɔ ɛp bɔt i nɔ gɛt wetin i want, ɛn natin nɔ bad fɔ gɛt am Bɔt, bɔku pan di tin dɛn we mɔtalman kin want fɔ du kin ambɔg di we aw dɛn want fɔ go bak to Gɔd, dat kin ambɔg mɔtalman gladi at If mɔtalman nɔ want Gɔd ɛn fɛn am, i go kɔntinyu fɔ bɔn wit di we aw i want ɛnitin we i tink se go mek i gɛt gladi at Bɔt di we aw ɔl di tin dɛn we i want go apin wantɛm wantɛm kin kam ɔtomɛtik wan to di wan dɛn we de fɛn Gɔd**

**Tu kategori de fɔ di tin dɛn we wi want: di wan dɛn we de ɛp wi fɔ fɛn Gɔd, ɛn di wan dɛn we de mek wi nɔ ebɔl fɔ fɛn am Fɔ ɛgzampul, if pɔsin du yu bad, yu kin fil di want fɔ revang Bɔt, if yu win dis want bay we yu yuz di pawa we ay ɛn we pɔsin kin gri wit fɔ lɛk, yu go dɔn yuz di rial tul we go ɛp yu fɔ fɛn Gɔd ɔl di tin dɛn we yu want fɔ du, fɔ bi fulfil insay wan fayn we, bikɔs we dɛn dɔn fulfil am tru di wɔl we, yu want multiply, along with troubles and suffering If wi lan fɔ gi ɔl wetin wi want to Gɔd, I go wok fɔ fulfil wi gud tin dɛn ɛn pul di wan dɛn we de ambɔg wi ɛn we de pwɛl wi No big protɛkshɔn nɔ de pas klia kɔnshɛns, ɛn no bɛtɛ difens nɔ de agens layf in blow pas fɔ gɛt nobul ɛn sublaym tin dɛn we wi want**

We wi no se di pafekt imej fɔ Gɔd de insay wi, ɔl wetin wi want de apin Insay da oli awareness de, we pas ɔl di prɔpati ɛn jɛntri we de na di wɔl, yu nɔ go shek ivin if dɛn gi yu di wan ol wɔl Nɔbɔdi prez nɔ go mek yu prawd, ɛn i nɔ go blem yu bad, bikɔs yu go test Gɔd in gladi at insay yusɛf, ɛn dat go bi di impɔtant tin we yu fɔ tink bɔt na yu layf

Wi fɔ aks fɔ Gɔd in gayd fɔs ɛn fɔs we wi de tray fɔ du wetin wi want, ɛn dat na di bɛst we fɔ gɛt ansa to ɔl wi prea dɛn Bɔt wi fɔ pul beg pan prea Di ol we fɔ pre fɔ chenj, ɛn wi fɔ tɔn to Gɔd wit kɔmplit trɔst ɛn fet we nɔ de shek shek se I de yɛri wi ɛn i go gi wi wetin wi aks fɔ Gɔd nɔ want wi fɔ lɛf fɔ du wetin wi want—ivin we wi de pre to Am—bikɔs da wil de na di gift we valyu pas ɔl we wi dɔn gɛt frɔm In an we gɛt gudnɛs, we na oli rayt we I bin want fɔ wi frɔm di tɛm we dɛn mek wi

Natin nɔ de fɔ mek pɔsin no difrɛns bitwin prea ɛn tin dɛn we i want fɔ du we mek sɛns ɛn we nɔ mek sɛns Mɛmba se fɔ want na pawa; if yu tay pan sɔntin we yu want—ilɛksɛf na gud ɔ bad, bɛnifit ɔ bad—ɛn yu de tink bɔt am de ɛn nɛt, i go kam fɔ bi so, pɔsin fɔ tek tɛm ɛn avɔyd fɔ kip tin dɛn we i want fɔ du bad, bikɔs i go apin ɛn i go brin bɔku bad bad tin ɛn sɔfa we pɔsin nɔ go ebul fɔ jɛlɔs

As tɛm de go, yu go si se pan ɔl we yu want dɔn fulɔp, yu at de ɛmti, ɛn yu go gɛt insay ribelɔn Imajin yu dijestiv sistɛm wik, yet yu want fɔ it tin dɛn we dɛn dɔn frɛsh Fɔ tru, yu go fil pen ɛvri tɛm we yu it dɛn, pan ɔl di gladi we yu de gɛt we yu de indulj ɛn so, yu go fil lɛk se yu dɔn mek mistek Wisdom dictate using discernment to distinguish bitwin gud ɛn bad tin dɛn we dɛn want, ɛn we dɛn dɔn du dis, dɛn bad tin dɛn de nɔ fɔ apin Mɔtalman gɛt di pawa we de insay fɔ no ɛn

dɛn fɔ yuz am ɔltɛm, fɔ gayd dɛn layf akɔdin to wetin kɔnshɛns de tɛl dɛn, we na Gɔd in vɔys

Di tin dɛn we pɔsin want we nɔ de apin kin de na di at Wetin bad fɔ kip dɛn de? Na dis na di ansa:

Ɛvri tin we pɔsin want kin gɛt sɔm patikyula pawa dɛn: ilɛksɛf na gud ɔ bad, ɔ ɔl tu We pɔsin day—mek Gɔd sɔri fɔ am—dɛn pawa ya nɔ de day pan ɔl we di bɔdi dɔn rɔtin ɛn rɔtin Bifo dat, dɛn kin go wit di sol ɛnisay we i de go insay di fɔm fɔ kɔnsɛntret spiritual kapsul We di pɔsin bɔn bak insay nyu bɔdi, dɛn kapsul ɔ sayk tablet ya kin sho as bihayvya tendencies So, pɔsin we day as pɔsin we de drink te i chak kin kam wit di we aw i kin want fɔ drink rɔm we dɛn bɔn am bak, ɛn dis kin kɔntinyu fɔ de te dɛn win di want fɔ drink rɔm Dis kin apin to ɔda tin dɛn bak

Ivin di smɔl pikin dɛn kin sho di kwaliti dɛn we dɛn dɔn gɛt frɔm di layf we dɛn bin dɔn liv trade Sɔm pikin dɛn kin sɔfa wit bad bad wamat ɔda wan dɛn kin gɛt bad wamat Fɔ tru, Gɔd nɔ mek dɛn dis we Di tin dɛn we dɛn nɔ bin dɔn du we dɛn bin dɔn gɛt frɔm di layf we dɛn bin dɔn liv trade dɔn shep dɛn saykilɔjik tin ya, ɛn bikɔs ɔf dɛn, di sol kin tan lɛk se i strenj smɔl, pan ɔl we dɛn mek am lɛk Gɔd in klin imej If di imej fɔ Gɔd dɔn chɛnj insay a pɔsin na dis layf, ilɛksɛf na vɛks, fred, ɔ want fɔ du sɔntin, ɛn dɛn nɔ win dɛn kwaliti ya naw, da tɛm de dɛn go bɔn bak wit dɛn (ɔ dɛn go bɔn bak wit dɛn), de bia di lod fɔ dɛn misɛf abit dɛn ya te dɛn win dɛn insay dis ɔ fiuja inkarnɛshɔn Nɔbɔdi nɔ de fɔ rɔnawe pan dɛn te dɛn win dɛn

So, i bɛtɛ fɔ mek yu du ɔl wetin yu want naw ɔ win am

Di bɛst we fɔ pul dɛn kayn tin dɛn de we pɔsin want wans ɛn fɔ ɔltɛm na fɔ gɛt di bɛst gladi at we Gɔd gɛt If nɔto dat, dɛn tin ya we pɔsin want we dɛn dɔn

stop en di tin den we i want we no don apin go ambog  
di sol en mek i sofa

Possin fo no, tru sens en sens, se na God nomo ebul  
fo gi klin gladi at we go de sote go

Boku tem, di tin den we possin want kin de ayd na  
di possin we no no natin Yu kin tink se i don don, bot i  
no don; dis na wan pan layf in sikrit, we insaf na big  
sikrit

Bot di sikrit kin skata we wi de analayz layf en  
tink bot wetin i min If yu bin fo sidom kwayet wan fo  
shot tem evride en cek yusef, yu go si se yu get boku  
tin den we yu no want Den tin ya we yu want den tin  
ya tan lek jem den we de kil possin we possin kin ker go  
wit am enisay we i de go, insay dis layf en di naks layf

Di best we fo go bifo na fo no—thru waes chuk—di  
bad tin den we yu want na dis layf en pe atenshon pan  
yu tray fo fulop yu gud tin den we yu want If yu fil di  
want fo kil yusef o du enitin we no rayt, yu fo ban da  
enkorej de naw Konvins yusef, insay yu tink en du, se  
yu get wan spak we de mek yu bi God insay yu sol, en  
memba se den mek yu lek di pikcho we di Olmayti, en  
so yu get di pawa fo pas yu bodi en yu abit den

No lek fo get boku tin den we yu want fo du en no  
de nia di tin den we yu want, en yu go win di fet na  
layf If yu de sofa wit pen we yu no go ebul fo solv, tray  
fo lek fo no bot yu bodi Tru di sens we yu get, yu kin  
ebul fo win di sens den Waiz sens na di faya we de bon  
di bad tin den we yu want en di tin den we yu want fo  
it we de pwel yu bodi, we de mek den ton to ashis

Na komon tin fo mek pipul den kip ol, tin den we  
don pwel, en we no nid fo de na wan kona na di os, en  
fo klin en klin di os wan wan tem Semweso, na di kona  
na yu sabkoshos maynd de boku tin den we yu want  
wit layt harm, we kin mek yu get boku problem wan de  
if yu no dil wit den fayn

**Self-analysis is crucial on the spiritual path Yu kin et, vɛks, ɔ kwik fɔ vɛks If na so, dɛn kwaliti ya we yu dɔn kip na yu kɔnshɛns na rizɔlt fɔ di tin dɛn we yu dɔn du trade Fɔ klin yu maynd pan dis fɔnichɛ we dɔn rɔtin, we dɔn pwɛl, yu fɔ bigin wit fayn, kɔnstrɔktiv akshɔn dɛn ɛn gɛt lɔv fɔ ɔda pipul dɛn Di mɔ we yu lɛk pipul dɛn, na di mɔ dɛn go lɛk yu, ɛn yu go fil dɛn lɔv Bɔt if yu kritik dem, ivin to yusef, dem go sense dat kritik ɛn riton am to yu amplified!**

**Lɛ wi se wan ol ɛnimi dɔn day, yet yu stil kip vɛks ɛn et to am Yu go sɔfa bikɔs ɔf dis bita bita tin, ɛn di bad tin dɛn we i go du go sho na yu bɔdi ɛn maynd I bɛtɛ fɔ fɔgiv am fɔ Gɔd in sek, bikɔs we yu du dat, yu go fri yusef frɔm di bad bad tin dɛn we yu want fɔ pe bak we de pwɛl yu pis na yu maynd ɛn brok yu kolat we de Heaping et pan et, ɔ fɔ ansa ɛnimi wit et, nɔ jɔs de mek yu ɛnimi et yu mɔ ɛn mɔ bɔt i de pɔyzin yu yon bɔdi ɛn filin as a rizulyt So fɔgiv wit fayn fɔgiv**

**Wan wan tɛm, pɔsin fɔ lɛf ɔltin biɛn fɔ de in wan wit insɛf, fɔ mek i go tink bɔt di rizin fɔ layf Mɔs pipul dɛn de drɛf insay wan kɔrɛnt we gɛt tradishɔn ɛn fashɔn In rialiti, dɛn nɔ ɛva rili liv dɛn yon layf, bɔt na di layf na di wɔl Wetin dɛn dɔn ajɔst, ɛn usay dɛn dɔn dɔn?**

**So, i fayn fɔ mek pɔsin pul insɛf kɔmɔt pan di tin dɛn we i de du ɛn "duti" we i de du ɛvrɪde wan wan tɛm fɔ mek di trɔbul we de na in maynd kol ɛn tray fɔ ɔndastand di men tin we i de du ɛn disayd di gol we i want fɔ rich**

**Mɛmba se di big big tɛstimoni we yu kin gɛt na yu kɔnshɛns: di vɔys we nɔ de mistek ɛn we nɔ de mek mistek fɔ yu sol Wetin yu kɔnshɛns de tɛl yu na udat yu rili bi, we nɔ gɛt ɛmbellish ɔ disgiz**

**Tink bɔt di pawɛ we Jizɔs Krays gɛt we i se, “Papa, fɔgiv dɛn, bikɔs dɛn nɔ no aw fɔ du wetin dɛn nɔ no”**



En tink bɔt di big Prɔfɛt we se: "A nɔ go tɛl una wetin de mek pɔsin gɛt ay pozishɔn?" Dɛn se: "Yɛs, O Gɔd in Mɛsenja" I se: "Peshɛnt wit di wan we nɔ no bɔt yu, gi to di wan we de stɔp yu, kɔntinyu fɔ gɛt tayt padi biznɛs wit di wan we de kɔt tayt wit yu, ɛn fɔgiv di wan we du yu bad"

We yu lisin to di vɔys fɔ yu kɔnshɛns we gɛt layt go brin layt to yu rod ɛn blɛsin to yu layf We yu fil wan strong tin na yu at fɔ du wetin yu want, yuz yu sɛns ɛn aks yusɛf: "Na gud ɔ bad tin we a de tray fɔ du?"

Bɔku tin dɛn kin mek mɔtalman want fɔ du sɔntin We pɔsin si nyu mɔdel motoka, i want fɔ gɛt wan lɛk am We i si nyu stayl os, i want fɔ gɛt wan lɛk am Wan nyu fashɔn tren kin bi pɔpul, ɛn pipul dɛn kin want fɔ bay ɛn wɛr da stayl de!

Usay tin dɛn we pɔsin kin want kin kɔmɔt? I spent hours pondering this Yu kin kategoriz ɔl di tin dɛn we yu want? A bin ebul fɔ sɔt dɛn ɔl ɛn kip di gud wan dɛn nɔmɔ ɛn we a rich divayn kɔmyunion, a si se ɔl mi gud tin dɛn dɔn apin wan tɛm Tide yu de kray fɔ sɔntin, ɛn tumara yu sol de want ɔda tin Yu maynd, we kɔmɔt frɔm di Olmayti Gɔd, nɔ go ebul fɔ satisfay wit di guds na dis wɔl, ɛn i nɔ go ɛva satisfay wit di guds na dis wɔl, ɛn i nɔ go ɛva bi, bikɔs, mi padi we a lɛk, yu dɔn lɔs di wan we valyu pas ɔl ɛn valyu trɔs na yu sol, di wan we in wan gɛt di pawa fɔ satisfay yu long ɛn fulɔp yu want Dat trɔs we dɔn lɔs na Gɔd

Na tru se sɔm gud ɔ nid tin dɛn de we yu want, ɛn yu fɔ wok fɔ fulfil dɛn Bɔt pan ɔl we yu de tray fɔ fulɔp yu smɔl smɔl tin dɛn we yu want, nɔ fɔgɛt fɔ fɔs fulɔp yu big tin we yu want to Gɔd Di kɔnvikshɔn se smɔl smɔl tin dɛn we yu want ɛn du dɛn fɔ du fɔs na ilyushɔn ɛn lay lay tin we a stil mɛmba we a bigin mi spiritual joyn se a bin de prokrastinator ɛn a nɔ bin de du am meditate regularly, even though I keep telling

myself that I would make time for it Wan ol ia pas lek dis bifo a no se a no fulfil wetin a bin don promis misef A mek wan vaw to misef wantem wantem se di fcs tin we a go du na monin na fo was en afta dat a de tink bot God Daily tasks bin buku da tem de, en i no bin izi fo rɔnawe pan den, ivin fo shot tem So, a disayd fo pefom mi spiritual wok den fcs En so, a lan wan big lesin: mi duty to God de kam fcs, en na da tem de nomo a kin atend oda wok den we no important

Wetin mek God fo opin di get den we go de sote go fo mortalman if mortalman put oda wok en tin den we den fo tink bot bifo God? God don put spiritual wing den insay wi en i de op se wi fo flay op na di say den we di spirit de, Den wing ya na wi spiritual tin den we wi want, wi ay ay tin den, en wi rili want wi divayn sos

Le wi luk fo God fcs I no mek sens fo gi di wok we wi fo du na dis wol di important tin pas ol, bikos Azrael kin kol di sol enitem, don ol di wok, komitment, wori, en obligayshon den go don en don wans en fo oltem So wetin mek wi fo tayt tayt wan pan layf?

Pcsin kin tink se i de enjoy sef en kolat na in maynd, don i los pcsin we i lek wantem wantem, o i los in welbodi o in wok, en sef en kolat go west!

A bin rili lek mi mama! A bin tink se i go de wit mi oltem, bot wantem wantem a kam fo no se i don lef mi we a bin smol! Wi no fo fred day, bifo dat, wi fo redi fo day

Laif noto wetin i tan No put yu trust pan am, bikos i de chenj chenj, i de ful pcsin, en i ful-op wit disapoyntment en op we don brok Pafekt no go ebul fo fen am ya A no want fo gi yu wan pikcho we no rili bi bot layf Dis wol noto paradays Na wan divayn laboratoru usay God de test sol den fo si if den go win di bad tin den we den want wit gudnes en mek Am—

**dat na, mek Gɔd—di tin we den want pas ɔl, so dat den go go bak na in kingdom**

**Laif ful-ɔp wit ɔl kayn bad bad tin en kɔmɛdi, bad bad tin en gladi-at Na big big tɛpes we de chenj ɔltɛm, en we gɛt layf we gɛt bɔku bɔku fɔm den Nɔ tu tin den we rili fiba ɔlman in layf difrɛn ɛnibɔdi gɛt difrɛn tin den, difrɛn we aw i de tink, en difrɛn tin den we i want If wi bin de sɔfa di sem prɔblɛm ɛvrɪde, wi go taya en bost ɔltɛm Ivin Paradays, if na di sem, go lɔs in apil Wi lɛk difrɛn en difrɛn tin den Di tradishɔnal kɔnsɛpt we de naw bɔt Paradays nɔ rayt If i bin rili taya, Gɔd in oli pipul den en oli man den fɔ dɔn pre fɔ go bak na di Wɔl fɔ ɛnjoy dɛnsɛf! Paradays kin nyu ɔltɛm di we we kin mek pɔsin gladi pas ɔl, en bɔku tɛm den kin mek di wɔl nyu ɔltɛm, bɔt i kin mek i taya en i nɔ kin mek pɔsin gladi**

**Bɔt pan ɔl we layf kin taya en tranga, bɔku pipul den kin yus to am, den kin biliv se no ɔda we nɔ de fɔ liv We den nɔ ebul fɔ kɔmpia dis layf to spiritual layf, den nɔ kin no aw di pen en taya we ayd insay di fold den na dis wɔl de bɔku**

**Fɔ tru, layf nɔto rial I jɔs tan lɛk ɛnjoyment, natin nɔ de mɔ jɔs lɛk aw den kin rilis ol fim den bak tɛm en bak, na so bak di sem ol tin den we kin apin kin ripit dɛnsɛf na difrɛn we den ɛn pan ɔl we layf kɔntɪnyu fɔ de we nɔ gɛt ɛnd, den kin ple di sem tim den we den bin dɔn prɛzɛnt na fim den we dɔn pas, den kin ple bak wan afta di ɔda Fɔ tru, istri kin ripit insɛf, en pipul den na jɔs tin den we den mek na di myuziɔm den we dɔn de insay di tɛm**

**Fɔ mek layf pul in sɔprayz, aksept den wit gladi at, ɔbjɛktiv, en detachment, nɔ afɛkt di filin, lɛk se yu de wach fim Laf frɔm at na wɔndaful mɛrɛsin fɔ ɔl mɔtalman sik**

Yu fɔ aproch layf wit izi ɛn kɔmfɔt Dis na wetin a lan frɔm mi ticha We a begin fɔ tren mi spiritual trenin na in ɛmitaj, a bin de du mi wok wit wan fes we nɔ gɛt wan bɔt, a nɔ bin ɛva smayl Wan de mi ticha notis dis ɛn tɔk se, "If Gɔd gri, ɔltin fayn! Yu de na bɛrin? Yu nɔ no se fɔ fɛn Gɔd min fɔ shrouding wɔri ɛn bɛr ɔl sɔri? Nɔ tek layf so sirɔs"

I tich mi se na mɔtalman in wok fɔ es in maynd ɔp pas ɔl di tin dɛn we de ambɔg am ɛn prɔblɛm dɛn we de apin na dis wɔl so dat i go gɛt kɔmplit fridɔm pan Gɔd

Wan fɔ kip balans pan gladi ɛn sɔri, prɔfit ɛn lɔs, win ɛn fayl fɔ mek i go ebul fɔ bia wit di prɔblɛm dɛn we de mit am na layf wit maynd ɛn kɔnfidɛns pan insɛf

Fɔ kip pis insay yu at pan ɔl we ɔl di tin dɛn we de apin na di bɛst we fɔ win di tin dɛn we a want fɔ ful Dis na wetin a lan frɔm di big wan dɛn we nɔ bin afɛkt di chɛnj we di tɛm bin de chɛnj, bɔt dɛn bin kɔntinyu fɔ tinap tranga wan ɛn nɔ chɛnj te di ɛnd lvin di prɔfɛt dɛn, we dɛn bin de mek dɛn sɔfa, nɔ bin lɔs dɛn oli kɔnshɛns, ɛn dɛn nɔ bin alaw ɛnibɔdi fɔ tif Gɔd in lɔv frɔm dɛn Spiritual gladi-at insɛf na blɛsin protɛkshɔn ɛn di big big fɔt pan ɔl Midul prɔblɛm ɛn trɔbul, mɛmba di blɛsin dɛn we Gɔd dɔn gi yu Yu sol na Gɔd in oli tɛmpul Yu nɔ fɔ alaw di daknɛs we nɔ no natin fɔ dɔti da klin ples de Aw i fayn fɔ de na wan stet we yu de no bɔt spiritual tin, we yu gɛt ɔnɔ, we yu gɛt rɛspɛkt, sɛf, ɛn gɛt pis! Nɔ fred natin ɛn et ɛnibɔdi Gi yu lɔv to ɔlman Fil Gɔd in lɔv ɛn si in prɛzɛns insay ɔl pipul, ɛn mek yu strongest want bi In prɛzɛns ɔltɛm na yu at Dis na di we fɔ liv wit pis ɛn kwayɛt na dis wɔl Bɔt i at fɔ test dis sɛlf-satisfayshɔn as lɔng as di faya faya briz we de mek yu want de blo tru di oasis na di at ɛn shɛk in tik dɛn wit fɛt-fɛt

Di tin den we pɔsin want na di say we pɔsin de shep Den kin bɔn am frɔm di we aw wi de si tin en i kin stɔp am bikɔs ɔf di tin den we wi nɔ kin ebul fɔ si tin den we wi kin si am, dat kin mek wi atend wan rural fɛa kin mek pɔsin want fɔ gɛt sɔm gladi at, bɔt afta wi dɔn go na wan wɔl klas egzibishin en si ɔl di difrɛn difrɛn displei den, di smɔl fɛa kin lɔs in charm en apil So, wi fɔ fɔs ɛkspiriɛns di gladi at we wi kin gɛt we wi de kɔmyunion wit Gɔd so dat wi go kɔmpia da gladi at de to lesser earthly pleasures Dɔn, di tin den we pɔsin want go bi di kayn we we ay pas ɔl Di tin den we pɔsin want nɔ gɛt end; no sooner is one desire fulfilled than another takes its place Bɔt we yu fɛn Gɔd, ɔl yu want den kin fulfil "Luk fɔs fɔ Gɔd in kiɔndɔm en in rayt, en den go gi yu ɔl den tin ya (En wetin de wit Gɔd bɛtɛ en i go las)" So wetin mek yu nɔ go fɛn fɔs fɔ fulfil da big big want de en gɛt frɔm Gɔd in fri an di bɛst en we go de sote go?

We Gɔd ansa di pɔsin we de luk fɔ am in prea fɔ no am, ɔl di ɔda tin den we i want go apin wantɛm wantɛm en sote go

Sɔm pipul den tink se den nɔ gɛt enitin we den want Fayn!

a don notis wetin kin apin plenti taim we pipul go na makit Dem kin no geht wan spesifik want fo bai, ba wan wan sohmtin kech dem yay en dem tink se, "Oh yes, a geht fo bai am!"

Ivin if den nɔ bay am wantɛm wantɛm, i kin de na den maynd de en nɛt te den dɔn du am, ivin if den fɔ lɛnt mɔni Den kin ɛnjoy am fɔ sɔm tɛm, bɔt smɔl smɔl di we aw i kin lɛk am kin dɔn en di gladi at we den kin gɛt fɔ gɛt am kin stɔp, so den kin want ɔda tin, en ɔda tin den

Sɔntɛnde wi kin mit pɔsin we se: "Ah, if nɔmɔ a bin gɛt dis kayn mɔni (ɔ spɛshal mɔdel motoka ɔ

swimin pul ɔ ɔ)" en jɔs afta da wish de dɔn, ɔda tin we pɔsin kin want fɔ du kin kam fɔ nyu tin

Di tin dɛn we mɔtalman want nɔ pafɛkt bay we dɛn bɔn am, en na dat mek dɛn nɔ ebul fɔ mek di wan dɛn we gɛt dɛn gladi at ɔl

Di wɔl go tray fɔ pul yu maynd pan fɔ mɛmba se di wangren tin we yu rili want na fɔ fɛn Gɔd Bɔt yu fɔ mɛmba yusɛf bɔt dis ɛvrɪde We pɔsin disayd fɔ lɛf fɔ smok, stɔp fɔ it pasmak, fɔ lɛf fɔ lay, ɔ fɔ stɔp fɔ tif, i fɔ dɔn mekɔp in maynd fɔ disayd en nɔ fɔ shek Bad ɛnvayrɔment de dreyn en wik di wil, de mek lay lay tin dɛn we i want insay pɔsin I de tek di bɛst frɔm dɛn en gi am di wɔs Di wan dɛn we liv wit tifman biliv se na di onli we fɔ liv Bɔt fɔ de wit gud pipul dɛn de dayrɛkt di maynd to tin dɛn we ay pas ɔl, so dat lay lay tin dɛn we pɔsin want nɔ go ebul fɔ tɛmpt pɔsin igen ɔltin na dis layf kin chɛnj en chɛnj chɛnj Bɔt fɔ sɔm tɛm we yu de tink gud wan ɔ stɔdi en tink bɔt klin spiritual tɔpik dɛn go bi sɔs fɔ inspekshɔn, kɛr di pɔsin we de luk fɔ di tin dɛn we rili want fɔ du am go krɔs di si we de mek pɔsin ful en ilyushɔn to divayn shores usay "nɔ taya nɔ go tɔch dɛn de, en dɛn nɔ go drɛb dɛn kɔmɔt de".

(Dɛn dɔn rɛdi di big big rɛst fɔ di wan dɛn we bin wok tranga wan, en di wan we nɔ bin swɛ ɛni tray fɔ fɛn di trut dɔn win am)

Tru gladi-at de pan fɔ lɔng tɛm fɔ Gɔd en tink bɔt am ɔltɛm Wit fɔ kɔntinyu fɔ bia, tɛm kin kam we da tink de kin so tinap en nɔ kin shem so dat no prɔblɛm we yu gɛt pan yu bɔdi, maynd, ɔ filin nɔ go ebul fɔ pul yu awareness frɔm Gɔd I nɔ wɔndaful fɔ liv wit di awareness of God, tink bɔt Am en fil am ɔltɛm, en fɔ de na di sanctuary of In unassailable prezɛns, usay day ɔ ɛni ɔda tin nɔ go ebul fɔ tif yu pis insay yu at? (Di wan dɛn we biliv en we dɛn at kin gɛt rɛst we dɛn

**membra God Fɔ tru, na we den memba God, at kin get rest)**

**We yu nɔ ebul fɔ du enitin we yu want, yu kin enjoy fɔ de sote go**

**Laif na strenj fɔ tru, bikɔs ɔltin kin chenj So, pɔsin nɔ fɔ anko di ship fɔ gladi at pan di shiftin sand den na dis layf Wi tɛm go pas, ɛn wetin wi de si naw go dɔn wan de Chenj na sɔntin we pɔsin kin aksept as long as yu nɔ alaw am fɔ du yu bad ɛn we i du bad to yu, di insay trɔbul we yu de ɛkspiriɛns na mɛsej to yu fɔ mek yu nɔ get di tin den we yu want We yu de sikyuɔr na di divayn spirit, yu de enjoy ɔltin we yu nɔ get enitin fɔ du wit am ɔ yu nɔ de dipen pan am So, fɔ tray fɔ no Am impɔtant pas ɔ fɔ di wan den we bisin bɔt am; if nɔto dat, layf go rili pwel pɔsin in at, ɛn i go pwel di op den bad bad wan**

**We a kam bak na India insay 1935, a bin op fɔ go na di ples den we a bin lɛk we a bin smɔl, bɔt we a rich de, a kam fɔ no se ɔltin dɔn chenj Den dɔn arenj di stej na layf bak difrɛn we Di big big disapɔyntment ɛn shɔk bin kam we a go na mi ol os na Aykapur, usay a bin de ple ɛn wach di bɔd den Na wan tik nɔmɔ lɛf pan ɔ wetin a memba Such is life! Tin den we wi sabi ɛn we wi lɛk de slip wan bay wan A bin rɛdi fɔ gi enitin fɔ si wi os lɛk aw i bin de we a bin smɔl ɛn yet, God bin gi mi wetin a bin want, bikɔs leta a si di os na vishɔn, usay wi bin de swim na di pul, ɛn afta dat a go ɔp, ledɔm na di bed, ɛn it mango, jɔs lɛk aw a bin dɔn du bɔku ia bifo**

**Naw, den fɔ tek tɛm luk di tin den we pɔsin want ɛn tek tɛm luk gud wan, den fɔ put am fayn fayn wan, ɛn na di gud wan den nɔmɔ den fɔ kip, ɛn ivin den gud tin den de nɔ fɔ alaw fɔ stɔp di want we impɔtant pas ɔ fɔ God**

**Dat want fɔ de alayv ɛn bɔn, ɛn nɔ fɔ alaw am fɔ dɔn ɔ day Mɔtalman de ɔnda big ilyushɔn we i de aks Gɔd fɔ du wetin i want na dis wɔl bɔt i nɔ de aks am fɔ sho insɛf to am Imajin pikin we de aks am ɔltɛm fɔ mek in mama ɛn papa gri wit wetin i aks fɔ, ɛn ɔda we nɔ de aks bɔt dɛn ɔ tink bɔt dɛn Dat na fɔ nɔ tɛl tɛnki ɛn fɔ dinay dɛn kayn we, ɛn insay dat, lɛsin de fɔ di wan dɛn we de tink gud wan**

**We dɛn yuz dis buk we de tɔk bɔt layf, na di spiritual no nɔmɔ we pɔsin gɛt we i de na dis wɔl go kam wit am So, Gɔd fɔ de ɔltɛm na in maynd, de kɔl am ɔltɛm ɛn nɔ fɔgɛt am if pɔsin rili bisin bɔt in spiritual fiuja We wi de insay kɔmyunion wit Gɔd, wi go si se ɔl wetin i want de apin insay wan we we nɔ izi fɔ ɔndastand Bɔt wi fɔ luk fɔ Gɔd fɔs I gɛt fri-an ɛn i dɔn gi wi ɔltin, bɔt wi go jɔs fɛn Am we wi nɔ satisfay wit In gift dɛn bɔt wi tɔn to di pɔsin we gi wi insɛf Wi go kam fɔ no am as long as wi rili want fɔ du wetin wi want, wit ɔl wi at fɔ want fɔ kam nia am ɛn ɛkspiriɛns in blɛsin prezɛns**

**Di big tin we de ambɔg pɔsin na in yon sɛf We i de tray fɔ sidɔm kwayɛt wan ɛn tink bɔt tin dɛn we gɛt fɔ du wit Gɔd biznɛs, tin dɛn we de apin na di wɔl kin kam wantɛm wantɛm, we kin ambɔg dɛn ɛn mek dɛn nɔ ebul fɔ du wetin dɛn want Dɛn fɔ tren dɛnsɛf fɔ kontrol dɛn tink ɛn bɔdi, ɛn we dɛn de du dat, dɛn go kɛr wan pɔtabl paradays insay dɛn sol Insay layf ɔ day, na ɛvin ɔ ɛl, da supɛm gladi-at go go wit dɛn**

**Wi fɔ pre to Gɔd dip wan, tɔn wi big big tin we wi want, aks am insay di langwej we di at de tɔk, di we aw di sol want, ɛn di we aw wi kɔnshɛns de wispa, so dat I go yɛri wi ɛn ansa wi Bɔt if pɔsin pre wit af at ɛn di sem tɛm i tink bɔt ɔda tin—na sɔntin we Gɔd no se nɔto di men tin we da pɔsin de bisin bɔt—I nɔ go ansa**



**Wi fɔ ɡet Ɠɔd fɔs Di tɛm na naw Wi nɔ fɔ wet,  
bikɔs ilyushɔn tu pawaful Layf de pas kwik, ɛn i shem  
fɔ lɛf dis wɔl we wi nɔ no di rizin fɔ layf Wi fɔ tink bɔt  
ɛnitɛm we wi ɡet fri tɛm Ivin if yu prea nɔ ansa fɔs, nɔ  
ɡet op fɔ Ɠɔd in sɔri-at, bɔt kɔntinyu fɔ beg Pre wit ɔl  
yu at ɛn trɔst se yu prea go ansa**

**A dɔn witnes na mi layf di big pruf fɔ se Ɠɔd de  
ansa prea Bɔt dis kayn ansa nid fɔ tray, bikɔs natin we  
impɔtant nɔ de kam if yu nɔ tray fɔ tink gud wan  
impɔtant fɔ mek yu no di sikrit dɛn na layf ɛn go insay  
Ɠɔd in kiɲdɔm**

**Bad abit ɛn ɔda tin dɛn we go ambɔɡ yu go tray fɔ  
ambɔɡ yu tray ɛn wikɛd yu maynd Bɔt if yu want fɔ  
gladi, kip yu tinkin tɔn to Ɠɔd, ɛn yu go si am nia yu**

**Di want fɔ ɡet gladi at na di wɔl de mek wan  
magnetik pul we de drɔ pɔsin to dis wɔl, layf afta layf  
Fɔ go bak to di bɔdi kin bi tin we nɔ nid fɔ di wan dɛn  
we dɔn fɛn wetin dɛn want pan Ɠɔd ɛnitɛm we dɛn  
want fɔ fulɔp ɛnitin we dɛn want, dɛn kin tink bɔt am,  
ɛn i kin sho bifo dɛn Mi mama apia to mi afta i day, ɛn  
a bin kɔrej we a si am ɛn tɛl Ɠɔd tɛnki fɔ in gudnes Fɔ  
tru, na in na di Mɔs I ɡet fri-an ɛn di wan we ɡet sɔri-at  
pas ɔlman, i de du wetin wi want fɔ sho se i lɛk wi ɛn  
tɛl wi tɛnki we wi gi am di fɔs ples na wi at**

**We pɔsin rich to Ɠɔd, i kin bi di masta fɔ layf ɛn  
destiny Wi nɔ fɔ rɛst te di divayn prezɛns dɔn strong  
na wi layf I go gi wi ɔl wetin wi want ɛn i go tɛst wi**

**Di prɔblɛm dɛn ɛn tin dɛn we de ambɔɡ wi na di  
spiritual rod bɔku ɛn big, bɔt as wi de pas na dɛn  
prɔblɛm dɛn de ɛn win dɛn tin dɛn de we de ambɔɡ wi,  
wi fɔ se: “O Masta, Yu dɔn ansa mi prea ɛn du wetin a  
want pas ɔl, so mi at dɔn jɛntri wit Yu prezɛns ɛn mi  
sol de shayn wit Yu layt” .**

**Pis de fɔ una**

## **Frɔm wetin di ticha Paramhansa Yogananda tɔk**

Pipul dɛn kin kɔmplen bɔt di aidia fɔ lɛf sɔm tin dɛn na layf, pan ɔl we fɔ tru, dɛn kin giv ɔp bɔku valyu tin dɛn, we nɔto di las tin na fɔ gɛt pis na dɛn maynd, ɛn sɔntɛnde dɛn kin ivin sakrifays dɛnsɛf fɔ mɔni, we kin pwɛl ɛn lɔs

Una sɔrɛnda unasɛf to Gɔd ɛn una go si se una layf dɔn  
tan lɛk fayn fayn ritmik myuzik

Turn yu atɛnshon insaid from dis wɔld to di big big  
kingdom of God we de insaid yu

Insay di ship we gɛt kol at yu kin sel go na da wɔl de pas  
wi drim usay di divayn spring de flɔ we nɔ de stɔp frɔm di dip  
dip at ɛn sol

Masta, ɛp mi fɔ ple mi pat pan di ple na layf di we we go  
mek Yu gladi, ilɛksɛf a wik ɔ a strɔng, a sik ɔ a gɛt wɛlbɔdi, a  
gɛt nem ɔ a nɔ no, a jɛntri ɔ po, we a no se Yu lɛk mi ɛn yu  
nɔ go ɛva lɛf mi

Dɛn kin tek jɛntri frɔm pɔsin, ɔ dɛn kin tek am frɔm am,  
we i kɔmɔt na dis wɔl, ɛn dɛn nɔ go ebul fɔ tek am wit dɛn In  
tru valyu de fɔ spɛn am fɔ du tin dɛn we go bɛnifit pɔsin ɛn fɔ  
mek pɔsin ɛn ɔda pipul dɛn gladi di we we go mek Gɔd ɛn in  
kɔnshɛns gladi

Di wan dɛn we de tink bɔt dɛn yon sikyɔriti ɛn kɔmfɔt  
nɔmɔ, fɔgɛt ɔ nɔ pe atɛnshon to wetin ɔda pipul dɛn nid, de  
in rialiti de kɔt di po we go bi dɛn lɔt wan de Di wan dɛn we  
de tay pan dɛn jɛntri instead fɔ yuz am fɔ du gud tin nɔ de  
brɪŋ dɛnsɛf prɔsperiti na dɛn layf afta layf bɔt dɛn bɔn dɛn  
po, wit di tin dɛn we di jɛntriman dɛn want ɛn krayb Bɔt di  
wan dɛn we de sheb dɛn bɔku ɛn prɔsperiti wit ɔda pipul dɛn  
atrak gudnɛs ɛn bɔku ɛnisay we dɛn go

We yu gi to di wan den we fit fo get am wit ol yu at, yu  
go si se God de wit yu oltem en i no go eva lef yu en yu no go  
nid natin Wi no fo foget se na God de sopt wi layf dairekt  
wan en we wi no se wi maynd, wi wil en wi aktiviti den ol de  
dipen pan God en get den trenk from am, na da tem de wi go  
get dairekt gayd from am en wi go no se wi layf na wan wit in  
layf we no get end

Meditashon de gi pruf fo se God de Wans di wef dem fo  
sens don klia from di maynd in pond, divayn gladi gladi de  
komot from di sol Dis gladi gladi don olredi de insay di sol,  
bot i don vel

Oh, Masta A go yuz mi wilpawa en intelekt Fo akomplit  
smol smol tin den fos En afta dat a go go bifo pan big big tin  
den we a don du

Ivin if ol di matirial ambishon den don apin Yet i jos de gi  
gladi at we no komplit — en bay we a fen God a go diskoba  
rizova den we no de don fo gladi En i no de eva stop fo flo en  
ron Insay di gadin en evagrin medo den na di sol  
Haus: Viktri Square

If possin spen in layf de ronata wan thrill afta di oda wan,  
den no go eva no di teist fo tru tru gladi-at Possin fo liv simpul  
wan en aproch layf wit izi I fayn fo mek possin spen tem in  
wan, tink bot wetin i de du wan wan tem, en praktis pis insay  
in at, we de brin welbodi, yon, en nyu trenk

If tin den we de ambog possin oltem en oda tin den we de  
mek possin fil bad de bom di sens, di nev den go sofa bikos of  
dat, boku boku impotant enaji go west , en di sol go fil tens en  
pwel at Don bak, possin no fo bisin tumos fo korekt oda pipul  
den; bifo dat, possin fo korekt insef bifo i tray fo korekt oda  
pipul den

Mek wi no se di os na di big big ples fo fet Possin we na  
enjel na den os go bi enjel enisay

Di swit we di voys swit en di pis we di fayn fayn we aw  
possin de biev de sho, den nid am mo na di os pas eni oda say

Jɔs lɛk aw daknɛs nɔ go ebul fɔ de usay layt de shayn,  
na so bak di daknɛs we sik fɔ dɔn we Gɔd in layt de shayn na  
di bɔdi in sɛl dɛn , ɛn na smɔl pipul dɛn nɔmɔ de no dis tru  
We pipul dɛn fil se dɛn want fɔ wɛl , dɛn kin pre wit at  
we trɔbul ɔ wit filin fɔ pwɛl at , dɛn kin tek am se Gɔd nɔ go  
lisin to dɛn prea ɔ dɛn kin pre bɔt dɛn nɔ de wet So dat dɛn  
go no if dɛn prea dɔn rich to Gɔd

Jɔs lɛk aw pɔsin nɔ kin ebul fɔ lisin to myuzik we dɛn de  
brodkas tru di ays we i de yuz wan fɔlt risiva, na so bak pɔsin  
nɔ kin ebul fɔ pik di vaybreshɔn dɛn we gɛt wɛlbɔdi, trɛnk, ɛn  
sɛns we de kɔmɔt frɔm Gɔd wit wan sayk aprɛshɔn we nɔ de  
wok fayn wit fred, wɔri, ɛn ɔlkayn wɔri, dawt, ɛn nɔ sho

Lɛ wi mɛmba ɛn tɛl Yu tɛnki, Masta, we wi nid ɛn  
prɔsperiti, we sik ɛn wɛlbɔdi, we dak ɛn layt, ɛn pan ɔltin we  
de apin Lɛ wi mɛmba wit tɛnki di de dɛn we Yu dɔn gi wi fɔ  
gɛt wɛlbɔdi ɛp wi fɔ opin di yay fɔ fet so dat wi go si Yu blɛsin  
layt, we de mɛn ɔl sik ɛn sik dɛn

Mi na di kapten fɔ mi ship we gɛt gud tinkin, mi gud wil,  
ɛn mi frutful, bɛnifit aktiviti a go stiar di ship fɔ mi layf, ɔltɛm  
kip mi yay pan di shayn planɛt we gɛt pis na di skay we a de  
tink bɔt dip

A go yuz mi kreativ tinkin skills fɔ ajɔst sakrifays pan  
ɔltin we a de du Gɔd go ɛp mi if a tray bak fɔ ɛp misɛf  
Tide a go til di gadin fɔ layf wit nyu tray ɛn plant am wit  
di sid dɛn we gɛt sɛns, wɛlbɔdi, satisfay, ɛn gladi at A go  
wata di sid dɛn wit fet ɛn kɔnfidɛns pan misɛf, ɛn a go wet fɔ  
di ɔlmayti in blɛsin fɔ gi mi jɔs avɛst lvin if a nɔ avɛst di avɛst  
we a bin de op fɔ, a go kɔntinyu fɔ tɛl tɛnki ɛn tɛl tɛnki fɔ di  
pis na mi maynd we de kɔmɔt frɔm tray fɔ du mi bɛst

A go tɛl Gɔd tɛnki se a ebul fɔ kɔntinyu fɔ tray te a gɛt  
sakrifays, bay in gudnɛs ɛn a go tɛl am tɛnki we a rich di tin  
we mi at want pas ɔl A go tray fɔ du ɔl di tin dɛn we impɔtant  
ɛn we fit fɔ du, fɔ fɛn Gɔd in gladi at  
Di wɔl ful-ɔp wit natura ɛn mɔtalman big big briz, ɛn Gɔd  
na di strong shild ɛn sɛf ples frɔm di big big briz, ebi ebi ren,

en di bad tin den we de apin na dis wol Enisay we Gɔd de,  
nɔbɔdi nɔ de fred ɔ sɔri Di tru biliva tinap tranga wan en  
prawd insay di fet fɔ layf en di stretch fɔ tin den we de apin, i  
shɔ se Gɔd de wit am, i de protekt am from bad tin en i nɔ de  
eva lef am fɔ wan mɔnt So, fred de lɔs na in at en shɔ se i de  
tek am, na protekshɔn we den nɔ go ebul fɔ fos am

No fɔ fred min fɔ gɛt fet pan Gɔd en in protekshɔn, en gɛt  
fet pan in jɔstis, sens, sɔri-at, lɔv, en de ɔlsay

Fɔ fred kin mek pɔsin nɔ gɛt in maynd trenk, i kin mek in  
maynd klawd, en i kin mek di at in natura ritm nɔ fayn  
Pantap dat, fred kin mek i gɛt problem wit in bɔdi en i kin gɛt  
sik den we i kin gɛt na in maynd Insted fɔ le pɔsin sɔfa pan  
wɔri en fɔ de na in maynd, i fɔ mek shɔ se i sef we Gɔd de  
protekt am, we de si ɔltin, we de yeri ɔltin, we nɔ gɛt wan  
problem fɔt, en in sɔri-at en kia we i de rawnd am

Ilɛksɛf na di Afrikan jɔngrɔn, na fet-fet ples, i de sɔfa wit  
sik ɔ po, pɔsin fɔ biliv insɛf se Gɔd in an strong pas eni denja  
en i ebul fɔ protekt di wan den we de fɛn say fɔ rɔn go to am  
No mɔ we de fɔ protekt am Na tru se pɔsin fɔ yuz rizin fɔ dil  
wit tin den we de apin en di sem tɛm i fɔ gɛt kɔmplit fet pan  
di ɛp we Gɔd de ɛp am Fet nɔ eva min fɔ bi pɔsin we nɔ de  
tek tɛm ɔ du sɔntin unwisely in the face of adversity Bifo dat,  
ilɛk wetin apin, pɔsin fɔ afɛm to insɛf se na Gɔd nɔmɔ ebul fɔ  
ɛp pan tin den we nɔ izi en we nɔ izi fɔ du if i tɔn to Am wit ɔl  
in at, sol, en sens

We problem den de kam dɔŋ lɛk avalanche, wi nɔ fɔ alaw  
den fɔ paralayz wi wil ɔ fɔ mek wi nɔ si klia wan en wi sens,  
lɔjik we fɔ du tin Bifo dat, wi fɔ kontinyu fɔ gɛt fet pan Gɔd en  
wi bɔn wit sens fɔ no wetin rayt en rɔŋ, en tray fɔ fɛn we fɔ  
kɔmɔt Wit Gɔd in ɛp, wi go si am Ultimately, tin go impɔtant  
bikɔs Gɔd in pawa en wɔndaful tin den de ayd bien di  
kɔntradikshɔn den na mɔtalman layf Di wan den we nɔ de  
aksept di inevitability of circumstances en insted tray fɔ go

insay pas di vel wit den intelekt en fet go fen di domot opin fo den—wan domot we evri an we biliv de nak pan

Laif de koba daknes, en sontende wi kin stop en shem fo go bifo Wi fo mek God in layt bi wi gayd lamp as wi de waka na layf in dak rod den God na di ful mun insay di net den we wi no no natin en daknes, di san we de shayn insay di awa den we wi de wek, di layt we de gayd wi, en di sta we de gayd di wan den we de travul na di si den na di wol, egzistens we no de te

Problem den go kontinyu fo de na di wol, so usay posin go ton fo gayd en dayrekshon? Di tin den we posin de tink, we di abit den, di we aw i de tink bot oda pipul den, di we aw i de tink bot oda pipul den, en di we aw i de biev, no get eni yus, en di tin den we de ambog di say we i de, in famili, in kontri, o di wol no ebul fo gi am tru tru gayd So, i fo ton to God en lisin to di kwayet, kwayet voys we de komot na di dip dip pat den na di sol, we na voys we gri wit di trut

Di difrens bitwin mental kontemplerashon en spiritual introspection

If posin program insef wit tiori no, i kin tan lek posin we de waka rikodo, we de ripit provab en ay ay frayz, en oda pipul den kin tek am se den don lan en get sens Bot da kayn no de no de riinfos bay we posin de si tru dairekt wan, en i no de mach am bak bay we i get spiritual attainment Dis kayn intellectualization o intellectualization de kip di "self" we tay to di sensory mind, we insef de limited by the physical mind sens Tiori no no go ebul fo get divayn no, en i fayn fo mek posin no west in presho tem pan tiori den we den no go ebul fo yuz insay rial tin, so dat posin no go si insef los na wan dense intelektual jongron, we no ebul fo pas di eria we tiori de

Dis proses no go mek wi no di trut bikos di trut de pas di  
opinion en tiori, en boku pipul den we de fala dis we fo du tin  
kin bi bound wit den yon subjektiv konklushon

If posin yuz in maynd pawa jos fo get moni en propati,  
den go dro in konshens insay di matirial wol en i go miks wit  
komplisiti den we no get end So, pipul den we get sens se  
posin no fo dediket ol di mental abiliti den we God don gi am  
fo du tin den we no de te, so dat i no go los insef insay di  
labyrinth of materialism en mek limiteshon we no nid en  
constraints for themselves Bifo dat, den fo yuz den maynd  
pawa fo get di tin den we den nid na layf en tray fo develop  
den gud abit den fo mek den ebul fo no difrens bitwin wetin  
rayt en wetin rɔŋ, en bitwin wetin de ambɔg en wetin go  
benifit We den de kɔltiv den spiritual sens, den go ebul fo no  
God insay densef en no di spiritual trut den we ayd bien di  
dense vels fo matirialism Den kol dis stet spiritual  
introspekshon

Ilek wetin de mona wi, God fo de bifo ɔltɛm na wi layf  
Wan pan di impɔtant tin den we go mek wi gro na God in yay  
na di konekshon we wi get wit God ɔltɛm, we yu go get from  
yu at, we yu go si wan wɔndaful, fayn chenj we go rili kole yu

We posin want fo si sho , ɔ bay nyu klos ɔ nyu motoka ,  
yu no tink se na tru se in maynd kin bisin ɔltɛm? We i kam  
pan den tin den de en aw fo ajɔst ɔ get den? I no go rɛst te i  
du wetin i want , en i go kontinyu fo wok tranga wan fo mek i  
go ebul fo du den tin den de

So, mɔtalman maynd fo de tink bot God En afta dat ol di  
smɔl smɔl tin den we i want go chenj To wan strong want fo  
fil God en tɔk to am

We di maynd de wispa to God wan wispa we kɔmɔt na in  
at, we get zil we de kɔmɔt from di dip dip tin den we wan sol  
we want fo du am de

Di sol in kɔl go tɔch di kɔsmik at , ɛn di ansa go kam, we  
go bring bɔku gladi at

We yu de wispa wit sɛns, dat kin mek yu gɛt pawa fɔ du  
sɔntin , te yu gɛt inof trɛnk fɔ rich di gol we yu want

We pɔsin in maynd ɛn wetin i want gri wit Gɔd , dɛn kin  
chaj am wit pawa we nɔ gɛt limit , so dat fɔ jɔs tink bɔt sɔntin  
kin bi inof fɔ mek i apin , bikɔs di lɔ we Gɔd gi kin wok fɔ di  
wan dɛn we gri wit di tin we pas ɔl

ɔl di wɔndaful tin dɛn we a dɔn du na mi layf dɔn  
akɔmplit tru di pawa we wan maynd gɛt we gri wit Gɔd We di  
divayn jenɛra de rɔn, ɔltin we a want kin kam fɔ bi frut witout  
ɛksɛpshɔn, fɔs i kin tek shep lɛk wan dizayn we nɔ de si, we  
gɛt ethereal ɛn afta dat i kin sho wit pawa we pɔsin nɔ go  
ebul fɔ stɔp insay rial tin

### **Di sikrit fɔ mek pɔsin gro**

Wi de gro tru ɛvri ɛksperiɛns we wi de go tru, as long as  
wi no se wi kin lan valyu lɛsin frɔm dɛn Fɔ ɛvri pen ɛn sɔfa  
we wi de ɛksperiɛns gɛt minin ɛn rizin

Pan ɔl we di prɔblɛm dɛn we wi kin gɛt tranga, dɛn tan  
lɛk faya we de mɛlt ayɛn ɔyl, we de chenj am to fayn fayn,  
strong, ɛn versatile stɛl Di sɛns we wi de fɔj tru di scorching  
flames of experience na rili wɔndaful Layf de klin wi,  
transfɔm wi bays nature dɛn to prɛshɔ ɛliment dɛn, alaw wi  
fɔ liv wit sol dɛn we klin lɛk jɔlɔs, we strong lɛk stɛl, yet ɛn we  
ebul fɔ bia, we wi nɔ de brok ɔnda di prɛshɔn dɛn we prɔblɛm  
ɛn prɔblɛm dɛn kin gɛt

We wi si fes dɛn we vɛks dɔn chenj, we dɛn de si we dɛn  
de du bad bad tin dɛn, we dɛn de si de mek wi want fɔ drɛb  
di bad tin dɛn we de na wi yon sol—sol we nɔ tɔch ɛnitin pas  
bad tin ɛn dip grɔj we de mek di blɛsin divayn imej we de  
insay wi nɔ klia, jɔs lɛk aw sɔt de pwɛl miro Di penful akshɔn



dɛn we ɔda pipul dɛn de du fɔ wek insay wi di want fɔ mek wi  
yon biev fayn ɛn kɔntrol wisɛf, so dat wi go bi masta fɔ wi tin  
dɛn we wi nɔ ebul fɔ kɔntrol, nɔto slev to dɛn

Kind wɔd na wɔndaful mɛrɛsin fɔ bɔku sik dɛn, i gɛt  
pawaful, ɔlmost majik, magnetik pawa we de bring bɔku blɛsin  
ɛn prɔsperiti to dɛn spika Di wan dɛn we de yuz wɔd dɛn we  
de mek dɛn fil fayn, we saful saful, kin fil se wan kɔrɛnt we  
nɔ de si klia wan de flɔ tru dɛn we nɔ de ambɔg dɛn, dɛn kin  
ful-ɔp wit bɔku bɔku kwayɛt Dis na bikɔs da kɔrɛnt de kɔnɛkt  
to in ay sɔs, we de ɔltɛm ɛn ɔltɛm rich di sol dɛm we gɛt  
wanwɔd wit am Dɔn dɛn go ebul fɔ transmit dis flɔ fɔ gladi at  
to sol dɛm we de want pis

ɛvride, pɔsin kin luk na di miro fɔ si in fes bikɔs i want fɔ  
apia di bɛst we to ɔda pipul dɛn, So, i rili impɔtant fɔ mek i  
tinap wit dɛnsɛf ɛvride ɛn luk insay di miro we de analays  
insay fɔ no wetin de ɔnda di say we de shayn! Fɔ ɔltin we  
atraktiv na do de gɛt in atrakshɔn frɔm di insay sɛf ɛn natin  
nɔ de dɔti di klin miro na di sol lɛk saykolojik distɔrshɔn lɛk  
vɛks, vɛks, jɛlɔs, ɛn et ɛnibɔdi we tray fɔ fri insɛf frɔm dɛn  
kɔmpawnd ya, we nɔ de nia di nature of di spirit, go alaw di  
layt fɔ insay biuti fɔ rayt frɔm insay

Tru analisis, wi de diskova se mɔtalman prɔblɛm gɛt tri  
tin: prɔblɛm ɛn dizayd de we de atak mɔtalman bɔdi, ɔda  
wan dɛn we de atak di maynd, ɛn wan tɔd kategori we de  
blok di rod dɛm fɔ di sol

Sik, ol ej, ɛn day na di prɔblɛm ɛn tin dɛm wae de ambɔg  
di bɔdi wae de mit Saikɔlɔjik sik, bɔt, kin kam insay di maynd  
tru sɔri-at, frayd, vɛks, wae pɔrsin nɔr want fɔ du, wae pɔrsin  
kin vɛks, et, wae pɔrsin kin fil bad, wae pɔrsin kin fil fayn,  
wae pɔrsin kin fil bad, ɛn de saykilɔjik kansa wae kin mek  
pɔrsin nɔr de fil fayn, bɔt di sik wae de mek pɔrsin nɔr de fil  
fayn, bɔt na de sik na di sol, we de sho se i nɔ no natin, we ɔl  
ɔda sik dɛn kin kɔmɔt ɛn skata

## Gud pas bad tin de na di wɔl

We dawt de krip insay, wi fɔ mɛmba di layf fɔ big pipul  
dɛn Na tru se wi na mɔtalman, bɔt Gɔd dɔn gi wi ɛkstra  
ɔdinari pawa dɛn we wi nɔ kin yuz So wetin mek wi de shek  
shek bikɔs wi de fred fɔ ol, sik, ɛn sɔri? Wi fɔ du wetin wi ebul  
fɔ kia fɔ wi bɔdi, bɔt wi nɔ fɔ gri fɔ fred ɔ bɛr wisɛf ɔnda bɔku  
bɔku pipul dɛn we nɔ no natin

Di bɔdi nɔto di wan ol pɔsin

Gud pas bad na dis wɔl bikɔs na Gɔd na di pawa we pas  
ɔl Bɔt we bad tin apin to wi, wi kin tink se wi nɔ gɛt pawa fɔ  
kɔntrol am ɔ fɔ rɔnawe pan am

Storms of evil are bound to blow , bɔt wi kin win di ifɛkt  
dɛn we dɛn de du ɛn rayz pas dɛn

Dɛn nɔ gi wi layf fɔ mek i pwɛl wi, bɔt fɔ mek wi no se wi  
go de sote go, ɛn wi fɔ mɛmba dis trut

If pɔsin nɔ gɛt fridɔm fɔ tink, i nɔ go ebul fɔ tɔk insɛf di  
we we klin, we kin apin bay insɛf, ɛn we natin nɔ de fɔ du  
Mɛmba se yu rili fri Di pawa we di wil gɛt na fri ɔltɛm

If yu yuz yu wil pawa kɔrɛkt wan, i go mek gud karma fɔ  
yu, bɔt bɔku pipul dɛn nɔ want fɔ chenj ɛn dɛn nɔ want fɔ  
tray, so dɛn kin krɔs pan prɔblɛm dɛn ɛn dɛn nɔ kin ebul fɔ  
bia wit prɔblɛm dɛn

Fɔ du ɛniti we pɔsin want nɔto fridɔm, bikɔs mɔtalman  
de tay am wit wetin i want, ɛn dat mek dɛn nɔ go ebul fɔ kɔl  
di tin dɛn we dɛn de du fridɔm atɔl Tru fridɔm min fɔ du ɔltin  
wit wil we sɛns de gayd Pɔsin kin kɔntrol di bad tin dɛn we go  
apin to am we i dɔn du trade, we nɔ go ebul fɔ fala am, if dɛn  
aktiv in wil ɛn yuz am fɔ du gud ɛn bɛnifit If yu kɔndɔkt yu  
akshɔn wit rizin ɛn wil pawa, di fɔs dɛn pan di bad tin dɛn we

yu bin dɔn du trade go wik ɛn di abit dɛn we de kɔmɔt frɔm  
di gud tin dɛn we yu dɔn du go strong

Wi kin want wetin wi nɔ gɛt ɔltɛm ɛn wi kin gɛt tayt padi  
biznɛs wit tin dɛn we nɔ impɔtant Wans sɔntin dɔn gɛt wi, wi  
kin lɔs wi fridɔm fɔ disayd fɔ sɔm tɛm Jɔs lɛk aw pipul dɛn na  
Ist kin bi slev to di kɔstɔm dɛn we bin de trade trade, na so  
bak di pipul dɛn na di Wɛst kin bi slev to di wan dɛn we de  
naw Wi kin mek wi yon destiny ɛn wi kin tay am

Wetin mek dɛn bɔn wan pikin na wikɛd famili ɛn dɛn bɔn  
ɔda wan na gud famili? ɛni wan pan dɛn bin yuz dɛn fridɔm  
fɔ liv wan patikyula we we dɛn bin de liv trade (insay wan  
layf we dɛn bin dɔn liv bifo) ɛn dis bin mek dɛn tin dɛn de  
apin to dɛnsɛf na dis layf

Tru tru fridɔm nɔ de if Gɔd nɔ de Wi fɔ tink bɔt am ɔltɛm  
Ilɛk wetin wi de wɔri ɛn tink bɔt, Gɔd fɔ tek di fɔs ples na wi  
at , ɛn we wi rili alaynɛd wit am, dɛn go gi wi di abiliti fɔ du  
wetin wi fɔ du, ɛni tɛm, wit In ɛp frɔm Gɔd

### **Advays fɔ di disaypul**

Wan pan di student dɛn aks di ticha Paramhansa Fɔ gi  
am sɔm advays fɔ mek i bɛtɛ, i se : If yu want fɔ lɛ dɛn lɛk yu  
Start bay we yu lɛk ɔda pipul dɛn we nid yu lɔv

ɛn if yu de op fɔ ɔda pipul dɛn Bi fetful ɛn fetful to dɛn  
so dat dɛn go bi tru to yu

If yu want fɔ mek ɔda pipul dɛn nɔ du bad ɛn kɔni kɔni  
we , nɔ alaw lay lay tin fɔ kam insay yu yon maynd , ɛn nɔ du  
tin di we we go ambɔg ɔda pipul dɛn

If yu want ɔda pipul fɔ sɔri fɔ yu Start fɔ sho se yu de fil  
sɔri fɔ dɛn , mɔ to di wan dɛn we de arawnd yu

If yu want ɔda pipul dɛn fɔ rɛspɛkt yu , yu fɔ sho se yu  
rɛspɛkt yɔŋ ɛn ol

If yu want pis frɔm ɔda pipul den , yu fɔ liv layf we gɛt  
wanwɔd

If yu want pipul den fɔ bi rilijɔn , bi spiritual in nature ɛn  
mek ɔda pipul den fil se yu na gud ɛgzampul ɛn den kin abop  
pan yu ɛn abop pan yu

Fɔ tɔk smɔl, ɔl wetin yu want ɔda pipul den fɔ sho Wan  
pan di gud kwaliti den na fɔ sho am na yu layf fɔs , ɛn yu go  
si se pipul den go biev to yu di sem we

If yu ebul fɔ no di eria den na yu layf we nid fɔ impɔtant  
we yu nɔ go gɛt pwɛl at ɔ divɛlɔp wan kɔmpleks we nɔ  
impɔtant, ɛn if yu de wok ɔltɛm fɔ mek yu yon abit bɛtɛ, den  
di tɛm we yu de spɛn pan dis go bi fa fawe pas if yu fɔ west  
fɔ wish se ɔda pipul den go impɔtant dɛnsɛf Yu fayn  
ɛgzampul ɛn di fayn we aw yu de biev gɛt pawa fɔ chenj ɔda  
pipul den pas wetin yu want, vɛks, ɛn wɔd den nɔmɔ

O Masta, Yu na di sɔs fɔ ɔl gudnɛs ɛn di ɔrijin fɔ ɔl pawa  
Blɛs wi so dat wi go sho Yu blɛsin pan wi pan wi wɛlbɔdi, wi  
intɛlektual aspireshɔn, ɛn wi spiritual ɛkspreshɔn Yu na di  
raytin na di sta dɛm, di ɛnaji na di atɔm dɛm, di gudnɛs na  
at, ɛn di fayn fayn tin dɛm na trut ɛp wi fɔ ful wisɛf wit Yu  
suprɛm pawa, Yu sɛns we nɔ gɛt ɛnd, ɛn Yu we nɔ gɛt bɔnd  
na tru tru tin

Masta, mek wi no se Yu na di watawɛl fɔ wɛlbɔdi, di si  
we de gi layf, ɛn di say we ɔlman ɔndastand ɛn no Fri wi frɔm  
ignorance ɛn di tin den we i de du, frɔm fred ɛn wɔri, ɛn mek  
di wata we de rɔn na Yu sɛns swip ɔl di dɔti ɛn rɔblɛs na wi  
layf

Tear away, O Lord, di vɛls we de ayd Yu fes frɔm wi Lɛ  
wi si Yu as layt we so brayt, lɛk bɔku bɔku san den na di  
ɔrayzin na wi layf Lɛ wi fil Yu as pawa we de nyu ɔltɛm we de

inspekt wi tinkin, gi wi sol tin fɔ it, sɔpɔt wi bɔdi, ɛn fulfil wi  
drim

Amen

Mɔs pipul dɛn nɔ no wetin mek Frɔm dɛn ɛgzistens na  
dis wɔl , dɛn biliv se di rizin fɔ layf Na fɔ fulfil di tin dɛn we  
pɔsin want Fɔ gɛt di tin dɛn we pɔsin nid fɔ liv Fɔ fɛn gladi at  
ɛn mɔtalman lɔv , ɛn leta fɔ sɔrɛnda to di las pɔsin we kɔl

Pipul dɛn bigin dɛn layf Programma dɛn wit patikyula tin  
dɛn we dɛn want ɛn we dɛn nɔ bin dɔn du trade ɛn dɛn de  
tray – wit wetin smɔl fri wil we dɛn dɔn lɛf – Bay we dɛn de  
falamakata wetin ɔda pipul dɛn want ɛn du , if dɛn de miks  
wit biznɛsman dɛn , dɛn want fɔ tan lɛk dɛn , ɛn if dɛn de  
miks wit atis dɛn , art kin bi ɔltin to dɛn

Gɔd want wi fɔ bi prɛktikal na dis wɔl I dɔn gi wi angri we  
nid fɔ wok fɔ satisfay am, bɔt fɔ luk fɔ it, ples fɔ slip, mɔni ɛn  
prɔpati nɔmɔ min se mɔtalman fɔgɛt di say we in gladi at  
kɔmɔt

Na tru se wi fɔ wok fɔ gɛt wetin wi nid ɛn tray fɔ rich wi  
rayt gol dɛn, bɔt fɔs ɛn fɔs, wi fɔ opin wi at to Gɔd ɛn fɛn in  
gayd ɛn aprɔval pan ɔl wetin wi de du Dɔn wi go mɔs gɛt  
sakrifays na di skul fɔ layf, bikɔs wi go gɛt wi dayrɛkshɔn  
frɔm di Suprim Maneja ɛn Prɔvayda we no wetin wi nid ɛn  
wetin bɛtɛ fɔ wi So, wi fɔ put wi trɔst pan Am ɛn put yusɛf  
ɔnda wetin I want fɔ du wit sɛns

## **Frɔm di lekchɔ dɛn we di ticha Paramahansa bin gi**

We di gladi gladi we de insay di sol de ɔbskɔr bay wan  
tik layt we gɛt smɔl smɔl tin dɛn we de mek pɔsin fil fayn, di  
gold glɔ we di spirit de shayn de dak, ɛn di sol in transparent  
fakulti dɛn de ayd biɛn di density of matter We pɔsin in  
maynd de drɔ to jɛlɔs ɛn jɛlɔs, ɛn kɔba am wit klawd dɛn we  
de fred ɛn wɔri, pɔsin kin bi misɛf, sɔri, ɛn win Bɔt we pɔsin

dayrekt di sem atenshon to lov, pis, en wanwod, i kin get dip  
gladi at

Di sol kin fil gladi we i ton from di tin den we di bodi want  
we miks wit sofa en sofa to di transparent gud kwaliti den we  
di spirit get, we ful-op wit fayn fayn tin den we posin kin gladi  
fo

If di sol begin fo put insef donj olsay na di kos kos kos wol  
gladi at, i no kin bisin bot fo tray fo get ay gladi at en i no kin  
ebul fo get gladi at na God in yay Boku pipul den kin tok se i  
no go izi fo le posin lef fo enjoy insef na dis wol o we i de liv  
wit pipul den we den tink bot tin den nomo we get fo du wit  
propati Bot, i no nid fo mek di avrej posin lef di wol en ton in  
bak pan mawnten en forest fo fen kol en pis Bifo dat, den fo  
de na dis wol we den no alaw in pawaful korent fo swip den,  
so dat di trobul wef den na dis layf no go ambog den

Posin no fo de tink bad bot di tin den we de arawnd am,  
en di sem tem i no fo alaw di tin den we i lek fo get fo mek i  
no si in yay, so dat i no go los in spiritual nature en no ebul fo  
test di gladi gladi we i get fo gladi en witness di layt den we  
God de gi

Layf, wit di men tin, di tin den we i de du, en di gol den  
we i get , na pozl we at fo ondestand bot noto tin we no  
possibul fo solv , en wit di we aw wi de tink go bifo, wi de solv  
som pan in sikrit den evride

Di divays den we den mek bay presis sayens prinsipul  
den na dis tem rili impotent , en di tin den we sayens don  
kam wit de mek wi si klia wan bot di we den we layf kin bete  
Bot pan ol di ikwipment, tin den we wi don mek, en di strateji  
den we wi get , i tan lek se wi stil tan lek popet den we de na  
di an fo fate , en di rod we de bifo wi stil long Bifo wi fri from  
di kontrol we di nature get

Fɔ tru, fɔ liv wit di sɔri-at fɔ di nature nɔto fridɔm Wi  
maynd we gɛt zil kin ɔva ɛn shackled bay wan sɛns fɔ nɔ  
ebul fɔ ɛp wi we wi fil se wi na viktim fɔ flɔd, hariken, ɔ  
atkwɛk , ɔ we tin dɛn we de apin snatch away frɔm wi -  
witout lojik rizin - wi pipul dɛn we wi lɛk klos to wi at Wi dɔn  
no se wi nɔ dɔn ajɔst bɔku win , ɛn wi nɔ dɔn ajɔst ebul fɔ win  
bad bad tin dɛn Bikɔs pan ɔl we wi de tray fɔ mek layf lɛk aw  
wi want am fɔ bi , sɔm tin dɛn go de apin ɔltɛm na dis wɔl  
stej , ɛn tin dɛn we wan pawaful maynd de dayrɛkt we wi nɔ  
no bɛtɛ bɔt , we wi de wok kɔmplit wan we nɔ gɛt ɛnitin fɔ du  
wit wi opinion ɛn wi go Di bɛst we wi go du na fɔ wok ɛn mek  
sɔm impɔtant tin dɛn

Wi kin plant wit ɛn mek flawa , bɔt udat mek di fɔs sid?

Wi kin it bred we dɛn mek wit flawa , bɔt udat mek wi bɔdi  
?ebul fɔ dayjɛst am? ɛn aw fɔ chɛnj it to tin fɔ it

Insay ɛvri kɔna na layf I tan lɛk se wan divayn an we rili  
impɔtant Wi nɔ go ebul fɔ manɛj wi afɛkt dɛn we wi nɔ gɛt  
am , ɛn wit ɔl di shɔt tin dɛn we wi gɛt Wi nɔ no ustɛm di at  
go stɔp fɔ wok So di nid fɔ bold rilayns Pan di suprɛm divayn  
pawa ɛn fɔ abop pan wi ay sɛf , we kɔmɔt frɔm da ɔlman we  
wi de mɔdɛl afta

Wi fɔ gɛt fet we nɔ gɛt prawd , ɛn waka wit kɔnfidɛns na  
layf rod dɛn

Wi nɔ gɛt panik ɛn shek shek , ɛn nɔ gɛt prɔblɛm ɛn put  
pɔsin na jel

### **Fɔ dil wit alɛji**

Fɔ win di we aw pɔsin de fil na tin we nɔ izi fɔ du, ɛn fɔ  
kɔntrol di we aw pɔsin de du tin kwik kwik wan impɔtant fɔ  
mek i gɛt balans ɛn fayn fayn pɔsin

Sɛnsitiviti kɔmɔt frɔm misɔndastandin, inferiority  
kɔmpleks, inflated prayz, ɛn ɛgzajarayt ego

We pɔsin tink se dɛn dɔn fil bad, da tink de kin tek rut na  
in maynd, we kin mek dɛn nerv, we kin bi tɛns ɛn tɔn agɛns  
Vɛks kin bɔn na in at bikɔs ɔf di filin we dɛn wund Bɔt sɔm  
pipul dɛn kin ebul fɔ kɔntrol dɛn filin, so dɛn sayn dɛn we de  
na do nɔ kin apia pan ɔl we dɛn kin vɛks bad bad wan insay  
dɛn ɔda pipul dɛn kin sho dɛn vɛks tru di riakshɔn dɛn we kin  
sul dɛmɔapin wantɛm wantɛm, we kin sho na dɛn yay di m  
ns dɛmɔd vɛbul rɛspɔn dɛm, ɛn tru shap, kɔs ɛksprɛshɔn di f  
If pɔsin fil bad pasmak, i kin gɛt siriks prɔblɛm dɛn; i kin  
mek di tin kɔmplikt ɛn mek wan tin we nɔ fayn we kin afɛkt  
ɔda pipul dɛn bad bad wan

Dɛn fɔ tray fɔ kɔntrol dɛnsɛf ɛn fɔ mek dɛn nɔ gɛt  
wanwɔd, fɔ mek pipul dɛn ɔndastand dɛnsɛf ɛn gɛt wanwɔd  
we go mek pis de instead fɔ mek dɛn gɛt tɛnsiɔn ɛn fɔ pul di  
smok we de mek pipul dɛn strɛs Di wan dɛn we de du dat go  
bi masta fɔ dɛn yon destiny ɛn di wan dɛn we de arawnd dɛn  
go gɛt blɛsin fɔ tɛl tɛnki ɛn rɛspɛkt dɛn

Fɔ fil bad pasmak na wan kwaliti we bɔku pipul dɛn gɛt,  
ɛn we dis filin we nɔ gɛt sɛns kin bɔn, i kin mek pɔsin nɔ ebul  
fɔ ɔndastand ɛn mek di yay dɛn we gɛt sɛns klawd lvin di  
wɔs tin na dat, di pɔsin we fil bad pasmak biliv se dɛn de  
tink, fil, ɛn du tin pafɛkt wan, pan ɔl we infakt dɛn bihayvya  
!kin rili rɔng

Bɔku pipul dɛn biliv se dɛn fɔ sɔri fɔ dɛnsɛf we dɛn de  
kɔndɛm dɛn, ɛn dat fɔ sɔri fɔ dɛnsɛf kin mek dɛn gɛt sɔm  
fridɔm Bɔt lɛk pipul dɛn we de tek drɔgs, di mɔ we dɛn de tek  
drɔgs, na di mɔ dɛn adikshɔn de strong

Pɔrsin wae gɛt bɔrku sɛnsitiv kin sɔfa bɔrku tɛm wae nɔr  
nid am Bɔrku tɛm, nɔrbɔdi nɔr kin no wetin mek dɛn de fil  
bad ɔr di kayn we aw dɛn de grɔmbul, dat kin mek dɛn gɛt  
mɔr pwɛl hat pan dɛn sɛlf-impose isolation Natin nɔr kin ebul  
fɔ ajɔst bay wae dɛn de silently de dwelling on perceived



insults or criticisms I betε fa fawe fɔ adɾes di rut kɔz dεm fɔ  
dis kayn hypersensitivity tru objective analysis εn self-  
control

Dis kayn alεji we nɔ fayn kin gεt sirɔs prɔblεm dεn; i de  
it di at lεk faya εn pwεl di tisu dεn we de mek pis So, dεn fɔ  
dil wit am wit sεns, we gεt lɔjik, εn wit strɔng wil

. \*\*\*

A de wok tranga wan fɔ sav ɔlman, bɔt we a de tɔn bak  
to mi wan fɔ tink gud wan, a nɔ de alaw εnibɔdi fɔ ambɔg mi  
tinkin ɔda tin dεn kin wet, bɔt mi εvrɔde apɔntɔnment wit Gɔd  
nɔ fɔ fɔgεt ɔ fɔgεt

Bifo yu du εni akshɔn, stɔp εn tek tεm tink bɔt di bad tin  
dεn we go apin εn di impak we dεn go gεt pan yu maynd,  
bɔdi, εn sol Akshɔn dεn we pɔsin fɔ fos yu fɔ du nɔto frɔdɔm,  
bikɔs akshɔn dεn we de agens di lɔ dεn we de fɔ mek ɔlman  
gεt wanwɔd εn fɔ go bifo go stɔp di pɔsin Di ɔda we, di tin  
dεn we pɔsin kin du we i no εn we i gri wit in kɔnshεns, na  
gud kwaliti εn i kin mek pɔsin gεt frɔdɔm

We yu disayd fɔ du gud tin, ɔ nɔ du bad, εn yu stik to da  
disayd de εn du wetin yu want, no se yu sheb frɔdɔm bɔku

Gɔd want wi fɔ yuz di frɔdɔm fɔ disayd we wi dɔn gi wi fɔ  
luk fɔ am εn fεn am, bɔt i nɔ want fɔ fos insεf pan wi

Di want fɔ kam nia Gɔd εn fɔ no am nɔ kin kam fɔ insεf,  
bɔt i fɔ aktiv εn kia fɔ am If yu nɔ gεt da want de, layf nɔ gεt  
εni valyu ɔ teist

Mek yu spiritual sεns gayd yu tink εn sakrifays go fala  
yu εnisay we yu go

To Gɔd a de dediket mi vɔys, mi an, mi fut, mi at, mi  
bɔdi, mi filin, mi wil εn ɔltin

Lɔv na di spiritual wɛpɔn we de dɔn ɔl wɔ

Bifo dis wɔl, wɔl dɛn de we nɔ gɛt limit usay wi go mit  
bak di wan dɛn we wi bin tink se dɔn lɛf wi sote go

Dis wɔl layf de chenj ɔltɛm sɔri de fala sɔri ilyushɔn pan  
ilyushɔn Dis miraj we de apia na di dɛzat na wi kɔnshɛns fɔ  
dɔnawe, ɛn wi fɔ wek wi tru tru sɛf frɔm ɔnda di dense vel  
dɛm fɔ matirial

Nɔ tray fɔ bays yu op pan dis layf Usay yu garanti de?  
Yu go onli sɛf wen yu tek refuge fɔ sabi God

Di men tin we de insay di sol tan lɛk ol ol gold we dɛn  
bɛr ɔnda di grɔn We dɛn pul di grɔn na di gold ɛn was am wit  
di wata we dɛn de tink bɔt, i de shayn nyu wan wit kɔmplit  
klin ɛn klia

Masta, lɛ wi si wetin gud, tink gud tin dɛn, ɛn kip kɔmpin  
wit di wan dɛn we gɛt gud abit ɛp wi fɔ tink bɔt Yu ɛn tink bɔt  
Yu, O Yu we na di say we ɔltin rayt ɛn di ɔrijin fɔ ɔl gud tin

### **Fridɔm frɔm wikɛd tin**

Di bɛst we fɔ lɛf wikɛdnɛs na fɔ lɛf fɔ tink bɔt am; if nɔto  
dat, di aidia bɔt wikɛdnɛs go ɔva yu kɔnshɛns ɛn dominate  
yu insay We wi brinj layt insay wisɛf, daknɛs go dɔn lɛk se i  
nɔ ɛva de

Dat aidia de brinj fayn fayn inspekshɔn dɛn to mi

We dɛn put layt insay wan kev we dɔn kɔba daknɛs fɔ  
tawzin ia, di daknɛs kin dɔn wantɛm wantɛm Semweso,  
wikɛdnɛs ɛn mistek dɛn kin dɔn we wi alaw Gɔd in layt fɔ  
kam insay wi kɔnshɛns, ɛn di daknɛs we nɔ no natin nɔ kin  
ebul fɔ de Dis na di filɔsofi we wi fɔ liv bay

Prokrastination is useless Di wil na layf nɔ de ɛva stɔp fɔ  
tɔn, ɛn di de dɛn na wi layf pas kwik kwik wan ɛvri minit we

wi spen fɔ tink klia wan ɛn du tin wit sɛns na saksɛsful ɛn  
prɔfit investismɛnt fɔ wi gladi at

Bɔku pipul dɛn kin spen dɛn wan ol layf fɔ tink bɔt mɔni,  
mami ɛn dadi biznɛs, ɛn fɔ gɛt nem, ɛn dɛn nɔ kin pe  
atɛnshɔn pan di impɔtant tin dɛn we kin mek dɛn gɛt pis na  
dɛn maynd ɛn mek dɛn no mɔ bɔt am

Ilɛksɛf pɔsin in wok ɔmbul, Gɔd go si am as pɔsin we go  
ebul fɔ du am gud gud wan if i no aw fɔ spen in tɛm wit sɛns  
ɛn dayrɛkt wetin i de tink di rayt we

We Gɔd in layt de shayn pan pɔsin, i nɔ de fil se i nid  
ɛn itin bikɔs di gladi at we de pas am de mek ɔl in drim dɛn  
kam tru ɛn mek i fil dip dip wan se na in jɛntri pas ɔlman ɛn  
di wan dɛn we gladi pas ɔlman na dis layf

Tɛnal fɔ Layt

Di wan dɛn we dɛn spiritual ɔwe de wek bay we dɛn de  
tink gud wan, gud tin dɛn, fayn filin, ɛn dip tinkin kin no se  
dɛn de kɔmɔt na di bɔdi di las tɛm we dɛn de kɔmɔt tru di  
spiritual yay We dɛn de na di wɔl, di yogi de praktis fɔ si di  
tanɛl fɔ di spiritual yay na di bɔda bitwin matirial ɛn spirit, ɛn  
di tɛm we dɛn de kɔmɔt na di wɔl, dɛn kin go insay dis tanɛl  
we gɛt layt ɛn pas frɔm dis wɔl to Gɔd in say we nɔ gɛt ɛnd  
we gɛt layt, gladi-at, pis, ɛn fridɔm we nɔ gɛt ɛnd

{Layt pan layt}

Di lamp fɔ di bɔdi na di [spiritual] yay

If yu yay na singl

Dɔn yu wan ol bɔdi go ful-ɔp wit layt

ɛn di layt de shayn na daknɛs, ɛn di daknɛs nɔ bin no}

{ am

Fɔ ɛp ɔda pipul dɛn na fɔ fil di sɔri we ɔda pipul dɛn de  
fil, fɔ kam nia dɛn, fɔ tɔk to dɛn, fɔ tray wit ɔl wi at fɔ kɔrej  
dɛn we dɛn gɛt bad bad tin, fɔ gladi fɔ dɛn gladi at, ɛn fɔ du  
wi bɛst fɔ kip di spekt fɔ fred, nid, ɛn wɔri frɔm dɛn

Di wan we gɛt di spirit fɔ altruism nɔ de du tin akɔdin to  
di limited kɔlkyulɛshɔn ɛn ɛkspekteshɔn, bɔt i de yuz in sɛns  
ɛn fayn jɔjment ɛn go bifo fɔ ɛp insɛf ɛn ɔda pipul dɛn, tɛl  
Gɔd tɛnki fɔ di sakrifays we i dɔn gɛt If i nɔ ebul wan tɛm ɔ  
bɔku tɛm, i nɔ kin fil bad, bɔt i kin gɛt mɔ maynd, dubl in tray  
ɛn ripit di tray, fɛn nyu aidia ɛn chanel dɛn, we di layt fɔ rizin  
de gayd am, ɛn we de aks Gɔd fɔ ɛp am te i rich in gol ɛn  
rich in fayn fayn tin we i want fɔ du

Di wan we de wok fɔ mek ɔda pipul dɛn gladi, na Gɔd de  
mek am gladi wit wan insay filin fɔ saykilɔjik kɔmfɔt ɛn if i lɔs  
sɔntin fɔ di sek fɔ di wan dɛn we i de tray fɔ ɛp, i nɔ de si am  
as lɔs bikɔs in ritɔn i de gɛt Gɔd in gladi at ɛn pis na in  
maynd I de liv fɔ lɛk, wok, gi, ɛn plant di sid dɛn fɔ gud ɛn pis  
na di fil dɛm fɔ mɔtalman

ɛnibɔdi we pas in pasɔnal wɔl insay in tink ɛn filin de  
mek i no mɔ, i de mek i sɔri fɔ ɔda pipul dɛn, ɛn fil se di wɔl  
na in os ɛn mɔtalman na in famili I no se di rizin we mek i de  
na dis wɔl na fɔ rifɔm insɛf bifo i tray fɔ rifɔm ɔda pipul dɛn,  
bikɔs ɛnibɔdi we rifɔm insɛf de ɛp ɔda pipul dɛn fɔ rifɔm  
dɛnsɛf tru di ɛgzampul fɔ in layf Akshɔn dɛn gɛt dip impak ɛn  
mɔ profaund ifɛkt pan di ɔda pipul dɛn sol pas wɔd dɛn

## **Short stop dɛn**

:Di brilians fɔ sincerity

Sɔm pipul dɛn kin tray fɔ rɔnawe pan dɛn prɔblɛm bay  
we dɛn de smayl, bɔt dis kayn we fɔ rɔnawe nid fɔ gɛt klin  
kɔnshɛns, we nɔ gɛt ipokrit ɛn lay lay tin We pɔsin de du  
ɔnɛs wan wit insɛf ɛn ɔda pipul dɛn, ɛn du tin wit ay pozishɔn

en fɔ du wetin rayt, in yay kin klia, en wan speshal layt kin  
kɔmɔt frɔm dɛn—di layt we nɔ gɛt wan mistek we de sho se i  
rili want fɔ du sɔntin

:Fɔ bi ɔnɛs

Sɔm pipul dɛn kin tɔk bɔku tin dɛn insay di nem fɔ ɔnɛs,  
bɔt yu nɔ kin ebul fɔ tɔk to ɔlman bɔt ɔltin We yu de gi  
advays en gayd, sɔm pipul dɛn nɔ kin ɔndastand yu wɔd dɛn  
en dɛn nɔ kin gɛt natin frɔm wetin yu de tɔk; dis na west ɛfɔt  
en na wok we dɛn nɔ gladi fɔ Saylɛns pan dɛn kayn kes ya na  
golden, bɔt dis nɔ min se fɔ sɛt mɔt bɔt bad tin

:Fɔ mek ɔlman gɛt wanwɔd

Fɔ tru, fɔ mek yu gɛt wanwɔd wit yusɛf, bɔku pipul dɛn  
no aw i nɔ kin izi fɔ mek yu gɛt wanwɔd wit ɔda pipul dɛn,  
bɔt yu dɔn ɛva tink bɔt fɔ gɛt wanwɔd wit yusɛf? I rili at, yet i  
pɔsibul If yu analayz yusɛf, yu go si se yu de agɛns yusɛf  
ɔltɛm If yu nɔ lɛk yusɛf, yu nɔ go lɛk ɛni ɔda pɔsin En if pɔsin  
?nɔ de gri wit insɛf, aw i go gri wit ɔda pipul dɛn

Fɔ mek yu gɛt wanwɔd wit di wɔl rili impɔtant fɔ mek yu  
gɛt wanwɔd wit di wɔl So, i impɔtant fɔ valyu en lɛk yusɛf,  
bikɔs yu fit fɔ gɛt da lɔv de Pɔsin fɔ lɛk insɛf bikɔs Gɔd mek  
wi en gi wi fayn fayn pɔtnɛshɛl Fɔ lɛk dis insay sɛf, dis ɛsin  
we ful-ɔp wit gud kwaliti dɛn, i de mek pɔsin biev fayn en i de  
klin di maynd frɔm dɔti en di at frɔm bad en vɛks

:Fɔ kalibrayt di kɔmpas we gɛt fɔ du wit di buk dɛn

Wan nɔ go ebul fɔ ful in kɔnshɛns, jɔstify di bad tin we i  
du, ɔ rɔnawe pan di bad tin dɛn we kin apin to am we i de  
biev we nɔ rayt, ilɛksɛf i travul go na ɔda planɛt Di tin dɛn we  
i kin du kin go wit am, en i fɔ kɔrɛkt in kɔs en kalibrayt in  
moral kɔmpas so dat in nidul go sho di rayt say ɔltɛm

Sɔm pipul dɛn kin liv na di wɔs kɔndishɔn ɛn yet dɛn kin  
gɛt wanwɔd wit dɛnsɛf, ɔda wan dɛn kin gɛt ɔl di chans ɛn ɔl  
wetin dɛn nid ɛn yet dɛn kin gɛt kɔnflikt wit dɛnsɛf ɔltɛm So,  
pɔsin nɔ fɔ wet fɔ mek di tin dɛn chenj Kɔnvins yusɛf se yu  
de fayn pan ɔl we yu de na di say we yu de, we kin difrɛn  
frɔm wetin yu want

Enibɔdi we put insɛf pan di sɔri-at fɔ di tin dɛn we de  
apin, I de wet fɔ mek tin chenj, ɛn in wet go long

Dɛn se man bin sabi tɔk ettin langwej dɛn, yet i bin so  
po dat i nɔ bin ebul fɔ bay lamp fɔ rid bay So i go go na kɔna  
ɛn sidɔm ɔnda strit layt fɔ rid Fɔ tru, wil pawa de mek minin,  
mek chans, mek op nyu, du wok, ɛn fulfil wetin i want ɛn  
drim

Di rial kɔmyunikeshɔn wit di wan dɛn we sabi Gɔd kin bi  
tru pɔsin in yon kɔntakt wit dɛn, ridin dɛn raytin dɛn wit  
maynd, ɔ dip ɛn padi biznɛs tink bɔt dɛn Di impɔtant pɔynt fɔ  
mɛmba I de gri wit dɛn kɔnshɛns, we gri wit Gɔd

We wi alaynɛs wi kɔnshɛns wit big sol dɛn we lɛk Gɔd,  
dis wanwɔd de chenj wi layf smɔl smɔl insay wan we we rili  
wɔndaful Dis wanwɔd nɔ de mek di wil bi slev bɔt i de mek in  
skɔp ɛn mek in pawa strong Dis na di difrɛns bitwin fɔ de  
insay wanwɔd wit pipul dɛn we ful-ɔp wit ɛgo ɛn we de bisin  
bɔt wetin dɛn kin gɛt, ɛn fɔ de insay wanwɔd wit pipul dɛn  
we lɛk Gɔd ɛn mɔtalman we dɛn aim na fɔ gi ɛn wek divayn  
lɔv insay di sol dɛm fɔ di wan dɛm we de insay wanwɔd wit  
dɛm Di magnetizm fɔ dɛn blɛsin pipul ya de briŋ wi kam nia  
divayn magnetizm

Wi fɔ mɛmba se pan ɔl we wi de tray fɔ mit wi yon nid,  
wi fɔ ɛp ɔda pipul dɛn bak fɔ gɛt wetin dɛn nid ɛn sheb wit di  
wan dɛn we nɔ gɛt bɛtɛ laki di gud tin dɛn na layf we de kam  
wi we Lɛ wi mɛmba se wi na impɔtant pat pan di wɔl famili  
ɛn wi nɔ go ebul fɔ liv witout dis big famili

Aw layf go tan lek if den no bin get kapenta, pipul den we de mek tin den, fama den, en oda pipul den? Tru gi en get, en chenj savis, God want wi fo tink bot en sori fo oda pipul den Na big mistek fo liv fo yusef nomo we wi no tink bot oda pipul den We wi de tink bot wi yon gladi at, wi fo tink bak bot oda pipul den gladi at Wi no nid fo gi ol wetin wi get fo di welbodi fo di wol famili, as dat no possible Bifo dat, wi fo sori fo oda pipul den en du wetin wi ebul fo ep den en fo mek den no get boku lod den

Rilayshon de bitwin sakrifays En bitwin di satisfayshon we di sol get , insay di konteks fo di envayroment usay di posin de liv

Tru sakrifays na di rizolt fo kondokt we gri wit di prinsipul den fo du wetin rayt, en i inklud fo gladi en welbodi fo oda pipul den as important pat pan posin in satisfayshon Enibodi we yuz dis prinsipul fo in matirial, maynd, gud abit, en spiritual layf go si se dis difinishon fo sakrifays komplit en komplit

Pipul den kin tink bot sakrifays difren we den dipen pan den gol den na layf Wan wan tem, som pipul den kin ikwal am wit tif, den kin tok tin den lek, "I na sakrifays tifman!" Dis sho se noto ol di sakrifays den we posin kin want fo get; wi sakes no fo ambog oda pipul den

Wan oda tin we wi fo du fo mek wi get sakrifays na fo mek wi get wanwod en fayn tin den , noto jos to wisef , bot wi fo sheb den benifit den de wit oda pipul den bak

Fo get sakrifays pan moni biznes no jos min fo enjoy wetin wi fo get; i min bak fo get moral risponsibiliti fo ep oda pipul den fo mek bete layf fo densef Enibodi we get sens kin get moni, bot if den get lov na in at, den no go ebul fo yuz da moni de fo densef nomo; bifo dat, den go sheb wetin den get wit oda pipul den

Mōni kin bi swē na pipul dēn we nɔ ɡet wan rɛspɛkt ɛn  
we nɔ ɡet wan valyu, bɔt na blɛsin ɛn ɡift to di wan dēn we  
ɡet fri an ɛn fayn at

Gud sol dēn kin atrak gud sol dēn ɛn dēn kin atrak dēn

Wi fɔ lan fɔ lɛk wi neba lɛk wisɛf ɛn mɛmba se wi de ya  
na dis layf fɔ shɔt tɛm, afta dat wi de kɔmɔt na ɔda wɔl we in  
lɛvul de dipen pan di lɛvɛl we wi de tink ɛn di kwaliti we wi  
de du we wi de na dis wɔl

Udat na wi tru tru fambul dēn? Fɔ di pɔsin we ɡet sɛns,  
ɔlman na fambul, ɛn ɛni wan pan dēn na "neba" Na tru se di  
pɔsin we ɡet sɛns ebul fɔ nɔ ɛn ɔndastand se pan ɔl we di  
san de shayn in layt pan kol ɛn dayamɔn, di dayamɔn nɔ tan  
lɛk kol, i ɡet di spɛshal pawa fɔ ɡet ɛn sho layt fayn fayn wan  
Pɔsin fɔ luk fɔ di kɔmpin fɔ di wan dēn we dēn tink ɛn filin klin  
lɛk dayamɔn ɛn fɔ dediket tɛm fɔ fɛn tru tru padi dēn Di wan  
dēn we de liv klin ɛn ɔnɛs layf go ɡet padi dēn we dēn kɔl klin  
ɛn ɔnɛs, ɛn di wan dēn we de liv bay bay instinkt we nɔ ɡet  
sɛns go ɡet padi dēn we ɡet di sem kayn padi dēn

If yu valyu ay ideal ɛn lofty prinsipul, i fayn fɔ avɔyd fɔ  
de wit pipul dēn we nɔ biliv pan dēn ideal ɛn prinsipul dēn de  
ɛn we de kɔnfyus tink ɛn distɔb di mud, so dat dēn  
vaybreshɔn nɔ go lɔs yu vaybreshɔn lɛvɛl At di sem tɛm, nɔ  
pul ɛnibɔdi kɔmɔt na yu sɛklɔ fɔ lɔv

Apat frɔm dat Pɔsin nɔ fɔ jɔs gi lɔv , bɔt i fɔ mek pis, so  
dat ɛnisay we i go, i go mek wanwɔd ɛn kol at, i go mek di  
wan dēn we de rawnd am ɡet trɛnk wit dēn kayn prezɛns  
Nɔbɔdi nɔ want fɔ go nia skunk we de smɛl bad bad wan—  
ɛkskyuz di ɛksprɛshɔn—ɔlman de avɔyd am Semweso, pɔsin  
we de fred, we nɔ want fɔ du sɔntin, ɛn we de agyu bɔt ɔda  
pipul dēn kin anɔynt ɛn ripel ɔda pipul dēn Wi want fɔ bi lɛk  
pɔsin we de blo ros dɛm we de pul wan swit sɛnt we de mek



di at gladi Le wi tray fɔ mek di swet fɔ pis ɛn di briz fɔ gudnɛs  
skata ɛnisay we wi de go ɛn ɛnisay we wi de

Gɔd in kiɲdɔm nɔ de midul di klawd ɔ na wan patikyula  
ples na di spes I pas di daknɛs we wi de si we wi lɔk wi yay,  
ɛn we wi de tink gud wan ɛn pre, di spirit in yay we de na di  
fɔɛd de opin insay wi, ɛn wi de si wan blɛsin layt ɛn fil gladi  
we de ɔlsay na ɛvri sɛl na di bɔdi, ɛn wi de fil se dɛn dɔn es  
di vel ɛn dɛn dɔn opin wan sikrit domɔt fɔ Gɔd in kiɲdɔm

Gɔd na gladi at we de nyu ɔltɛm, gladi we de ɔlsay Wi fɔ  
fil wan wit da gladi at de we de insay wi ɛn we de rawnd di  
tin dɛn we nɔ gɛt ɛnd

Bifo di vaybreshɔn bɔda dɛm fɔ dense matirial, de  
kɔnshɛns we nɔ gɛt ɛnd, we de kɔba ɔltin, we nɔ de diskrayb  
am wit ɔl in glori, big big, ɛn we nɔ gɛt bɔda Dis na di kiɲdɔm  
na ɛvin, we na kɔnshɛns gladi we go de sote go, we nɔ gɛt  
bɔda, ɛn we nɔ gɛt ɛnd

We di sol in sɛns de bɔku , ɛn i fil in prezɛns ɔlsay , i kin  
jɔyn wit di divayn spirit

Glori to di Absolut Infinite , we sidɔm na di ɔrayzin , usay  
ɛvin mit di si ɛn glori to di Suprim Infinite , we sidɔm pan di  
pis we de insay wi ; bay we wi de pe atɛnshɔn pan di Infinite  
insay , wi kin gɛt in pawa we nɔ gɛt bɔda

Di no we pɔsin kin gɛt we i de stɔdi buk ɔ we pɔsin kin  
no, na smɔl tin we i no, bɔt di no we pɔsin kin gɛt dairekt  
fɾɔm Gɔd kin gi pɔsin di pawa we i gɛt fɔ sɛns, i kin mek i gɛt  
fayn fayn tin dɛn we pɔsin kin no, i kin mek pɔsin in at kol, ɛn  
i kin mek i gɛt pis

O Masta, tich mi fɔ pre wit dip kɔnsɛntreshɔn ɛn fɔ miks  
mɛditeishɔn wit at lɔng ɛn mek mi at klin ɛvrɪde bay mi klin  
lɔv fɔ Yu

Brek fri frɔm di kɔnstrakshɔn dɛn we karma gɛt

ilɛksɛf na maynd ɔ bɔdi , kɔnshɛns ɔ nɔ no , gɛt ,  
patikyula impak pan pɔsin in layf Di tin dɛn we dɛn bin dɔn  
du trade nɔto jɔs di wan dɛn we dɛn bin dɔn du de, mɔnt, ɔ ia  
bifo , bɔt na di tin dɛn we dɛn bin dɔn du frɔm layf we dɛn  
bin dɔn liv trade

Yu bin dɔn day, ɛn I gi yu layf; dɛn I go mek yu day, dɛn  
I go gi yu layf bak; dɔn to Am yu go kam bak

Di gud ɛn bad ifɛkt dɛn we pɔsin de du Insay in layf naw,  
dɛn trays ya de stil de na di tin dɛn we i nɔ no ɔ we i nɔ de  
tink bɔt , ɛn di ifɛkt dɛn we pɔsin de kɛr (ɔ we in sol de kɛr)  
frɔm di inkarnɛshɔn dɛn we i bin dɔn gɛt trade, de slip lɛk sid  
dɛn we de na di tin dɛn we i nɔ no , we de wet fɔ di rayt tin  
dɛn we go apin Fɔ sprout ɛn gro na wan patikyula karma tɛm  
Di lɔ fɔ karma, we de balans tin dɛn , involv akshɔn ɛn  
riakshɔn , kɔz ɛn ɛfɛkt , fɔ plant ɛn ripɛnt

Olman de shep in yon destiny tru in tink ɛn akshɔn, ɛn di  
ɛnaji dɛn we dɛn de pul, ilɛksɛf na sɛns ɔ ful, nɔ go ebul fɔ  
avɔyd fɔ kam bak to dɛn as dɛn statin pɔynt, jɔs lɛk aw wan  
sɛklɔ de kɔmplit insɛf wit pafɛkt prɛsishɔn [Di kwɛstiyɔn na] di  
pɔsin we rɛdi fɔ luk fɔ am fɔ fes—agens wetin i want—di  
kɔnsikuns dɛn we nɔ go ebul fɔ avɔyd fɔ di tin dɛn we dɛn bin  
dɔn du trade, ɔ wetin dɛn kɔl predestination? Di ansa na nɔ  
Gɔd na lɔ ɛn lɔv , ɛn di pɔsin we de luk fɔ am we tɔn to Am  
wit tru tru lɔng ɛn gɛt kɔmplit fet, alaynɛs wetin dɛn de du  
wit di divayn lɔ, ɛn luk fɔ Gɔd in lɔv we nɔ gɛt kɔndishɔn, go  
mɔs gɛt di divayn blɛsin we de layt ebi lod ɛn mek di tin dɛn  
we de apin bɛtɛ

Gɔd put wi na dis wɔl we ful-ɔp wit ilyushɔn, ɛn i no di  
sɔfa we wi de sɔfa ɛn di prɔblɛm ɛn trɔbul dɛn we wi de bia  
Mɔtalman de dip di daknɛs we de insay di spiritual ignorance  
we dɛn de si dɛnsɛf se dɛn dɔn drawn insay sin ɛn nɔ gɛt

pawa fɔ rɔnawe pan in dip l bɛtɛ fɔ mek dɛn tray fɔ kɔrɛkt  
dɛnsɛf, de fɛn ɛp ɛn sɔri-at frɔm di at fɔ di divayn sɔri-at, op  
fɔ fɔgɪv frɔm di wan dɛn we lɛk, sɔri-at, ɛn fɔgɪv Gɔd

We wi no se wi gɛt tayt padi biznɛs wit Gɔd, us karma go  
tay wi? Nɔ mek ɛnɪbɔdi biliv yu se yu pen ɛn prɔblɛm dɛn na  
di rizɔlt fɔ yu karma As spirit insay yu ɛsin, yu nɔ gɛt karma  
Bifo dat, yu fɔ no dis trut bay we yu afɛm to yusɛf se yu na  
wan wit di ɛsin fɔ layf, layt, ɛn kɔsmik fɔs If yu no dis tru, yu  
nɔ gɛt natin fɔ fred , ɛn Gɔd go opin bɔku domɔt fɔ yu ɛn gi  
yu bɔku chans

If yu nɔr kɔmfɔt wit di we aw yu layf de go, chenj yu  
maynd ɛn chaj yu sɛns wit pɔsɪtɪv ɛnaji ɛn yu go fil di difrɛns  
yusɛf

No nid nɔ de fɔ mek pipul dɛn kray ɛn kray fɔ wetin dɛn  
dɔn mis, ɔ fɔ se dɛn nɔ gladi fɔ di mistek dɛn we dɛn mek na  
dis layf ɔ insay di tɛm we dɛn bin dɔn de fa fawe, bikɔs dis na  
wan we we dɛn nɔ de tek tɛm wit dɛn na Gɔd in yay Dɛn fɔ  
du sɔntin ɛn pul di gras dɛn kɔmɔt na di gadin we de na layf,  
ɛn afta dat di flawa dɛn we swit ɛn we gɛt layf pas ɔl go blo  
ɛn bia di frut dɛn we swit ɛn we dɛn want pas ɔl Na in  
gudnɛs, di Di Wan we Ay pas ɔlman

Fɔ put wisɛf ɔnda Gɔd nɔ min se wi nɔ fɔ yuz wetin wi  
want fɔ mek wi at pwɛl ɛn wet fɔ mek Gɔd sɔlv wi prɔblɛm  
dɛn we wi nɔ tray fɔ du, bikɔs Gɔd de ɛp di wan dɛn we de ɛp  
dɛnsɛf

Di pɔynt na dat wi kin lan aw fɔ go to Gɔd fɔ gayd wi wil  
ɛn blɛs ɛn strɔng wi rayt tray We wi win di tin we de ambɔg  
wi we wi nɔ want fɔ sɔrɛnda, wi de fɛn insay Gɔd di  
prɔtɛkshɔn we nɔbɔdi nɔ go ebul fɔ gi wi na dis wɔl, ɛn wi de  
fɛn bak trɛnk we no tɛst nɔ go ebul fɔ win

Olman kin mek speshal rilayshon wit God if i no aw fo  
opin in at to God en want fo in divayn prezens, we de bring  
gladi at en sho

We pssin fil se i rili nid God, bikos i no se i no go ebul fo  
du am if i no de, i go si se God de ansa wan we o oda we Bot i  
fo fcs get da strong filin de, bikos di ansa no go kam bay insef

If wi no gi God di fcs ples na wi layf, di we aw wi de tink  
go wori en konfyus, en wi no go ebul fo dil wit di tin den we no  
get end na layf

En wetin na di we fo mek wi get da want de? Evri taim  
we wi de fes misfortune or hardship , en evri taim we wi fil  
hevi na wi hat , wi mus ton to God en aks fo im ep , no se  
enibodi we laik God En im kip am fo in maind en hat In  
situeshon go improve In situeshon de chenj fo bete

We wi stir en churn di ether Wit wi at prea en sincere  
apil Wi go pul di esens fo di divayn rispons We get it, hilin, en  
gladi at

Fo di wan den we want fo get spiritual nourishment ,  
past frustrations and failures are irrelevant Lsin den kin lan  
from den , en pssin kin tray bak , fo ripit di tray from di  
beginin Sakses go garanti, wit God in ep , fo ol di wan den we  
no de fil bad we den no ebul fo du sontin , we den disayd no  
wik bikos of bad bad tin den , en we biliv wit fet we no de  
shek Dat God de sopt di wan den we de bia Di wan den we  
de na di rayt rod , en I de gi den op, trenk, en op , te den rich  
den men gol En fo rich di rizin fo layf

Tink na pawa lek ilektrishon , en saykolojik stet I de go  
bak to tink en di we aw pssin de tink

Ilektrishon kin benifit en i kin ambog pssin ; enibodi we  
yuz am wit sens de put am na den savis Odasay, i kin ilektrik

am En so bak tink If den dayrekt am na di rayt rod I de bring  
gladi at to in ona , odasay i de bring trouble to am

Tink tan lek wayl os , bot stil fo tam am no possible , en fo  
tink gud wan na wan we fo kontrol di we aw posin de tink

Fo tink gud wan na tayt padi En sik maynd na enimi  
oltam

Saund tinkin attracts peace and safety , while unhealthy  
thinking faya deadly aros that rebound on their owner  
twofold Na dat mek den se, "Di blesin na di sem kayn we lek  
di tin we den du" As long as posin de sen gud intenshon , in  
tinkin go ton to toch , layt di chemba den na di sol en dreb di  
hip den we get daknes , so dat i go fil dip komfort , en in yay  
den de shayn wit smayl we de sho se i satisfy! Mek di smayl  
las na yu yay En pis de pan yu

Laif tan lek mil we de grind Di sid den we de test en tray  
fo fruit , fo mek di bred we de mek layf I tan lek rod we de  
rawnd rawnd , wit flawa den we get buku buku flawa den na  
di tu say den we get brayt botaflay En tik den we get fayn  
fayn fruit den na den branch den , bot stil wi no kin stop Le wi  
enjoy fo si am en it di swit we i swit ; indeed, we are often on  
tenterhooks To reach wider areas , wi tink se na mo pleasant  
views de pas wetin wi si Bot as wi de muf go smol smol Na  
flawa, fruitful rod , wi de fen tik den we dak pas fresh , en afta  
dat di flawa den de disappear En wit am, botaflay en bak  
fruit , na fo fen wisef da tem de na di barren dezat

Mortalman layf tan lek di wata den na di si , we klin en bi  
fresh Na we yu go op na di opa atmosfes I tan lek monin drim  
 , i de brayt mo en mo wit di ej , bikos tin den kin tan lek se i  
klia en difren I tan lek waka we di say we wi de si kin chenj as  
wi de travul distans Don di sem tin kin chenj as wi de kam  
nia am, en so de go

Laif nɔ de disapɔynt di wan den we get sɛns , bikɔs den  
de dil wit am skilful wan ɛn ɛnjoy am Witout alaw am fɔ tek  
kɔntrol pan den ɛn pul den fridɔm Fɔ ɛgzampul, den de ɛnjoy  
wata Den de drink am ɛn was insay am, bɔt den nɔ de alaw  
dɛnsɛf fɔ drawn insay am Den de ɛnjoy di klos den we den lɛk  
Witout excessive adherence to formalities and formalities  
that are considered superficial Den de ɛnjoy fɔ it we den nɔ  
alaw gluttony fɔ kɔnsum den , bikɔs if pɔsin it pasmak, i de  
mek di bɔdi wik ɛn i de it di tin den we i de ɔndastand ɛn i go  
pwɛl am kpatakpata ɛn so, pɔsin fɔ ɛnjoy layf Bɔt i nɔ fɔ taya  
di sɛns den tru di wata we i de insay

get along with others I nɔ min fɔ gri wit den pan ɔltin , ɔ  
sakrifays di ideal dɛm fɔ den sake , bikɔs dis stayl fɔ kɔnfɔm  
nɔ fayn ɛn i nɔ alaynɛd wit di trut Di rifɔma dɛm ɛn di bigman  
dɛm nɔ bin gri Wit bɔku pipul dɛm we bin de rawnd den , den  
pan ɔl dat den bin de ɔl fast to den ideal , bikɔs den bin no se  
wetin den bin de du Dat bin rili rayt

Fɔs ɛn di men tin, pɔsin fɔ gri wit Gɔd , dɔn wit in  
kɔnshɛns, dɔn wit pipul den

Di prinsipul nɔ fɔ kɔmprɔmis ɛn nɔ fɔ yuz ulterior  
motives fɔ ajɔst wan patikyula purpose , bikɔs dat nɔ fit fɔ  
pipul den we get prinsipul

Udat go ebul fɔ liv di we we go mek Gɔd gladi? Nɔ du  
ɔda pipul den bad, bikɔs den nɔ get natin fɔ fred If dis we aw  
den de du tin nɔ de satisfay ɔda pipul den , i go du fɔ mek  
pɔsin fil fayn insay ɛn fil pis insay in at we de mek i nɔ get  
ɛnitin fɔ du wit pipul den

Di trɛnk ɛn di tin we di sol want Fɔ tɔn to Gɔd Den kɔl am  
spiritual magnetism ɛn wit dis magnetism Di sol de atrak  
blɛsin to insɛf ɛn fayn fayn vaybreshɔn ɛn ɔl di gud  
mɔtalman ɛkspiriɛns den We de mɛmba am bɔt gudnɛs ɛn  
rayt

spiritual magnetism Na di pawa we I de yuz fɔ mek i  
atrak ɛn drɔ di pɔsin to inɛf Gud padi ɛn impɔtant ɛn  
impɔtant tin dɛn ɛn wan ɔndastandin we pɔsin kin ɔndastand  
bɔt tin dɛn Dis pawa kɔmɔt frɔm di atraktiv magnetik fɔs we  
Gɔd gɛt

Kandul fɔ Pis

Tek wan mental pot Fil am wit yu pis

Tek di botul fɔ mi filin Fil am wit Yu sɔri-at

Tek mi ɛmti sol basket Fil am wit di frut dɛn we yu gɛt

Put di wata we yu lɛk insay mi sol A go tɔn am na di kɔp  
dɛn fɔ di sol we tɔsti

Tear down di walls of ego Immerse mi in yu total  
prezens

Di ray fɔ dawn fɔ lɔv

Mek i luk aut frɔm di opin dɛn na mi at

I de mɛmba mi di san layt we yu lɛk

Spread kross di skay na mi layf

Di layt we de shayn we yu lɛk dɔn shayn

Pan misɛf, ɛn i bin gɛt layt

Yu layt bin ful-ɔp mi spiritual ples

Yu na di layf we de sɔpɔt mi bɔdi

ɛn di maynd we de mek a tink

ɛn di sɛns we de pul mi ignorance

A de layt di slɛnd kandul fɔ mi lɔv

Fɔ rid di gold buk

Dən dən kip am insay mi frəm trade trade

Yu ləv bin de ən stil de

Di kandul we wi nə de si we de mek pis

We de pul di daknəs ən sho mi yu məsej dən

Di blək de na di pej dən fə at

Mek yu glori sho, O Masta

Mek di layt fə yu sənəs nə de igen

Nə no natin, nə gət wanwəd, ən jələs

Frəm di shore dən na di wəl sote go

Turn wi wiked tin to trənk

Ən wi wik ən mek wi disayd fə du səntin

Chaj wi bədi wit impətant iləktrishən

Ən ful-əp di maynd ən sol wit yu layt we de mən pipul

dən

Tek wi an so dat wi nə go drawn insay di wata we yu nə  
de pe atənsən to, ən ful wi layf wit Yu ləv ən sənəs Lə wi fil se  
wi rili de nia Yu ən di san we Yu səri fə de shayn pan wi ɔltəm

A kin put di flawa dən fə mi tink dən we de wispa ən we  
gət layf

Na di strəkchə fə stilnəs

In sənə we nə de tək natin de siŋ

Ən i de siŋ bət yu glori

Ən wit di layt we yu oli layt de shayn

A de si di fayn fayn tin dən we yu de du



Mi gladi gladi drim den kin kam tru

We yu layt de flik insay mi sol

Di vel den de bon wit faya we de mek sens

A de si yu glori, en mi gladi at de buku

Mek God layt yu wit in layt

En gritin from di sol to yu

Buku dimand en rikwayment den de we di wol de put pan  
wi en mek wi biliv se den important pas ol en i no posibul fo liv  
witout den o fo ebul fo du witout den Bot di men rikwayment  
fo bi fo get di pis we God get, we in sos no de eva dray en we  
in wel spring no de eva ron dray, en we de gi oltin na layf  
teist en minin

Le wi memba se God na di men tin we wi bi, en se lov na  
di winda we wi de luk in glori fes Enibodi we want fo fil di  
divayn prezens en men da sublaym long we de insay tink en  
du, God go gri fo wetin den aks fo en ep den fo pwel di vel den  
we de mek den no si di layt den we den don bles

Enibodi we don mekop in maynd fo go bifo pan di rod no  
go mek enitin ambog am, en enitin we go ambog am no go  
ambog am te i rich in gol en rich wetin in at want

### **Spiritual Pal en Gem den**

Di wan den we de sho oda pipul den wiked tin en mek  
den shem en veks de fa from sens en joyment fayn Wi fo  
disgres di sin, noto di posin we de sin, bikos na wi broda na  
wi spirit, pan ol we di daknes we no no natin de koba en  
rawnd am Di rizin fo kondem fo bi fo men, noto fo gladi en  
wund Wi fo trit wi sinful broda lek aw wi go want den fo trit wi  
if wi bin de na in ples en in sityueshon

Enibɔdi we ayd in brɔda in fɔlt dɛn na dis wɔl, Gɔd go  
ayd in fɔlt dɛn na di layf we de afta dat

Jɔs lɛk aw wi de jɔj ɔda pipul dɛn, na so spiritual lɔ de jɔj  
wi di sem digri Wi nɔ fɔ ɛkspekɪt tumɔs frɔm ɔda pipul dɛn, ɛn  
wi nɔ fɔ ɛkspekɪt gud rizɔlt frɔm ɛnibɔdi ɔltɛm, ilɛksɛf dɛn de  
du dɛn bɛst

Pɔsin kin fɔdɔm ɛn stɔp, bɔt i go kɔntinyu fɔ sef as lɔng  
as i de du ɔl wetin i ebul fɔ klaym di lada fɔ gud kwaliti ɛn fɔ  
du wetin rayt bak

Evride wi fɔ tray fɔ es di pɔsin in spirit pan bɔdi, maynd,  
ɔ spiritual tin na wi say, jɔs lɛk aw wi de ɛp wisɛf ɔ wi famili  
mɛmba dɛn

Enibɔdi we tray frɔm tide fɔ liv akɔdin to di divayn lɔ dɛn  
- instead ɔf di ol selfish layf we de brɪŋ prɔblɛm ɛn misɛf - go  
si se ilɛksɛf i ɔmbul di wok we i de ple na layf, i de kɔntinyu  
fɔ bi impɔtant wok as lɔng as i de du in wok to di ful mak  
akɔdin to di dayrɛkshɔn we di dairekta fɔ di kɔsmik ple ɛn di  
masta fɔ ɔl wi destinies de dayrɛkshɔn: Gɔd Olmayti

We wi de tɔk to ɔda pipul dɛn wit rial trut, tru tru lɔv, ɛn  
tink bɔt aw wi de fil, wi go brɪŋ gud padi dɛn kam na wi layf  
we wi nɔ go gɛt ɛnitin fɔ du wit wi yon intres ɔ fɔ  
kɔlkyulɛshɔn fɔ wisɛf nɔmɔ we nɔ go tek tɛm tink bɔt am; if  
nɔto dat, wi nɔ go ebul fɔ no wi tru tru padi dɛn

I nid fɔ pul ipokrit ɛn mek lɛk se wi de du tin, ɛn du tin di  
we we nɔ go du bad to ɔda pipul dɛn bay wilful

Padi dɛn nɔ fɔ vɛks, put wi dɔŋ, ɔ et wi, ɛn dɛn nɔ fɔ gi  
dɛn ɛni rizin fɔ kip wi padi biznɛs wit wi, dɛn nɔ fɔ trit wi padi  
dɛn bad, yuz wi, ɔ gi dɛn advays we dɛn nɔ aks fɔ am We dɛn  
aks fɔ advays, dɛn fɔ gi am wit ɔl dɛn at ɛn wit gud at, ɛn dɛn  
nɔ fɔ fred se bad bad tin go apin to dɛn Padi dɛn de ɛp

densef bay we den de konstrak, we den de koment wit broda  
en sista

paralayz wi wil ɔde kam f ɔDifrent layf eksperiens dem n  
ng wi fet panɔn en strɔlushɔshap wi res ɔt na fɔen win wi, b  
nfidens Som pipul den mistek biliv se denɔGɔd en wi sɛf-k  
ɔs dem we wi nɔeksperiens en chalenj dem ya na dɛstruktiv f  
p Welth mindset is essential toɔ win, en so den giv ɔgo ebul f  
activating our inner strength to effectively deal with life and  
its trials

If pɔsin nɔ kɔmpit wit pɔsin we strong pas insɛf, i nɔ go  
strong Semweso, we wi de fes wi prɔblɛm den wit kɔrej en  
maynd, wi kin strong en ebul fɔ bia

Wi maynd na wan impɔtant pat pan Gɔd in ɔl-kɔmpas  
kɔnshɛns ɔnda di wef we wi kɔnshɛns de lay di si fɔ In  
ɔndastandin we nɔ gɛt ɛnd We di wef fɔgɛt se na pat pan di  
big si, i de separet insɛf frɔm da osean pawa de As a rizulta,  
pipul den maynd kin wik bikɔs ɔf matirial limiteshɔn en den  
nɔ kin ebul fɔ wok we gɛt bɔku frut en bɔku bɔku prodakshɔn  
We maynd de shek di dɔst fɔ ignorance en brok di chen dem  
we de tay den pawa, den go bi mɔ ebul fɔ mek tin en fɔ gɛt  
fayn intarakshɔn wit layf

We yu ol fast to wan patikyula aidia en imbue am wit  
strong wil, da aidia de transfɔm to dinamik fɔs En we tink bi  
dinamik, i kin mek di rayt envayrɔment fɔ sakrifays, akɔdin  
to di map we yu nɔ si we den drɔ na yu maynd

Pipul den kin fel bikɔs den kin giv-ɔp pan bad bad tin den  
we kin apin to den na layf en den nɔ kin tinap tranga wan,  
bifo den tinap tranga wan fɔ tinap tranga wan

I nid fɔ ɛksesaiz en aktiv wil pawa

Di wan den we de go insay di oliples we gɛt kol at kin  
tɔk to ɔda sol den we lɛk Gɔd pan Gɔd biznɛs, en den kin

ondastand di langwej we ros en ol di tin den we get layf kin  
tɔk

O Masta, bi di wangren Kin we sidom pan mi lov en long

Di wan den we de tink gud wan kin get dip pis, en dis  
insay kwayet fo de ivin we den de wit oda pipul den Wetin  
posin kin lan we i de tink gud wan fo du am evride en fo tok  
to oda pipul den, en no alaw enibodi fo ambog in pis o kol at

We yu want fo mek gud abit o pul bad abit, pe atenshon  
pan di bren sel den usay di we aw difren abit den de wok de

Fo mek yu get gud abit, fos sidom kwayet wan en tink  
gud wan, luk fo ep from God Fokus yu maynd pan di sent fo di  
pawa we yu want, we de na di forest bitwin yu aybrow, en fo  
afem di abit we yu want fo put insay yu bren tranga wan We  
yu want fo pul bad abit den, konsentret yu atenshon bak pan  
dis sent fo di wil pawa en afem tranga wan se ol di grov den  
usay den abit den de don stop den de eras Wit fos en wil  
pawa, yu kin eras ivin di dip dip grov dem we get dip rut, ol  
abit Riashu yusef boku tem se yu get inof wil pawa fo pul di  
abit dem we no fayn na di bren rijyon

Di tem we fit pas ol fo dis kayn affirmation na ali monin  
we di wil en atenshon de wach

Kip de affirm to yusef se yu fri from ol di dikte en wan de  
yu go si se - Wit God in ep - yu don olredi fri yusef from di abit  
we yu bin want fo pul

Enitin we yu de fred, drab yu tinkin pan am en lef am to  
God Strong yu fet pan God en trust se i ebul fo ep yu

Borku sofa kin komot from wori en wori Wetin mek yu fo  
sofa we wetin yu de fred nor ivin apin yet? Imajin God in layt  
we de protekt yu olsay, en yu go fil in wondaful protekshon

Bikɔs bɔku pan wi wɔri kin kɔmɔt frɔm fred, if wi pul fred  
kɔmɔt na wi layf, wi go fil fri ɛn wɛl go de wantɛm wantɛm  
ɛvri nɛt, rayt bifo yu go slip, afɛm to yusɛf se Gɔd de wit yu,  
de protɛkt ɛn wach yu

Insay dis kɔsmik drama, mɔtalman dɛn we kɔmɔt na ɔl  
difrɛn kɔlɔ dɛn de mek di stori bɔt layf na di stej fɔ tɛm Wi fɔ  
ɔndastand di minin fɔ layf we wi nɔ fɔ bisin tumɔs wit ɔ ɔva-  
obsess wit wi rol dɛn we nɔ de te

Bɔku tɛm, di we aw wi de si layf kin chenj ɛn difrɛn bikɔs  
wi kin luk wit di yay dɛn we de tink bɔt wisɛf nɔmɔ ɛn we nɔ  
gɛt bɛtɛ tin fɔ du If wi luk wit di yay fɔ di sol, wi go si tin dɛn  
frɔm wan difrɛn we

We wi opin di yay fɔ sɛns, wi de si Gɔd in layt we de  
kɔba ɔltin, ɛn insay da layt de wi de si wi spiritual nature, we  
de sho di kayn we aw di yunivasal kɔnshɛns we de ɔlsay na  
ɔl di patikyula ɛn pat dɛn na di yunivas

Spiritual trut dɛn de rawnd wi, de nak na di domɔt dɛn  
na wi yay we dɛn lɔk, de ɛnkɔrej wi fɔ si di layt instead fɔ  
daknɛs, fɔ du tin wit sɛns pas fɔ nɔ no natin, fɔ ful wi at wit  
lɔv pas fɔ et, ɛn fɔ wok togɛda fɔ mek pis ɛn briŋ bɔku bɔku  
tin ɛn sɛf na wi wɔl We wi du dat, ignorans go dɔn, difrɛns  
pan situeshɔn go dɔn, wi go si wanwɔd na di sɛns, ɛn wi go  
gri mɔ wit wetin Gɔd want

Wi rilayshɔn wit Gɔd nɔto kol ɔ lɔv, lɛk di wan we de  
bitwin pɔsin we de gi wi wok ɛn pɔsin we de wok fɔ Wi na In  
famili, I de kia fɔ wi ɔltɛm, ɛn I de lisin to wi ɔltɛm Wi na  
important pat pan In bi, ɛn wi rilayshɔn wit am de alayv ɛn gɛt  
layf

Di Wan we mek wi dɔn gi wi bɔku bɔku lɔv, ɔndastandin,  
sɛns, gudwil, ɛn spiritual trɛnk we nɔ go dɔn, bɔt stil bɔku  
pan wi dɔn spend dis jɛntri pan natin we Gɔd want wi fɔ liv

insay sef, pis, en padi biznes wok togeda, lek aw i fit fo wan  
famili we get ay pozishon en we lek wi, bot gridi en  
kolkyuleshon we wi de tink bot wisef don tek rut na wi at en  
no gri bitwin wi

God want wi fo bi masta, bot wi don pik fo bi slev

Motalman don komot fa from in os na evin en los di  
paradays we de insay we i de fil se i de nia God en God de  
nia am, en i no go ebul fo get da paradays de bak if i no tray  
fo du am

God mek wi lek aw i tan, bot dis trut don ronawe pan wi  
maynd Wi don sokdom to di ilyushon se wi destiny na had en  
wi fate na annihilation Wi fo tear away di vel of illusion wit di  
dagger of wisdom fo si di radiant truth bihayn am

?Udat wi na en wetin na wi tru tru we

Motalman get klia difrens, ileksef na den maynd o filin  
mek-ap, di wok we den de du na layf, di wok en di tin den we  
den de du, o di tin den we den de fil Bot onda ol den difrens  
ya, tu tin den de we olman want en nid witout eksepsion  
Wan na fridom from ol kayn pen en want Di oda wan na gladi  
at we komplit en we go de sote go—komplit satisfay, usay  
pis, lov, sens, en gladi at de

Fo tru, wetin motalman de tray fo get na God, ileksef den  
yuz da nem de o den no yuz am Di wan den we get sens se  
God na di men tin we de mek posin gladi en di spirit we de  
mek posin gladi En posin no go get komplit satisfay pas i pul  
am dairekt from di kosmik sos Dis na impotent poynt fo  
ondastand di we aw motalman de

?Bot usay pipul den kin luk fo wetin den de luk fo

Den de luk fo am nomo pan tin den we de na di wol: pan  
propati, tin den we de apin na do, en fo get rilayshon wit oda

pipul den Bɔt i nɔ pɔsibul fɔ fɛn am na ɛnitin, ɛnibɔdi, ɔ ɛnitin we de apin na dis wɔl, we yu tink bɔt di kayn we aw Gɔd mek ɔltin

Krieshɔn de bays pan di prinsipul fɔ duality I nɔ pɔsibul fɔ gɛt pikchɔ insay wan kɔlɔ nɔmɔ, as no we nɔ de fɔ du if i nɔ gɛt in ɔpɔzit Semweso, i nɔ pɔsibul fɔ mek ɛni aspek fɔ ɛgzistens de insay isolation frɔm duality Bɔt, we wi chɛk di tin den we pipul den want we de mek pipul den want fɔ du sɔntin, wi go si se wi ɔl wan wan want ɔl di gud, fayn, fayn, ɛn fayn tin den, we wi nɔ want fɔ dil wit ɛnitin we nɔ fayn ɔ nɔ fayn Bɔt dat nɔ pɔsibul

Insay dis wɔl we gɛt tu pipul den, no gladi at nɔ de we nɔ gɛt pen, layt nɔ de we nɔ gɛt daknɛs, gud nɔ de we nɔ gɛt bad, layf nɔ de we nɔ gɛt day Di tu say den na di kɔyn nɔ de separet Dis min se wetin wi want fɔ dip insay wisɛf nɔ go ebul fɔ gɛt frɔm dis wɔl

Pipul den kin luk fɔ—yes, den kin luk wit ɔl den pawa—bɔt den nɔ kin ebul fɔ fɛn wetin den de luk fɔ, we kin mek den nɔ gɛt op ɛn nɔ gɛt op Dis kin mek den nɔ gɛt op igen bɔt den kin mek den vɛks bad bad wan ɛn den kin vɛks bad bad wan, ɛn bikɔs ɔf dat, den kin du fɛt-fɛt ɔl dis kin apin bikɔs den nɔ de luk fɔ wetin den de luk fɔ na di rayt ples, ɛn as a rizulta, den nɔ kin fɛn wetin den at want

Pipul den insay wi yon tɛm nɔ no bɔku tin bɔt wetin layf min ɛn wetin mek den de du am, ɛn na dat mek den de sɔfa wit kɔnfyushɔn ɛn kɔnfyus

Bay nature, mɔtalman na purpose-driven beings If den nɔ gɛt purpose na layf, ɛn if den maynd, enaji, wil, ɛn filin nɔ de dayrɛkt den fayn ɛn kɔnstrɔktiv we, den go tɔn to destructive paths lɛk alcohol and drug abuse, resorting to violence, ɛn so on Di ultimate goal of life is knowing God and it is incumbent upon individuals to harmonize their roles and

external activities through righteous di tin den we den de du,  
di we aw den de si tin fayn fayn wan, di we aw den de tink  
gud wan, en di benifit we den de chenj di we aw den de fil

Den tu tin ya na wi nature—di insay ɔ spiritual aspek en  
di outa aspek—no de agens densef if den ɔndastand am  
kɔrekt wan Bifo dat, den de sɔpɔt wisef en ep wi fɔ divelɔp en  
ep wi fɔ ebul fɔ du tin en di tin den we wi ebul fɔ du na wi  
bɔdi, maynd, filin, en spiritual tin den

Pipul den de liv na big void, we no get intelektual  
stimulashɔn ɔ saykolojik stimulashɔn Den kin fil se den de  
bost bikɔs den no get enitin fɔ du wit den en den no get enitin  
we go gi den layf valyu en minin Di avrej pɔsin kin ebul fɔ  
wok en biev lek se den get saykilɔjik en maynd saful, bɔt den  
?gladi

Di men tin we mek wi get layf na fɔ no udat wi bi en  
wetin na wi tru tru we If wi gi di dip pat den na layf di  
atenshɔn we den fɔ get, wi no go ebul fɔ avɔyd fɔ fil gladi,  
bikɔs mɔtalman gladi-at get fɔ du wit fɔ kɔnekt wit pɔsin in  
spiritual sɛf, if i no get am, i no get eni egzistens ɔ bi

Di frayd fɔ fel ɔ sik de mɛn bay we yu de tink bɔt am  
ɔltɛm te di aidia fɔ fel de siep frɔm di maynd we de na di  
kɔnshɛns en leta i go rich di ay kɔnshɛns Dɔn, di fred, we dɔn  
stɔp na di sabkɔshɛns en ay kɔnshɛns, begin fɔ bɔku en gro te  
i ful di kɔnshɛns maynd wit gras den we de mek pɔsin fred  
we no izi fɔ dɔnawe wit am as di fɔs tin we den bin de tink  
bɔt we i gro Den bad bad gras ya kin dɔn bia frut we get  
pɔyzin en we kin kil pipul den Laki, den kin pul in rut den  
kɔmɔt insay bay we den de pe atenshɔn tranga wan pan  
maynd en mek pipul den no se den get fet ɔlsay pan Gɔd en  
se i ebul fɔ ep di wan den we want fɔ ep densef en protekt  
den frɔm bad tin



Wan tɛm, wan smɔl bɔbul bin de flɔt na di si , we i bin de  
tek tɛm wit big big briz ɛn laytin , we i yɛri wan vɔys de  
"?wispa to am : "Smɔl bɔbul we gɛt layf, wetin de apin to yu

Yu nɔ no se yu na pat pan di si we gɛt layf? Di smɔl  
bɔbul luk rawnd ɛn no da tru tin de

Mɔtalman kɔnshɛns de flɔt lɛk smɔl bɔbul Na di si we de  
na di kɔsmik kɔnshɛns , tink se na bɔbul fɔ sɔm tɛm , de shek  
shek wit fred fɔ sik, po, ɛn day Oh bɔbul, yu de fred di si ?  
Luk rawnd yu observe carefully Shift yu perspektiv frɔm yu  
immediate surroundings to God's infinite realm Delve dip,  
broaden your understanding , so dat yu go no ɛn bi shɔ Se  
yu na wan wit In big si , ɛn se Gɔd de wit yu I de protɛkt yu , i  
de sɔpɔt yu , naw ɛn sote go

Fɔ avɔyd trap ɛn trap

ɛnitɛm we yu fil wan strong want na yu at we de ɛnkɔrej  
yu fɔ fulfil am, yuz sɛns ɛn aks yusɛf, "Dis na gud want we  
pɔsin kin fulfil, ɔ bad want we nɔ fɔ ɔnɔ?" Di tin dɛn we wi  
want fɔ du we nɔ fayn kin ɛnkɔrej wi bad abit dɛn bay we i de  
gi wi lay lay op ɛn gladi gladi we wi nɔ de tink bɔt Insay dɛn  
kayn tin ya, wi fɔ yuz di pawa we wi gɛt fɔ no di trut Bad abit  
dɛn kin mek wi nɔ gɛt gladi at We dɛn kin no aw dɛn tru, dɛn  
nɔ kin gɛt pawa fɔ mek pɔsin insay di trap dɛn we de mek  
pɔsin sɔfa ɛn di trap dɛn we de mek pɔsin sɔfa

### **Tin dɛn we pɔsin kin tink bɔt ɛn stori dɛn**

Insay layf ɛn insay day, insay sɔri-at ɛn bad bad tin dɛn,  
mi fet pan Yu, O Masta, de kɔntinyu fɔ strong ɛn nɔ de shek,  
strong ɛn nɔ de shek

ɛvri briz we a de blo we a want ɛn beg, de opin domɔt  
ɛn winda dɛn na mi sol usay a de pas tru to Gɔd in blɛsin

Jɔs lɛk aw di san de shayn na di say dɛn we pipul dɛn kin  
ful-ɔp pas ɔl, na so a go si di rayt we Gɔd lɛk pan ɔl di tin dɛn  
we a de du na mi layf ɛn di tin dɛn we a de du ɛvride

Bles mi, O Masta, so dat a go wek mi sol wit di do ɛn bring  
am to Yu blesin treshold

Di stori bot di musk dia

Mask na wan valyu tin we get strong sent, we dɛn kin si  
na di navel fɔ di musk dia we de na di ay ay Himalayas

We di dia dɔn rich wan patikyula ej, di mɔsk we de mek  
pɔsin in at go begin fɔ kɔmɔt na in nɛf sikrit wan, ɛn di dia kin  
vɛks bikɔs ɔf da fayn sent de ɛn i kin begin fɔ dans ɛn luk fɔ  
usay da fayn sent de kɔmɔt

I de muf frɔm wan ples to ɔda ples, i de snɛf bitwin rɔk  
dɛn ɛn ɔnda tik dɛn, ɛn i de luk ɔlsay fɔ usay da fayn fayn  
sent de kɔmɔt

Fɔ dɔn, i kin vɛks ɛn vɛks ɛn wɔri mɔ we i nɔ ebul fɔ tɔk  
ɛn i nɔ ebul fɔ fɛn wetin i de luk fɔ wit long ɛn pawa

Fɔ tray fɔ rich usay di musk kɔmɔt, i kin jomp frɔm di ay  
ay rɔk klif dɛn ɛn go insay di dip vali fɔ fes in fate ɛn mit in  
day, na da tɛm de di ɔntinman dɛn kin ebul fɔ kech am ɛn  
pul di musk sak ɔ gland frɔm am

We i kam pan dis, wan pan di pɔyt dɛn we get sens bin  
:tɔk sɔntin we se

!O musk dia, yu ful

?Wetin mek yu de sɔfa? Wetin mek yu nɔ de slip

Dis musk de we yu kin get

!Wit yu bɛɛ sak, yu ful

Ivin if yu tɔch wit yu nos

From yu, di sikrit sent de kɔmɔt

Yu bin fɔ dɔn win wetin yu bin de op fɔ

En yu bin liv witout spend

Yu nɔ tink se, mi padi dɛn, se bɔku pipul dɛn kin biev lɛk  
musk dia? Dɛn kin de luk fɔ gladi at ɔltɛm ɛn sote go ɔlsay  
apat from dɛnsɛf

Yes, dɛn de luk fɔ gladi at we dɛn de ple, ɛn indulj dɛnsɛf  
fɔ taya pan tin dɛn we dɛn want ɛn we dɛn want Dɛn de  
klaym di slip rod dɛn we gɛt jɛntri te dɛn kin dɔn jomp from  
di klif dɛn we gɛt ay op to di rɔk dɛn we de mek dɛn at pwɛl  
ɛn we dɛn nɔ ebul fɔ fɛn di tru tru gladi at we dɛn dɔn kip na  
di dip dip ples dɛn na dɛn sol

If wi tɔn wi tinkin insay, ɛn tink gud wan, wi go si insay  
di kol at we de na di sol di sɔs fɔ tru ɛn las gladi at we wi de  
luk fɔ

Wi nɔ fɔ tan lɛk di musk dia, we de day we wi de luk fɔ  
gladi at na di rɔng ples Bifo dat, wi fɔ de wach ɛn tray fɔ fɛn  
gladi at insay wisɛf, nɔto ausayd wisɛf

Di Stori bɔt di Bɔtin

Wan tɛm wan man kam to mi ɛn tɛl mi se i gɛt wan sik  
:we nɔ de mɛn na in at, ɛn i tɔk bak se

."A don trai plenti tins, bot a no fit get rid of di hat pen"

Afta a tink gud wan, a aks am fɔ brɪŋ siza to mi I luk mi  
:wit shek shek ɛn se

"?Yu intend fɔ kɔt mi at opin, sa"

A laf ɛn ansa se, "A nɔto dɔkɔ Yu dɔn ɛva yɛri bɔt pɔsin  
"!we de yuz siza fɔ du ɔpreshɔn

Fɔ dɔn, i nɔ bin want fɔ kam wit siza, so a kɔt wan pan di  
bɔtin dɛn na in kot ɛn tɛl am se i nɔ fɔ si ɔda bɔtin na in ples,  
ɛn nɔ fɔ put in an na di say we di bɔtin nɔ de a tɛl am bak fɔ  
kam bak to mi afta tu wiks, ɛn a bin de ɛkspekt se i go wɛl  
insay da tɛm de

Di man laf ɛn se, "A go du wetin yu aks bikɔs a trɔst yu,  
"!bɔt a tink se na di strenj mɛɛsin we dɛn dɔn ɛva gi mi  
:Tu wiks afta dat, i kam rɔn to mi ɛn se, i sɔprayz se

Di spɛshal pipul dɛn mek a biliv se a dɔn wɛl pan at sik"  
So, fɔ Gɔd in sek, wetin yu du? Yu pul wan jini kɔmɔt na  
"?bɔtin

A ansa wit smayl: "Yes! Yu an bin de ple wit di bɔtin  
."ɔltɛm, ɛn di bɔtin bin de alaynɛd wit di at

Dat bɔtin na bin di jini we bin de mek yu at pen So a kɔt  
di bɔtin ɛn tɛl yu nɔ fɔ riplɛs am ɔ put yu an pan yu at Da we  
!de, yu at bin pul di prɛshɔn ɛn stɔp fɔ du yu bad

ɔltin de muv kwik kwik wan, ɛn pipul dɛn bizi wit bɔku  
tin Naturally, i bɛtɛ fɔ ripɛnt di wɔl in bounty pas fɔ west tɛm,  
lɛf di sizin pas yu ɛn dɔn ɛmti-an Bɔt wetin pɔsin fɔ ripɛnt na  
layf in richest harvest: fɔ kam nia Gɔd ɛn fɔ no Am Di  
wangren we fɔ gɛt tru tru gladi at na fɔ akɔmplit sɔntin na  
dis wɔl ɛn bak fɔ ajɔst spiritual sakrifays

Di wan dɛn we sabi Gɔd nɔ kin begin dɛn ɛvrɪde wok bifo  
dɛn fɔs tink gud wan bɔt Gɔd ɛn chaj dɛn maynd ɛn bɔdi wit  
blɛsin divayn ɛnaji

Di bɔku tin dɛn we di wɔl de aks fɔ kin mek di wan dɛn  
we de luk fɔ dɛn spiritual gol dɛn nɔ ebul fɔ waka ɛn pul dɛn  
kɔmɔt na di rod we dɛn dɔn pik Bɔt di wan dɛn we gɛt maynd  
we nɔ de shek nɔ de alaw ɛnitin fɔ push dɛn fɔ kɔmɔt na di  
rod; dɛn kin bia wit maynd ilɛksɛf tin tranga ɔ bad tin apin

Ilɛk wetin di wɔl gi wi, i nɔ go satisfay di tin we wi at  
want, we want fɔ get sɔntin we tinap tranga wan, we  
important pas ɔl, ɛn we get valyu pas ɔl wetin di wɔl in jɛntri  
ɛn jɛntri get

We pɔsin day—mek yu liv long—nɔ pawa na di wɔl nɔ go  
ebul fɔ du ɛnitin fɔ am Udat go ɛp wi afta wi dɔn kɔmɔt na dis  
wɔl? Gɔd So, wi fɔ mɛmba ɔltɛm se dis wɔl na jɔs fɔ stɔp fɔ  
sɔm tɛm we wi de travul fɔ go na wi os na ɛvin, usay wi go liv  
sote go bifo di Wan we get sɔri-at pas ɔlman

If yu jɛntri pasmak nɔ de mek yu get wɛlbɔdi, pis, ɛn yu  
go ebul fɔ du gud, bɔt if yu get pis ɛn yu go ebul fɔ du gud  
tin, dat go mek yu get balans sakrifays pan Gɔd biznɛs ɛn  
pan prɔpati

Mɔs pipul dɛn kin divɛlɔp mental ɛfyushɔn jɔs fɔ get  
matirial sakrifays Bɔt we pɔsin bi masta pan insɛf ɛn manej  
in saykilɔjik pawa ɛn akt akɔdin to di divayn plan, in layf go  
get blɛsin, ɛn i go test di nɛktɔ fɔ di spirit we i de na dis wɔl I  
nɔ go bi prizina igen fɔ di abit ɛn di tin dɛn we i want, bɔt in  
kɔnshɛns go chɛnj to di at fɔ di divayn prezɛns, ɛn i go de de  
ɛnjɔy nyu ɛnjɔymɛnt dɛn we nɔ gri fɔ tɔk bɔt

Di bɔdi na di big big famasi

Di wan dɛn we de stɔdi bɔt mɛrɛsin dɔn kam fɔ no se we  
wi get bɔku gladi at, di bɔdi kin mek mɛrɛsin fɔ mek wi nɔ fil  
bad ɛn ɔda tin dɛn we kin mek wi nɔ strɛs ɛn we kin wok fayn  
lɛk di wan dɛn we dɔktɔ dɛn kin gi wi Di bɔdi na di big big  
famasi na di wɔl, we ebul fɔ mek di rayt tin di rayt tɛm we wi  
de gri wit di spiritual balans we Gɔd dɔn put insay wi

tant ɛnɛji weɔNɔto ɔl strɛs kin ambɔg; strɛs de wek di im  
dɔɔdu tin ɛn muv S ɔdi ɛn i de mek wi ebul fɔtru wi b ɔlɔde f  
bɛnɛfit ɔstrɛs we wi nid f ɔdɛm dɛn sho se f

Bɔt di prɔblɛm kin kam we di strɛs pas di lɛvɛl we pɔsin  
kin gɛt wɛlbɔdi

Wi ɔl gɛt wan limit fɔ strɛs, ɛn we dɛn pas da limit de, wi  
kin strɛs pas aw wi fɔ strɛs, ɛn wi nɔ kin no bɔt am te  
prɔblɛm bigin fɔ apia na wi bɔdi, filin, ɛn maynd

Layf wit Gɔd na gladi at ɛn gladi at, we if Gɔd nɔ de,  
wɔri, trɔbul, prɔblɛm, ɛn ivin disasta de So aw wi go gɛt pis  
ɛn kol at na layf we bad bad tin dɛn ɛn bad bad tin dɛn de  
?apin, ɛn brin sɔm gladi at na dis wɔl

Di fɔs tin we wi fɔ du na fɔ no di prɔblɛm dɛn we de mit  
wi na layf we dɛn de kɔntrol wi

Gɔd na ɔltin we gɛt sɛns ɛn we sabi ɔltin, ɛn i dɔn gi wi  
bɔdi sayn dɛn lɛk kɔmfɔt, diskɔmfɔt, kolat, ɛn wɔri, ɛn wi fɔ  
pe atɛnshɔn to dɛn sayn ya Wan Gɔd in sɛns de insay wi bɔdi  
we de tray fɔ tɛl wi sɔntin, ɛn wi fɔ lisin to dɛn mɛsej ya di  
tɛm we wi strɛs ɔ rɛst We yu fil strɛs, put yu maynd pan di  
pat na yu bɔdi we de we yu de gɛt strɛs, dɔn yu tek dip briz  
ɛn, di sem tɛm, tɛns da pat de jisnɔ te i shayk Dɔn rilaks ɛn  
rilis di tɛnsion Dis go ɛp fɔ mek yu gɛt ɛnaji ɛn impɔtant  
balans na di bɔdi ɛn protɛkt am frɔm di bad bad tin dɛn we  
strɛs kin du

Wi kin ebul bak fɔ kɔntrol di strɛs we yu de fil bay we yu  
de blo We yu fil frayd ɔ ɛni ɔda bad bad imɔshɔn, briz insay  
ɛn kɔmɔt sloslo, dip, ɛn ritmik bɔku tɛm, we go mek yu bɔdi  
rilaks wit ɛni tɛm we yu de blo Dis go ɛp fɔ slo yu at bit we  
de rɔn, fɔ mek yu blɔd go bak nɔmal, fɔ mek i izi fɔ mek yu  
maynd kol ɛn fɔ mek yu tink klia wan

Layf nɔto tin we kin apin we pɔsin kin gɛt ɛnitin fɔ du wit  
am; na fayn fayn tin we Gɔd de tɔk, ɛn wi fɔ ɛnjoy am Lɛ wi  
mɛmba se smayl na pawa; if wi nɔ yuz am, wi kin lɔs wan  
impɔtant pat na layf

Mortalman na sol we get filin en filin, en den get bɔdi we  
den de wɛr lɛk klos ɔ ɔda kot Bɔt as long as wi de liv jɔs pan  
di level we di bɔdi en filin de, wi go fɔdɔm ɔnda di bad tin we  
stress en tension kin get

We wi de insay wanwɔd wit wi important nature, we na di  
spirit, di gladi at we di spirit get de flɔ insay di at en chenj to  
lɔv Fɔ fil dis lɔv, we get kɔnekshɔn to di pis en kwayɛt we di  
sol get, en fɔ akt en intarakt ɔnda in harmoni inflɔɛns, na di  
we we fit pas ɔl fɔ liv natin nɔ de na di wɔl we ful-ɔp wit  
tension en kontradiکشɔn Fɔ gri wit dis gladi at na di solv fɔ  
layf in problem den

Notis: Bɔt di tin we den tɔk se: "Di bɔdi de mek wan  
mɛɛsin we de mek pɔsin fil bad en ɔda tin den we de ridyus  
stress en tension, we nɔ get betɛ pawa en we nɔ de wok fayn  
pas di wan den we dɔktɔ den dɔn gi am," dis nɔto advays fɔ  
lɛf fɔ gi advays en di mɛɛsin den we den kin gi pɔsin, na dat  
mek den nid fɔ mek den no klia wan

### **Magnetik ikwɛshɔn den**

Pɔsin we get strong prezɛns en bad abit + pɔsin we get  
gud at bɔt we wik = bad magnetism de win pas gudnɛs

Wan pɔsin we wik wit wikɛd tin den + pɔsin we get  
strong maynd wit gud tin den = di gud magnetism de win di  
bad wan

Wik spiritual magnetism + bad bayomagnetism = strong  
bad magnetism

Strong moral trɛnk + wik moral trɛnk = big moral trɛnk

Pɔsin we vɛks en fɛt fɛt + pɔsin we ɔmbul en gud = di  
magnetism fɔ vɛks de win pas ɔmbul

Strong, balans, en kol at + temperament we sɔm tɛm  
dɛn kin tɛnd to discontent = di magnetism of calmness de  
prevails

ng feilɔnik ingrained feil + less ingrained feil = strɔKr  
magnetism

Strong pɔsitiv sakrifays + lɛs pɔsitiv sakrifays = ɛnhans  
sakrifays

Strong fayl vaybreshɔn + strong sakrifays vaybreshɔn =  
ɔl tu strong fayl magnetizm ɔ strong sakrifays magnetizm,  
dipen pan di envayrɔment ɛn kɔndishɔn

Strong, saful maynd + kɔmplit ignorance = ɔl tu  
shrewdness ɛn skil ɔ ignorance ɛn stupidity

ɔtstandin spiritual pawa + ɔtstandin prɛktikal pawa =  
Spiritual magnetism - na tru tru ɔtstandin prɛktikal pawa

If pipul dɛn bin ebul fɔ si di bɔku bɔku planɛt dɛn we de  
na di ɛtɛ we de rawnd dɛn, sɔntɛm sɔm go tray fɔ fɛn dɛn  
pipul dɛn we dɛn lɛk we dɔn day Gɔd dɔn opin mi spiritual  
yay, ɛn a si bɔku pan dɛn sol dɛn we dɔn kɔmɔt na di wɔl bay  
we a de pe atɛnshɔn dip wan pan di spiritual yay (di sɛnt fɔ  
di fɔrɛst), pɔsin kin si wit insay vishɔn di wɔl we de shayn we  
ɔl di gud sol dɛn we dɔn go ɔp to de liv di etheric plane to di  
prezɛns fɔ di Wan we gɛt sɔri-at pas ɔlman

Insay mɔtalman, di at de wok lɛk wayales risiva ɛn di  
spiritual yay de wok lɛk transmita Ivin if yu nɔ ebul fɔ si di  
wan dɛn we yu lɛk we dɔn day, if yu kol at fɔ put yu filin pan  
di at, yu kin fil di prezɛns fɔ di wan dɛn we yu lɛk we naw de  
liv insay ɛthɛreal bɔdi, de ɛnjɔy Gɔd in pis ɛn sikyɔriti ɛn  
gladi fɔ dɛn fridɔm frɔm di kɔnstrakshɔn dɛn na di bɔdi, so yu  
go gɛt kɔmfɔt insay dɛn pis ɛn yu at de bin mek pɔsin fil fayn  
bɔt dɛn



We a de tɔk Gɔd in nem, mi ɔl biin de mɛlt to supɾem  
gladi Bɔt dis stet jɔs kam to mi afta big tray Fɔs, a nɔ bin bi  
wan fɔ want, bikɔs mi maynd bin de drɛf da tɛm de Bɔt naw,  
jɔs lɛk aw a de fos mi tink ɛn awareness pan di spiritual  
sɛnta—di spes bitwin di aybrɔw—ɔl tinkin dɛn kin dɔnawe, di  
briz kin stɔp fɔ insɛf, di at kin stɔp fɔ bit, di trɔbul fɔ di  
maynd kin stɔp, ɛn di stet dɛn fɔ bi kin kam dɔŋ pan di sol,  
so dat a kin gɛt spiritual gladi at ɛn a kin kɔba wit divayn  
gladi at

### **Golden wɔd dɛn**

Gladi at na mi rayt, mi ɛritaj, ɛn mi divayn trɔs we a ayd  
Gayd mi fɔ fɛn insay misɛf di trɔs dɛn we pas di drim dɛn we  
kin dɛn kin drim  
\* \* \*

Laif na muvmɛnt we gɛt sɛns wit ritm we de ɔltɛm l de  
shep insɛf pan tin dɛn we nɔ gɛt layf, ɔ tek wan we we gɛt  
layf ɛn we de muv Layf de kɔba ɔltin ɛn i de ɔlsay  
\* \* \*

O Greatest Lover, Yu na layf Yu na mi gol ɛn mi  
aspreshɔn  
\* \* \*

Mek mi wan ros we de blo na yu gadin we de na ɛvin, ɔ  
wan spak spak bid na yu layt lɔv nɛks, ɔ gi mi di big big ɔnɔ:  
di smɔl ples na yu at  
\* \* \*

ɛnisay we ɔda pipul dɛn gladi fɔ di tray we a de tray fɔ  
du gud, na de a go ebul fɔ gi di bɛst savis  
\* \* \*

Lɛ wi wev wan gold kap we gɛt drim wit silk trɛd dɛn we  
gɛt swit mɛmori ɛn fayn fayn tin dɛn  
\* \* \*

Lɔv tan lɛk sand pepa we de polish di maynd ɛn pul rɔf  
rɔf pan pɔsin in abit  
\* \* \*

Pandemik, bad bad tin, en vaylent chenj den na di  
nature we de bring pwel pwel, pwel pwel, en bad bad tin we de  
apin ɔlsay na di wol noto "divayn decrees" Den disasta ya  
kɔmɔt frɔm mɔtalman tink en akshɔn Enisay we di wol in dilik  
balans fɔ gud en bad de ambɔg bikɔs ɔf di akumulashɔn ɔf  
bad bad wef en vaybreshɔn we mɔtalman in bad intenshɔn  
en bad tin den de mek, chaos de rul en bɔku bɔku tin den we  
den kin pwel kin apin

\* \* \*

A go tek di bɛst frɔm ɔlman, en a go gladi fɔ di gud  
kwaliti den we ɔl di kɔntri den get en a nɔ go pe atenshɔn pan  
den fɔlt den

\* \* \*

ɔs lek aw wi bisin bɔt di nyutrishɔn valyu we wi it evride  
get, wi fɔ pe atenshɔn bak to di saykolojik nyutrient den we  
wi de gi wi maynd evride

\* \* \*

Kind wɔd na wɔndaful mɛresin fɔ bɔku sik den, i get  
pawaful, ɔlmost majik, magnetik pawa we de bring bɔku blɛsin  
en prɔsperiti to den spika Di wan den we de yuz wɔd den we  
de mek den fil fayn, we saful saful, kin fil se wan kɔrɛnt we  
nɔ de si klia wan de flɔ tru den we den nɔ de ambɔg den, den  
kin ful-ɔp wit wan dip sɛns fɔ mek den get kol at Dis na bikɔs  
dis kɔrɛnt get kɔnekshɔn to in ay sɔs, wan kɔnstant flɔ we de  
rich sol den we de gri wit da sɔs de, we de mek den ebul fɔ  
transmit gladi at to di wan den we want fɔ get pis

\* \* \*

Bɔku fayn wɔd den we kɔmɔt na di at dɔn pul bɔku sɔri-  
at en bɔku sɛns vɔys den dɔn layt dak rod den wit lamp den  
!we de mek pipul den gladi en get kol at

\* \* \*

Wi de gro tru evri ɛksperiɛns we wi de go tru, as long as  
wi no se wi kin lan valyu lɛsin frɔm den Fɔ evri pen en sɔfa  
we wi de ɛksperiɛns get minin en rizin

\* \* \*

Pan ɔl we di tin den we den kin du ɔ tray tranga wan,  
den tan lek faya we kin melt ayen ɔyl ɔ mek i tɔn to fayn  
fayn stel we kin te, en we kin yuz bɔku tin den  
\* \* \*

ɔl di wɔndaful tin den we a dɔn du na mi layf dɔn  
akɔmplit tru di pawa we wan maynd get we gri wit Gɔd We di  
divayn jenera de rɔn, ɔltin we a want kin kam ɔ bi frut witout  
eksepshɔn, ɔs i kin tek shep lek wan dizayn we nɔ de si, we  
get ethereal en afta dat i kin sho wit pawa we pɔsin nɔ go  
ebul ɔ stop insay rial tin  
\* \* \*

We di maynd wispa to Gɔd wan wispa we kɔmɔt na in at,  
we get zil frɔm di dip dip dip tin den na wan sol we want, di  
spirit in kɔl go tɔch di yunivasal at, en di ansa go kam, we go  
brin bɔku bɔku gladi at Dis intelektual wispa de kɔltiv di wil  
te i get di trenk we i nid ɔ rich di gol we i want  
\* \* \*

We pɔsin in maynd en wetin i want gri wit Gɔd, den kin  
chaj am wit pawa we nɔ get limit, so dat ɔ jɔs tink bɔt sɔntin  
go du ɔ mek i ebul ɔ du am, bikɔs Gɔd in lɔ de wok ɔ di  
wan den we gri wit di tin we pas ɔl  
\* \* \*

Pɔsin nɔ ɔ devote ɔl di intelektual fakulti we Gɔd dɔn gi  
am ɔ du tin den we nɔ de te , so dat i nɔ go lɔs insɛf na di  
labirint ɔ matirialism en mek limiteshɔn en kɔnstrakshɔn we  
nɔ nid ɔ insɛf Bifo dat, i ɔ yuz in intelektual pawa ɔ get di  
tin den we i nid ɔ liv en tray ɔ develɔp den moral fakulti ɔ  
mek den ebul ɔ no difrɛns bitwin rayt en rɔŋ, en bitwin wetin  
na bad tin en wetin de bɛnifit  
\* \* \*

Di trut de pas di opinion en tiori dɛm, en bɔku pipul dɛm  
we de tek dis we ɔ du tin kin get ɔ du wit den yon tin den  
we den kin tink bɔt  
\* \* \*

Opin, O Masta, di get dem fɔ kwayet en gayd di oli ples  
fɔ mi spiritual tinkin frɔm di atak dem fɔ mi wispa en mek di  
ros dem we a want fɔ blo blo na di gadin na mi at as a de wet  
fɔ di dawn fɔ Yu kam

\* \* \*

Tiori no nɔ go ebul fɔ get divayn no, en i fayn fɔ mek  
pɔsin nɔ spen in valyu tɛm pan tiori dɛn we dɛn nɔ go ebul fɔ  
yuz insay rial tin, ɔdasay pɔsin go si inɛf na di midst ɔf  
dense intelektual jɔŋgrɔn en i nɔ go ebul fɔ pas di eria we  
tiori dɛn de

\* \* \*

Gladi at na di frut fɔ saykilɔjik win pan di volatil  
sikɔstems na layf

\* \* \*

Di wan we Gɔd no, di wɔl nɔ go no am

\* \* \*

If pɔsin program inɛf wit tiori no [we nɔ get rial tɛst], i  
go tan lɛk pɔtabl rikodin divays we de ripit prɔvab en ɛko ay  
ay frayz, en ɔda pipul dɛn go tek am as masta sabi bukman  
we lan buk, bɔt da kayn no de nɔ de strong mɔ bay we i de  
ɔndastand di tru dairekt wan, en i nɔ de kɔmpia am wit di tin  
dɛn we i de du na Gɔd in yay

\* \* \*

Prɔblɛm dɛn go kɔntinyu fɔ de na di wɔl, so usay pɔsin  
go tɔn fɔ gayd en dayrɛkshɔn? Di tin dɛn we pɔsin de tink, we  
di abit dɛn, di we aw i de tink bɔt ɔda pipul dɛn, di we aw i de  
tink bɔt ɔda pipul dɛn, en di we aw i de biev, nɔ get ɛni yus,  
en di tin dɛn we de ambɔg di say we i de, in famili, in kɔntri,  
ɔ di wɔl nɔ ebul fɔ gi am tru tru gayd So, i fɔ tɔn to Gɔd en  
lisin to di kwayet, kwayet vɔys we de kɔmɔt na di dip dip pat  
dɛn na di sol, we na vɔys we gri wit di trut

\* \* \*

Opin una at to di divayn ɔtpourin so dat i go flɔ tru una  
en ful una layf wit spiritual blɛsin en gudnɛs

\* \* \*

Ilɛk us wok yu de du ɛn ɛnitin we yu ebul fɔ du, mɛmba  
ɔltɛm se na Gɔd de gi yu ɔl di trɛnk we yu nid fɔ wok ɛn ajɔst

\* \* \*

Mek a mɛmba yu, Masta, we yu po ɛn we yu gɛt bɔku  
prɔpati, we yu sik ɛn we yu gɛt wɛlbɔdi, we yu nɔ no natin ɛn  
we yu gɛt sɛns, ɛn mek a si yu blɛsin layt we de gi wɛlbɔdi ɛn  
wɛlbɔdi insay wan wantɛm

\* \* \*

Insay di solitude of mi tinkin, a de long fɔ yɛri yu blɛsin  
vɔys Banish frɔm mi di harsh, earthly voices we ayd insay di  
folds of mi memory A want fɔ lisin to yu serene, melodious  
voice sote go insay di tranquility of mi sol

\* \* \*

Laif de kɔba daknɛs, ɛn sɔntɛnde wi kin stɔp ɛn shem fɔ  
go bifo Wi fɔ mek Gɔd in layt bi wi gayd lamp as wi de waka  
na layf in dak rod dɛn In na di ful mun insay di nɛt dɛn we wi  
nɔ no natin ɛn daknɛs, di san we de shayn insay di awa dɛn  
we wi de wek, di layt we de gayd wi, ɛn di sta we de gayd di  
wan dɛn we de travul na di si dɛn na di wɔl, ɛgzistens we nɔ  
de te

\* \* \*

Na tɛm fɔ mek mɔtalman wek in kɔnshɛns frɔm di slip we i  
de slip fɔ fɔgɛt to wek di spirit

\* \* \*

Wi de aks yu, Masta, fɔ mek wi no frɔm di dip dip tin dɛn  
we nɔ no natin ɛn di smɔl, smɔl tin dɛn we wi de tink bɔt to di  
ɔrayzin dɛn we gɛt pis, layt, lɔv, ɛn mɔtalman sɔri-at we de  
ɔlsay na di wɔl

\* \* \*

Tin go dɔn bɛtɛ bikɔs Gɔd in pawa ɛn wɔndaful tin dɛn  
de ayd biɛn di tin dɛn we de agɛns mɔtalman layf, ɛn ɛnibɔdi  
we nɔ biliv se di tin nɔ go ebul fɔ avɔyd ɛn tray fɔ go insay  
wit in maynd ɛn fet to wetin de biɛn di vel, go gɛt di domɔt  
.opin fɔ am we [ɛvri an we biliv de nak pan am]

\* \* \*

Fet nɔ ɛva min fɔ tek tɛm ɔ nɔ fɔ dil wit di tin dɛn we de  
apin to am wit sɛns Bifo dat, ilɛk wetin apin, pɔsin fɔ mek sho  
se na Gɔd nɔmɔ ebul fɔ sɔpɔt am pan tin dɛn we nɔ izi ɛn we  
de mek i strɛs if i tɔn to Am wit ɔl in at, sol, ɛn filin

\* \* \*

If wi sɛns dɛn bin de tɛl wi di wan ol trut, wi go si di Wɔl  
as riva dɛn we gɛt ilɛktron dɛn, ɛn wi go si ɔl di dɔst dɛn lɛk  
layt we de rɔl

\* \* \*

Di wan dɛn we de go insay wit dɛn sɛns frɔm tin to spirit  
ɔndastand di kayn we aw ilyushɔn tan ɛn no di men tin we  
tru

\* \* \*

Ilɛksɛf pɔsin de na di jɔŋgrɔn na Afrika, na say usay dɛn  
de fet, i de sɔfa wit sik ɔ po, i fɔ mek insɛf biliv se Gɔd in an  
strong pas denja ɛn i ebul fɔ protɛkt di wan dɛn we de go fɛn  
say fɔ rɔn go to am

No we nɔ de we go mek i protɛkt insɛf pas dis Na tru se  
pɔsin fɔ yuz lɔjik we i de dil wit tin dɛn we de apin ɛn di sem  
tɛm i fɔ gɛt ful fet pan di ɛp we Gɔd de ɛp am

\* \* \*

Di lɔv we de insay ɔl di tin dɛn we Gɔd mek in at—di lɔv  
we ɔl mama, papa, padi, ɛn di wan dɛn we dɛn lɛk gɛt—na  
frɔm Gɔd in lɔv

\* \* \*

Dɛn fɔ mek difrɛns bitwin big ɛn smɔl wok, fɔ put di wan  
we impɔtant pas ɔl di wan dɛn we jɔs impɔtant Dɔn bak, nɔ  
duty nɔ fɔ agens ɔda wan Di skripchɔ dɛn tɛl wi se we wan  
duty de agens ɔda wan, na pruf fɔ se i nɔto tru tru duty

\* \* \*

As di san in impɔtant rayt dɛn de skata, a go spre di rayt  
dɛn we gɛt op na di po ɛn di wan dɛn we dɛn dɔn lɛf [di wan

dɛn we di sosayti dɔn lɛf] dɛn at, ɛn a go mek nyu maynd na  
di at fɔ di wan dɛn we tink se dɛn nɔ ebul fɔ du natin

\* \* \*

Di ticha Paramahansa se to wan pan in disaypul dɛm se:

"Nɔ pul ɛnibɔdi kɔmɔt na yu sɛklɔ fɔ lɔv Kip ɔlman na yu at  
."ɛn dɛn go kip yu na dɛn yon

\* \* \*

Masta, ɛp mi fɔ yuz wetin a want ɔltɛm fɔ du tin dɛn we  
go bɛnifit mi ɛn we go mek a du gud

ɛp mi fɔ gri wit wetin yu want so dat ɔl di tin dɛn we a  
de tink bɔt go gri wit wetin yu want ɛn go gri wit wetin yu  
want

I bin ɛp mi fɔ wek di pawa we ayd, we gɛt blɛsin insay mi  
so dat a go ebul fɔ win ɔl di prɔblɛm dɛn ɛn prɔblɛm dɛn

\* \* \*

Wek to da bold ɛn ɔmbul spiritual pɔsin de – wan we de  
kɔba di trɛnk we layɔn dɛn gɛt wit di saful saful we dɔv dɛn  
gɛt

\* \* \*

A nɔ go de mɔna mi wit bita, lay lay kritik, ɔ wit bɔku  
bɔku prez ɛn flat mi wangren tin we a want na fɔ du Yu wil, O  
Masta, ɛn gɛt Yu fayv

\* \* \*

Yu nɔ go ebul fɔ imajin di gladi at we go ful yu we yu fil  
di divayn prezɛns Yu sol go dɔn drɔnk wit Gɔd in lɔv we nɔ  
gɛt bɔda Na lɔv we pas ɛni mɔtalman lɔv bɔku bɔku tɛm pas  
am—lɔv we de fulɔp ɔl wetin yu want ɛn ful yu at wit gladi ɛn  
satisfay

\* \* \*

Tru insay fɔs, yu kin ɛksperiɛns spiritual gladi gladi  
dairekt wan insay yusɛf ɛn rawnd yu If yu kɔltiv dis ɔwe, yu  
pɔsin go gro wanwɔd, ɛn yu go gɛt wan atraktiv magnetizm  
fɔ pipul ɛn ɔda pipul dɛn

\* \* \*

O Gret Protékta, a nɔ bisin if a lɔs ɔltin bikɔs ɔf mi  
destiny, we na mi yon mek, bɔt a de aks yu, mi wangren  
refyuj, fɔ protékt di kandul fɔ mi lɔv fɔ yu frɔm di briz we a nɔ  
de pe atɛnshɔn ɛn fɔget

\* \* \*

Lɛ wi drink te wi ful-ɔp wit di klin wata we de mek pis we  
de flɔd frɔm di spring dɛn we gɛt fayn fayn tin dɛn, we wi dɔn  
mekɔp wi maynd fɔ tink gud wan ɛn gɛt op fɔ si tin

\* \* \*

Kɔnshɛns na sɛns we pɔsin kin ɔndastand we de sho aw  
pɔsin in tru tru pɔsin ɛn wetin mek i want fɔ du sɔntin We yu  
kɔnshɛns klia, ɛn yu no se yu de du wetin rayt, yu nɔ gɛt  
natin fɔ fred Klin kɔnshɛns na tɛstament fɔ gud kɔndɔkt frɔm  
Gɔd Fɔ bi fri pɔsin na di kɔt fɔ kɔnshɛns min fɔ gɛt gladi at ɛn  
fɔ gɛt Gɔd in blɛsin

\* \* \*

Tray fɔ du tin dɛn we gɛt maynd ɛn we go mek yu gladi  
we bɔku pipul dɛn nɔ de du, ɛn gi lɔv ɛn pis to di wan dɛn we  
ɔda pipul dɛn nɔ de si dɛn

\* \* \*

:Di ticha Paramahansa tɛl wan pan in disaypul dɛn se  
If yu nɔ spɛn tɛm fɔ kɔltiv di maynd, no ɔmɔs matirial"  
prɔsperiti nɔ go satisfay yu Dis kɔltivɛshɔn nɔto fɔ mek yu  
sɔfa bɔt na fɔ tren yu kɔnshɛns fɔ nourish di tink ɛn akshɔn  
."dɛm we de mek yu gɛt gladi at

Yu gladi gladi na yu saksɛs, so nɔ mek ɛnibɔdi tif am  
frɔm yu Protékta yusɛf frɔm di wan dɛn we de tray fɔ mɔna yu  
We a bin smɔl, a bin de lɔs mi pɛshɛnt ɛnitɛm we sɔm pipul  
dɛn de spre lay lay tɔk bɔt mi Leta, a kam fɔ no se mi pis na  
mi maynd impɔtant pas fɔ mek pipul dɛn gladi ɔ fɔ admaya  
mi

\* \* \*



If yu bin no di stori bɔt Gɔd in lɔv we sɔm pipul dɛn we  
de wɔship Gɔd kin gɛt! No ɔda ɛkspiriɛns nɔ de na layf we yu  
go kɔmpia to da gladi at de we a bin no wan sent we bin de  
ɔltɛm insay di lɔv fɔ Gɔd, ɛn in fes bin de shayn oli lɔv Gɔd in  
yay de ɔltɛm pan di wan dɛn we lɛk am, ɛn I nɔ de ɛva lɛf  
dɛn fɔ wan mɔnt

\* \* \*

Na smɔl pipul dɛn nɔmɔ de we want fɔ divɛlɔp dɛn  
maynd ɛn spiritual pawa

\* \* \*

Nɔ alaw yusɛf fɔ sink to di bottom fɔ prokrastineshɔn  
Rays frɔm di slip we de boring ɔdinari rialiti ɛn set ɔf to di  
ɔrayzɔn fɔ wan rifin layf usay achivment, gladi, ɛn pis de

\* \* \*

Insay yu, bɔku bɔku pɔtnɛshɛl dɛn de we de wet fɔ mek  
dɛn put yu mɔni, ɛn na yu nɔmɔ ebul fɔ aktiv ɛn bɛnifit frɔm  
am

\* \* \*

Fɔ fri frɔm di tin dɛn we bad abit ɛn tin dɛn we nɔ fayn  
kin tɛl yu fɔ du, dat kin mek yu gɛt gladi at pas fɔ gɛt bɔku  
prɔpati

Literary saksɛs de bring wan saikɔlɔjik gladi at we  
ɛkstɛrnal sikɔstɛms nɔ go ebul fɔ tek away frɔm yu

\* \* \*

Yu kin spɛn ɔl yu tɛm fɔ gɛda mɔni, bɔt da mɔni de nɔ go  
gi yu di pis ɛn sikyɔriti we go de sote go we yu de luk fɔ  
Difrɛn frɔm dat, i go mek yu nɔ gladi mɔ bikɔs gladi at ɛn pis  
de na di maynd, nɔto insay tin dɛnsɛf

\* \* \*

Nɔ alaw wikɛd tin fɔ kam insay yu maynd, ɛn tek tɛm we  
yu de kip kɔmpin wit pipul dɛn we gɛt bad tin fɔ tink ɛn we  
nɔ gɛt bɛtɛ op, so dat dɛn wik tin dɛn nɔ go kam insay yu  
maynd, pas nɔmɔ yu maynd dɔn rich wan digri we i go gɛt  
trɛnk so dat di tin dɛn we ɔda pipul dɛn de tink nɔ go ebul fɔ  
wikɛd am, bɔt bifo dat, difrɛn frɔm dat, i go ebul fɔ mek ɔda

pipul den tink mo en mo en mek den get mo konfidens pan  
densef

\* \* \*

God de kam fos, en wi no fo begin o don wi de we wi no  
tink bot am Wi fo memba se if wi no bin get di trenk en enaji  
we wi de get from God, wi no bin fo ebul fo du eni wan pan wi  
wok den Dis na wi big wok fo du to am

\* \* \*

Wan we de fo evaluate en joj kostom en tradishon Fos,  
evri tradishon bin get jostis If wi si se jostis stil de ol tru, den  
di tradishon get minin en benifit Bot, i no mek sens fo fala  
tradishon blaynd wan Wi fo no wetin rayt en fala am, no  
wetin kin mek wi get gladi at en afta dat wi fo yuz am

\* \* \*

We yu si boku pipul den no get gladi at o sakrifays, no  
tink se na den destiny Yu kin mek yusef enitin we yu want fo  
bi Yu insay sakrifays na in rili de mek yu get sakrifays

\* \* \*

If yu no get natin insay yusef, yu no go gladi Bot if yu no  
get natin rawnd yu en yu gladi insay yusef, yu no get wan  
dawt se yu get sakrifays So, i no possibul fo joj pipul den bay  
wetin den de du na do

\* \* \*

Pan di boku boku krawd den, sontem posin go de we don  
rich wan say we i don go bifo pan God biznes en we get pis  
insay in at en gladi at we pas ol na in spirit

\* \* \*

A no fo tru se ol wetin a nid go kam to mi, en na dat mek  
a no de wori bot wetin go apin tumara bambay Dis noto fo  
bost o fo mek lek se a de du am, bikos a don eksperiens di  
wok en di efektiv we da blesin pawa de du na mi layf boku  
tem

\* \* \*

Illeksef a de flot na di wol o a de drawn na di dip dip si, a  
no se a de wit God en I de wit mi, en natin no go ambog mi

Da no de don gi mi wan gladi at we a no go ebul fo tok bot en  
we dip

\* \* \*

No dawt no de se fo bay nyu tin na tin we kin mek yu  
gladi Bot afta som tem, da gladi gladi de kin don smol smol,  
en yu kin ivin los intres pan am otogeda, forget bot am en  
want oda tin Bot, den no go forget di bil fo da tin de, mo if yu  
!bay am pan installment

\* \* \*

Possin fo tek kontrol pan in layf en mek am izi as i possibul

Den fo kip som moni fo tin den we i nid en fo enitin we go  
apin to am, put di moni we i de kip pas fo spen pan lojishon,  
en ep oda pipul den di best we aw i ebul We yu ep oda pipul  
den, ep go kam to yu wan we o oda we, en yu no go los natin  
en yu no go get natin

\* \* \*

Insay di gladi at we olman gladi, O Masta, en insay di  
padi biznes we ol di fetful pipul den get, a de fil Yu lov a gladi  
en mi at gladi fo di sakrifays en prosperiti we mi padi den get,  
jos lek aw a de gladi fo mi yon welbodi en izi As a de inspekt  
sens pan oda pipul den, a de multiply di trus dem fo mi yon  
sens, en insay di gladi at fo olman, A kin fen mi yon

\* \* \*

Di big enimi fo gladi at na fo lent moni fo bay lojishon  
Pipul den mistek biliv se den no go ebul fo gladi pas den get  
sontin we patikyula Bot ivin afta den don get da tin de, den  
no go get tru tru gladi at, pan ol di gladi at we i de bring fo  
som tem Wetin na di poynt fo ronata di mirej fo gladi at na di  
wol we promis fo brok nomo? Pipul den fo liv simpul layf, en  
den no nid fo get boku propati den we nid fo pe atenshon to  
den oltem

\* \* \*

Mi paradays de insay mi As a de enjoy God in blesin den,  
a de tel am tenki, en mi insay gladi at de gro If a no bin get  
da satisfay we a de insay mi at, ivin di gladi at en gladi at we  
de na dis wol de bi el a don kam fo no se if da gladi at de we  
de insay mi no bin de, di lod fo di wok we den put pan mi fo  
don pul mi pis en mek a no get gladi at

\* \* \*

If den joyn di jentri wit sik en problem, di bad tin den we  
go apin to am go buku Hajin en welbodi biznes de pan di tin  
den we di West get trenk Insekt den we de ambog en di jem  
den we de kil pipul den, den kin kontrol den fayn fayn wan na  
divelop kontri den, we den buku na oda kontri den Bot fo pul  
den peshent den ya noto di men tin we den kin du, bikos oda  
kayn problem den de na divelop kontri den, lek we i at fo pe  
bil en di problem den we kin mek posin swela bikos of di  
sistem den we den kin bay insay instolment—sofa we kin mek  
posin no slip fayn en we kin mek posin no get pis na in maynd

\* \* \*

Wi na impotant pat pan di sem konshens we dis big  
yunivas komot

\* \* \*

Yu don eva si wan grup we get ship? If wan pan den  
jomp, di oda ship den de falamakata am witout hesitation  
Mos pipul den tan lek dat Sombodi kin kam wit wan aidia o  
introduks nyu tren, en oda pipul den go jomp pan di  
bandwagon wantem wantem en kopi am Dis paten don de fo  
jenereshon den Ol neshon get in kostom en tradishon, en wi  
no go ebul fo tok se den ol korekt o saund Bot udat no?  
Sontem som pan den kostom en tradishon den de no get wan  
minin en den no get wan minin

\* \* \*

We di trobul storm fo tinkin don stop, wi de go insay di  
kingdom fo pis en toch di divayn prezens

\* \* \*

Tink bɔt Gɔd, ɔ wan fayn fayn ples we de mek pis de, ɔ  
wan ɛksperiens we gɛt gladi-at ɛn we de mek pɔsin gladi If yu  
de du gud tin na yu maynd, i kin mek yu gɛt trɛnk ɛn i kin  
mek yu fil fayn

\* \* \*

Wi de liv insay wan wɔl we chaotic ɛn trɔbul Yu kin tink  
se mɔni min gladi at, bɔt we yu gɛt am, yu go si se yu stil nɔ  
gladi Yu kin gɛt jɛntri ɛn—Gɔd nɔ alaw yu—lɔs yu wɛlbɔdi ɔ  
yu kin gɛt gud wɛlbɔdi ɛn lɔs yu mɔni ɔ yu kin gɛt ɔl tu jɛntri  
ɛn wɛlbɔdi bɔt yu kin sɔfa bɔku bɔku prɔblɛm wit ɔda pipul  
dɛn, ɔfrɛd gudnɛs nɔmɔ fɔ mek yu mit wit vɛks ɛn et in bak If  
Gɔd nɔ de, natin nɔ de insay dis layf kin rili satisfay yu

\* \* \*

Di wɔl kin bi ples fɔ mek pipul dɛn sɔfa fɔ di wan dɛn we  
de liv we dɛn nɔ no bɔt di divayn plan Bɔt we yu si di tin dɛn  
we de apin na layf as yu ticha dɛn ɛn lan frɔm dɛn di tru tin  
we dis wɔl tan ɛn di wok we dɛn dɔn gi yu fɔ du na di kɔsmik  
drama, dɛn ɛksperiens dɛn de kin bi valyu layt dɛn na di rod  
fɔ satisfay ɛn gladi at we go de sote go

\* \* \*

Na de, biɛn di daknɛs we nɔ dak, di stilnɛs we nɔ gɛt  
sawnd, ɛn di natin we nɔ mek, na de di tin we de sote go de,  
we na di ɔrijin fɔ ɛgzistens ɛn di sɔs we ɔl di pawa ɛn tin dɛn  
we pɔsin kin si, we pɔsin kin si ɛn we pɔsin nɔ kin si, de

\* \* \*

Gɔd nɔ mek dis wɔl fɔ wi jɔs fɔ it, slip, ɛn day, bɔt fɔ mek  
wi no wetin i want ɛn ɔndastand di rizin we mek wi de Na  
wan anful pipul dɛn we gɛt sɛns dɔn ɔndastand wetin di  
kɔsmik plan min, bɔt bɔku pipul dɛn blayn ɛn dɛn nɔ no bɔt  
da rizin de

\* \* \*

Mɔni nɔ bin ɛva bi mi gol na layf; mi gol na fɔ sav mi  
brɔda ɛn sista dɛn na mɔtalman So, Gɔd opin bɔku domɔt fɔ  
mi fɔ sɔpɔt misɛf ɛn fulfil mi mishɔn

\* \* \*

Gɔd mek dis yunivas fɔ wok akɔdin to wan lɔ we nɔ de  
chenj ɛn we nɔ de chenj If wi pwel ɛni wan pan dɛn lɔ dɛn ya  
we de na di wɔl, wi de pɔnish wisef Pɔsin we jomp frɔm di ruf  
na wan lɔng bildin go brok dɛn bon So, wi nɔ go ebul fɔ  
ignore di lɔ fɔ graviti we wi nɔ sɔfa di bad tin dɛn we go apin  
to am

\* \* \*

We wi tek dip luk pan di wɔl in sivilizayshɔn ɛn fɛn di  
sikrit dɛn we ayd fɔ di ol sivilizayshɔn dɛn, wan big pikchɔ de  
kɔmɔt, wit layn dɛn we miks togɛda, difrɛn chaptɔ dɛn, ɛn  
prɛsis ditil dɛn, ɛn wi si se mɔtalman na pɔsin ɛn na soshal in  
nature di sem tɛm

\* \* \*

If Gɔd bin want wi fɔ liv wi layf nɔmɔ wit tin dɛn we wi  
gɛt, wi go satisfay wit prɔpati ɛn satisfay wit di tin dɛn we de  
na di wɔl

\* \* \*

Rays fɔ klin, pis, ɛn gladi at pas drim de flik ɛn dans  
insay wi impɔtant dip

\* \* \*

Wit ɛni ɛkspiriɛns we de apin na di skay na wi layf di tɛm  
we wi de travul na dis wɔl, wi fɔ lan aw fɔ mek wi no mɔ ɛn  
aw fɔ ɔndastand mɔ bɔt di tin dɛn we de arawnd wi ɔ we wi  
de go tru, ɛn afta dat wi go ebul fɔ liv fayn fayn wan ɛn dil  
wit pipul ɛn layf fayn fayn wan ɛn sef wan

\* \* \*

Bɔku pipul dɛn kin falamakata ɔda pipul dɛn Pɔsin fɔ bi  
ɔrijinal ɛn kreativ, ɛn masta ɔltin we i de du

Insay di Is, di men tin we dɛn dɔn pe atɛnshɔn pan na fɔ  
mek pɔsin gɛt gladi at na Gɔd in yay, pan ɔl we bɔku tɛm dɛn  
nɔ de tek tɛm wit di tin dɛn we pɔsin kin gɛt na layf Insay di  
Wɛst, sɔm tin dɛn de we pɔsin kin gɛt fɔ ɛnjoy inɛf bɔt na  
smɔl tin dɛn we pɔsin kin gɛt na in maynd Wɛtin dɛn nid na

fɔ balans bitwin di tu tin dɛn, bikɔs fɔ pe atɛnshɔn pan wan  
tin nɔmɔ na layf kin mek pɔsin nɔ balans ɛn i nɔ kin ebul fɔ  
dil wit wetin layf want

\* \* \*

Di big big gladi at - afta divayn gladi at - na fɔ mek pɔsin  
gɛt pis wit in fambul dɛn we i gɛt fɔ liv wit ɛvrɪde insay di ia

\* \* \*

Pipul dɛn kin west bɔku tɛm fɔ rɔsh ɛn du tin dɛn we nɔ izi fɔ  
du ɛn nɔ du bɔku tin Na smɔl pipul dɛn kin stɔp fɔ tink ɛn  
tray fɔ ɔndastand wetin layf gɛt fɔ gi

\* \* \*

Wi fɔ wok fɔ bil insay bildin dɛn we gɛt sɛns na gadin  
dɛn we gɛt pis we de gro ɛn shayn wit bɔku bɔku flawa dɛn  
we gɛt wɔndaful spiritual gud kwaliti dɛn

\* \* \*

Insay wanwɔd na bɔku tin we de mek pɔsin gɛt trɛnk ɛn i  
de mek pɔsin gɛt nyu ɛnaji

\* \* \*

We pɔsin luk layf, i kin si se sakrifays nɔ kin izi Bɔku tɛm  
Layf kin tranga ɛn nɔ kin fɔgɪv, ɛn wi fɔ tray tranga wan fɔ  
gɛt mɔni Tink bɔt di tray we yu nid fɔ tray fɔ sɔpɔt yu bɔdi ɛn  
kip am wɛlbɔdi ɛn nɔ gɛt sik! Ivin if yu saksɛs pan dis, dat  
saksɛs na fɔ shot tɛm Di bɔdi—mek yu liv lɔng—go go dɔn fɔ  
rɛst Nisiti de dikte fɔ fɛt bɔku bɔku fɔs dɛn, insay ɛn ɔdasay,  
fɔ gɛt di sakrifays we yu want Dɛn fɔs ya de wok tranga wan  
fɔ tif yu ɛni rili impɔtant tin we yu dɔn du

\* \* \*

Tray fɔ kɔntinyu fɔ gɛt kol at ɔnda ɔl di tin dɛn we de  
apin, ɛn mek di sid fɔ yu pis blo wit gladi at ɛn smayl fɔ  
satisfay

\* \* \*

Ivin di big big oli wan dɛn nɔ kin gɛt kɔmplit sev pas dɛn  
sheb dɛn sakrifays wit ɔda pipul dɛn, dat na, dɛn spiritual  
ɛksperiɛns ɛn ay no, bay we dɛn ɛp dɛn fɔ gɛt oli no

\* \* \*

Fɔ dis rizin, di wan den we de rich den stej den de en rich  
den stet den de kin rili want fɔ gi ɔndastandin to di wan den  
we nid am If yu want fɔ get tru tru sakrifays, yu nɔ go jɔs  
mek sho se yu get yusef pasɔnal gladi at bɔt yu go get gladi  
at bak fɔ ɔda pipul den  
\* \* \*

Enibɔdi we get sɛns kin mek mɔni Bɔt if den get lɔv na  
den at, den nɔ go eva yuz da mɔni de fɔ dɛnsɛf nɔmɔ; bifo  
dat, den go sheb am wit ɔda pipul den Mɔni na swɛ en  
misfɔstans na di an fɔ di wan den we de tink bɔt dɛnsɛf nɔmɔ  
en di wan den we misɛf, en na blɛsin en gift na di an fɔ di  
wan den we get gud at en sol we get fri-an  
\* \* \*

Sɔmbɔdi kin disayd fɔ sɛt mɔt fɔ lɔng tɛm, nɔ gri fɔ tɔk to  
in famili mɛmba den da tɛm de Pan ɔl we dis pɔsin kin get  
sɔm pis insay in at bikɔs ɔf dat, di we aw i de biev na fɔ jɔs  
bisin bɔt insɛf nɔmɔ en i kin ambɔg in famili in gladi at Den  
nɔ go ebul fɔ tek den as pɔsin we rili get sakrifays pas di wan  
den we den lɛk dɛnsɛf bɛnifit frɔm wetin den dɔn du  
\* \* \*

Sɛmweso, fɔ get prɔpati sakrifays nɔto jɔs wi rayt fɔ  
ɛnjoy wɛlbɔdi fɔ wisɛf, bɔt na wi moral rɛspɔnsibiliti to ɔda  
pipul den we i kam pan fɔ ɛp den fɔ mek den bɔdi en layf bɛtɛ  
\* \* \*

A de protɛkt biɛn di wɔl dɛm fɔ mi klia kɔnshɛns a dɔn  
bɔn di dak past en a jɔs bisin bɔt tide  
\* \* \*

Tide a no se a na wan wit di layt fɔ di big big gud en a na  
layt fɔ di wan den we de tray tranga wan fɔ fɛt di wɛf den na  
di si we get sɔri-at  
\* \* \*

Pipul den get difrɛn we fɔ si en tiori bɔt sakrifays, i dipɛn  
pan wetin den want fɔ du na layf I nɔ kɔmɔn fɔ yɛri sɔm pipul  
den de ikwal sakrifays wit tif, den de tɔk tin den lɛk, "I bin bi  
saksɛsful tifman!" Dis de sho se sakrifays pan ɔl in fɔm en



difren kayn tin den we pɔsin kin want en we pɔsin kin luk fɔ  
Bɔt, wi sakrifays nɔ fɔ ambɔg ɔda pipul den

\* \* \*

Wan ɔda tin de bak we wi kin du fɔ mek wi gɛt sakrifays:  
we wi ebul fɔ briŋ wanwɔd en bɛnifit rizɔlt fɔ wisɛf, wi fɔ put  
ɔda pipul den bak insay wi sakrifays en sheb in frut den wit  
den

\* \* \*

Sakses min se pɔsin in satisfay en satisfay insay in  
envayrɔment Tru sakes na di rizɔlt fɔ akshɔn den we den bil  
pan prinsipul den fɔ du wetin rayt, en i de kɔba di gladi at en  
wɛlbɔdi fɔ ɔda pipul den as impɔtant pat pan pɔsin in yon  
gladi at If wi yuz dis prinsipul to wi matirial, intelektual,  
moral, en spiritual layf, wi go gɛt wan kɔmplit en  
kɔmprehensif difinishɔn fɔ sakrifays

\* \* \*

Na ya na dis wɔl we nɔ bɔku, wi de si long, wayd, en  
density, bɔt ɔda levul de usay dimenshɔn nɔ de; ɔltin klia en  
transparent—ɔltin na kɔnshɛns en sɛns Di sɛns fɔ te na fɔ no,  
lɛk di sɛns fɔ smɛl Wi filin, tink, en bɔdi na stet fɔ kɔnshɛns  
ɔs lɛk aw wi kin si, yɛri, smɛl, test, en tɔch na drim, so bak,  
pan da ay levul de, wi kin ɛksperiɛns ɔl den sɛns ya tru klin  
kɔnshɛns

\* \* \*

O Masta, mek wi gladi bay we wi fil se yu de nia wi, fri wi  
frɔm di shaklɔs fɔ di tin den we wi want, en gi wi wan insay  
gladi at we nɔ de afɛkt di tin den we de apin na layf en di tin  
den we de apin we de chenj

\* \* \*

We wi maynd de in tune wit di ay percepshon, spiritual  
consciousness de wek insay wi en wi de experience amazing  
wondars of divain waes en lov

\* \* \*

If wi lek God ɔltogeda en tɔn to am wit ɔl wi maynd en at,  
wi go fil se wi de nia am en wi go si se na in na di big ples fɔ  
sef na layf  
\* \* \*

Insay di ples we tan lek se i ɛmti en ɛmti, wan kɔsmik  
kɔnekshɔn en layf we go de sote go de we de mek wi jɔyn wit  
ɔl di tin den we get layf en we nɔ get layf na di yunivas wan  
wef we get big layf de fɔ tru ɔltin we de  
\* \* \*

Di tɛm we wi de sote go na wi tru tru os en ples fɔ de  
sote go, en wi de insay den bɔdi ya na fɔ shot tɛm nɔmɔ, lek  
fɔ rɛst fɔ shot tɛm fɔ karavan we de travul krɔs di dɛzat  
\* \* \*

We wi alayned wisɛf wit di kriyaytiv fɔs dɛm fɔ di spirit,  
wi go kɔnɛkt wit di yunivasal en infinite maynd we ebul fɔ  
gayd wi en solv wi prɔblɛm dɛm Krio pawa go fɔ to wi we nɔ  
go ambɔg frɔm di big big sɔs we wi bi, we go mek wi ebul fɔ  
get kriyaytiv sakrifays pan ɛni eria we wi de du  
\* \* \*

Lɔv de gro en go bifo na say we pipul den kin abop pan  
den, we den kin gri wit dɛnsɛf, en we den kin rɛspɛkt dɛnsɛf  
\* \* \*

Bles wi, O Masta, wit di layt fɔ klin tink en gud abit, so  
dat if di daknɛs fɔ bad abit en deviant tinkin kam nia wi, i go  
kɔmɔt wantɛm wantɛm En ɛp wi fɔ lek Yu wit lɔv we so dip  
dat nɔto matirial ilyushɔn ɔ di wɔl tɛmteshɔn nɔ go ebul fɔ  
trap wi ɔ tek wi maynd en at  
\* \* \*

Tin den we izi fɔ get nɔ kin get valyu Wi no dis frɔm we  
wi stɔdi bɔt big man en uman den layf en aw den bin bi big  
pipul den bay we den de divɛlɔp den talent, du wetin den fɔ  
du, bil den gud abit den, we den de du dip stɔdi, en avɔyd fɔ  
tink bɔt dɛnsɛf nɔmɔ Bɔt di tin den we den bin ebul fɔ du en  
di tin den we den bin ebul fɔ du bin bɔku pas di tray we den  
bin de tray

\* \* \*

Tru fridom de insay di fridom fɔ disayd fɔ du sɔntin we  
sens de gayd am ɛn we pɔsin ɔndastand, kɔrɛkt, ɛn we i want  
fɔ du sɔntin, sɔpɔt am

\* \* \*

We yu wek yu wil, di maynd, ɛn di sens we yu de tink  
bɔt, pawa dɛn we yu nɔ de si de kɔmɔt frɔm di ay kɔnshɛns—  
tru di sens we di sol gɛt—fɔ ɛp yu ɛn fɔ layt di rod dɛn we de  
go to saykilɔjik kɔmfɔt ɛn gladi at, wit Gɔd in ɛp

\* \* \*

Pɔsin fɔ opɪn di chanel dɛn fɔ di sol tru in yon tray Nɔbɔdi  
nɔ want fɔ pik sɔfa ɛn sɔfa pas pis ɛn gladi at Ignorance na di  
rut fɔ sɔfa ɛn di tin we de ambɔg we dɛn fɔ pul ɛn pul  
Ignorance na wan bad bad gras, we gɛt dip rut, we de gro na  
di gadin fɔ mɔtalman ɛn krawd di gud ɛn bɛnɪfɪt plant dɛn

\* \* \*

Ignorance must be overcome by unwavering will and  
resolute determination Di grɔn na di maynd fɔ plant wit fɔs  
atɛnshɔn [pan di gud tin dɛm], ɛn gud sid dɛn fɔ wata wit di  
wata fɔ fet We di impɔtant ɛn wam wam rayt dɛm fɔ lɔv  
shayn, di sid fɔ gudnɛs go gro ɛn win di gras ɛn parasayt  
plant dɛm, bikɔs daknɛs nɔ go ebul fɔ de we layt de

\* \* \*

Di gladi gladi we pɔsin kin gɛt kin dɔn ɛn nɔ de ɪgen, bɔt  
divayn gladi at nɔ de ɛva dak Na divayn gladi at we nɔ gɛt  
ɛnd ɛn we pɔsin nɔ go ebul fɔ tɔk bɔt

\* \* \*

Wi nɔ fɔ ɛva yuz di rɔŋ we fɔ gɛt gladi at, ɛn wi nɔ fɔ lɛf  
di pis ɛn spiritual jɛntri we wi gɛt insay wisɛf fɔ fɛn kɔmfɔt we  
na lay lay kɔmfɔt ɛn layf we de shayn we kin dangle bifo wi  
bay ɛl akshɔn ɛn bihayvya wit pwɛl pwɛl ifɛkt

\* \* \*

Serenity na di bɛst kamɛra fɔ kech di divayn prezɛns Tru  
di lens fɔ klin ɛn prɛsis fɔs tranquility, di blɛsin imej go apia  
wit pafɛkt klia

\* \* \*

Infakt, ɔl di sɛns de insay yusɛf ɛn ɔl wetin yu nid na fɔ  
no am wit ɔl yu at

\* \* \*

Tru satisfay de pan fɔ impɔtant yusɛf, so dat ɔda pipul  
dɛn de luk fɔ yu pas yu fɔ luk fɔ dɛn Lɔv ɛn padi biznɛs fɔ gi  
fri wan, we yu nɔ de ɛksprɛkt ɔ dimand ɛksprɛkt de jɔs bɔn  
misɛf ɛn nɔ gladi lvin we pɔsin de tray fɔ impɔtant insɛf,  
pɔsin fɔ tinap in wan, sɛf ɛn gɛt pis insay di fɔt we in gud  
kwaliti dɛn ɛn sɛlf valyu de

\* \* \*

Mek wata we de fɔdɔm we gɛt gladi at ɛn we gɛt op fɔ  
kɔmɔt na mi at ɔltɛm, ɛn mek dɛn sprɛy we de mek a fil fayn,  
tɔch ɔl di wan dɛn we a de mit

\* \* \*

Spiritual gladi-at de mek di sol gɛt di want fɔ ɛp ɔda  
pipul dɛn pan ɔltin, ɛn i de divɛlɔp di abiliti fɔ gladi fɔ di rifin  
moral gladi gladi we de mek pɔsin gɛt gladi at, so dat i de  
ridyus di inklinshɔn to kruk gladi-at

\* \* \*

I nɔ mata aw yu wok smɔl, i stil impɔtant lɛk di big big  
wok dɛn we i de du fɔ kɔntribyut to di sakrifays fɔ di kɔsmik  
ple we sol dɛn de du na di stej na layf

\* \* \*

Tɔtɔl kɔnshɛns na absolyut, infinite kɔnshɛns, we de  
ridyus insɛf ɔltɛm ɛn in kriaytiv nɔ de ɛva dɔn, ɛn tru yu i de  
tray fɔ ɛksprɛs wan spɛshal aspek fɔ insɛf

\* \* \*

If yu test di divayn lɔv ivin wan tɛm, yu nɔ go ɛva giv am  
bikɔs natin nɔ de we tan lɛk am na di wan ol yunivas

\* \* \*

Di wan den we no God don rich di spiritual stej den we  
rili advans, so dat den no de satisfay wit fo jcs gi spiritual  
advays to sina den, bot den kin – bay di gudnes en ep we God  
de gi den – chaj den wit di spiritual pawa we de fri den from  
di bad tin den we den kin du we den sin  
\* \* \*

Ol di gud en bad tin den we posin kin du kin ayd na di  
bren sel den en i kin tan lek gud o bad abit o tin den we posin  
kin tink bot  
\* \* \*

Posin we de sofa wit abit den we no fayn bikos den de  
chaj in bren sel den wit di pawa we den abit den de get kin fri  
insef tru di pawa we i want, we i de tink gud wan, we i de pre  
wit ol in at, en we i de kontinyu fo tok fayn fayn wan te ol di  
abit den we i no want, chenj to gud abit den fo get pis en  
kwayet Dis kin apin we di layf fcs we den de dayrekt di rayt  
we de wok fo chenj di abnormal we aw di bren sel den de di  
sel den kin ful-op wit ol wetin gud, gud kwaliti, en fayn  
\* \* \*

Ondastandin na di insay yay, di vishon fo di sol, en di  
teliskop fo di at Na di balans bitwin di kompazishon we di  
maynd get en di klin we di konsheins klin  
\* \* \*

Evride wi de si difren tin den we de apin, en evride de  
brinj nyu lesin fo lan Den de op se posin go lan di lesin bay we  
i de pe atenshon pan di men rizin we mek i de: fo no usay i  
komot en di fawndeshon fo in layf  
\* \* \*

Le wi wok fo forget di sori-at we bin de trade en disayd no  
fo de tink bot den Wit ditarminieshon en aktif wil we no de  
shek, le wi ridyus wi layf, ep fo mek wi sakrifays den go bifo,  
en men insay wise gud abit en nobul kwaliti den  
\* \* \*

Enibodi we de sho se oda pipul den wiked en mek den  
shem en veks, no get sens en joj gud gud wan

## Sayings fɔ ɔl di tɛm ɛn ples dɛn

Di wan dɛn we gri wit Gɔd kin si fayn fayn tin dɛn we kin  
mek pɔsin blo ɛn dɛn kin test di swit we pas ɔl we pɔsin nɔ  
go ebul fɔ si ɛni ɔda we

We mi sol kɔl Yu, di klawd dɛn we Yu kwayɛt bin bɔs, O

Gɔd, ɛn di ren we Yu sɔri-at bin de kam dɔŋ insay big big  
wata te i bi wata we de flɔd fɔ Yu gudnɛs Yu blɛsin riva bin  
kɔba di bank dɛn na mi bɔdi, ɛn mi sol bin fɔdɔm insay di  
wata we go de sote go, ɛn di bɔbul fɔ mi smɔl layf bin sɔlv  
insay di si usay Yu ɔl-ɛn-kɔmpas de de

Mi mentɔ bin tich mi aw fɔ yuz di chisel fɔ sɛns fɔ mek  
misɛf bi tɛmpul we fit fɔ di divayn prezɛns

If yu want fɔ rich wan fayn gol, begin bay we yu mek wan  
mental mɔdel fɔ am Yu kin naw fɔ mek ɛni dairekshɔn fayn  
fayn wan na yu kɔnshɛns if yu plant wan strɔng aidia na yu  
maynd; dɔn yu wan ol pɔsin go gri wit da aidia de, ɛn di tin  
dɛn we yu de du go alaynɛd wit am

We yu tɔch di divayn at, yu trɔbul dɛn go dɔn, lɔv go ful  
yu at, ɛn wɔndaful spiritual ɛksperiɛns dɛn go dans lɛk klin  
watawɛl dɛn na di gadin dɛn na yu maynd

Bɔku klawd dɛn de tray fɔ ayd yu ɛn ayd yu frɔm mi, bɔt  
tru di dyu we de kɔmɔt na di kray wata we a want, yu blɛsin  
nem de apia to mi we de flash wit brayt gold lɛta dɛn frɔm  
biɛn ɔl di kɔtin ɛn vel dɛn

Fɔ klin kɔnshɛns min fɔ dil wit di trut klia wan  
Impɔtant nid dɛn de ɛn wetin sɔm pipul dɛn kin tek as  
"necessities" we rili nɔ nid ɛn we nɔ impɔtant Layf fɔ simpul  
bay we dɛn de pe atɛnshɔn pan di bɛsis nid dɛn ɛn pul di  
lɔjishɔn dɛn we nɔ nid

Yu ay, O padi biznɛs, ɛn yu grɔn fayn ɛn oli! Lɔv na yu  
nourishment ɛn loyalty yu drink

We tu pipul den waka insay wanwɔd ɛn gri pan ɔl we den  
difren, den kin get wanwɔd wit wan gol: fɔ fɛn pis ɛn kwayɛt  
na den sol insay klin lɔv ɛn fɔ de biɛn dɛnsɛf ɛn usay di pɔsin  
we lɛk dɛnsɛf nɔ de luk fɔ gladi at pan di ɛkspɛns fɔ di pɔsin  
we den lɛk da tɛm de, na di gadin we de mek padi biznɛs wit  
ɔda pipul den, di flawa den we get fayn fayn sɛnt fɔ padi  
biznɛs kin blo ɛn spre den swit sɛnt  
Di wɔl de tren wi maynd difren we, we de mek wi yus to  
bɔku tin den we de mek wi bigin tink se gladi at nɔ go ebul fɔ  
get if den nɔ de Bɔt layf, ɛn mɔ pikin den layf, fɔ mek i izi; if  
nɔto dat, layf go tich den tru bita disapɔyntment  
Di trut kɔrɛkt ɛn rial pas fɔ jɔs tink ɔ imajin, bɔt wetin wi  
de tink ɔ imajin kin apin sɔntɛnde  
Imajinɛshɔn na impɔtant tin na di kriyaytiv tinkin prɔses  
Bɔt, imajinɛshɔn fɔ machɔ ɛn transfɔm to wan strong  
kɔnvikshɔn, ɛn dis nɔ pɔsibul if yu nɔ get strong wilpawa  
If yu imajin sɔntin wit ɔl yu wil pawa, yu imajinɛshɔn go  
chenj to yu yon kɔnvikshɔn, ɛn we yu go ebul fɔ kɔntinyu fɔ  
biliv da kɔnvikshɔn de  
Pan ɔl di opinion den we nɔ gri wit dɛnsɛf, di kɔnvikshɔn  
we yu get go rili apin  
Pɔsin fɔ lan fɔ tinap fɔ insɛf, ɛn in yon gud kwaliti den ɛn  
di valyu we i get fɔ sɔpɔt insɛf  
Spiritual gladi at na nyu gladi-at ɛn i de apia mɔ ɛn mɔ  
pan di wan den we de tink dip bɔt Gɔd Na gladi-at we de ɛp  
fɔ mek di rayt disizhɔn ɛn du di rayt tin, ɛn we den fɛn am, di  
tin den we pɔsin kin want ɛn di tin den we i want we nɔ fayn  
kin dɔn bikɔs den kin lɔs den apil we yu kɔmpia am to gladi  
at na di spirit  
Wi ɔl mayti Krieta dɔn gi wi layf, trenk, ɛn sɛns, ɛn na wi  
wok fɔ gi am wi atɛnshɔn ɛn rayz wi at to Am wit lɔv, tɛnki,  
ɛn no se i lɛk am ɛn i du gud to am  
ɛp mi, O Gɔd, fɔ mek a nɔ bɔn di faya we de mek a vɛks,  
so dat a nɔ go bɔn wit di faya we de mek a vɛks di grɔn

oases fɔ pis insay misɛf ɛn ɔda pipul dɛn ɛp mi fɔ ɔt di faya  
we de mek a vɛks wit di ren we de flɔ ɔltɛm we a lɛk  
Mek di lek fɔ mi saful saful ɛn mi pis kɔntinyu fɔ de  
kwayɛt ɛn stil, nɔ go ambɔg di big big briz we de mek a nɔ  
satisfay we nɔ de brɪŋ natin pas misɛf  
Fɔ du tin dɛn we pɔsin kin du bikɔs i fil se yu fɔ du  
sɔntin, ɔ fɔ sakrifays wetin yu want fɔ sav ɔda pɔsin ɛn fɔ lɛk  
am, bɛtɛ fa fawe pas fɔ du dat bikɔs yu de fred  
lvɪn we pɔsin stɔp fɔ pwɛl Gɔd in lɔ dɛn, i fɔ du dat bikɔs  
i lɛk Gɔd, nɔto bikɔs i de fred se i go pɔnish am  
ɛnitin we yu de fred, tɔn yu tinkin kɔmɔt pan am Lɛf am  
to Gɔd ɛn mek yu abop pan am strong  
Fɔ fred de wit mɔtalman ɔltɛm, ɛn fɔ pul am kɔmɔt na di  
wɔl i pɔsibul bay we yu de tink bɔt Gɔd ɛn fil se i de wit yu  
I kin at fɔs fɔ waka di rod dɛn we de sho se pɔsin de du  
gud, bɔt dɛn na rod dɛn we gɛt blɛsin we de mek pɔsin gɛt  
pis na in maynd ɛn tru tru gladi at  
Mek Gɔd in glori shayn pan ɔl di kɔna dɛn na wi layf,  
mek in lɔv de na wi at, ɛn mek in layt ful wi kɔnshɛns  
O mi divayn pɔsin we a lɛk, di flawa dɛn de blo ɛn di  
sizin dɛn de chenj, ɛn ɔl de tɔk bɔt yu Di ful mun de sho di tin  
dɛn we yu de smayl, ɛn di san de kɛr yu sɛlestial lamp A de  
swim insay wan si we gɛt kray wata, we de ful-ɔp wit lɔng fɔ  
yu Insay di tik dɛn lif dɛn ɛn di vein dɛn fɔ mɔtalman de flɔ  
yu layf ɛn vitality, ɛn a de fil di bit fɔ yu kɔsmik at de trob  
insay mi yon  
We a fil yu prezɛns, a kin fil lɛk se a wek na ɔda wɔl, ɛn  
wan wan tɛm a kin drim bɔt dis wɔl ɛn dis smɔl bɔdi—mi yon  
a kin wek wit gladi at we nɔ de dɔn, ɛn mi de drim bɔt layf na  
dis wɔl kin mek pɔsin fil fayn wit di gladi gladi memori dɛn  
we a kin wek wit yu a dɔn pul di gras dɛn we a kin drim bad  
bad drim dɛn na di gadin we a bin de drim ɛn plant di ros dɛn  
na mi inspekshɔn, usay di sɛnt fɔ mi lɔng go dɔr yu insay, ɛn  
yu go kam fɔ tek mi wit yu to di ɔrayzin dɛn fɔ gladi at we go  
de sote go



O Gɔd, mek a transparent wit klin ɛn klin so dat a go  
 bring Yu hiling layt insay mi  
 Kɔl di miro we de shek shek na mi maynd so dat i go sho  
 yu fes we nɔ gɛt ɛnd  
 Opin di winda dɛn we gɛt fet so dat a go blo di sɛnt fɔ yu  
 pis

O Yu We de shayn insay Yusef, O Majesty We defy  
diskripshon, luk wit mi yay we de want Yu, so dat a no go si  
natin we de pas Yu  
Bien ol di tin den we de apin en di tin den we de apin na  
layf, na God in voys we no de tok de, we de kol wi oltem tru  
flawa den, oli buk den, wi konshens, en ol di fayn fayn tin den  
we de mek layf fit fo liv  
Enitin we di posin we de luk fo di tray we i de tray fo rich  
di say den we God de tok, God de kont am fo am en i de bles  
am fayn fo am

Wi de aks yu, O Masta, fɔ layt wi maynd wit di layt fɔ yu  
 trut, fɔ mek wi at bit wit yu lɔv, ɛn fɔ ful wi sol wit yu gladi at  
 ɛn di bɔku bɔku gudnes we yu get  
 Frɔm da transparent ɔrayzin we di maynd nɔ ebul fɔ go  
 insay, Gɔd de tɔn In layt we de sote go ɛn frɔm di kɔsmik  
 maynd de kɔmɔt sublaym inspekshɔn ɛn blɛsin pawa dɛn, ɛn  
 kriyaytiv aktiviti de flɔ insay opin ɛn wanwɔd maynd  
 We yu si se yu sol, yu at, ɛvri spak we de mek yu get  
 inspekshɔn, di blu skay, di sta dɛn we de shayn, di mawnten  
 dɛn, di wɔl, di bɔd dɛn, ɛn di flawa dɛn ɔl dɔn tay togɛda wit  
 wan tred we get kɔsmik ritm, spiritual gladi, ɛn wanwɔd we  
 de ɔlsay na di wɔl dɛn yu go no se dɛn ɔl na wef dɛn na di  
 brɔst fɔ di divayn si we nɔ get sho  
If wi fɔget di Wan we mek wi, wi fit fɔ sɔfa Wi fɔ no se  
Gɔd na wi pɔsin we wi lɛk ɛn i lɛk wi, ɛn dis no go fri wi frɔm  
 wi prɔblɛm ɛn sɔfa

Di pɔsin we rili lɛk Gɔd nɔ de ɛva stɔp fɔ luk fɔ am,  
ilɛksɛf i nɔ ebul fɔ fɛn am afta we i dɔn tray bɔku tɛm Jɔs lɛk  
aw wef fɔ kam bak na di at na di si afta di big big briz dɔn go

dɔŋ, na so di pɔsin we de luk fɔ am wit ɔl in at; i gɛt wan biliv  
we nɔ klia se di tin dɛn we de ambɔg am go krɔs ɛn i nɔ go  
ebul fɔ avɔyd fɔ jɔyn wit di kɔsmik si kwik ɔ leta—dat si we  
nɔ gɛt ɛnd usay i kɔmɔt ɛn usay i de kam bak  
We di maynd de tink ɔltɛm bɔt di pɔsin we Gɔd lɛk, di at  
kin siŋ siŋ dɛn fɔ gladi ɛn gladi at  
Spiritual emanation na we mɔtalman kɔmɔt frɔm wetin i  
bi naw to wetin i go bi tumara bambay  
Pɔsin nɔ kin ebul fɔ ayd in tru tru nature frɔm ɔda pipul  
dɛn di vaybreshɔn we dɛn de tink bɔt go sɔm kayn we de sho  
pan in bihayvya ɛn go apia tru wetin i de du  
Bɔku pipul dɛn de we nɔ tink di rayt we bɔt fridɔm; dɛn  
kin tek fridɔm as fɔ du ɛnitin we pɔsin lɛk fɔ du, ɛn a kɔl dis  
fridɔm fridɔm fɔ du sɔntin  
Bikɔs dɛn nɔ ɔndastand di tru tru we aw fridɔm tan, sɔm  
mama ɛn papa dɛn kin mek dɛn pikin dɛn bi slev to tradishɔn  
bay we dɛn de du wetin dɛn want wantɛm wantɛm Di pikin  
kin gro ɔp biliv se as lɔng as dɛn gi dɛn wetin dɛn want, dɛn  
gladi, ɛn di rizin fɔ layf na fɔ fulfil ɔl wetin dɛn want Bɔt, leta  
dɛn kin kam fɔ no se dɛn bin mistek, as di wɔl we de na do  
rili difrɛn frɔm layf na os, ɛn dɛn kin lan se fɔ fulɔp ɔl wetin  
yu want nɔ izi! ɔda pipul dɛn kin push dɛn na sayd ɛn nɔ pe  
atɛnshɔn to dɛn fɔ du wetin dɛn want Fɔ du dat, di pikin kin  
tranga ɛn nɔ kin fil fayn bikɔs i kin want fɔ satisfay wetin dɛn  
want So, mama ɛn papa dɛn fɔ ɛp dɛn pikin dɛn fɔ divɛlɔp  
dɛn wil ɛn sɛns so dat dɛn go ebul fɔ liv na di wɔl we nɔ go  
fɔdɔm insay in trap ɛn trap dɛn  
Di mama se, "Tich am wit lɔv" Na tru se fɔ trit pikin dɛn  
wit lɔv jɔs fayn, bɔt tumɔs switnɛs kin pwɛl dɛn tit, ɛn  
semweso, tumɔs pampering kin pwɛl pikin Dɛn digri fɔ mek i  
strong ɛn disayd fɔ du sɔntin, bɔt if dɛn trit pikin ɛn pɔnish  
am bad bad wan fɔ mistek, di bad tin dɛn we go apin to am  
go rili bad Blɛsin fɔ de pan aw dɛn de trit pikin dɛn ɛn dil wit  
dɛn; ɛvri papa fɔ temper in temperament wit lɔv ɛn

tenderness, en evri mama fɔ sizin in lɔv wit sɛns en  
rationality

Pɔsin fɔ kip in stebul saykilɔjik stet fɔ lɛk en lɔng fɔ Gɔd

A dɔn tray bɔku wok, bɔt ilɛk wetin na mi wok, mi tinkin de  
wit Gɔd ɔltɛm

Wi fɔ ɛnjoy dis krieshɔn, bɔt wi nɔ alaw am fɔ mek wi bi

slev En ɛksperiɛns dɔn tich mi se di gladi at we pɔsin kin gɛt  
we a fɛn Gɔd nɔ gɛt wan kɔmpitishɔn

Bifo pɔsin bigin fɔ du big big wok dɛn, i fɔ sidɔm kwayɛt

wan, mek in sɛns en tinkin kol, tink gud wan, en aks Gɔd fɔ  
ɛp am fɔ mek i go gayd am na Gɔd in yay en fɔ mek i go ebul  
fɔ dayrɛkt am fayn fayn wan

Mek a no se di smayl we yu de smayl we yu de smayl na

do, na flawa dɛn lip, en di bigman man en uman dɛn fes na  
yu smayl

A nɔ go afɛkt di pikchɔ dɛn we de kam afta dɛnsɛf bɔt  
misfɔstans, bad lɔk, sik, ɔ ɛnitin we a nɔ bin de ɛkspekt bikɔs  
a no se wan kɔnshɛns we gɛt disiplɛn we gɛt fɔ du wit di  
kɔsmik kɔnshɛns nɔ de sɔfa implisit wan wit fɔlt en  
anɔyntmɛnt

Fridɔm min fɔ ebul fɔ du tin akɔdin to sɛns, nɔto akɔdin

to wetin di tin dɛn we pɔsin lɛk, abit, en tin dɛn we pɔsin  
want fɔ du fɔ obe di ego de mek pɔsin bi slev, pan ɔl we fɔ  
gri fɔ du wetin di spirit de tɛl pɔsin fɔ du, i de mek pɔsin fri  
frɔm tin dɛn we de ambɔg am

I nɔ mek ɛni difrɛns to mi if a de liv na fayn fayn pales ɔ

na ɔmbul kɔtjɛt, as lɔng as Gɔd de wit mi

A go yuz di mɔni we a dɔn gɛt wit ɔnɛs fɔ liv simpul layf,

en lɛf fɔ liv bɔku bɔku tin dɛn

Tru fet pan Gɔd en di yus fɔ di pawa we pɔsin gɛt, i kin  
win sik, fɔ fel, en nɔ no natin, as lɔng as di vaybreshɔn na di  
wil strɔng pas di vaybreshɔn fɔ di sik dɛn we i gɛt na in bɔdi  
ɔ na in maynd Di mɔ di sik we de te, na di mɔ di wil fɔ strɔng  
en mek i gɛt maynd, en di fet we dip en tinap tranga wan, fɔ  
mek i ebul fɔ gɛt di tin we i want

Inspekt mi, O Masta, fɔ put mi trɔst pan Yu wan, nɔto  
pan mɔtalman we fɔ protɛkt mi Lɛ a nɔ mek fred ɛn wɔri  
paralayz mi trɛnk we nɔ gɛt bɔda fɔ fes ɛni wan pan di  
prɔblɛm dɛn we go mit mi na layf Lɛ a nɔ imajin aksident,  
bad bad tin dɛn, ɛn misfɔstans bikɔs a de fred fɔ mek dɛn rili  
sho dɛn tru tink ɛn imajineshɔn Ɛn mek a no, O Masta, se  
ilɛksɛf a wek ɔ we a de slip, wek ɔ lɔs insay de drim, we de  
alayv ɔ we de day, Yu protɛktiv prezɛns stil de kɔba ɛn gayd  
mi

Di wan dɛn we gɛt sɛns se: Di frut fɔ gud tin we pɔsin kin  
du we i lɛk Gɔd ɛn gud kwaliti, na fɔ gɛt wanwɔd ɛn klin Di  
frut we pɔsin kin du we i want fɔ du sɔntin ɛn we i want fɔ du  
sɔntin, na pen ɛn sɔfa Di frut we pɔsin kin du we i nɔ no natin  
ɛn we i nɔ gɛt sɛns

Gud tin dɛn kin mek pɔsin gladi, ɛn di tin dɛn we pɔsin  
kin du na di wɔl we i lɛk insɛf kin mek i sɔfa ɛn fil pen, bɔt we  
pɔsin kɔntinyu fɔ du bad tin, dat kin pwɛl di we aw pɔsin kin  
ebul fɔ no ɛn ɔndastand

If yu want fɔ liv wit pis ɛn wanwɔd, di tin dɛn we yu want  
fɔ du fɔ bi gud, ɛn yu fɔ skata di tin dɛn we yu de tink bɔt  
gud ɛn filin fɔ lɛk If yu de liv fayn layf, yu go ɛp ɔda pipul dɛn  
tru yu ɛgzampul ɛn gud we aw yu de biev

Di tɛm we a kin fil wɔri ɛn kɔnfyus na mi maynd, a go  
tɔn bak to stil ɛn tink gud wan te a gɛt maynd bak, ɛn a go  
bigin ɛvrɪde bay we a de tink bɔt Gɔd ɛn aks fɔ In ɛp ɛn gayd  
Rizɔlt nɔ fɔ alaw di gras dɛn we de mek yu swɛla we yu  
et fɔ gro ɛn kam insay di gadin na yu layf, gadin we ful-ɔp  
wit di gud kwaliti dɛn we wan nobul spirit gɛt Ɛn di mɔ yu de  
plant dɛn kwaliti dɛn ya we gɛt fayn fayn sɛnt, we tan lɛk  
ros, na di mɔ Gɔd go sho yu di big sikrit we de insay yu  
Di rizin fɔ layf na fɔ gɛt pis, satisfay, nɔ de day, sɛf, ɛn  
no di trut, ɛn na di at fɔ dɛn tin ya we de mek wi want fɔ du  
sɔntin we de mek wi want fɔ du sɔntin, na di divayn tin we  
de dip insay wi

Mek a fən mi fridom insay Yu, O Masta, ən no se mi tru  
os na Yu total egzistens ən a na important pat pan Yu kosmik  
konshens

O big, divayn si, mek di riva den we a want, we de flo tru  
di dezat den we get tin den we de ambog ən tin den we de  
ambog, fo don miks insay yu big dip9

Na di divayn fot nomo wi kin fən protekshon ən sef, ən no  
say no de we sef pas fo fil se wi de nia God ən toch In prezens

Bikos motalman de gayd di abit den we de shep di tin  
den we den kin want, di we aw den kin biev, di we aw den de  
biev, ən di tin den we den want, if den abit den de bad, di  
abit den kin bi bad tin ən di tin den we wi de du kin bi bad So,  
i fayn fo put gud abit den fos, bikos den kin gayd wi tin den  
we wi de du ən tink bot fo rich di fayn fayn gol den ən mek wi  
get welbodi ən gladi at

Enisay we sol den we sori ən we de sofa de, a kin get mi  
komfort fo sav ən korej den a go du ol wetin a ebul fo mek oda  
pipul den gladi ən a go sori fo den filin lek se na mi yon

ot den stil deotalman, bodi mental abiliti dem de insay m  
Itok ebul foku pipul dem, ən if den nop insay bonda divel  
di, dios tin dem Lek di boden abiliti dem ya i kin mek i get siri  
helth ən vitality ot fayn ən eksesayz f maynd nid f

Daymond kin get ən riflēs layt, ən na so bak klin,  
transparent sol den we no God ən we de shayn wit In prezens  
O Masta, Yu na di tru tru jentri na layf, ən bay we a fən

Yu fos a go fən ol wetin a nid insay Yu  
Pipul den kin jos pe atenshon pan it, briz, ən san layt fo  
mek den get gud welbodi, bot tem kin kam we welbodi kin  
pwel pan ol we den tin ya we de na do boku boku wan de na  
di bodi Na da tem de di nid kin kam fo chaj di bodi in enaji  
from insay

If di bot na mi maynd de nia di rok den we get gridi want  
we get fo du wit denja ən risk, we di bad bad briz we de mek  
a no no natin de dreb, den bi, O mi God, mi layt ən gayd mi  
oltəm to di shore den fo Yu rayt ən gudnes

Tink tan lek faya we den fo yuz in konsentret pawa fo  
bon di tin den we de ambog we de mek posin no ebul fo du  
sontin

Wi kin fen God tru di divayn lov oltem We wi lek God pas  
in gift den, I go kam to wi I don gi wi freedom fo disayd en di  
pawa fo pik so dat wi go difrens bitwin di wol in gift den we  
de pas en we no important en di gift fo de nia am en di gladi  
at we i get fo in blesin prezens

Den bin gi wi memori so dat wi go praktis fo memba gud  
tin den te wi go ebul fo memba di gud tin we pas ol: God  
Di briz we Yu lek de blo tru mi, O Masta! En di lif den na  
mi layf de dans wit gladi at we Yu de kam Den fayn fayn rosh  
de dref na di ays, de invayt di wan den we taya fo rest na di  
shed fo Mi spiritual pis

Di problem den we kin apin na layf no min fo du wi bad;  
bifo dat, problem en sik den de gi wi lesin den Wi pen  
ekspiriens den no min fo pwel wi, bot fo mek wi klin en mek wi  
go bak kwik kwik wan to wi klin sos—God—we de wok olkayn  
we fo ep wi en bring wi bak na wi os na evin  
Infiniti na wi tru tru os, en wi travul to dis wol en insay  
den bodi den ya tan lek shot tem visa trip

Masta, a no se prez no de elevet mi, en fo korekt mi no  
de stop mi A bi lek aw a de bifo mi konsheins en bifo Yu a go  
kontinyu fo waka na dis rod, du mi best fo sav olman en tray  
fo get Yu fayv—na dat de mi gladi at  
Yu na wan speshal kricho en yu esin na wondaful, so kam  
fo no yu tru tru sef

We yu kam, di bod den we a want go blo en ton to flawa  
den we get sent en we get layf

O Masta, mek da de de kam kwik kwik wan we a go wev  
wan neks wit den flawa den de we get dyu en put am na Yu  
blesin treshold

Bifo i tray oltem fo mek in wangren gladi, i fo tray bak fo  
mek oda pipul den gladi We i de tray fo sopot oda pipul den

pan Gɔd biznɛs, fɔ ɡɛt sɛns, ɔ fɔ ɡɛt mɔni, i go si se dɛn de  
du wetin i nid ɛn di kɔp fɔ in layf ful-ɔp wit gladi at

Di wan dɛn we go win daknɛs na di wɔl fayn fayn wan go  
ɡɛt di layt we de gi glori as dɛn pat ɛn dɛn go ɡɛt pis ɛn gladi  
at insay dɛn at

O Masta, kɔntinyu fɔ skata di sid dɛn fɔ Yu blɛsin dɛn na  
di grɔn na mi at, we a de plɔɡ wit beg, so dat dɛn go gro to  
tik dɛn we ɡɛt shado we dɛn branch dɛn de bia di frut dɛn we  
swit ɛn swit pas ɔl fɔ no yusɛf

Bɔku tɛm wi kin kɔntinyu fɔ fil pen we wi nɔ tray fɔ  
chenj, ɛn na dat mek wi nɔ kin ɡɛt pis ɛn satisfay we go de  
sote go If wi bin kɔntinyu fɔ bia ɛn tray tranga wan, wi go  
mɔs ebul fɔ win ɔl di prɔblɛm dɛn we kin mit wi Wi fɔ tray fɔ  
kɔmɔt na misɛf to gladi at, ɛn frɔm we wi nɔ ɡɛt op to wi ɡɛt  
maynd

O Divayn Lɔv, jɔyn mi lɔv wit Yu lɔv, blend mi layf wit Yu  
gladi, mi maynd wit Yu kɔsmik kɔnshɛns, ɛn kwɛn mi tɔsti  
frɔm di watawɛl we Yu gladi we go de sote go de

Di at fɔ di pɔsin we de luk fɔ di trut kin wispa ɔltɛm se:

"O mi Gɔd ɛn mi Lɔv, a nɔ want fɔ put mi insay di trɔbul we  
dis ilɛshɔn wɔl de mek, ɛn ɔl wetin a want na fɔ wek Yu lɔv  
na pipul dɛn at Mi at, mi sol, mi bɔdi, mi maynd, ɛn ɔl wetin a  
ɡɛt na Yu yon, O Masta" Da pɔsin de we de luk fɔ mi, rich to  
Gɔd ɛn kam fɔ no Am

Masta, gi wi nyu ɛn tru ɔndastandin bɔt brɔdaship Lɛ wi  
lɛf wɔ ɛn mɛn di wund dɛn we nɛshɔn dɛn ɡɛt wit di balm fɔ  
lɔv ɛn di kɔmfɔt we go las fɔ ɔndastandin wit sɔri-at

Blɛs wi so dat wi go fri frɔm di inflɛns fɔ gridi, di  
dominans fɔ ful, ɛn di kɔntrol fɔ ilɛshɔn, ɛn ɛp wi fɔ bil nyu  
wɔl usay sik, ignorance, ɛn angri nɔto natin pas drim fɔ wan  
dak ɛn bad bad past

Lɛ wi solv ɔl di prɔblɛm dɛn nɔto wit di lɔjik we de na di  
jɔngrɔn, bɔt wit ɔndastandin, trut, ɛn fet we nɔ de shek pan  
Yu ɛn Yu divayn jɔstis

Laif dɔn brɪŋ wi toɡɛda ya fɔ sɔm tɛm, afta dat wi go go  
wi separet we Bɔt if Gɔd in lɔv de insay wi, i nɔ mata usay wi  
de go, bikɔs ilɛk aw fa wi de rɔnawe, wi go de insay di sɛklɔ  
fɔ divayn lɔv ɛn wi nɔ go ɛva rili separet  
Masta, mek mi bi igl we de go bifo pan spiritual tin dɛn  
we de flay ɔp ɔp di rod dɛn we gɛt smɔl smɔl maynd ɛn we  
de du tin pasmak  
Kɔl mi fɔ go na say dɛn we ay ɛn ay, pas di bad bad at  
we di wɔl de shek ɛn di klawd dɛn we de blok di san layt  
Mek a tek di wing dɛn fɔ balans fɔ liv rayt, ɛn mek a flay  
go na dɛn ay ay skay dɛn de ɔp ɔl di big big briz ɛn ebi ebi  
ren, usay big big ɔrayzin ɛn sublaym pɔsibul dɛn de  
Pis kin kam we wi opin wi at fɔ lɛk ɛn du gud Di wan dɛn  
we gɛt at we gɛt lɔv ɛn we de wok tranga wan fɔ du gud wok  
kin gɛt pis bikɔs i de insay dɛn Pis na di say we oli na ɛvin ɛn  
di fawndeshɔn fɔ wan gladi layf  
Wi fɔ tink ɔltɛm bɔt di fayn fayn tin dɛn we Gɔd mek biɛn  
di flawa dɛn, di layt we de biɛn di san, ɛn di big layf we de  
flik na ɛni yay  
We pɔsin rili gud ɛn sho rɛspɛkt to ɔda pipul dɛn, ɛn gi  
am bak di kɔmpliment dɛn we i du, dɛn go trit am wit tɛnki  
ɛn rɛspɛkt ɔltɛm  
A go spre mi lɔv to ɔda pipul dɛn so dat a go opin get fɔ  
Gɔd in lɔv fɔ kam to mi ɛn de na mi at  
Masta, mek a bi layt fɔ di wan dɛn we de drawn na di dip  
dip sɔri-at ɛp mi fɔ brɪŋ gladi at to ɔda pipul dɛn fɔ tɛl tɛnki fɔ  
di spiritual gladi at we Yu dɔn gi mi  
A go mɛlt et insay di faya we a lɛk, ɛn a go fɔgɪv ɔda  
pipul dɛn ɛn gi lɔv to ɔl di at we tɔsti  
Tru lɔv na di lɔv we de gladi we di pɔsin we i lɛk de kɔrej  
am  
Mek yu layt shayn pan wi, O Masta, ɛn mek yu lɔv ful wi  
at sote go



Fɔ get spirit fɔ du sɔntin min fɔ get di pawa fɔ imajin tin  
den we de mek pɔsin ebul fɔ invent sɔntin we nɔbɔdi nɔ dɔn  
du bifo Olman bɔn wit dis gift we Gɔd gi am  
Di big big lɔv na divayn lɔv, we de mek layf fayn pas  
wɔd We yu fil Gɔd wit yu, kam to yu enisay we yu de en gayd  
yu step, divayn lɔv dɔn begin  
Di pawa we trut get de agens di briz  
Masta, we a de get prɔblem den fɔ sɔm tɛm, lɛ a mɛmba  
Yu bɔku bɔku blɛsin den we yu bin dɔn gi mi trade, a no se  
Yu ɛp nɔ de ɛva lɛf mi en Yu kia de wit mi ɔltɛm To Yu A de gi  
mi at tɛnki fɔ ɛvri blɛsin we de kam to mi frɔm Yu fri an  
Drɔp den we get lɔv de shayn na gud sol den, en na di si  
we get lɔv nɔmɔ den kin fɛn Gɔd  
Ondastandin na di lamp we de layt pɔsin in rod en mek i  
get sakrifays  
Insay spring, Gɔd kin mek di tin den we Gɔd mek fayn  
wit di fayn fayn ros en flawa den we get fayn fayn klos den en  
brayt kɔlɔ den  
Pis na di fɔs herald we de anɔys di aprɔch to di Divayn  
Prɛzɛns Afta dat, pis de chenj to layt den we brayt pas gladi  
at we nɔ get end  
We a de delv dip insay di si we a de tink gud wan, a kin  
fil wan blɛsin flɔt insay mi bɔdi en a kin yɛri wan vɔys we de  
."wispa se, "A dɔn nia  
Wan fɔ tɔn insay, to usay di sol de sho inɛf Frɔm di dip  
dip tin den we de na di sol spring ɔl di ɛkspiriɛns den we de  
insay layf  
We di sol no inɛf wit divayn kɔnshɛns, i kin fil big gladi  
en expansion insay di boundless space  
If yu yuz ɔl di ɔda tin den we yu get en di tin den we yu  
get, apat frɔm di tin den we yu ebul fɔ du, fɔ mek yu ebul fɔ  
win ɔl di tin den we go ambɔg yu, yu go get di pawa den we  
Gɔd dɔn gi yu: den pawa den we nɔ get limit we de kɔmɔt na  
di dip dip tin den we yu get  
Lɔv de waka na di golden rod we de go to Gɔd

A go spre di san shayn fɔ gud wish ɛn gud intenshɔn  
enisay we di daknɛs fɔ misɔndastandin dɔn krep insay  
We problɛm dɛn atak yu, bɔt stil yu nɔ gri fɔ stɔp fɔ tray  
ɛn tray, pan ɔl di tin dɛn we de ambɔg yu ɛn tin dɛn we de  
ambɔg yu, da tɛm de Gɔd go ansa yu ɛn krawn yu tray wit  
sakrifays

O Masta, a go pul di flawa we de mek a want fɔ de na di  
gadin we de na mi at ɛn put am as ɔfrin fɔ lɔv na Yu oli  
trɛshɔl

Bikɔs wi tink ɛn wɔd na di sid dɛn we go briŋ wi di avɛst  
fɔ tumara bambay, a go bigin tide fɔ ful mi kɔnshɛns wit gud,  
fayn fayn tin dɛn

A de flay ɛn flay na di plen we mi kɔnshɛns de ɔp ɛn dɔŋ,  
nɔt ɛn rayt, insay ɛn ausayd ɛn ɔlsay fɔ fɛn se na ɛvri kɔna  
na di spes a bin de ɛn stil de na Gɔd in fes

Liv ɛvri mɔnt wit ɔwe fɔ yu rilayshɔn wit di Absolut we nɔ  
gɛt ɛnd Nɔ ɛnd nɔ de fɔ yu kɔnshɛns, ɛn ɔltin de flik ɛn shayn  
lɛk sta dɛn na di skay we yu bi

Detachment, ɔ nɔ atak, na di waes rod we di pɔsin we  
de luk fɔ de tray, we i gri fɔ rayz pas tin dɛn we nɔ impɔtant  
fɔ di sake of big wan dɛn I nɔ de tay insɛf to fleeting sensual  
pleasures in pursuit of a renewed inner joy Detachment is  
not an end in itself, bɔt i de mek we fɔ mek di sol in gud  
kwality ɛn spiritual pawa dɛn kɔmɔt

Di pɔsin we win pan Gɔd biznɛs de go bifo wit maynd  
stɛp dɛn na di rod dɛn na layf

Pɔsin fɔ mek di bɛst pan in layf naw, ɛn opin di winda  
dɛn na in at ɛn wek ɛn gi layf bak to di dormant fakulti dɛn  
na in sol

Bihayn di mask dɛm fɔ chenj ɛn transfɔmeshɔn de di  
divayn prezɛns ɛn ɛnibɔdi we ebul fɔ stedi di miro na dɛn  
maynd ɛn mek i nɔ shek, go si insay da klia miro de di fes fɔ  
di kɔsmik pɔsin we dɛn lɛk

Lɔv strong pas day ɛn di bad bad tin dɛn we tɛm de du

Self-analysis na di ki fɔ sakrifays, ɛn riflɛkshɔn na miro  
we wi de si insay kɔna dɛn we ɔda we go de ayd frɔm wi yay  
Wi fɔ no di tin dɛn we wi nɔ ebul fɔ du, difrɛns bitwin di gud  
ɛn bad tin dɛn we wi de du, ɛn no di tin dɛn we de ambɔg di  
prɔgrɛs ɛn sakrifays

Una rili wɔndaful, O padi biznɛs! Yu we de pul frɔm di  
wata we de bisin bɔt yu wit ɔl yu at, we gɛt padi biznɛs wit  
yu, ɛn we di dyu we gɛt swit we de insay ɛn we de na do we  
de kɔmɔt na di dip dip at we gɛt tru ɛn fetful at, wet yu lif  
dɛn

Wan tɛm a si wan smɔl ant de tray fɔ klaym wan bɔku  
bɔku san, ɛn a tink to misɛf: di ant go mɔs de tink se i de  
klaym di Himalayas! Di bɔku bɔku san go dɔn tan lɛk se i rili  
big to di ant, bɔt nɔto to mi yay Semweso, bɔku bɔku ia dɛn  
we wi gɛt na di san kin nɔ rich wan minit na Gɔd in maynd  
Wi fɔ tren wisɛf fɔ tink bɔt big big tin dɛn lɛk fɔ sote go  
ɛn we nɔ gɛt ɛnd

A bin de waka waka na di wɔl we nɔ gɛt ɛnd ɛn witnɛs di  
mist we de shayn na di land we layt de, ɛn insay da layf  
brilians de a rid di minin dɛn fɔ di sikrit dɛn we dɛn rayt na di  
pej dɛn fɔ tɛm

We yu slip, yu pasiv wan kwayɛt tink ɛn filin Bɔt we yu  
kɔnshɛns kwayɛt tink ɛn filin tru meditashɔn, di fɔs tin we yu  
kin ɛkspiriɛns na wan stet ɔf pis, ɛn yu fes mɔsul dɛn natin nɔ  
de fɔm wan smayl we de sho insay pis Bɔt yu fɔ luk bifo dis  
stet ɔf pis fɔ no di klin we yu sol klin—na klin klin we nɔ dɔti  
bay sɛns stimuli ɔ ɔtomɛtik riakshɔn to tink dɛn we gɛt fɔ du  
wit di senses Di stet we yu de ɛkspiriɛns da tɛm de na wan  
we de mek yu gladi ɔltɛm, we de ridyus ɔltɛm  
If yu put wan bol wata ɔnda di mun layt ɛn afta dat yu  
stir am, yu go mek wan distɔrjment imej fɔ di mun We di  
wata setul na di bol, di riflɛkshɔn kin klia Di tɛm dɛn we di  
wata we de na di bol stil ɛn riflɛsɛ di mun in fes wit pafɛkt  
klia, yu kin kɔmpia am to wan stet we pis de tink gud wan ɛn  
wan stet we dip stil de Insay di pis we yu de tink bɔt, ɔl di

wef dɛn we yu de fil ɛn tinkin dɛn kin stɔp fɔ flɔ frɔm di  
maynd ɛn insay dis dip stet fɔ pis, di pɔsin we de tink gud  
wan, insay da kwayɛt de, de si di ful mun fɔ divayn prezɛns  
we de sho insay di lek we di sol de

Fo tin dɛn de we di ɔdinari pɔsin no bɔt: gladi at we i du  
wetin i want, nɔ gladi we dɛn dinay am, bore we i nɔ gladi ɔ  
pwɛl at, ɛn pis we i win dɛn filin ya ɔ saykolojik stet fɔ gladi,  
pen, ɛn bore

Pis na stet we pɔsin kin rili want, we kin kɔmɔt frɔm we  
pɔsin nɔ gɛt sɔri-at ɛn gladi at, ɛn we pɔsin nɔ de bost Dɛn  
stet ya kin shift ɛn ripɛl ɔltɛm na di sol in fes Afta yu dɔn  
rayd di trɔbul wef dɛn we de mek pɔsin fil pen ɛn gladi,  
inklud fɔ go insay di dip dip ples dɛn we pɔsin taya, gladi at  
de fɔ flɔt na di kol si we pis de Bɔt i pas pis na spiritual  
ecstasy—di gladi gladi we di sol gɛt—di gladi at we pas ɔl Na  
gladi at we de sote go we nɔ de ɛva dɔn bɔt we de wit di sol  
fɔ sote go Dis supɛm gladi at kin jɔs apin tru di awareness fɔ  
di divayn prezɛns

Tru tru smayl na smayl fɔ spiritual gladi at we pɔsin kin  
gɛt we i de tink gud wan ɛn tink bɔt Gɔd ɛn fil se i de wit am  
Mi smayl kɔmɔt frɔm wan dip gladi at we de insay mi—  
gladi we ɔlman kin ebul fɔ gɛt I tan lek di sɛnt we de kɔmɔt  
na di at fɔ wan ros we de blo Dis big gladi at de invayt ɔda  
pipul dɛn fɔ put dɛnsɛf insay di oli wata we gɛt gladi at  
Insay di layt fɔ blɛsin fɔ fɔgiv, di daknɛs fɔ et we dɛn dɔn  
gɛda fɔ long long tɛm kin dɔn

Gɔd kin du ɛnitin we di wan dɛn we de wɔship am nid  
kwik kwik wan bikɔs dɛn dɔn fri dɛnsɛf frɔm di tin dɛn we dɛn  
kin tink bɔt dɛnsɛf nɔmɔ we kin mek dɛn nɔ ebul fɔ tray ɛn  
mek dɛn nɔ gɛt op igen

Di wan we Gɔd de protɛkt, natin nɔ go ebul fɔ pwɛl am  
Nɔto wi wangren de na dis wɔl, bikɔs Gɔd de wit wi, ɛn  
padi biznɛs de we go de sote go, we go mek wi gɛt tayt padi  
biznɛs, ɛn we gɛt padi biznɛs wit wi, we wi kin gɛt sɔpɔt ɛn  
gladi at

O sta we de shayn we de gayd yu na di evin we get sens,  
yu brayt flash de invayt mi fo fen yu blesin crayzin den, en mi  
bod we de long de rosh wit big spid, de chuk di dense, dak  
atmosfes, we i de dreb bay we i want yu en fo bask insay yu  
mos oli layt

fil - tru op en blo we i ebul fadivel analiti de begin foin pas  
t diddi boshal bolid foto di son - se noinsay, intuitiv sensesh  
dicrant we de sote go insay di bospiritual k

We di disaypul in at ful-op wit lov fo God, in fes go shayn  
wit smayl we get pis en sens, en di layers fo ignorance we de  
koba in sol go kros en donawe wit am kpatakpata

We yu luk flawa o tik, yu no se den fayn fayn layf ya no  
kam fo densef na God shep den en gi den sent en fayn fayn  
tin den

Oltam du yu wok den, smol en big, wit dip atenshon,  
membas se God de gayd yu step en mek yu tray tranga wan fo  
rich di fayn fayn tin den we yu want

We posin konekt wit in spiritual esin, we den don forget fo  
long tem, we don pas en di pawa den we no de day na di sol  
kin kam bak to in konsheins We posin de tink gud wan, i kin

memba se den na sol we no de day, noto bodi we de day  
Olsay wi kin fen pipul den, gud en bad, de luk fo gladi at

na den yon we Nobodi no want fo du bad to densef So wetin  
mek som pipul den kin du tin den we no go eva mek den fil  
pen en sori? Na bikos pipul den we no no natin en we den de  
ful pipul den kin mek den du den tin den de

Wi de aks yu, O Masta, fo shayn pan wi wit di layt fo yu  
sens en fo pul di daknes we de mek wi no no natin en we de  
ful wi

Posin we de tink bot scontin fo tek tem pas fo fred, en i fo  
get maynd fo du scontin en no fo tek tem en no du tin kwik  
kwik wan so dat i no fo put inself pan tin den we go mek i fred  
en wori

Waiz no de dipen pan di injekshon fo infomeshon from  
odasay, bot na di pawa we posin get insay posin in

akseptens, we de sho ɔmɔs tru tru no we pɔsin kin gɛt ɛn di  
spid we pɔsin kin gɛt da no de

Dis wɔl na jɔs wan stej usay wi de du wi wok dɛn ɔnda di  
dayrɛkshɔn fɔ di Divayn Dayrɛktɔ Wi fɔ du wɛl ilɛksɛf di wok  
dɛn we dɛn gi wi fɔ du, wi fɔ mɛmba ɔltɛm se wi impɔtant  
nature na blɛsin we go de sote go  
Di wan we gɛt sɛns pas ɔlman na di wan we de tray fɔ  
no Gɔd, ɛn di wan we gɛt sakrifays pas ɔlman na di wan we  
dɔn fɛn Gɔd

O Divayn Lɔv, mek yu tek fɔs ples na wi layf, mek yu  
hiling lɔv ful wi at, ɛn mek yu blɛsin layt pul di daknɛs fɔ wɔri  
frɔm wi sol

Fridɔm min fɔ du tin akɔdin to kɔnshɛns, nɔto akɔdin to  
di diktɛt fɔ abit ɛn want Fɔ obe di ego ɛn in whims de bɔn  
kɔnstrakshɔn, pan ɔl we fɔ lisin to di promptings fɔ sɛns de gi  
fridɔm frɔm dɛn kɔnstrakshɔn dɛn de

Yu kin gɛt pis na yu maynd bay we yu de divɛlɔp gud  
kwality dɛn wit ɔl yu at ɛn bay wilful, we we dɛn dɔn big, dɛn  
nɔ go ebul fɔ pul dɛn ɔna pas i disayd fɔ lɛf dɛn bay wetin i  
want

Bɔku pipul dɛn kin luk fɔ gladi at bay we dɛn de yuz di  
we aw dɛn de du tin we nɔ rayt Sɔm pipul dɛn biliv se dɛn kin  
dubl dɛn gladi at bay we dɛn de du di rɔng abit ɛn du tin dɛn  
we nɔ fayn we tan lɛk se dɛn de gi prɔmis we de shayn fɔ  
mek dɛn gladi pasmak ɛn we go de sote go, ɛn dɛn kin ful  
dɛn wit dɛn lay lay prɔmis dɛn de, bikɔs dɛn nɔ kin ebul fɔ  
teist fɔ tru tru gladi at na di ɛl fɔ lay lay lay lay tin dɛn ɛn fɔ  
du bad tin dɛn

ɛvri minit na sote go bikɔs wi kin ɛkspiriɛns sote go  
insay da minit de De, minit, ɛn awa na winda we wi kin yuz fɔ  
si sote go Layf shot, yet di sem tɛm nɔ gɛt ɛnd ɛn i nɔ gɛt  
bɔda Di sol nɔ de day, ɛn insay dis shot chapta na mɔtalman  
layf, wi fɔ yuz ɔl di pɔtnɛshɛl ɛn chans we de  
Spiritual wɔd dɛn tan lɛk sid dɛn we nid fayn fayn grɔn fɔ  
mek i gro, gro, blo, ɛn bia frut

Fɔ gro pan spiritual tin dɛn nid fɔ tink bɔt yusef, fɔ arenj  
bak di tin dɛn we yu fɔ put fɔs na yu layf, fɔ no ɛn pul di bad  
abit dɛn, ɛn fɔ fala di lɔ ɛn lɔ dɛn bɔt wɛlbɔdi biznɛs we go gri  
wit di we aw pipul dɛn de ɔndastand di spiritual tin dɛn ɛn di  
trɛnk we de gro na di maynd

We di disaypul test di divayn gladi at, i go si se Gɔd dɔn

bi rial to am pas ɛni ɔda tin, ɛn i go no se fɔ tɔch di divayn  
prezɛns na gladi-at we no sɛnsful gladi at nɔ go ebul fɔ ikwal

Gɔd de wok fɔ wek mɔtalman in spiritual kɔnshɛns ɛn  
gayd wetin i want fɔ go na di rayt say tru di fayn fayn kwaliti  
dɛn, di big big tin dɛn we pɔsin kin gri fɔ du, di wɔndaful we  
aw i gɛt sɛns, ɛn di fayn fayn tin dɛn we i kin gɛt na di  
spiritual gladi at

A nɔ go tek ɔda pipul dɛn as strenja bikɔs a fil se ɔlman  
na mi brɔda ɔ sista a go mek mi layf sakrifays ɛn fulfil so dat  
a go ɛp ɔda pipul dɛn fɔ gɛt sakrifays ɛn ajɔst A go sɔri fɔ ɔda  
pipul dɛn ɛn sho dɛn sɔri-at as a de sho misɛf se a go lɛk Gɔd  
lɛk aw di prɔfɛt ɛn oli pipul dɛn bin lɛk am, ɛn a go trowe  
selfishness insay di wɛl fɔ mi lɔv fɔ ɔda pipul dɛn

Bifo dis layf we de pas, we de na dis wɔl, we de ɔnda  
day, layf de we de sote go, we nɔ de chenj Di bɔdi gɛt  
kemikal ɛliment dɛn we de rɔtin ɛn pwɛl, bɔt pas dis transient  
ɛgzistens, layf de sote go, we de na ɛvin insay Gɔd in fes So,  
wi nɔ fɔ kɔnfyus ɔl wi atɛnshɔn to dis bɔdi we nɔ de sote go,  
ɛn di wan dɛn we want am fɔ bia in prɔblɛm dɛn ɛn bi in  
masta

Tide a go tray fɔ ɛp di wan dɛn we nid ɛp ɛn gi wetin a  
ebul to di wan dɛn we angri

A sef ɛn sikrit insay Gɔd in prɔtɛkshɔn ɛn biɛn di wɔl  
dɛm fɔ mi klia kɔnshɛns a de wan wit di layt fɔ gudnɛs we de  
gayd di ship dɛm fɔ sol dɛm we wev dɛm fɔ sɔri-at de tos  
rawnd insay wan si we gɛt kɔnfyushɔn ɛn wɔri

Tide a de fil Gɔd insay di flɔt fɔ pis we de shek shek  
insay mi ɛn mek di strɛch dɛn na mi at

A go du ɔl wetin a ebul fɔ mek ɔda pipul den gladi, jɔs  
lek aw a de tray fɔ mek misef gladi, en tru mi spiritual gladi  
at a go sav ɔlman na di os we God lek en a no go fred natin  
pas misef if a tray fɔ ful mi kɔnshens

### **Fɔm di gadin den we di sol de**

Yu get di intenshon fɔ go sɔmsay, en yu rɔsh yusef fɔ  
rich de kwik We yu rich, yu si se yu no de enjoy di ples bikɔs  
ɔf di eagerness, wɔri, en sɔntem ivin trɔbul we yu de fil  
Insted, tray fɔ bi kol, mɔ kɔmpɔzit, en mɔ balans If yu tinkin  
inklin to wɔri en agiteshon, fos fɔ stop den te den get den  
kɔmpɔzishon bak  
n de afekt di beɛ na di nerv sistem badɔdi eksaytɛsh  
diom pat dem na di bɔku enɛji to sɔs i de send bɔbad wan bi  
mal shea Dis imbalans na diɔda pipul den no we i de mek  
di we kol en rilaks deɔs bɔnerv ɔz fɔn na di kɔenɛji distribush  
diom mek di nev dem kol en i de mek di saykolojik wɛl b  
Fɔ gri wit God, insay vishon begin fɔ apin smɔl smɔl Pɔsin  
fɔ get kɔmplit fet se God go ansa evri prea we i de pre wit in  
at Enibɔdi we tɔn to am fɔ fɛn layt go get in vishon opin en  
den maynd en at go shayn  
We insayt opin, i kin sho as filin we tan lek se i kɔmɔt na  
di at, filin fɔ dip klia en prɛsishon Tru dis filin, di pɔsin we de  
luk fɔ get kɔnvikshon we no de shek en fayn gayd fɔ fala di  
rayt rod, en smɔl smɔl i kin kam fɔ no en trɔst dis filin  
Dis no min se yu fɔ lɛf fɔ tink atɔl; fɔ tink kwayɛt, no de  
tek wan pɔsin bɛtɛ pas ɔda pɔsin kin mek pɔsin get sens bak  
Fɔ tink bɔt imɔshonal, we na fɔ natin en fɔ impɔtant insɛf, kin  
mek pipul den no ɔndastand dɛnsɛf en fɔ mek den no tink di  
rayt we  
Rijekt dawt we de pwɛl en lay lay biliv wit ɔl yu at, en tɔn  
yu at en sol to di say we fet de en abop pan God kɔmplit wan  
Insay di stil we yu de tink gud wan, yu kɔnshens go ebul fɔ  
pe atɛnshon pan di trut en kɔrɛkt ɔndastandin Insay dis  
ɛksperiens, fet de blo en opin, en tru sens, yu go ɛksperiens



wetin nɔbɔdi nɔ si, no yes nɔ yeri, ɛn no mɔtalman maynd nɔ  
dɔn no

Evri briz we a de blo we a want ɛn beg, de opin domɔt  
ɛn winda dɛn na mi sol usay a de pas tru to Gɔd in blɛsin  
ɔs lɛk aw di san de shayn na di rod dɛn we bizi pas ɔl,  
na so a go si di raytin fɔ di divayn lɔv na ɔl di krawd ples dɛn  
we a de du ɛvride

Bles mi, O Masta, so dat a go wek mi sol wit di do ɛn bring  
am to Yu blɛsin treshɔld

O Masta, gi mi wan jenaros spirit fɔ sheb wit ɔda pipul  
dɛn wetin a gɛt, ɛn ɛp mi fɔ si insay di stil lek na mi maynd di  
riflɛkshɔn fɔ mi sol in mun we de shayn wit di layt we Yu de  
de

Tide a go dayv dip dip wan insay di si we de tink gud  
wan ɛn tink bɔt Gɔd te a fɛn pal dɛn we gɛt sɛns ɛn we kɔmɔt  
frɔm Gɔd

A go lek yu, Masta, pas ɛni ɔda tin, bikɔs if yu nɔ de a nɔ  
go ebul fɔ lek ɛni mɔtalman ɔ ɛni ɔda tin  
Insay di dip dip dip ples dɛn na di mawnten dɛn ɛn di stil  
skay, ɛn insay di dip dip ples dɛn na mi sol ɛn di kev we de  
kwayɛt, a de si Gɔd in prezɛns ɛn fil In gladi at ɔltɛm, ɛn a de  
drink frɔm In klin spring dɛn we nɔ de ɛva stɔp ɔ dray fɔ  
ɔltɛm

A lek ɛn wɔship Yu, O Masta, we in lɔv de rul pas ɔlman  
na ɛvri kayn at we gɛt lɔv

Sɔmbɔdi bin aks di ticha Paramahansa fɔ sho am we fɔ  
mek i gɛt magnɛtik ɛn atraktiv pɔsin, ɛn i se: Yu fɔ de na yu  
maynd we yu de intarakt wit ɔda pipul dɛn bikɔs  
absentmindedness de mɔna pɔsin in kɔlchɔ pas ɛni ɔda tin  
Na tru se, a nɔ de tɔk bɔt di absenmindedness we big pipul  
dɛn kin gɛt, we dɛn kin tink bɔt dip tin dɛn  
Yu fɔ de wach ɛn no ɔltɛm, ɛn yu go bi magnet we fayn  
fɔ yu

Nɔbɔdi nɔ lek fɔ lɛ dɛn nɔ pe atɛnshɔn to am Wi ɔl want  
mek dɛn tink bɔt wi filin ɛn tek am na kɔna, ɛn semweso, wi

fɔ tink bɔt aw ɔda pipul den de fil en sho den fɔ tink bɔt den  
so dat wi go get wanwɔd en ɔndastandin fɔ du dis, yu fɔ de  
wach, ɔndastand, en pe atenshon to ɔlman we de arawnd yu  
Di wan den we don day no get pawa fɔ provok ɔda pipul

den, bɔt di wan we no pe atenshon to den get pawa  
We yu de wit ɔda pipul den, tɔk to den wit ɔl yu at, wit  
trɛnk, en intres, bɔt no tɔk bɔt yusɛf

ɔlman want fɔ tɔk bɔt insɛf, bɔt na wik we fɔ du tin Lɛ  
ɔda pipul den tɔk bɔt dɛnsɛf if den want; lisin to wetin den  
get fɔ tɔk Lɛ den tɔk bɔt den prɔblɛm, di tin den we den don  
du, en di tin den we den de tink bɔt, bɔt mek yu magnetizm  
tɔk fɔ yu Di layt fɔ di lamp de tɔk fɔ insɛf klia wan; mek yu  
silent vibrations tok fo yu wit ikwal klia

God sho mi insay wan vishon se di wan den we de day  
na fet kin drim bad bad drim bɔt day, bɔt jos afta di gud wan  
den grap from di bɔdi den kin wek lek se na bad drim we de  
ambɔg den en den kin gladi fɔ fri from am

ɔl wi layf ɛksperiens na pat pan di kosmik drim we  
Mɔtalman mek di netmɛr fɔ wɔ, bɔt afta di wan den we dis  
netmɛr don kil kɔmɔt na den bɔdi, den no se na bin bad bad  
drim we den don wek from, en den ɔndastand se den no day  
Dis na dip metafizikal trut

If pɔsin bin no se i de drim, i no go sofa wit drim  
ɛksperiens den we de ambɔg am Bɔt if den ajɔst dɛnsɛf insay  
di drim en sɔmbɔdi deliv wan fatal blow, da drim day de tan  
lek rial en terrifying ordeal te den wek en no se i no bin rial

Dis kin apin bak to di stet afta day As wi kɔmɔt na wi  
bɔdi so, wi kin no se wi kɔnshɛns no day, bɔt wi kin no se wi  
don fri from di bɔdi en in matirial kɔnstrakshon en limiteshon  
den, en insay da fridɔm de, big fridɔm de

Wi no fɔ eva aks fɔ day, bɔt wi fɔ rɛdi wi kɔnshɛns bay  
we wi de gri wit God en tink gud wan bɔt am, so dat we day  
kam insay in tɛm wi go luk am lek natin pas drim  
A kin si di drim we layf en day get enitem we a want So,  
a no de put dis bɔdi bɛtɛ bɛtɛ wan

nda di nev sɛstɛm wɛɔ wan spiritual fysioloji de we de  
ɔk ɔpmɛnt fɔdivɛl ɔrich di hɛy stɛj dɛm f ɔtalman fɔde alaw m  
nsɛns

ku animalɔb ɔtalman bren, we big pas di bren fɔdi m  
kuɔku bɔr kompleks ɛn i gɛt bɔdɛm pas wɛl ɛn ɛlifant, na m  
ɔmɛnt fɔtalman bren bi fayn instrɔtink Dis de mek di m ɔtin f  
dɛm Di ɔda krichɔ nsɛns pasɔr advans kɔtalman, we gɛt mɔm  
ɔn dɛm de mek mɔlyushɔnɔmpleks kɔmplikt ɛn kɔbren in k  
talman tink dip ɛn dip So, na mɔtalman nɔmɔ ebul fɔ rich di  
advans lɛvul dɛn fɔ no, ɛn bikɔs ɔf dat, fɔ no di Wan we mek  
am Di sɛnsman na di wan we de yuz dɛn sɛns abiliti fɔ sav ɛn  
bɛnifit mɔtalman pan di matirial, intɛlɛktual, ɛn spiritual lɛvul

Winta bin kam wit in kol klos we wayt ɛn we tan lɛk lili  
Di tin dɛn we a bin want fɔ di gladi at we a kin gɛt insay  
di sɔmma dɔn dɔn  
Dɛn tɛl mi fɔ luk fɔ di wam we yu gɛt fɔ du wit yu fayn at  
ɛn as spring de apia, dɛn de dans, dɛn de drɛs wit  
ɔlkayn flawa dɛn  
Scent wit di fragrance of fild ɛn hills dem tel mi fo lov  
yu, mai God

ɛn di sɔmma bin kam, i bin de siŋ in grɔn myuzik dɛn na  
di lif dɛn we gɛt smɔl smɔl tik dɛn, di rɔsh we di pɔpla dɛn de  
rɔsh, ɛn di rɔsh we di pain tik dɛn de rɔsh  
I bin insist se a fɔ rid to yu  
Ivin di grɔn we bin saf ɛn we bin tan lɛk se i bin de kɔt  
kɔt mi fut dɛn we a bin de rɔsh

ɛn i aks dɛn fɔ go nia yu ples we oli we de ɔlsay  
Di saf sɛnt bin tɛl mi fɔ fala in rod  
To yu oli temple in di hat of swaying roses ɛn basil  
ɛn di bɔd dɛn tɛl mi fɔ siŋ to yu lɛk dɛn  
ɛn di briz we de blo ɔp di watasay dɛn ɛn di watawɛl dɛn  
A wek di bɔbul dɛn we a lɛk yu, ɛn dɛn bigin fɔ ple ple ɔp  
yu big chɛst  
ɛn wit di kɔba fayv dɛn we de na di gras, a lan aw fɔ bɛn  
A de butu to yu, O Masta

En di insens bin tɛl mi bak bɔt di fayn fayn sɛnt we yu de  
 mek  
 En aw a fɔ kip mi at ful wit yu oli sɛnt bifo yu tron we nɔ  
 ?gɛt ɛnd  
 En di smɔl smɔl stɔn dɛn we nɔ de tɔk, ɛn we de  
 peshɛnt, tɛl mi so dat a go si yu ivin pan di wan dɛn we de  
 tray fɔ tif mi gladi at  
 Di ia dɛn we a fɔgɛt bin aks mi fɔ sɛn to mi kɔmpin  
 mɔtalman mɛsɛj bɔt lɔv ɛn lɔv we dɛn rap insay ɛvri minit ɛn  
 sɛkɔn  
 En ɛvri tinkin bin de tɛl mi fɔ luk fɔ yu na in at  
 Mi lɔv inspekt mi fɔ lɛk ɔl wetin de tru yu  
 En mi lɔv wispa to mi se, "Lɔv mi wit ɔl di trɛnk we a gɛt,  
 ."O mi Gɔd  
 Wan tɛm a ledɔm pan wan bed we gɛt gras ɛn flawa dɛn  
 ɛn drim se ɔltin we de de fayn ɛn gladi  
 Mi ed bin de rɛst pan long, grɔn, ɛn tik tik gras dɛn, we  
 bin de fan mi wit briz we de kɛr wan swit sɛnt  
 Dɔn dɛn bin drɛb mi fɔ tɔch mi an ɛn mi bɔdi, ɛn a bin  
 sɔprayz wit di big big we aw di Wan we mek am Yes, a bin  
 sɔprayz se mi, we shɔ bɔt di rial tin bɔt mi bɔdi, wan de go lɛf  
 am fɔ rɛst na di wɔl dis bɔdi we go kol, pale, ɛn nɔ de muv di  
 tɛm we a day, we naw i tan lɛk se i gɛt layf ɛn i de kip bɔku  
 bɔku sɛns, bɔku bɔku tin dɛn we a de tink, ɛn bɔku bɔku  
 pipul dɛn fantasi ɛn di we aw pipul dɛn de si tin  
 Dis bɔdi na di stej we di chaptɔ dɛn na layf de apin, usay  
 di bɔd dɛn we de smayl de blo, na fɔ fala day we nɔ go ebul  
 fɔ avɔyd Na ya, midul bɔdi, bon, ɛn blɔd, ɛn biɛn di fayn fayn  
 mask we gɛt skin, di wulf dɛn we gɛt sik ɛn di animal dɛn we  
 want fɔ du sɔntin, de slip ɛn na ya bak, ɔnda di bɔdi, wan  
 sikrit pasej de fɔ go na di kinɔdm fɔ layt Dis bɔdi go dray ɛn  
 dɔn we in masta—di sol—go kɔmɔt pan am we nɔ go ɛva  
 chenj ɛn wetin mek nɔto so? Bikɔs we di masta we gɛt sɛns  
 fɔ di say we pɔsin de liv taya fɔ liv na di hut we gɛt dɔti ɛn  
 we de brok brok, we di kɔd dɛn we de na di nerv dɛn we de

aks fɔ kia fɔ ɔltɛm, i kin gɛt kɔrej na ɔda os we de na sɔm  
kɔna na Gɔd in wɔl—na ɔda say we i de ɔlsay usay di sɛnt fɔ  
gladi gladi de ɔlsay ɛn i nɔ de stɔp  
Di sol we nɔ de day de ple di rol fɔ layf ɛn day wit smayl  
we go de sote go, dɔn i de kɔmɔt na in os we go de sote go  
Yu tink se di wan dɛn we de wach fim fɔ de na di sinima  
sote go afta di sho dɔn? Fɔ tru, nɔto Pipul dɛn fɔ go bak na os  
Semweso, sol dɛn kin kam ya fɔ ɛnjoy di sinima spɛktakl na  
layf, dɔn dɛn kin kɔmɔt ɛn kam bak bak Dɛn lɛk fɔ wach fim  
ɛn ple, ɛn we dɛn taya wit di pɔfɔmɛnshɔn dɛn we dɛn bin de  
drim bɔt, ɛn dɔn masta di lɛsin dɛn we Gɔd want dɛn fɔ lan,  
dɛn kin go bak wans ɛn fɔ ɔltɛm na di ples we dɛn kin gɛt  
gladi at we go de sote go

We valyu dɛn nɔ de pan jɔstis, gap dɛn opin usay misɛf  
ɛn sɔfa de siep If valyu dɛn de bays pan selfish, fɛt-fɛt we de  
kil, ɛn bad bad kɔmpitishɔn, di rizɔlt dɛn go dɔti bikɔs di rizin  
dɛn nɔ klin, ɛn mɔni nɔ go blɛs insay dis kayn kes  
Pɔsin fɔ klin in kɔnshɛns we i de tink bɔt insɛf nɔmɔ ɛn i  
nɔ fɔ tray fɔ jɛntri pan ɔda pipul dɛn Fɔ tru tru satisfay na  
spiritual tin, nɔto prɔpati, ɛn di rial bɛnifit na layf na fɔ gɛt di  
jɛntri dɛn we gɛt sɛns, no, ɛn lɔv fɔ Gɔd  
Wi fɔ liv simpul layf ɛn ɔltɛm tray fɔ ɛp ɔda pipul dɛn ɛn  
mek dɛn tin bɛtɛ as wi ebul Bɔt dis fayn gol nɔ gri wit fɔ bisin  
bɔt wisɛf ɛn fɔ gridi we wi nɔ de tink bɔt ɔda pipul dɛn  
Di wan dɛn we de na di wɔl nɔ balans ɛn dat mek dɛn nɔ  
de tek dɛn as pipul dɛn we gɛt sakrifays Simpul layf we  
balans na wɔndaful art ɛn na sayn fɔ sakrifays Di wan dɛn we  
dɛn wangren aim na fɔ gɛt mɔni nɔ go gɛt fayv frɔm Gɔd  
Na tru se Gɔd bin mek wi fil angri so dat wi go wok ɛn gi  
wi bɔdi wetin wi nid, bɔt fɔ gi wi bɔdi nɔto di wangren tin we  
mek wi de liv wi layf Di rizin pas ɛni ɔda tin we wi fɔ tink bɔt  
ɔ we wi de tink bɔt fɔ sɔm tɛm, ilɛksɛf i tan lɛk se i wɔndaful,  
i gɛt glori, ɛn i de mek wi yay  
Wan pan di disaypul dɛn aks Masta Paramahansa aw fɔ  
ɛkspiriɛns di divayn prezɛns I ansa se, "ɛvri nɛt, bifo yu

sɔrɛnda to slip, tink gud wan te yu fil se yu kɔnshɛns dɔn pas  
di wɔl fɔ tink ɛn go insay ɔda dimɛnshɔn Bɔt, dis nɔto ɔl Afta  
yu dɔn tɔn di maynd insay, lɔng fɔ rɔn go bifo, ɛn di tin dɛn  
we yu want fɔ rɔsh lɛk wata to Gɔd We di disaypul sɔrɛnda  
insɛf kɔmplit wan to Gɔd, i fil wantɛm wantɛm se i dɔn tɔch

In blɛsin prezɛns ɛn no Am I go si wan big layt we brayt  
pasmak, ɛn i kin si enjɛl dɛn ɛn sol dɛn we de du gud ɔ i kin  
smɛl wan sɛnt we de kɔmɔt na ɛvin we de drɔnk, ɛn da tɛm  
de i go no se Gɔd dɔn ansa am, ɛn in sɛns go opɪn, ɛn Gɔd go  
sho am di sikrit dɛn na layf ɔ i kin kɔba am wit big big sɛnt  
pis we i de tink gud wan If i kɔntɪnyu fɔ tink gud wan ɛn Gɔd  
gi am in big lɔv, i go fil wan divayn gladi we pas diskripshɔn  
. "Blɛsin fɔ di wan we dɛn gi di blɛsin ɛksprɪɛns

Divayn lɔv de opɪn di get fɔ ɛvin, we di pɔsin we de luk

fɔ go tru fɔ go insay Gɔd in fes

If pɔsin aks Gɔd, di wan we get sɔri-at ɛn we get sɛns, fɔ  
di bred we de gi layf we go de sote go, I nɔ go gi dɛn di stɔn  
we de mek pipul dɛn nɔ no natin if pɔsin we de wɔship de luk  
fɔ di it we get sɛns, Gɔd nɔ go gi dɛn di snek we de ful pipul  
dɛn If pɔsin we de wɔship am aks Gɔd fɔ di mɛn tin we get fɔ  
du wit divayn gladi at we de mek ɔlman tɔsti, I nɔ go gi dɛn  
di skɔpɪɔn we de mek dɛn wɔri ɛn get prɔblɛm wit dɛn maynd  
If mɔtalman we dɛn dɔn ful no aw fɔ gi gud gift to dɛn pikin  
dɛn, aw di Masta—di say we ɔl gud ɛn gladi at de kɔmɔt—go

!mɔs gi spiritual no ɛn layt to di wan dɛn we lɛk am  
Gɔd de gi di sɛns we ay pas ɔl ɛn di big big no to di wan  
dɛn we de luk fɔ dɛn, ɛn I de gi insɛf to di pɔsin we de luk fɔ  
am wit ɔl in at we nɔ de tek ɛni ɔda pɔsin fɔ tek in ples Di  
wan we de luk fɔ Gɔd wit ɔl in at ɛn sol na di wan we get sɛns  
pas ɔlman, ɛn na di wan we pipul dɛn lɛk pas ɔlman to Gɔd  
ɛn we di pɔsin we de wɔship in lɔng lɔng mɔ ɛn mɔ, i kin get  
wan ansa we nɔ bɔku ɛn we i lɛk frɔm Gɔd ɛn i kin get di  
spɛshal gladi at we i kin get fɔ lɔv we di wan dɛn we lɛk di  
Wan we dɛn Lɛk kin get

Di pɔsin we ɣet sɛns we de ple in pat pan dis kɔsmik  
drim wit spiritual ɔwe ɛn di divayn lɔng we de gro, de nia  
Gɔd ɛn i dia to Am I ɣet klin lɔv ɛn lɛk Gɔd witout ɛni selfish  
motives ɛn witout ɛni prɛkɔndishɔn, lɛk fɔ se, fɔ ɛgzampul,  
"O Masta, a go wɔship yu pan di kɔndishɔn se yu gi mi  
."wɛlbɔdi, mɔni, ɛn kɔmfyut layf

Bitwin di wan dɛn we ɣet sɛns ɛn Gɔd, dip lɔv de we nɔ  
ɣet bɔda ɛn we nɔ ɣet ɛnd If pɔsin aks Gɔd fɔ sɔntin we  
patikyula, Gɔd no gud gud wan se di pɔsin intres pan In gift  
dɛn pas am

I nɔ bad fɔ mek pɔsin pre fɔ mek dɛn mit wetin i nid, bɔt  
we i de beg fɔ no Gɔd ɛn si di layt we in fes ɣet glori, i nɔ fɔ  
want ɛni yon bɛnifit frɔm am, ɛn i nɔ fɔ want fɔ ɣet ɛni bɛnifit  
frɔm am, ɛn i nɔ fɔ jɔs tink bɔt di gift dɛnsɛf, bɔt na to di  
pɔsin we gi am insɛf We di pɔsin we de luk fɔ am ebul fɔ du  
dis wit ɔl in at, i go ɣet ɔl di ɔda gift dɛn ɔtomɛtik wan frɔm di  
wɛlspring we ɣet fri-an ɛn di ocean of bɔku bɔku tin dɛn  
Wan pan di disaypul dɛn aks di ticha Paramahansa fɔ  
advays bɔt aw fɔ biev pan sɔm tin dɛn ɛn aw fɔ dil wit ɔda  
:pipul dɛn, ɛn i se

Fɔ fala di trut ɛn nɔ kɔmɔt nia am, ɛn avɔyd fɔ tɔk ɛnitin  
we go ambɔg yu ɔ ɔda pipul dɛn, ilɛksɛf na tru , as lɔng as yu  
nɔ de kɔmɔt nia di spirit fɔ tru Di sem tɛm, yu nɔ fɔ go di  
ɔpɔsitet ekstrem ɛn yuz lay fɔ avɔyd fɔ tɔk tru tin dɛn we de  
mek yu fil pen

Bi ɔnɛs wit yusɛf ɛn ɔda pipul dɛn we yu nɔ de tink bɔt di  
tin dɛn we nɔ nid Tɔk di tru ɛn avɔyd fɔ tɔk tin dɛn we de  
ambɔg ɔ ambɔg ɛnibɔdi Nɔ sho ɔl yu sikrit dɛn insay di nem  
fɔ ɔnɛs ɛn transparency, bikɔs if yu pul yu wikɛd tin dɛn, dɛn  
go tray fɔ mek yu fil bad ɔ provok yu ɛnitɛm we dɛn fil lɛk  
?Wetin mek yu fɔ gi dɛn wɛpɔn we dɛn go yuz agɛns yu  
Tɔk ɛn du tin di we we go mek yusɛf ɛn ɔda pipul dɛn ɣet  
gladi-at ɛn pis

I nid fɔ divɛlɔp spiritual sɛns fɔ no di difrɛns bitwin di trut  
we de brinj gud ɛn fɔ tɔk bak bɔt di tru tin dɛn we yu nɔ tink

bot di bad tin den we kin apin from den, bikos den kin joj tin  
den bay di end we den kin don I no fayn fo tok ol wetin yu no,  
en i no fayn bak fo avoyd en sikrit bot tin den we oda pipul  
den fo no fo den yon gud

We yu no ebul fo ondastand gud gud wan, i go fayn fo  
mek yu no tok natin te yu ondastand di tru dairekt wan we  
go mek olman no di rayt tin  
Kontinyu fo tink bot God en aks fo in ep en gayd, en yu  
sens go opin so dat yu go si tin klia wan en afta dat yu go  
ebul fo no difrens bete

### **Chaj di bodi in sel den wit yon layf**

de oltem en no dicinsay di b olsmik enaji de fodi k  
ku pawa Dicku bino dis b olu pipul den not bamboq am, b  
t na den selomowan dem we de fil am kin get enaji we de k  
rant we de mek den get nyu trenkodem en wan k  
ol di tin den we God mek de butu fo respekt di Masta fo  
di Yunivas, en In pawa de flo tru motalman Di problem de we  
wi no ebul fo mek wan strong konekshon bitwin motalman en  
di say we ol pawa de komot Wi de liv dairekt bay divayn  
pawa, en ol oda pawa den no get yus if God no get pawa we  
de sopot wi  
Fod, oksijen, en san layt—den tin ya kin gi wi som digri fo  
get welbodi, bot wi nid fo ondastand aw fo get komplit welbodi  
from di Infinite Source Matirial sos den tan lek smol batri den  
we kin don wit chaj, we di Infinite Source na pawaful jenera  
we in pawa no de eva stop, we de kontinyu fo gi di sol wit  
pawa, gladi at, en trenk So, i impotant pas ol fo abop pan di  
Infinite Source as mo as i possibul  
Di posin we want fo lan di rayt we fo benifit from da  
impotant tin de dairekt from di say we i komot, en i fo no se  
tink na rial tin, bikos ol di tin den we de apin na di wol na tin  
we God de tink bot bikos God bin de tink bot dis wol bifo i  
mek am

Boku pipul den biliv se tink na sontin we di bodi de mek,  
bot di we aw di bodi rili korekt, en di wondaful we aw in pat



dɛn ɛn in ɔgan dɛn de wok togɛda, de sho klia wan se di bɔdi  
na di krieshɔn fɔ wan suprem sublaym kɔsmik maynd  
Di maynd na di men tin we de kontrol di bɔdi, ɛn i rili  
important fɔ mek pɔsin avɔyd di tin dɛn we mɔtalman nɔ de  
du na in maynd lɛk sik, wik, ol, ɛn pwɛl at, ɛn fɔ mek sho se  
wan tin we nɔ de dɔn de flɔ tru am, ɛn dis wok gɛt sɛns ɛn i  
ebul fɔ chaj di bɔdi in sɛl dɛn wit wɛlbɔdi ɛn trɛnk we yɔn  
pɔsin gɛt

Tink na di bren, di filin, ɛn di tin dɛn we ɛvri sɛl we gɛt  
layf de fil; i gɛt di pawa fɔ kip di bɔdi ɔ aktif ɛn alert ɔ  
lethargic ɛn sluggish Tin na di masta, ɛn di bɔdi in sɛl dɛn na  
in sɔbjɛkt, we de obe di kɔmand ɛn prohibishɔn dɛn fɔ dɛn  
suprem masta: tink

Wi de pe bɔku atɛnshɔn to di kwaliti fɔ it we wi de it  
ɛvrɪde, ɛn semweso wi fɔ pe atɛnshɔn to di kwaliti fɔ di it we  
wi de gi wi maynd ɛvrɪde we gɛt sɛns ɛn we wi de tink  
Di metafizikal sayensman se di bɔdi nɔto ilɛktromagnetik  
wef bɔt na wef we de mek pɔsin no se i de flɔt na di si we  
Gɔd in kɔnshɛns de

ɛvrɪde wi fɔ mek wi bɔdi strong, mek wi maynd gɛt mɔ  
trɛnk, ɛn no wi tru tru sɛf bay we wi de tink gud wan, tink  
gud wan, ɛn wok fayn, we go mek wi gɛt gud wok we go  
bɛnɪfit wi bɔdi, maynd, ɛn spirit togɛda  
Gɔd dɔn blɛs mi wit gladi at ɔl dɛn lɔng ia ya na mi layf  
Ilɛksɛf pipul dɛn si di smayl fɔ satisfay na mi fes ɔ nɔ si,  
divayn gladi at de wit mi ɔltɛm ɛn nɔ de ɛva lɛf mi Di big riva  
fɔ gladi at de flɔ kɔntinyu ɔnda di sand dɛn na mi kɔnshɛns  
ɛn i de bɔs lɛk blɛsin spring dɛn we de wata di gadin dɛn na  
mi layf

Di chenj dɛn we kin apin na layf wantɛm wantɛm nɔ kin  
ambɔg mi pis, ɛn di bad bad tin we kin mek a day nɔ go ebul  
fɔ pul di gladi at we a kin gɛt na Gɔd in yay  
I bin at fɔ mek da stet de sote go ɛn i nɔ go chenj, bɔt di  
frut dɛn we di spirit we a de ɛnjoy naw ɛn sheb wit ɔda pipul  
dɛn bin gɛt, bin valyu ɔl di tray we a bin tray fɔ du am

A de tink en du tin we di divayn spirit de gayd Mōni nɔ  
eva bi mi gol na layf, bɔt na fɔ sav mi brɔda en sista dɛn na  
mɔtalman So, Gɔd dɔn opɪn bɔku domɔt fɔ gudnɛs fɔ mi fɔ  
sɔpɔt misɛf en fulfil mi mishɔn En enitem we a nid ɛp, Gɔd de  
gi mi am wantɛm wantɛm

Di wangren tin we a want na fɔ sav una, en na dat mek a  
de ya

Gɔd in pawa de wok na una layf bak Una go ɛksperiɛns  
dis trut fɔ unasɛf we una fet go strong en una no se tru tru  
jɛntri nɔ de kɔmɔt frɔm di tin dɛn we una gɛt bɔt na frɔm di  
ɔlmayti

Pan ɔl we layf tan lɛk se pɔsin nɔ go ebul fɔ no wetin go  
apin, i tan lɛk se i nɔ izi fɔ ɔndastand, i ful-ɔp wit dawt en  
ɔlkayn prɔblɛm en chɛnj, wi stil de ɔnda Gɔd in protɛkshɔn  
ɔltɛm Wi nɔ fɔ ɛgzajarayt tin ɔ lɔs wi kɔmpɔzishɔn we tin de  
apin, bikɔs if wi alaw panik fɔ ful wi, wi de gi pawa to bad en  
dip in rut, we de gro en gro fayn fayn wan na di grɔn we de  
fred en wɔri

Wi nɔ fɔ tink se wi go gɛt gladi at en kolat we go de sote  
go pan prɔblɛm dɛn na layf; bifo dat, wi fɔ fɛn en diskɔba dɛn  
insay wisɛf Dɔn, ɛni ɛksperiɛns we wi go tru, wi go dil wit dɛn  
di sem we aw wi de wach ɔda pɔsin in ɛksperiɛns na fim,  
ilɛksɛf i fayn ɔ i de mek wi fil pen

Pɔsin kin tɔn ɔl in ɛksperiɛns to prɔblɛm dɛn we de mek i  
fil pen, we nɔ gɛt gladi at if i alaw in maynd fɔ du dat Dɛn kin  
ɛnjoy gud wɛlbɔdi en yet dɛn nɔ kin gladi fɔ di valyu we i gɛt  
Bɔt if i sik, i go dɔn put insɛf dɔn en gladi fɔ di blɛsin we i de  
gi wi fɔ gɛt wɛlbɔdi Wi fɔ gri se Gɔd in fayv en tɛl am tɛnki fɔ  
di blɛsin dɛn we i de gi wi we wi nɔ wet fɔ di bad tin dɛn we  
go apin to wi fɔ mek wi gladi en akɔdin to In gudnɛs

Laif fɔ bi blend fɔ tink en akshɔn We pɔsin lɔs in maynd  
balans, i kin bi vulnerable to di onslaught of wori, di klawd fɔ  
sɔri, en di pen fɔ pen En if i tray fɔ pwɛl di lɔ dɛn fɔ wɛlbɔdi,  
prɔsperiti, en sɛns, i nɔ go eva sɔfa wit sik, po, en ignorance

Wi fɔ kip di tin dɛn we wi want fɔ du klin, di tin dɛn we wi  
want fɔ du klin, ɛn du tin di we we go mek wi gɛt kolat na wi  
maynd, ɛn nɔ alaw di tin dɛn we de apin na layf fɔ ambɔg wi  
pis ɛn pwɛl wi gladi at  
bak fɔ mek wi sɛns strɔng ɛn nɔ gri wit di lod fɔ wikɛdnɛs  
ɛn gud abit dɛn we wi gɛt frɔm ia ɛn jɛnɛrɛshɔn Dɛn dɔti ya  
fɔ bɔn insay di faya dɛn we gɛt nyu rizzɔlt ɛn prodaktiv akshɔn  
Wit dis konstrɔktiv we, di pɔsin we rili kɔmit kin rich di  
ɔrayzɔn fɔ fridɔm ɛn fridɔm

### **Di lɔ dɛn we go de sote go fɔ gladi at**

Dɛn bin se insay di golden tɛm we wan pan di rayt rula  
dɛn na India bin de, no tin nɔ bin apin, day bifo tɛm, ɔ natin  
nɔ bin apin we bin ambɔg di pis ɛn wanwɔd we bin de na in  
kingdɔm

We di famili mɛmba dɛn de liv wit mɔ integriti, ɔl os go  
gɛt mɔ harmoni, wɛlbɔdi, ɛn lɔv Bɔt we famili mɛmba dɛn trit  
dɛnsɛf wit ɔgly selfishness, di os go ɔtomɛtik ful-ɔp wit  
diskɔrd ɛn et Dis kin apin bak to neshɔn dɛn We pipul dɛn liv  
wit ɔnɛs ɛn integriti, dɛn go witnɛs di Kingdɔm fɔ Gɔd na di  
Wɔl

Taym shɔt Tide wi de ya, tumara wi go kɔmɔt Fɔ fɛn Gɔd  
na di ay ɔnɔ we mɔtalman gɛt Wi fɔ yuz di fridɔm we Gɔd dɔn  
gi wi na dis layf fayn fayn wan ɛn yuz am wit sɛns so dat  
wisɛf go ɛkspiriɛns di tru tin dɛn we go de sote go na di spirit  
Sin na ɔltin we de mek pɔsin fil pen ɛn sɔfa Gud kwaliti  
na in de mek i gladi sote go If pɔsin nɔ gɛt spiritual harmoni  
na in tink ɛn pis insay insɛf, nyu os, nyu motoka, ɔ ɛni ɔda  
nyu tin nɔ go ebul fɔ brinj gladi at ɛn kol at to in sol; bifo dat,  
di sɔfa we dɛn go sɔfa insay dɛn go stil de ivin we dɛn gɛt  
dɛn nyu tin dɛn de ɛn ɔda tin dɛn  
Tru gladi at de pan di ebul fɔ defy sikɔstɛms ɛn bia ɔl di  
prɔblɛm dɛn we de kɔmɔt na do I kin fɛn am we yu ebul fɔ  
bia di pen we de mek yu fil bad ɛn di bad bad tin dɛn we kin  
apin to yu we ɔda pipul dɛn kin tink bad ɛn we dɛn kin tray fɔ  
du bad to yu, ɛn yu kin ansa dɛn bad tin dɛn wit lɔv ɛn fɔgiv

We yu ebul fɔ kontinyu fɔ gɛt pis na yu maynd pan ɔl we di  
pen we yu de sting yu di tin dɛn we de apin na do, da tɛm de  
yu go test gladi at

Di Oli Skripchɔ dɛn se di wan dɛn we nɔ de tek di lɔ dɛn  
we Gɔd gi ɛn we de du dɛn fulish tin dɛn we dɛn want ɛn we  
dɛn want, nɔ go gɛt gladi at ɔ rich di men gol Dɛn de ɛnkɔrej  
di pɔsin we de luk fɔ di trut fɔ mek di Oli Skripchɔ dɛn bi dɛn  
layt we de gayd am ɛn jɔj fɔ disayd wetin fɔ du ɛn wetin fɔ  
avɔyd, ɛn fɔ no wetin fɔ du ɛn wetin fɔ avɔyd, ɛn fɔ no wetin  
fɔ du ɛn du tin akɔdin to sɛns

Di wan dɛn we gɛt kɔnfidɛns pan dɛnsɛf na di wan dɛn  
we de du tin wit ɔnɛs Gladi at kin kɔmɔt nɔmɔ frɔm klin tin  
dɛn ɛn du tin dɛn we rayt If yu gladi naw, yu go gladi tumara  
bambay, na ya ɛn na di nɛks wɔl

Wi fɔ gɛda di avɛst fɔ gud fɔchɔ bay we wi gɛda di frut  
dɛn we gɛt sɛns we di san fɔ di chans dɛn we de de shayn In  
ɔda wɔd, wi fɔ tek di chans dɛn bifo i tu let  
if yu nɔ tek di chans, i go bi sɔntin Size di chans, bikɔs)

(we yu go rigɛt

Gɔd dɔn gi wi spiritual lɔ dɛn we dɛn kɔl kɔmandmɛnt

Bɔt dɛn nɔ de tek dɛn lɔ ya ɛn brok dɛn kɔmandmɛnt ya  
ɛvrɪde ɛn ɔlsay If pipul dɛn ɔndastand dɛn spiritual minin,  
dɛn go ɔltɛm kɔmplɛn bɔt dɛn ɛn tɔn dɛn bak pan dɛn Dɛn lɔ  
ya na kɔd fɔ kɔndɔkt we nɔ de chɛnj we ɔl di Ebraam rilijɔn  
dɛn dɔn ɛndɔs Bɔt bɔku tɛm di tɛks dɛn nɔ kin ebul fɔ  
ɛksplɛn di saykolojik aspek dɛn fɔ dɛn kɔmandmɛnt ya ɛn di  
bɛnɪfɪt dɛn we gɛt fɔ du wit fɔ fala dɛn Pipul dɛn kin aksept  
dɛn lɔ ya na ples dɛn we dɛn de wɔship bɔt dɛn nɔ kin ebul fɔ  
fala dɛn ausayd dɛn, fɔ jɔstɪfɪy dis bay we dɛn de tɔk se dɛn lɔ  
ya nɔ de wok, dɛn nɔ gɛt sɛns, ɛn dɛn nɔ de fala di tɛm Bɔt  
stil, fɔ pwɛl dɛn lɔ ya na di men tin we de mek ɔl di sɔfa we  
pipul dɛn de sɔfa na di wɔl

Bɔt wetin na di bɛnɪfɪt we dɛn lɔ dɛn de gɛt ɛn usay dɛn

?bɛnɪfɪt dɛn de

Di oli buk den advays mortalman fo tink bot God, fo put in  
maynd insay Am, fo gi oltin to am, en fo woship am wit ol in  
at, we no miks wit ipokrit en we no go doti wit mek lek se i de  
Fo no God fo bi di men gol na layf Di wok den we de na  
di wol no go ebul fo du if yu no get di pawa we God don gi  
mortalman Fo du odinari wok den we yu de forget God na  
mistek en sin

Sin min fo no no natin: fo du tin di we we no gri wit di  
gud we mortalman get pas ol

Wetin mek pipul den kin fil bad en rigret? Na bikos den  
no bin de du wetin rayt bikos God no bin de fos na den at  
Notin no de na posin in layf we den fo tek as important  
pas God If posin rili bisin bot God en du in spiritual duty to  
am, in sikostems go important pan oltin, en i go fil sef en sef  
pan ol we oltin de arawnd am

As posin begin fo woship propati, moni, nem, o eni oda tin  
apat from God, no gladi kin bi in lot Di wan den we de pe  
atenshon ol den atenshon pan den tin ya, na in rili de woship  
den, en dat mek den no de kam nia God bot den de dref  
komot nia am Bot di wan den we de tink bot God, tink gud  
wan bot am, en tok to am na den at kin kam nia Am en  
ekspiriens insay den at gladi at we den de komyunion wit Am  
kwayet wan

Na God nomo ebul fo mek mortalman drim en op fo get  
gladi at we go de sote go So, den no fo alaw natin fo tek God  
in ples na di at

Oli simbul den de we go ep di posin we de luk fo fo  
memba God en kam nia am Bot if posin begin fo woship den  
simbul ya, di bad tin we den go du go pas di benifit we den  
go benifit am Woship fo de to God nomo, bikos natin no de  
we fit fo woship

Ilek wetin na ritual woship, God kin gri wit am as long as  
di posin we de woship de du am wit spiritual awareness en  
long fo Am Bot, boku pipul den no de ondastand di men tin

we de fɔ wɔʃɪp, ɛn dɛn tɪŋk ɛn at kɪn kɔmɔt nɪa Gɔd to di  
rituals, so dɛn nɔ kɪn bɛnɪfɪt bɔku frɔm dɛn wɔʃɪp  
Tru wɔʃɪp dɛn nɔ de alaw dɛn kɔnʃɛns fɔ jɔs de pan  
ɛni ɪmeɪ ɔ fɔm, bɔt dɛn de pe atɛnʃɔn wɪt di dɪp lɔv ɛn ful  
atɛnʃɔn pan di divayn spɪrɪt we de bɪɛn ɔl di ɪmeɪ ɛn fɔm dɛn  
Gɔd nɔ gɛt wan bɔt ɛn i nɔ gɛt ɛnd, ɛn no ɪmeɪ ɔ statʊ nɔ  
go ebul fɔ gɛt am

Wi kɪn sɛ Gɔd de sho ɪnsɛf pan ɔlman we lɛk am wɪt ɔl ɪn  
at ɛn we de grɪ wɪt am, bɪkɔs I de ɔlsay ɛn dat mɛk i de ɪnsay  
ɔlman Bɔt nɔto ɔlman gɛt di abɪlɪtɪ fɔ sho di divayn prezɛns Di  
san de shayn ɪkwɔl pan ɔl tu di kɔl ɛn dayamɔn, bɔt di  
dayamɔn de gɛt ɛn sho di san layt, we di kɔl nɔ ebul  
Semweso, ɔl pɪpul dɛn de ɪnsay Gɔd ɪn layt, bɔt na nɔmɔ sɔm  
kɪn ebul fɔ gɛt da layt de ɛn sho am na dɛn tɪŋk ɛn akʃɔn Fɔ  
du dat, dɛn fɔ klɪn dɛnsɛf bay we dɛn de tɪŋk gud wan ɛn bay  
we dɛn de fala di tɪʃɪn ɛn lɔ dɛn we Gɔd gɪ dɛn  
We wɪ de kɔl Gɔd ɪn nem, wɪ fɔ rɪlɪ no wɛtɪn wɪ de tɔk If  
yu bɪn ebul fɔ sɪ ɪnsay pɪpul dɛn maɪnd we dɛn de pre, yu go  
sɪ sɛ bɔku pan dɛn de tɪŋk bɔt ɔltɪn pas Gɔd, pan ɔl we dɛn  
de tɔk ɪn nem! Dis kaɪn prea nɔ gɛt wan bɛnɪfɪt ɛn i nɔ gɛt  
wan valyu

We wɪ de pre, wɪ fɔ tray fɔ pe atɛnʃɔn pan wɪ ɔl wɪ  
maɪnd pan Gɔd, pas fɔ jɔs rɪpɪt ɪn blɛsɪn nem we wɪ de alaw  
wɪ maɪnd fɔ waka waka Wan pan mɪ antɪ dɛn bɪn de rɪd ɪn  
prea dɛn pan prea bɪdz, we nɔ kɪn kɔmɔt na ɪn an Bɔt i kɔnfɛs  
to mɪ wan de sɛ pan ɔl we i dɔn praktɪs dɪs prea abɪt fɔ fɔtɪ ɪa,  
Gɔd nɔ bɪn dɔn ansa ɪn prea dɛn Nɔ wɔnda! ɪn "preya" nɔ bɪn  
pas natɪn pas wan nervɔs abɪt

We wɪ de pre, wɪ nɔ fɔ tɪŋk bɔt natɪn pas Gɔd Wi fɔ tray  
fɔ bɪ tru tru wɔʃɪp ɛn devɔte ɪnsay wɪ beg Yuz prea bɪdz ɛn  
kɔl Gɔd ɪn nem ɔltɛm na tɪn we pɔsɪn kɪn grɪ wɪt pafɛkt wan  
we di prɔsɪs kɔmɔt frɔm di at ɛn na sɔpɔt frɔm sɪnsɪ ɛn fɔs  
maɪnd Bɔt dɪs prɔsɪs kɪn bɪ ɔtomɛtɪk as tɛm de go  
Wi fɔ wɪspa Gɔd ɪn nem na wɪ at, pan di rosary fɔ lɔŋg ɛn  
divayn lɔv; dɪs na tru wɔʃɪp we de tɔʃh Gɔd ɪn at Fɔ tɔk Gɔd

in nem wit kol en maynd we de waka waka na fo tok bad en  
no respekt We posin de pre, in at en maynd fo ful-op wit di lov  
we God get Fo praktis mental fos tru ay yoga egzampul den  
de ep wi fo kam nia God, di suprem sos we de gi glori en  
speshal, en i de ep wi bak fo tink en tok to am  
I impotant fo dediket wan de insay di wik fo spiritual ritrit  
(if i posibul) fo tink bot God en fo get kol at, pis, en insay pis  
Taym we yu spen dis kayn we go bi wan balm we go mek yu  
fil fayn fo di trobul en wori we yu go get insay di oda pat na di  
wik

Olman nid fo spen wan de evri wik na say we nobodi no  
de o na "spiritual retreat" fo men den filin wund en pen we  
den de fil We da de de bi wan we get pis, gladi, en satisfay,  
yu go rili wet fo am wik afta wik  
Fo de yu wan na di prayz fo big tin Yu go soprayz wit di  
fayn fayn tin den we yu go get fo yu maynd, bodi, en sol tru  
dis spiritual ritrit en konekshon wit yu spirit en wit God If yu  
want fo get tru tru gladi at, yu fo put yusef insay di si we get  
divayn pis ali monin we yu wek, en bak bifo yu go slip na net  
Di sensman den na India advays no jos fo wan de fo mek  
posin no de nia oda pipul den, bot den de eksplen se i nid fo  
tink gud wan kwayet wan insay 4 patikyula tem den evride  
We di ples klin, bifo i grap en si enibodi, posin fo enjoy di kol  
at en fil se i get pis Na midde, posin fo mek in maynd kol bifo  
i it, en i fo enjoy bak fo get pis bifo i it dina Fo don, bifo i go  
slip na net, i fo go insay wan stet we pis de wan tem mo  
Di wan den we de silens wit ol den at we den de den wan  
en ol den 4 tem ya evride, go mos fil se den gri wit God Di  
wan den we no ebul fo wach ol den tem ya fo dediket at le di  
monin en ivintem awa We den du dat, den layf go chenj fo  
betε, en den go get gladi-at; eksperiens na di best prof  
If yu kontinyu fo rayt en sayn chek we yu no put moni fo  
koba yu bank akaun, yu go don wit moni Di sem tin kin apin  
to yu layf If yu no put pis oltem na yu layf akon, yu enaji go  
don, yu kwayet go don, en yu gladi at go don In shot, yu go

dɔn sɔfa pan imɔshɔnal, maynd, bɔdi, ɛn spiritual bankruptcy  
Bɔt dip daily meditation on God will kɔmpens di tin dɛn we nɔ  
de na yu sol

Di pɔsin we de luk fɔ di tin dɛn we de apin de tink gud  
wan ɛvrɪde, de tɔk to Gɔd wit ɔl di lɔv ɛn lɔng we de na in at,  
de beg am fɔ sho insɛf If yu na pɔsin we lɛk Gɔd ɛn yu want  
fɔ ɛksperiɛns in prezɛns, yu fɔ put yu maynd ɛn bɔdi insay In  
pis, ɛn layf go smayl pan yu, ɛn yu afɛkt dɛn go impɔtant pan  
bɔku we dɛn Pɔsin we gɛt kol at nɔ kin rili mek mistek ɛn  
sakrifays usay tawzin pipul dɛn kin fel

Di wan dɛn we nɔ de tink bɔt Gɔd ɔ bisin bɔt am kin gɛt  
pwɛl at ɛn sɔfa Dɛn kin vɛks ɛn tɔn to mashin we de waka  
Di san we gɛt sɛns ɛn pis go kɔmɔt na di skay we gɛt kol  
at ɛn i go kɔba yu bi wit in raytin we de mɛn as lɔng as yu de  
tray fɔ du spiritual ɛn gi fɔs ples to Gɔd na yu at

De fɔ tink gud wan fɔ bi de bak fɔ rɛst na yu maynd ɛn  
bɔdi ɛn fɔ mek yu gɛt pis insay yu at ɛni wok we de gi sɛns  
ɛn pis na blɛsin wok da de de  
As fɔ ɔnɔ mama ɛn papa dɛn, di oli buk dɛn dɔn se yu fɔ  
trit dɛn fayn: “Rɛna yu papa ɛn yu mama” ɛn “Bi gud to  
. ”mama ɛn papa

Dɛn fɔ ɔnɔ mɔtalman papa ɛn mama dɛn as pipul dɛn we  
de riprɛsɛnt Gɔd, we gi dɛn di gift fɔ mek mɔtalman Mama  
na di pɔsin we de sho Gɔd in klin lɔv, bikɔs mama we lɛk am  
de fɔgɪv usay nɔbɔdi nɔ go fɔgɪv Di papa na di we aw Gɔd de  
sho se i gɛt sɛns ɛn i de protɛkt in pikin dɛn

Pɔsin nɔ fɔ lɛk in papa ɛn mama apat frɔm Gɔd, bɔt as fɔ  
sho da lɔv de Di pɔsin we de protɛkt ɛn di wan we gɛt sɛns Di  
suprɛm divayn spirit de bi di papa ɛn mama fɔ ɛp di pikin, so  
i fɔ ɔnɔ insay di mama ɛn papa

Di skripchɔ dɛn advays wi bak se wi nɔ fɔ kil pɔsin fɔ kil,  
bikɔs na da tɛm de pɔsin kin bi pɔsin we de kil Pɔsin nɔ fɔ tek  
ɔda pɔsin in layf insay wan mɔnt we i rili fil bad Bɔt if dɛn de  
trɛtin di wan dɛn we i lɛk, i fɔ fɛt fɔ protɛkt di wan dɛn we



God don trɔs am, bikɔs na oli wok fɔ difend in famili ɛn in  
kontri

Fɔ tɔk bɔt di lɔ we se dɛn nɔ fɔ du mami ɛn dadi biznɛs  
wit ɔda pɔsin, di bɛst tin we mek dɛn fɔ du mami ɛn dadi  
biznɛs wit ɔda pɔsin fɔ bi fɔ bɔn pikin dɛn we dɛn mek lɛk  
God ɛn fɔ sho di klin lɔv we di man ɛn uman we mared we de  
si God de fil insay dɛnsɛf Di wan dɛn we de liv na bɔdi nɔmɔ,  
we nɔ gɛt ɛnitin fɔ du wit tru tru lɔv ɔ di ay rizin we mek dɛn  
mek mami ɛn dadi biznɛs wit ɔda pɔsin, de du mami ɛn dadi  
biznɛs wit ɔda pɔsin akɔdin to dis lɔ Insay dis kes, dɛn nɔ  
difrɛn frɔm animal dɛn we satisfy dɛn di tin dɛn we dɛn kin  
want fɔ du fɔ du mami ɛn dadi biznɛs ɛn afta dat dɛn kin go  
bifo

God mek dis kriyaytiv drayv insay man ɛn uman fɔ bɔn  
pikin ɛn sho tru tru lɔv fɔ dɛnsɛf na mared layf, ɛn dɛn nɔ fɔ  
yuz am di rɔŋ we, bɔt i fɔ chɛnj am to oli wok ɛn no  
If yu ebul fɔ kontrol ɛn sheb mami ɛn dadi biznɛs pawa  
insay yu bɔdi, yu go ebul fɔ divɛlɔp big big maynd abiliti fɔ  
rayt, drɔ, ɔ fɔ sho layt talɛnt dɛn pan bɔku bɔku ɔda we dɛn  
ɛn we yu go dɔn ebul fɔ kontrol ɛn chɛnj di tin dɛn we yu  
de du na God in yay, yu go gɛt bɔku pis, yu go gɛt bɔku lɔv,  
ɛn yu go gɛt mɔ gladi at pan God biznɛs  
Sent ɛn spiritual lida dɛn we dɔn chɛnj dɛn mami ɛn dadi  
biznɛs pan spiritual tin dɛn na jayant dɛn we ebul fɔ du  
wɔndaful ɛn wɔndaful tin dɛn na di wɔl ɛn insay di esoterik  
fɛn fɔ tru

So, di ay we aw dɛn de yuz di mami ɛn dadi biznɛs na fɔ  
ɛlɛvɛt in pawa, dat na fɔ chɛnj in ɛnaji to wan ay tin fɔ mek i  
go sho se i gɛt sɛns, i gɛt ay ay aydia, ɛn i de tink bɔt God  
biznɛs Pɔsin nɔ fɔ gɛt gladi at frɔm di tin dɛn we i de tink bɔt  
mami ɛn dadi biznɛs ɔ want wetin dɛn nɔ fɔ du We dɛn dɔn  
rich dis kayn kontrol fɔ insɛf, i go gɛt fayn we fɔ si mami ɛn  
dadi biznɛs ɛn di tin we i want fɔ du we pas ɔl

Fɔ bi slev to mami ɛn dadi biznɛs min se yu nɔ go gɛt  
wɛlbɔdi, yu nɔ go ebul fɔ kontrol yusɛf, ɛn yu nɔ go gɛt pis na

yu maynd, ɛn fɔ tɔk smɔl, yu nɔ go gɛt ɔl di tin dɛn we pɔsin  
nid fɔ gɛt gladi at

Di oli buk dɛn de ɛnkɔrej wi bak se wi nɔ fɔ tif If wan  
grup we gɛt wan tawzin pipul dɛn fɔ tif frɔm dɛnsɛf, ɛni wan  
pan dɛn go gɛt 999 ɛnimi So, pɔsin nɔ fɔ pwɛl ɔda pipul dɛn  
rayt, ɔ tek dɛn land, pis, lɔv, rɛspɛkt, ɔ ɛni wan pan dɛn  
prɔpati ɔ spiritual prɔpati dɛn If yu nɔ fil se yu want fɔ tek  
wetin nɔto yu yon, wetin yu nid ɔ want go kam to yu Tif  
originates first in the mind when a person begins to envy  
others Di sid dɛm fɔ bad bad tin dɛm fɔ kɔmɔt na di maynd  
Spiritual altruism na di we Dɔn, pɔsin go naturally attract  
bɔku, ɛn blɛsin go flɔ to am frɔm sɔs dɛm we i no ɛn sɔs dɛm  
we i nɔ no It is an infallible divine law As for tifman ɛn pipul  
dɛm we de tink bɔt dɛnsɛf nɔmɔ, dɛn de spɛn dɛn layf fɔ  
chas afta matirial prɔpati, dɛn yay ɔltɛm pan wetin ɔda pipul  
dɛn gɛt, ilɛksɛf dɛn yon kɔf ful-ɔp wit gold  
If dɛn nɔ lɛf fɔ bisin bɔt prɔpati, di wɔl nɔ go ebul fɔ no  
gladi at

Gladi at kin kam nɔmɔ tru spiritual kɔpɔreshɔn I kin kam  
we pɔsin fil di nid fɔ ɔda pipul dɛn lɛk se na in yon ɛn wok fɔ  
ɔda pipul dɛn as i de wok fɔ insɛf  
Wan ɔda impɔtant lɔ na fɔ avɔyd fɔ tɔk lay lay witnɛs Fɔ  
du bad to ɛnibɔdi bay we i de chenj di trut na ɔda we fɔ mek  
pipul dɛn nɔ gɛt wanwɔd na di soshal layf If pɔsin want fɔ  
mek dɛn trit am fayn, i fɔ trit ɔda pipul dɛn di rayt we  
Dɛn fɔ tɔk di tru ɔltɛm, bɔt dɛn fɔ mek difrɛns bitwin fɔ  
tɔk di tru ɛn fɔ jɔs tɔk bɔt di tru tin dɛn Fɔ tɔk bɔt pɔsin as  
pɔsin we nɔ ebul waka ɔ we blaynd, dat kin mek pɔsin fil bad  
ɛn i nɔ kin ɛp; pɔsin fɔ tink bɔt aw ɔda pipul dɛn de fil ɛn  
avɔyd fɔ mek dɛn shem Semweso, fɔ sho tru tin we go mek  
pɔsin tɔn in bak pan pɔsin we nɔ gɛt gud rizin, na tin bak we  
nɔ rayt Na di ɔda say, pɔsin nɔ fɔ lay fɔ avɔyd fɔ tɔk di tru;  
bifo dat, pɔsin kin sɛt mɔt pan sɔm tin dɛn fɔ mek i nɔ shem  
ɔ du bad to ɔda pipul dɛn

Wan fɔ tek tɛm wit jɛlɔs, wan sik we de pwɛl di sol we de  
swɛt di pis na in sol Di mɔ we pɔsin want wetin na ɔda pipul  
dɛn yon, na di mɔ i nɔ gladi ɛn i de sɔfa Di pɔsin we de jɛlɔs  
de liv layf we gɛt prɔblɛm, i nɔ de ɛva nɔ di teys fɔ kol at I  
bɛtɛ fa fawe fɔ mek dɛn rɛspɛkt dɛnsɛf, abop pan dɛnsɛf, ɛn  
fɛn tin dɛn we de insay spiritual richness

Pɔsin in rɛspɛkt ɛn in intrinsic worth big fa fawe pas  
ɛnitin we i go want ɔ we i go want fɔ gɛt Gɔd de sho insɛf  
pan ɛvri mɔtalman di we we nɔ de sho pan ɛni ɔda mɔtalman  
Dɛn fɛs nɔ tan lɛk ɛni ɔda pɔsin in yon, ɛn dɛn sol nɔ tan lɛk  
ɛni ɔda pɔsin in yon, bikɔs insay dɛn de di big big trɔs pan ɔl  
di tin dɛn we Gɔd mek—ɛn da big big trɔs de na Gɔd  
Wi nɔ de tay wi wit di tin dɛn we bin dɔn apin trade  
We pɔsin gɛt di rayt fet ɛn du wetin i want, i kin gladi  
pas di wan dɛn we nɔ gɛt fet ɛn we nɔ de du dɛn wok na di  
fɛt fɔ layf

Saund fet ɛn rayt akshɔn (we dɛn sɔpɔt wit nobul  
motives ɛn gud intenshɔn) de ɔltɛm de ɛnisay we gladi at de,  
ɛn dɛn de lɔs ɛnisay we gladi at nɔ de Frɔm dis, wi kin dɔn se  
na tu impɔtant kɔndishɔn fɔ gladi, we nɔ go ebul fɔ gɛt if dɛn  
nɔ gɛt dɛn Di wan dɛn we want gladi at nid fɔ gɛt dɛn tu men  
tin ya nɔmɔ, we na in kɔna stɔn ɛn pila dɛn  
Mɔtalman nɔ kin ebul fɔ kɔntrol—we dɛn want—di tin  
dɛn we nɔ gɛt ɛnd na di yunivas, ɛn dɛn nɔ kin ebul fɔ chɛnj  
ɔ ires dɛn Dɛn tin ya kin miks wit di klos we mɔtalman layf  
gɛt, ɛn mɔtalman nɔ kin ebul fɔ wok we dɛn nɔ de nia dɛn  
Bɔt dɛn kin kɔntrol dɛn maynd fɔ adap to dɛn tin ya  
Nɔ du am bad

Wi gret gret granpa dɛn bin gladi pas wi nɔto bikɔs dɛn  
bin gɛt mɔ tin dɛn ɛn ɛnjɔymɛnt we de na di wɔl pas wi naw,  
ɔ bikɔs dɛn nɔ bin de gɛt bɔku prɔblɛm dɛn na layf, bɔt bikɔs  
dɛn bin gɛt di balans we dɛn bin de tink bɔt we bin de gi dɛn  
kɔmfɔt, pis, satisfay, ɛn fɔ shɔt tɛm, dɛn bin gɛt gladi-at  
Dɛn nɔ bin de dipɛn pan di tin dɛn we de apin na do fɔ  
mek dɛn gladi, ɛn dɛn nɔ bin de sɔfa pan di tin dɛn we de

apin na do we go mek den no get am Den filin fo komfot, pis,  
gladi, en satisfy na bin natura, normal, welbodi, en fo las Wi,  
saf, fo get den filin ya if wi want fo get gladi at En udat pan wi  
?no get

Fate na di rizolt fo wan past eksesayz fo fri wil o fridom fo  
pik Tru wi past prasis fo fri wil, wi don bring en kontinyu fo bring  
pan wisef fate en destiny Bot, wi no de tay pan di tin den we  
don pas, en wi no de kontrakt wi sote go bikos of di tin den  
we kin apin to wi akshon Wi kin pul wetin wi don plant en ires  
wetin wi don rayt if wi so want en tray fo korrekt wi kos en  
impruv di kwaliti fo wi avest If wi pul di sid dem fo akshon wit  
pen konseksion en plant insay den ples sid dem we fit mo to  
di kayn we aw di sol tan, wi go mos ripent di frut dem fo gladi  
from den gud sid dem we den plant na di sol in gron Wi fo yuz  
fri wil naw, naw en noto tumara, if wi want fo get mo gladi at  
o fo mek wi no sofa en pen smol

So, di kondishon fo gladi de insay mortalman, en ol wetin i  
fo du na fo dil sirios wan wit da iqwoj de we no de mek  
mistek, en di rizolt go bi in favo if i mek di best asesment en  
dil wit am Bot di posin we get strong wil de gri wit God

Konsentret maynd enaji

We yu konsentret di san layt Bay we yu fos wan  
magnifying lens pan wan smol poynt , i de mek ot , en da ot  
de kin layt wud Fabrik, pepa, en oda tin den Semweso, we yu  
fos yu maynd gud gud wan In konsentret enaji Fo bon di bad  
en rut den we de mek posin dawt, di tin we de mek oltin no  
ebul fo du natin , en fo mek di layt we get sens shayn wit  
brilians en layt

We tinkin gri wit God Di sos we ol gudnes komot en di  
orijin fo ol blesin pawa , i kin no di divayn prezens en get ol di  
element den fo sakrifays Den tin ya get tayt padi biznes wit di  
big big pawa we God get , we ebul fo mek nyu rizin fo  
sakrifays pan eni fild

Mek God krawn di gud tin den we den de du en di gud  
wok den we den de tray fo du wit sakrifays  
Trɔbul en prɔblem den kin apin we pɔsin nɔ no bɔt di tin  
den we i bin dɔn du trade, we i du na wan patikyula tɛm en  
ples Di sofa we den de sofa naw kɔmɔt frɔm di tin den we den  
bin de tink en du we den bin de tɔk, we bin tek rut na di grɔn  
we den bin de tink, we bin de gro to plant en bia frut we de  
sho di kayn tin den we den bin de tink en du  
We yu luk di san we de fa bɔku bɔku mayl den na di  
spes, da big big sta de kin tan lɛk se i smɔl pas wi Wɔl Bɔt  
stil, di wɔl in dayamita na lɛk 7,900 mayl, we di san in  
dayamita pas am wan ɔndrɛd tɛm If yu kin put wi planɛt Wɔl  
dairekt bifo di san, i go tan lɛk wan smɔl dɔt we yu kɔmpia  
am wit am Imajin di big big sta we di san gɛt de go ɔp te in  
big big mas engulf di wan ol blu skay Di skay we wi de si na  
jɔs wan smɔl pat, na jɔs wan smɔl smɔl pat, pan di spes we  
nɔ gɛt end we de ɔlsay na di yunivas Ivin if di san kɔntinyu fo  
bɔku to di wan we nɔ gɛt end, i nɔ bin stil ebul fo kɔba di wan  
den we nɔ gɛt end Dis kɔsmik ilyushɔn fo smɔl en dɔn de stɔp  
di maynd fo ebul fo ɔndastand di big big wan we de na di  
yunivas , usay i kɔmɔt, en di say den we i de  
Di wan we nɔ de ɔnda dimɛnshɔn en mɛzhɔmɛnt, we nɔ  
gɛt limit en we nɔ gɛt eni ɔrijin, na God, we de ɔlsay en we de  
na di fa fa say den na di spes I de na di fa fa, rimot sta den ,  
jɔs lɛk aw I de insay yu en insay mi , en I de kɔnshɛns fo no ɔl  
di spes we I de tek Ilɛksɛf i smɔl ɔ big Frɔm di buk we nem "  
" Man's Ultimate Goal

### **Di tin den we den kin aks fo**

Oh, Masta

Tek mi an frɔm daknɛs to layt

O kosmik stilnɛs

A de yɛri yu vɔys we di watawɛl de grɔmbul en di naytin

den de grɔmbul

Insay di kray we di briz de kray, di wef den we de ala, en

di tɛnda we di wata de shek shek

O Masta we a læk  
A no de wɔʃip yu wit wɔd, bɔt a de wɔʃip yu wit di  
lɔŋ we at de bɔn wit di want fɔ yu  
Mek a si yu big big ples  
Yu de de biɛn ɔltin ɔltɛm  
Sɔntɛm a go no se a na pat pan yu layf we no de chenj  
sote go  
O ocean we de flɔd  
If na di riva dɛn we de rɔn rawnd di tin dɛn we a want  
bin ebul fɔ flɔd tru di dɛzat dɛn we gɛt tin dɛn we de ambɔg  
ɛn tin dɛn we de ambɔg mi  
Fɔ dɔn, yu big big trɔbul dɔn miks  
ɛp mi fɔ lisin to yu vɔys, Masta  
Di kɔsmik sawnd we di vaybreshɔn na di yunivas bin de  
kɔmɔt  
. Mek a no yu prezɛns tru di blɛsin sawnd (Om - Amen)  
melody Oli fɔ ɔl di vɔys dɛn we gɛt blɛsin  
Expand mi awareness as a de lisin to di simfɔni fɔ  
ɛgzistens  
Mek a fil laik di cosmic ocean  
ɛn di bɔdi in riplin muvmɛnt dɛn de dans na in chɛst  
Mek di vɔys we oli pas ɔl, mek i yɛri insay mi  
Fɔ mek a no mɔ frɔm di bɔdi to di yunivas  
Mek a fil gladi at we go de sote go, we de kɔba ɔltin  
We i de bɔn frɔm wan si we gɛt layt we de ful-ɔp  
O pawa we no gɛt ɛnd  
O sɛns we go de sote go  
Chaj mi sol wit yu spiritual vibration  
O vɔys fɔ di blɛsin kɔsmik wɔd  
Kɔrɛkt mi mistɛk dɛn  
A nid am  
Tek mi an frɔm daknɛs to layt  
ɛnitɛm we a tink bɔt Yu, O Masta, wan wata we de bɔn  
we de bɔn de bɔn insay mi, we de shek mi filin ɛn we de flɔ

from mi at to evri sel na mi bōdi, we de chaj am wit divayn  
lv

Mi big big wish na fō rich di very core of yu being en  
revel in yu presence

En wantem wantem di sol in domot opin, en a gladi  
!pasmak we a si yu layt we de shayn

Di past nō no bōku pan mōtalman, wit di eksephōn fō  
sōm pipul dēn we dēn dōn pik we gēt sēns Bōt stil, di we aw  
wi nō no bōt di tin dēn we dōn pas, na fō wi bēnifit bak Bikōs  
if wi bin nō ol wetin wi dōn du na dis layf en insay layf we wi  
bin dōn liv bifo, wi go dōn ful-ōp wit di sheer volyum we wi de  
du en wi go kōnfyus bad bad wan Fō tru, wi wil kin ivin  
paralayz bikōs of di shōk, we go mek wi nō ebul fō kōntinyu fō  
du wi pursuits and leaving us prey to despair Ivin insay dis  
wōl layf, fōgēt na blēsin frōm Gōd, we de mek di mēmori dēn  
we wi bin dōn mēmba trade, mō di wan dēn we bin bita en  
we de mek wi fil pen, nō de ambōg wi tink en filin  
Bōt wi gladi fō no se di divayn spak we de insay wi de  
shayn oltem wit op en di want fō kōntinyu fō waka na layf we  
nō de dōn Wi fō tēl Gōd tēnki fō dēn tu blēsin ya: fō fōgēt di  
tin dēn we dōn pas en fō op fō tumara bambay  
Wi nō fō dōn se fate de put tin dēn we de ambōg di we  
aw pōsin kin fri fō disayd fō du sōntin Bōt wi fō du ol wetin wi  
ebul fō tinap tranga wan fō tinap tranga wan we bōku pipul  
dēn kin tōk se na tin we kin apin to pōsin en wetin kin apin to  
wi, en yuz wi fridōm fō disayd fō du sōntin akōdin to wetin wi  
biliv insay wi at, bōt dēn kōnvikshōn ya kōmōt frōm gud fet en  
we dēn gēt grōn pan Gōd in lō dēn, we pōsin nō go ebul fō  
test tru tru gladi at

We wi begin fō du wan wok, wi nō fō fred bad bad tin dēn,  
bōt wi fō gēt op te to di bēst we, wit rili fet se natin nō go  
ebul fō stōp wi fō du wetin wi want en fō du di fridōm we wi  
gēt fō disayd fō du sōntin

If wi nō ebul fō rich wi gol, i akseptabl fō gri se tin dēn  
bin de we wi mek wi yon we mek wi nō ebul fō rich am Wi fō

kɔntinyu ɛn dubl wi tray fɔ rich wi ɔbjektiv Wi fɔ afɛm bak to  
wisɛf se ilɛk aw strɔŋg ɛn fɔmidabul di tin dɛn we de ambɔg  
ɛn chalenj dɛn kin bi, wi stil gɛt inɔf trɛnk fɔ pul dɛn ɛn win  
dɛn lvin if wi nɔ ebul pan ɔl we wi de tray fɔ du ɔl wetin wi de  
du, nid nɔ de fɔ mek wi nɔ gɛt op ɛn fɔ mek wi at pwɛl, as  
lɔng as wi ɔndastand se mɔtalman in wil strɔŋg pas di tin we  
wi want fɔ du, we na wi yon mek So, wi nɔ fɔ stɔp fɔ tray,  
ilɛksɛf wi nɔ ebul fɔ du am, bikɔs domɔt dɛn de we opin  
ɔltɛm Wi jɔs nid fɔ kɔntinyu fɔ tray ɛn ripit di tray te dɛn gi wi  
sakrifays Gɔd go gi wi ɛp as lɔng as wi de ansa am ɛn tray  
tranga wan Di wan we de waka na di rod go rich usay i de  
go, ɛn di wan we abop pan Gɔd nɔ go disapɔynt  
We pɔsin want sɔntin , ɛn da want de strɔŋg ɛn i nid fɔ  
du am kwik kwik wan , da want de nɔ de ɛva kɔmɔt na in  
kɔnshɛns , ɛnisay we i go ɛn ɛnisay we i tɔn , ɛn ɛnitin we i  
bisin bɔt ɛn wɔri bɔt Tru in kɔnstant ɛn kɔntinyu aktiviti , da  
want de gɛt bɔku bɔku ditarminieshɔn ɛn ɛnaji Dis intɛlektual  
wispa strɔŋg ɛn i wok pas mɛkanikal beg , we nɔ de go bifo  
fɔ muv di lip Dis na wetin pipul dɛn we lɛk Gɔd kin du ; dɛn  
de wispa dɛn lɔv fɔ Gɔd we dɛn nɔ de stɔp , ɛn dɛn wispa dɛn  
de kɔmɔt na dɛn at ɛn dɛn nɔ de yɛri , ɔlsay na dɛn ɔl di tin  
dɛn we dɛn de du ɛvrɪde Dis wispa we kɔmɔt na dɛn at nɔ de  
ambɔg dɛn , ɛn i nɔ de agɛns dɛn ɔda wok dɛn we dɛn de du  
As dɛn want fɔ Gɔd de gro , dɛn lɔv fɔ am de strɔŋg ɛn dip ,  
te dɛn tɔch In prezɛns ɛn si In layt wit di yay fɔ di sol , de test  
ɔvawɛl gladi ɛn fil wan pis we pɔsin nɔ go ebul fɔ tɔk bɔt  
Gɔd de sɛn lɛsin dɛn we wi nid na layf so dat wi go  
bɛnɪfɪt frɔm dɛn ɛn gɛt ɔndastandin ɛn ɛksperiɛns ɛnɪbɔdi we  
avɔyd dɛn lɛsin dɛn de, dɛn go fos am fɔ lan dɛn ilɛk aw lɔng  
i tek  
ɛvri tɛst na padi if wi lan frɔm am , ɛn na tyrannical  
despot if wi spend di chans ɛn yuz am di rɔŋ we tru  
kɔmplɛn , vɛks , ɛn bad jɔjment  
We wi gɛt gud ɔndastandin ɛn di rayt we aw wi de tink  
bɔt layf , i kin fayn ɛn i nɔ gɛt ɛnitin fɔ du wit prɔblɛm dɛn



## saykolojik kes dɛm

Pɔsin nɔ go ebul fɔ de sote go we dɛn de kɛr am go na  
wef we de mek i gladi , ɔ we i de ɔnda wata ɔnda wata we de  
mek i fil bad , ɔ drawn insay di dip dip ples dɛn we i de bost  
Insay dis wɔl we dɛn kɔl tu tin dɛn we de agens dɛnsɛf, Di  
avɛrej pɔsin de sɔbjɛkt to ɔp ɛn dɔŋ l de rayz pan wan wef  
we gɛt gladi at ɛn plɔmp insay di dip we aw i nɔ bisin bɔt  
am , ɛn i de tos rawnd bay wef dɛn we de vɛks we de mek i  
sɔri ɛn i nɔ kin no bɔt ɛni ɔda stet fɔ kɔnshɛns Alaw  
sikɔstɛms fɔ tos tink bɔt dis we l min fɔ sɔrɛnda pɔsin in wil  
to kapricious ɛn volatile fate  
Wetin pɔsin nid fɔ liv fayn ɛn ful-ɔp layf na fɔ balans in  
maynd

Dis kin ɔlrɛdi apin bay we yu de fos di maynd Kɔntrol  
saykolojik fakulti dɛm

Ivin di dip sɔri-at kin wɛl wit tɛm , so nɔr minin fɔ de tink  
bɔt pwɛl hat ɛvri wan de na wi layf If pɔsin fil bad fɔ lɔng tɛm  
fɔ pɔsin we wi lɛk we dɔn day, dat nɔ kin ɛp am ɛn wi , ɛn i  
ɔsɛlf-p ɔ mpleksɔriti kɔp infɛriɔnɔ kin chɛnj ɛnitin fɔ tru Divɛl  
n duɔfɛil dɛm we yu bin d ɔ t mistekɔde tink b ɔn Fɔnish  
nli mek layf miserable ɛn stiflesɔ de yus l de ɔtrade, i n  
mental abiliti dɛm

Wi nɔ fɔ alaw wisɛf fɔ fɔdɔm insay di pit fɔ boring rutin ,  
bikɔs dat na saykolojik stet we de fa frɔm kɔmfyut , as i de  
wɔri di maynd ɛn bɔn layt abiliti dɛn na di ɔfna fɔ apathy  
Dɛn fɔ pul di tin dɛn we nɔ ebul fɔ du na in rut, ɛn dɛn fɔ  
wok tranga wan ɛn mekɔp dɛn maynd fɔ plant di fil dɛn we  
de na layf ɛn plant dɛn wit gud sid dɛn fɔ mek dɛn go ebul fɔ  
avɛst bɔku bɔku tin dɛn wit Gɔd in ɛp  
Ayon insay di Silva Jubili

Wan tɛm dɛn bin invayt mi fɔ wan silva jubili sɛlibreshɔn  
fɔ wan man ɛn in wɛf we bin tan lɛk se na wan pan di kɔpl  
dɛn we gladi pas ɔl , bɔt di tɛm we a go insay dɛn os a si se  
sɔntin nɔ rayt a aks tu pan mi student dɛn fɔ wach aw dɛn de  
trit dɛnsɛf na ivintɛm, ɛn leta dɛn tɛl mi Di man ɛn wɛf de

smayl to densesf bifo cda pipul den en adres densesf wit di swit  
wod den lek "Yes, my dear". en "Fo tru, mi lov," en cda kayn  
padi wod den Bot jos lek aw den tink se na den wan de, den  
kin agyu en dayrekt wod den we de mek den fil bad to densesf  
A tok to den en se : Una invayt mi fo atend una pati, bot  
di atmosfes de tens en a fil se boku boku diskord de na dis os,  
en i tan lek to mi se boku ayen de na dis silva jubili  
Fos, den bin veks , bot leta den admit se a rayt en aks fo  
padi I kontinyu fo tok se : Wetin yu de get we yu de agyu en  
?agyu oltem

I tan lek se una de liv togeda fo mek una get gud nem as  
pafekt man en in wef, bot una nid fo de da we de wit unasef  
en liv wit pis en wanwod fo una yon gladi at en pis na una  
maynd

Magnetik it fo it

We pipul den de tok bot it o it, den kin min di fyzikal it  
we den de it fo sopt di bodi Bot cda kayn it den de we no  
smol pas di it we den de it, en boku tem den kin ivin mo , lek  
di it we posin kin get wit in maynd o we i get spiritual tin den  
we posin kin du na in maynd o fo konsentret pan maynd, sens  
en fo no wetin i de du na God in yay  
Fo it we posin kin it kin mek di bodi in sel den kontinyu fo  
wok, en it we posin kin get kin ful-op di maynd wit fayn fayn  
aidia den, en di it we get sens kin mek di sol get layf bak en  
mek i ebul fo du in wok

Intelektual nourishment kin bi di aidia dem we posin kin  
tink en di wan dem we i kin get from cda pipul dem tru  
kontakt en intarakshon wit dem

Pipul den we get kol at en we get fayn fayn abit den kin  
ep fo mek wi tink gud wan en get welbodi

E nor tranga fo no if posin de pul in intelektual  
nourishment from say wae get pis or de disruptiv  
envayroment Wori, pwel hat, en konfyushon ol kin komot from  
wae i get padi biznes wit di rong kayn pipul dem, ileksef na in

padi ɔr fambul Dis kin mek pipul den de tink bɔt wɔri ɛn in at  
kin pwɛl

s it dɛm, weɔm fɔdi de gɛt ɛnɛji ɛn vitɛliti frɔdi b  
di ɛn maynd ɛnɛji chaj dɛm we izimagnetik it dɛm de gi di b  
It to livɔnvɔk ɔkin izi f ɔlid ɛn likid it dɛm, we nɔdigɛst pas s ɔf  
ɛnɛji

We yu kin chenj ignorance to waes , wik ɛn frayd to  
wɛlbɔdi ɛn vitality , ɛn waka wit kɔnfidɛns ɛn bold – ivin yu  
wan – pan di rod dɛm fɔ layf , ɛn ɛkspiriɛns insay gladi at fɔ  
gɛt layf ɛn wach kɔnshɛns , ɛn fet we nɔ de shek pan Gɔd in  
jɔstis ɛn di win we rayt pan rɔng ɛn trut pan ilyushɔn  
ɛn we yu tray ɛvride fɔ rilis yu tinkin to ay ɛn mɔ rifin  
lɛvɛl , ɛn yu gɛt at we gɛt lɔv ɛn tɛnki , ɛn gud intenshɔn to  
ɔda pipul den , yu intelektual nourishment go bi magnetik ,  
ɛn yu go afta dat atrak to yusɛf ɔl wetin fayn ɛn yusful , frɔm  
tin den, pipul den ɛn sikɔstɛms , we nid fɔ kɔntinyu di joyn to  
di shores fɔ sikyɔriti ɛn fɔ sɛf

We yu tray tranga wan fɔ gɛt wetin yu nid , ɛn yu  
satisfay wit wetin Gɔd de gi yu, yu go jɛntri pan spirit ɛn  
satisfay pas di wan den we de tink bɔt di tin den we de na di  
wɔl ɛn we want fɔ ɛnjoy di tin den we de apin fɔ shɔt tɛm  
We pɔsin de luk fɔ Gɔd , we na di wangren tru padi , pas  
ɔl padi den , i kin pɔsibul fɔ mek tru tru padi biznɛs na ɔl  
mɔtalman rilayshɔnship : famili, brɔda ɛn sista, mared, ɛn  
spiritual

Padi biznɛs na impɔtant tin fɔ mek maredman ɛn in wɛf  
gɛt tayt padi biznɛs wit ɔda pipul den , ɛn den fɔ put di tin  
den we den fɔ du fɔ mek den gɛt tayt padi biznɛs wit dɛnsɛf  
ɛn di we aw den de fil , fɔ fil se den gɛt gud abit den , ɛn fɔ  
gɛt tru tru lɔv ɛn padi biznɛs

Di wan den we nɔ ebul fɔ no difrɛns bitwin tru tru lɔv ɛn  
di we aw pɔsin kin want fɔ du mami ɛn dadi biznɛs, kin fil  
bad ɔltɛm

We mared de pan ay aydia ɛn rɛspɛkt fɔ dɛnsɛf , i kin bi  
wan gladi ɛn sakrifays union bitwin tu sol den we lɛk dɛnsɛf

En den kin wok togeda fo izi di lod den na layf fo densef , en  
pul di wori fo liv tru sori-at En ondestandin bitwin densef, padi  
biznes

Nobodi no go ebul fo kontrol mi o tek mi wil , pas nomo a  
alaw di tin den we oda pipul den de tink en du fo afekt mi  
Lord , A rialize se a get chans we no get end bifo mi Fo  
fen ol wetin a ebul fo du en diskoba mi spiritual potneshel , a  
go ripples matirial atakshon wit ay aspireshon den En a go no  
se di fetful spirit de wit mi oltem

Tide a go ful mi tinkin wit wan doz fo op , a go distans  
misef from eksperiens den we no fayn , en a go praktis wetin  
go men di bodi, maynd, en spirit Insay wan balans en  
konsistens we

Di dans fo layf en day de oltem , bot a go fri misef sote  
go bay we a de protekt mi spiritual aydentiti En we di big big  
briz den we de mek a get problem en trubul den de mit mi , a  
go tek bot insay di bot we mi sol de mek Kros di si we get  
layf To di sef, divayn shores

We a de wok en mek a go memba se God de wok tru mi ;  
Na in na di Masta fo di wan ol wol En a kin konekt wit am bay  
we a de tink gud wan bot am

Mi dia God , a no se mi tinkin go bring mi ol tu fail o  
sakrifays , dipen pan us tinkin strong pas ol na mi layf So, a  
go tray fo memba se yu de es ep mi En i de pripia mi fo di  
rizin den fo sakrifays

We bad bad tin den apin to mi , a go rayz mi spirit en  
mek mi maynd strong fo win den A go adopt sinsi en ones we  
a de dil en intarakshon wit olman , en a go fri tink bot lov en  
gud wish Don God go sopot mi wit in pawa en sens  
Lord , a go yuz mi wilpower en intellect fo akomplit smol  
smol tins fos , en den go mov on to big achivment

Ivin if ol di matirial ambishon den fulfil , den stil jos de  
bring gladi at we no komplit , en fo fen God na di wangren tru  
gladi at we a go diskoba rizova den we no de don fo gladi En i

no de eva stop fo flo en ron , na di gadin den fo di sol en in  
evagrin medo

### **Golden word den**

Gladi at na mi rayt, mi eritaj, en mi divayn trɔs we a ayd  
Gayd mi, O Masta, so dat a go fen insay misef di trɔs den we  
pas di drim den we kin den kin drim

\* \* \*

Di divayn we de na at de layt insay in disaypul den -  
bikos of in sɔri-at en sɔri-at - di lamp den we de shayn we get  
sens we de pul di daknes we no no natin

\* \* \*

Laif na movment we get sens wit ritm we de ɔltɛm I de  
shep insaf pan tin den we no get layf, ɔ tek wan we we get  
layf en we de mov Layf de kɔba ɔltin en i de ɔlsay

\* \* \*

O Gret Lov, Yu na layf sɛf Yu na mi gol en mi aspireshɔn  
Mek mi ros we de blo na Yu gadin we de na evin, ɔ wan spak  
spak bid na di nɛks fo Yu lov we de shayn, ɔ gi mi di big big  
ɔnɔ: di smɔl ples na Yu at

\* \* \*

Enisay we ɔda pipul den gladi fo di tray we a de tray fo  
du gud, na de a go ebul fo gi di bɛst savis

\* \* \*

Lɛ wi wev wan gold kap we get drim wit silk tred den we  
get swit memori en fayn fayn tin den

\* \* \*

ɛmti maynd [we no get gud tin den fo tink bɔt tin den we  
go ɛp yu fo du sɔntin] na faktri fo trɔbul, wɔri, pwɛl at, en fo  
no get op

. \*\*\*

If ɔlman lov de na yu at, i go mek yu get gladi at we go  
de sote go en we go mek yu get nyu gladi at we nɔbɔdi no go  
ebul fo gi yu

. \*\*\*

Di flawa dɛn we gɛt layf we de blo na di gadin we de na  
di wɔl, fayn fayn wan ɛn i kin mek pɔsin gladi fɔ si Bɔt di tin  
we rili wɔndaful ɛn we fayn pas ɔl na di wɛl we gɛt fayn fayn  
tin dɛn ɛn sɛns we de sɔmsay, usay wi kɔmɔt ɛn we wi go  
kam bak ɛn miks wan tɛm mɔ

. \*\*\*

We di disaypul wek na mɔnin, i afɛm to insɛf se: "Mi nɔto  
di bɔdi, mi na spirit we wi nɔ de si... Mi na gladi... Mi na layt...  
Mi na sɛns... Mi na lɔv ɛn pan ɔl we a de na dis bɔdi, mi spirit  
"nɔ de day ɛn i nɔ de rɔtin

. \*\*\*

Jɔs lɛk aw dyu drɔp kin ɛp flawa dɛn fɔ blo ɛn gro, na so  
we pɔsin du gud kin mek padi biznɛs fayn ɛn i kin mek i gro

\* \* \*

Wev dɛn de we de apia na di si ɛn wev dɛn de we de lɔs  
insay di dip say dɛn we i de; insay di tu kes dɛm, dɛn de  
t distalman we de fɔinsay di si ɛn wan wit am Semweso, m  
smik o we de disappearɔf di kɔ fayzɔtɛm we "layf" de na di s  
insay am we i "day" de ikwal insay di si we go de sote go

\* \* \*

Di mun in riflekshɔn nɔ de klia wan na wata we gɛt  
trɔbul, bɔt wans di wata in safa dɔn kol, di mun in riflekshɔn  
kin klia pafɛkt wan Na di sem tin kin apin to di maynd: we i  
kol, yu kin si di fes fɔ yu sol wit kɔmplit klia ɛn prɛsishɔn

. \*\*\*

Send, O Masta, di raytin fɔ di san fɔ Yu sɛns fɔ gayd mi  
insay mi gladi gladi de dɛn fɔ ajɔst, ɛn di layt fɔ di ful mun fɔ  
Yu sɔri-at we a de waka na di dak nɛt dɛn we a de sɔri

. \*\*\*

Meditashɔn na di we aw yu de kɔnɛkt wit di yunivasal  
maynd, ɛn we yu gri wit da awareness we nɔ gɛt ɛnd yu go  
ebul fɔ no ɔl di sikrit dɛn fɔ krieshɔn

. \*\*\*

Di want fɔ kam nia Gɔd ɛn fɔ no am nɔ kin kam fɔ insɛf,  
bɔt i fɔ gɛt fɔ du wit am, ɛn layf nɔ gɛt ɛni valyu if i nɔ gɛt da  
want de  
. \*\*\*

Laif na di wɔl na stɔp fɔ shɔt tɛm, ɛn di men wok we  
mɔtalman fɔ du na fɔ ɔndastand di rizin ɛn di gol fɔ dis waka  
Da rizin na fɔ no Gɔd, ɛn i nɔ go ebul fɔ bi ɛni ɔda tin  
. \*\*\*

Yu pis na yu valyu tin, so nɔ alaw ɛnibɔdi fɔ tek da jɛntri  
de pan yu  
\* \* \*

Lan fɔ tinap yu wan, sef ɛn sikrit na di fɔt fɔ yu gud  
kwaliti dɛn ɛn yu valyu fɔ yusɛf  
\* \* \*

Oltin de bikɔs Gɔd de ɛn bikɔs I de, yusɛf de Tɛnki fɔ in  
ɛgzistens, yu de ɛnjoy di kɔmfɔt ɛn gladi at na layf So, yu  
tɛnki to Gɔd fɔ dip  
. \*\*\*

Gud buk kin bi padi dɛn we nɔ tɔk natin, we gɛt pɔlitiks,  
ɛn we gɛt rɛspɛkt Nɔ lɛf dɛn buk ya we yu gɛt prɔblɛm dɛn,  
bikɔs dɛn nɔ go ɛva lɛf yu, nɔto lɛk yu bɔdi padi dɛn we kin  
lɛf yu  
. \*\*\*

ɛnibɔdi we gɛt gud wɛlbɔdi, kɔmfyut layf, ɛn big mental  
kapasiti, bɔt stil nɔ gɛt gladi at, nɔ dɔn gɛt sakrifays yet na  
layf We yu kin rili se, "A gladi, ɛn nɔbɔdi nɔ go ebul fɔ tek mi  
gladi at," yu dɔn fɛn Gɔd in pikchɔ insay yusɛf  
. \*\*\*

ɛmpɛsh fɔ gɛt kol at ɛn pis, ɛn sɛn ɔl di tin dɛn we gɛt  
lɔv ɛn gud tin dɛn we yu want fɔ du if yu want fɔ liv wit pis ɛn  
wanwɔd Liv layf we gɛt fɔ du wit rayt ɛn fɔ wɔship Gɔd, ɛn ɔl  
di wan dɛn we dɛn layf gɛt sɔntin fɔ du wit yu layf go bɛnifit  
jɔs we dɛn de wit yu  
. \*\*\*

If yu nɔ ɡet padi, ɔ if yu padi dɛn de west yu tɛm, ɔ if yu  
nɔ de gri wit dɛn, den mek buk [ɛn matirial] we ɡet sɛns bi  
yu padi, as yu kin pas na di domɔt dɛn na dɛn pej dɛn fɔ go  
insay wan wɔl we ɡet wɔndaful ɛn fayn fayn aydia dɛn  
\*\*\*

Fɔ fɛn Gɔd min fɔ ɡet ɔl wetin di at want, ɛn fɔ bi  
spiritual min fɔ opin di domɔt fɔ wɛlbɔdi, gladi-at, ɛn  
sakraifays  
\*\*\*

Insay wi, wan spak we ɡet divayn pawa de we de mek ɛn  
sɔpɔt ɔl layf ɛn i de wet fɔ mek dɛn bɔn am  
\*\*\*

Rid na sɔntin we rili bɛnifit yu maynd; i de ɛksesaiz di  
maynd ɛn kip am fleksibul Wan ɔ tu awa we yu rid ɛvrɪde go  
gi ɛnibɔdi difrɛn difrɛn tin dɛn fɔ no insay sɔm ia, if i pik buk  
dɛn we ɡet valyu Nɔ west tɛm ɔ ambɔg yu maynd bay we yu  
de rid smɔl smɔl novel ɔ buk dɛn we nɔ impɔtant we nɔ ɡet  
ɛni rizin ɔ minin  
\*\*\*

Di wan dɛn we ɡet sɔshal inklinɛshɔn go fɛn insay valyu  
buk dɛn nyu ɛnaji fɔ ɛp mɔtalman tru di lɛsin dɛn we de insay  
buk dɛn we nobul, talent man ɛn uman dɛn rayt  
\* \* \*

Rid na sɔntin we rili bɛnifit yu maynd; i de ɛksesaiz di  
maynd ɛn kip am fleksibul Wan ɔ tu awa we yu rid ɛvrɪde go  
gi ɛnibɔdi difrɛn difrɛn tin dɛn fɔ no insay sɔm ia, if i pik buk  
dɛn we ɡet valyu Nɔ west tɛm ɔ ambɔg yu maynd bay we yu  
de rid smɔl smɔl novel ɔ buk dɛn we nɔ impɔtant we nɔ ɡet  
ɛni rizin ɔ minin  
\* \* \*

Wi fɔ lɛf fɔ tink bɔt dɛnsɛf nɔmɔ ɛn fɔ mek prawd bikɔs  
na dɛn tin ya we de mek wi nɔ ebul fɔ no bɔt Gɔd biznɛs  
\* \* \*



If wi nɔ ɡɛt sɛns bɔt Ɔɔd, i tan lɛk se dis wɔl ful-ɔp wit  
fɛt-fɛt, fɛt-fɛt, ɛn bad bad tin dɛn we kin mek pɔsin fil bad,  
Gladi at de we pɔsin fil se i de nia Ɔɔd

\* \* \*

Di wan dɛn we sabi Ɔɔd kin ɡɛt gladi at ɛn gladi at ɔltɛm  
Bikɔs dɛn kin fil se dɛn ɡɛt blɛsin sef ɛn kol at, big big briz we  
kin mek dɛn vɛks nɔ kin shek dɛn, ɛn fred nɔ kin ebul fɔ go  
insay dɛn at

\* \* \*

Gud buk dɛn na yu bɛst padi dɛn; tru dɛn, yu kin yɛri di  
big big maynd dɛn de tɔk to yu saful saful, kɔmfɔt yu ɛn gi  
yu di bɛst advays Fɔ nɔ ɡɛt rial want fɔ rid gud buk dɛn min  
fɔ lɔs di lɛgsi we jɛnɛreshɔn dɛn dɔn ɡɛt

\* \* \*

If Ɔɔd nɔ ɛp pipul dɛn, dɛn go mɔs fel, bikɔs di trɛnk ɛn  
sɛns we dɛn nid fɔ ɡɛt sakrifays na di fɛt fɔ layf kɔmɔt frɔm  
wan say we nɔ ɡɛt ɛnd We pɔsin nɔ pe atɛnshɔn to Ɔɔd, dɛn  
kin kɔt di layf layn we de gi dɛn di ɛp ɛn sɔpɔt we dɛn nid fɔ  
mek dɛn ɡɛt sakrifays  
Di wan dɛn we de luk fɔ pipul dɛn we de nak na di domɔt  
fɔ di chans dɛn we dɛn ɡɛt fɔ lan bɔt Ɔɔd, go si se di domɔt  
opin fɔ dɛn bikɔs Ɔɔd de ɛp di wan dɛn we de ɛp dɛnsɛf  
We yu gri wit Ɔɔd, ɔl di tin dɛn we Ɔɔd mek de gri wit yu

\* \* \*

Lɔv tan lɛk sand pepa we de polish di maynd ɛn pul rɔf  
rɔf pan pɔsin in abit

\* \* \*

We yu fɛn Ɔɔd wantɛm wantɛm ɔlsay, ɛn we I kam to yu,  
inspekt yu, ɛn gayd yu, di stori bɔt di divayn lɔv dɔn begin

\* \* \*

Mek lɔv shayn na at ɛn sɛn wɛlbɔdi rayt to ɔda pipul dɛn

\* \* \*

Tray fɔ no Ɔɔd we yu yɔŋ ɛn strong, bikɔs we yu ol ɛn sik  
yu nɔ go ebul fɔ luk fɔ am igen We pipul dɛn begin fɔ  
ɔndastand di tru minin fɔ layf, di bɔdi kin wik, ɛn dɛn kin

spen di ɔda pat na den layf fɔ kia fɔ den bɔdi we nɔ ɡet bɛtɛ  
trɛnk instead fɔ fɛn di trut

\* \* \*

A go tek di bɛst frɔm ɔlman, ɛn a go gladi fɔ di gud  
kwality den we ɔl di kɔntri den ɡet ɛn a nɔ go pe atɛnshɔn pan  
den fɔlt den

\* \* \*

ɔs lɛk aw wi bisin bɔt di nyutrishɔn valyu we wi it ɛvrɪde  
ɡet, wi fɔ pe atɛnshɔn bak to di saykolojik nyutrient den we  
wi de gi wi maynd ɛvrɪde

\* \* \*

Kind wɔd na wɔndaful mɛrɛsin fɔ bɔku sik den, i ɡet  
pawaful, ɔlmost majik, magnetik pawa we de brɪŋ bɔku blɛsin  
ɛn prɔsperiti to den spika Di wan den we de yuz wɔd den we  
de mek den fil fayn, we saful saful, kin fil se wan kɔrɛnt we  
nɔ de si klia wan de flɔ tru den we den nɔ de ambɔɡ den, den  
kin ful-ɔp wit wan dip sɛns fɔ mek den ɡet kol at Dis na bikɔs  
dis kɔrɛnt ɡet kɔnekshɔn to in ay sɔs, wan kɔnstant flɔ we de  
rich sol den we de gri wit da sɔs de, we de mek den ebul fɔ  
transmit gladi at to di wan den we want fɔ ɡet pis

\* \* \*

Bɔku fayn wɔd den we kɔmɔt na di at dɔn pul bɔku sɔri-  
at ɛn bɔku sɛns vɔys den dɔn layt dak rod den wit lamp den  
!we de mek pipul den gladi ɛn ɡet kol at

\* \* \*

Wi de gro tru ɛvri ɛksperiɛns we wi de go tru, as long as  
wi no se wi kin lan valyu lɛsin frɔm den ɛvri pen ɛn sɔfa we  
wi de ɡet ɡet minin ɛn rizin Pan ɔl we den ɛksperiɛns ya  
tranga, den tan lɛk faya we de mɛlt ayɛn ɔyl, we de chenj am  
to fayn, strɔŋɡ, ɛn stɛl we pɔsin kin yuz bɔku tin den

\* \* \*

ɔl di wɔndaful tin den we a dɔn du na mi layf dɔn  
akɔmplɪt tru di pawa we wan maynd ɡet we gri wit Gɔd We di  
divayn jenɛra de rɔn, ɔltin we a want kin kam fɔ bi frut witout  
ɛksɛpshɔn, fɔs i kin tek shɛp lɛk wan dizayn we nɔ de si, we

gɛt ethereal ɛn afta dat i kin sho wit pawa we pɔsin nɔ go  
ebul fɔ stɔp insay rial tin

\* \* \*

We di maynd wispa to Gɔd wan wispa we kɔmɔt na in at,  
we gɛt zil frɔm di dip dip dip tin dɛn na wan sol we want, di  
spirit in kɔl go tɔch di yunivasal at, ɛn di ansa go kam, we go  
brɪŋ bɔku bɔku gladi at Dis intelektual wispa de kɔltiv di wil  
te i gɛt di trɛnk we i nid fɔ rich di gol we i want

\* \* \*

We pɔsin in maynd ɛn wetin i want gri wit Gɔd, dɛn kin  
chaj am wit pawa we nɔ gɛt limit, so dat fɔ jɔs tink bɔt sɔntin  
go du fɔ mek i ebul fɔ du am, bikɔs Gɔd in lɔ de wok fɔ di  
wan dɛn we gri wit di tin we pas ɔl

\* \* \*

Ilɛk wetin de mɔna wi, Gɔd fɔ tek di fɔs ples na wi layf  
Wan pan di impɔtant tin dɛn we go mek wi go bifo pan Gɔd  
biznɛs na fɔ kɔntinyu fɔ wispa to Gɔd wit ɔl wi at, usay yusɛf  
go gɛt fayn fayn chenj we go mek yu rili kɔle

\* \* \*

Mɔtalman nɔ fɔ devote ɔl di mental abiliti dɛm we Gɔd  
dɔn gi am fɔ luk fɔ tin dɛm we nɔ de te, ɔdasay i go lɔs insɛf  
insay di labirint dɛm fɔ matirialism ɛn mek fɔ insɛf restriksɔn  
ɛn limiteshɔn dɛm we i nɔ nid Bifo dat, i fɔ yuz in mental  
pawa fɔ gɛt di tin dɛm we i nid fɔ liv ɛn tray fɔ divɛlɔp in  
spiritual fakulti fɔ difrɛns bitwin rayt ɛn rɔŋ, ɛn bitwin bad ɛn  
bɛnifit

\* \* \*

Di trut de pas di opinion ɛn tiori dɛm, ɛn bɔku pipul dɛm  
we de tek dis we fɔ du tin kin gɛt fɔ du wit dɛn yon tin dɛn  
we dɛn kin tink bɔt

\* \* \*

Opin, O Masta, di get dɛm fɔ kwayɛt ɛn gayd di oli ples  
fɔ mi spiritual tinkin frɔm di atak dɛm fɔ mi wispa ɛn mek di  
ros dɛm we a want fɔ blo blo na di gadin na mi at as a de wet  
fɔ di dawn fɔ Yu kam

\* \* \*

Tiori no nɔ ebul fɔ ɣet divayn no, ɛn i fayn fɔ mek pɔsin \*  
nɔ west in valyu tɛm pan tiori dɛn we pɔsin nɔ go ebul fɔ yuz  
insay rial tin, ɔdasay pɔsin go si insɛf na di midst of dense  
intellectual jungles ɛn i nɔ go ebul fɔ pas di eria we tiori dɛn  
de

\* \* \*

Gladi at na di frut fɔ saykilɔjik win pan di volatil  
sikɔstɛms na layf

\* \* \*

Di wan we Gɔd no, di wɔl nɔ go no am

\* \* \*

If pɔsin program insɛf wit tiori no [we nɔ ɣet rial tɛst], i  
go tan lɛk pɔtabl rikodin divays we de ripit prɔvab ɛn ɛko ay  
ay frayz, ɛn ɔda pipul dɛn go tek am as masta sabi bukman  
we lan buk, bɔt da kayn no de nɔ de strong mɔ bay we i de  
ɔndastand di tru dairekt wan, ɛn i nɔ de kɔmpia am wit di tin  
dɛn we i de du na Gɔd in yay

\* \* \*

Prɔblɛm dɛn go kɔntinyu fɔ de na di wɔl, so usay pɔsin  
go tɔn fɔ ɣayd ɛn dayrɛkshɔn? Di tin dɛn we pɔsin de tink, we  
di abit dɛn, di we aw i de tink bɔt ɔda pipul dɛn, di we aw i de  
tink bɔt ɔda pipul dɛn, ɛn di we aw i de biev, nɔ ɣet ɛni yus,  
ɛn di tin dɛn we de ambɔg di say we i de, in famili, in kɔntri,  
ɔ di wɔl nɔ ebul fɔ gi am tru tru ɣayd So, i fɔ tɔn to Gɔd ɛn  
lisin to di kwayɛt, kwayɛt vɔys we de kɔmɔt na di dip dip pat  
dɛn na di sol, we na vɔys we gri wit di trut

\* \* \*

Opin una at to di divayn ɔtpourin so dat i go flɔ tru una  
ɛn ful una layf wit spiritual blɛsin ɛn gudnɛs

\* \* \*

Ilɛk us wok yu de du ɛn ɛnitin we yu ebul fɔ du, mɛmba  
ɔltɛm se na Gɔd de gi yu ɔl di trɛnk we yu nid fɔ wok ɛn ajɔst

\* \* \*

Mek a mɛmba yu, Masta, we yu po ɛn we yu gɛt bɔku \*  
prɔpati, we yu sik ɛn we yu gɛt wɛlbɔdi, we yu nɔ no natin ɛn  
we yu gɛt sɛns, ɛn mek a si yu blɛsin layt we de gi wɛlbɔdi ɛn  
wɛlbɔdi insay di tɛm

\* \* \*

Insay di solitude fɔ mi tinkin, a de lɔng fɔ yɛri yu blɛsin  
vɔys Banish frɔm mi di harsh, wɔl vɔys dɛn we ayd insay di  
fold dɛn na mi mɛmori A want fɔ lisin to yu kol, melodious  
vɔys sote go insay di tranquility of mi sol

\* \* \*

Laif dɔn kɔba wit daknɛs, ɛn wi fɔ mek Gɔd in layt bi wi  
gayd lamp as wi de waka na in dak rod dɛn In na di ful mun  
insay di nɛt dɛn we wi nɔ no natin ɛn daknɛs, di san we de  
mek pɔsin gɛt layt insay di awa dɛn we wi de wek, di layt we  
de gayd wi, ɛn di Nɔt Sta fɔ di wan dɛn we de travul di si dɛn  
we de na di wɔl, we de pas

\* \* \*

Na tɛm fɔ mek mɔtalman wek frɔm in slip we i fɔgɛt fɔ  
wek to spiritual wek Wi de aks Yu, O Masta, fɔ rayz wi  
kɔnshɛns frɔm di dip dip tin dɛn we nɔ de pe atɛnshɔn ɛn  
smɔl, limited tinkin to di ɔrayzɔn fɔ pis, layt, lɔv, ɛn yunivasal  
mɔtalman sɔri-at

\* \* \*

Tin go dɔn bɛtɛ bikɔs Gɔd in pawa ɛn wɔndaful tin dɛn  
de ayd biɛn di tin dɛn we de agɛns mɔtalman layf, ɛn ɛnibɔdi  
we nɔ biliv se di tin nɔ go ebul fɔ avɔyd ɛn tray fɔ go insay  
wit in maynd ɛn fet to wetin de biɛn di vel, go mek dɛn opin  
di domɔt fɔ am

\* \* \*

Fet nɔ de ɛva min fɔ tek tɛm ɔ nɔ fɔ dil wit di tin dɛn we  
de apin to am wit sɛns Bifo dat, ilɛk wetin apin, pɔsin fɔ mek  
shɔ se na Gɔd nɔmɔ ebul fɔ sɔpɔt am pan tin dɛn we nɔ izi ɛn  
we de tray if i tɔn to Am wit ɔl in at, sol, ɛn filin

\* \* \*

If wi sɛns dɛn bin ebul fɔ gi di wan ol trut to wi, wi go si  
di wɔl lɛk riva dɛn we gɛt ilɛktron dɛn, ɛn ɛvri smɔl dɔst lɛk  
layt we de rɔl Di wan dɛn we de go insay di say we di tin dɛn  
de apin to di spiritual pipul dɛn ɔndastand di kayn we aw  
ilyushɔn tan ɛn no di men tin we tru

\* \* \*

Ilɛksɛf na di Afrikan jɔŋgrɔn, na fɛt-fɛt ples, i de sɔfa wit  
sik ɔ po, pɔsin fɔ biliv insɛf se Gɔd in an strong pas ɛni denja  
ɛn i ebul fɔ protɛkt di wan dɛn we de fɛn say fɔ rɔn go to am  
No we nɔ de we go protɛkt am pas dis Na tru se pɔsin fɔ yuz  
rizin fɔ dil wit tin dɛn we de apin ɛn di sem tɛm i fɔ abop pan  
Gɔd in ɛp

\* \* \*

Di lɔv we de insay ɔl di tin dɛn we Gɔd mek in at—di lɔv  
we ɔl mama, papa, padi, ɛn di wan dɛn we dɛn lɛk gɛt—na  
frɔm Gɔd in lɔv

\* \* \*

Dɛn fɔ mek difrɛns bitwin big ɛn smɔl wok, fɔ put di wan  
we impɔtant pas ɔl di wan dɛn we jɔs impɔtant Dɔn bak, nɔ  
duty nɔ fɔ agens ɔda wan Di skripchɔ dɛn tɛl wi se we wan  
duty de agens ɔda wan, na pruf fɔ se i nɔto tru tru duty

\* \* \*

As di san in impɔtant rayt dɛn de skata, a go spre di rayt  
dɛn we gɛt op na di po ɛn di wan dɛn we dɛn dɔn lɛf [di wan  
dɛn we di sosayti dɔn lɛf] dɛn at, ɛn a go mek nyu maynd na  
di at fɔ di wan dɛn we tink se dɛn nɔ ebul fɔ du natin

\* \* \*

:Di ticha Paramahansa tɛl wan pan in disaypul dɛn se  
Nɔ pul ɛnibɔdi kɔmɔt na yu sɛklɔ fɔ lɔv Kip ɔlman na yu"  
."at ɛn dɛn go kip yu na dɛn yon

\* \* \*

Masta, ɛp mi fɔ yuz wetin a want ɔltɛm fɔ du tin dɛn we  
go bɛnifit mi ɛn we go mek a du gud

Ɛp mi fɔ gri wit wetin yu want so dat ɔl di tin den we a  
de tink bɔt go gri wit wetin yu want en go gri wit wetin yu  
want

I bin ɛp mi fɔ wek di pawa we ayd, we gɛt blɛsin insay mi  
so dat a go ebul fɔ win ɔl di prɔblɛm den en prɔblɛm den  
\* \* \*

Wek to da bold en ɔmbul spiritual pɔsin de – wan we de  
kɔba di trɛnk we layɔn den gɛt wit di saful saful we dɔv den  
gɛt  
\* \* \*

A nɔ go bisin bɔt bita, lay lay kɔmɛnt, ɔ bɔt bɔku bɔku  
prez en flawa Mi wangren tin we a want na fɔ du wetin yu  
want, O Masta, en gɛt Yu fayv  
\* \* \*

Yu nɔ go ebul fɔ imajin di gladi at we go ful yu we yu fil  
di divayn prezɛns Yu sol go dɔn drɔnk wit Gɔd in lɔv we nɔ  
gɛt bɔda Na lɔv we pas ɛni mɔtalman lɔv bɔku bɔku tɛm—lɔv  
we de fulɔp ɔl wetin yu want en ful yu at wit gladi en satisfay  
\* \* \*

Tru insay fɔs, yu kin ɛksperiɛns spiritual gladi gladi  
dairekt wan insay yusɛf en rawnd yu If yu kɔltiv dis ɔwe, yu  
pɔsin go gro wanwɔd, en yu go gɛt wan atraktiv magnetizm  
fɔ pipul en ɔda pipul den  
\* \* \*

O Gret Protɛkta, a nɔ bisin if a lɔs ɔltin bikɔs ɔf mi  
destiny, we na mi yon mek, bɔt a de aks yu, mi wangren  
refyuj, fɔ protɛkt di kandul fɔ mi lɔv fɔ yu frɔm di briz we a nɔ  
de pe atɛnshɔn en fɔgɛt  
\* \* \*

Lɛ wi drink te wi ful-ɔp wit di klin wata we de mek pis we  
de flɔd frɔm di spring den we gɛt fayn fayn tin den, we wi dɔn  
mekɔp wi maynd fɔ tink gud wan en gɛt op fɔ si tin  
\* \* \*

Kɔnshɛns na sɛns we pɔsin kin ɔndastand we de sho aw  
pɔsin in tru tru pɔsin en wetin mek i want fɔ du sɔntin We yu

kɔnshɛns klia, ɛn yu no se yu de du wetin rayt, yu nɔ ɡɛt  
natin fɔ fred Klin kɔnshɛns na tɛstament fɔ gud kɔndɔkt frɔm  
Gɔd Fɔ bi fri pɔsin na di kɔt fɔ kɔnshɛns min fɔ ɡɛt gladi at ɛn  
fɔ ɡɛt Gɔd in blɛsin

\* \* \*

Tray fɔ du tin dɛn we ɡɛt maynd ɛn we go mek yu gladi  
we bɔku pipul dɛn nɔ de du, ɛn gi lɔv ɛn pis to di wan dɛn we  
ɔda pipul dɛn nɔ de si dɛn

\* \* \*

:Di ticha Paramahansa tɛl wan pan in disaypul dɛn se  
If yu nɔ spɛn tɛm fɔ kɔltiv di maynd, no ɔmɔs matirial"  
prɔsperiti nɔ go satisfay yu Dis kɔltivɛshɔn nɔto fɔ mek yu  
sɔfa bɔt na fɔ tren yu kɔnshɛns fɔ nourish di tink ɛn akshɔn  
."dɛm we de mek yu ɡɛt gladi at

\*\*\*

Yu gladi gladi na yu saksɛs, so nɔ mek ɛnibɔdi tif am  
frɔm yu Protɛkt yusɛf frɔm di wan dɛn we de tray fɔ mɔna yu  
We a bin smɔl, a bin de lɔs mi peshɛnt ɛnitɛm we sɔm pipul  
dɛn de spre lay lay tɔk bɔt mi Leta, a kam fɔ no se mi pis na  
mi maynd impɔtant pas fɔ mek pipul dɛn gladi ɔ fɔ admaya  
mi

\* \* \*

If yu bin no di stori bɔt Gɔd in lɔv we sɔm pipul dɛn we  
de wɔship Gɔd kin ɡɛt! No ɔda ɛkspiriɛns nɔ de na layf we go  
kɔmpia to da gladi at we a bin no wan oli we bin de put insɛf  
pan Gɔd in lɔv ɔltɛm, ɛn in fes bin de shayn oli lɔv Gɔd in yay  
de ɔltɛm pan di wan dɛn we lɛk am, ɛn I nɔ de ɛva lɛf dɛn fɔ  
wan mɔnt

\* \* \*

Na smɔl pipul dɛn nɔmɔ de we want fɔ divɛlɔp dɛn  
maynd ɛn spiritual pawa

\* \* \*

No alaw yusɛf fɔ sink to di bottom fɔ prokrastineshɔn  
Rays frɔm di slip we de boring ɔdinari rialiti ɛn set ɔf to di  
ɔrayzɔn fɔ wan rifin layf usay achivment, gladi, ɛn pis de



\* \* \*

Insay yu, boku boku potneshel den de we de wet fo mek  
den put yu moni, en na yu nomo ebul fo aktiv en benifit from  
am

\* \* \*

Fo fri from di dikte fo bad abit en di tin den we yu want fo  
du we no fayn kin bring gladi at fa fawe pas material sakrifays  
Insay intelektual sakrifays de na saykolojik welbodi we  
eksternal sikostems no go ebul fo tek yu kin spend ol yu tem fo  
geda jentri, bot da jentri de no go gi yu di pis en sikyriti we  
go de sote go we yu de luk fo Diferen from dat, i go bring yu mo  
no gladi bikos tru tru gladi at en pis de na di maynd, noto  
insay di tin den we posin get

We yu don tinap tranga wan insay yu tru tru sef, yu de  
du ol di wok den en enjoy ol di gud tin den wit divayn gladi at

\* \* \*

No alaw wiked tin fo kam insay yu maynd, en tek tem we  
yu de kip komin wit pipul den we get bad tin fo tink en we  
no get bete op, so dat den wik tin den no go kam insay yu  
maynd, pas nomo yu maynd don rich wan digri we i go get  
trenk so dat di tin den we oda pipul den de tink no go ebul fo  
wiked am, bot bifo dat, diferen from dat, i go ebul fo mek oda  
pipul den tink mo en mo en mek den get mo konfidens pan  
densef

\* \* \*

God de kam fcs, en wi no fo begin o don wi de we wi no  
tink bot am Wi fo memba se if wi no bin get di trenk en enaji  
we wi de get from God, wi no bin fo ebul fo du enitin So, wi  
big wok na fo to am

\* \* \*

Wan we de fo evaluate en joj kostom en tradishon Fcs,  
evri tradishon bin get jostis If wi si se jostis stil de, den di  
tradishon get minin en benifit Bot, i no mek sens fo fala  
tradishon blaynd wan Wi fo no di tru en fala am, no wetin kin  
mek wi get gladi at en afta dat wi fo yuz am

\* \* \*

We yu si bɔku pipul dɛn nɔ ɡɛt gladi at ɔ sakrifays, nɔ  
tink se na dɛn destiny Yu kin mek yusɛf ɛnitin we yu want fɔ  
bi Yu insay sakrifays na in rili de mek yu ɡɛt sakrifays

\* \* \*

If yu nɔ ɡɛt natin insay yusɛf, yu nɔ go gladi Bɔt if yu nɔ  
ɡɛt natin rawnd yu ɛn yu gladi insay yusɛf, yu nɔ ɡɛt wan  
dawt se yu ɡɛt sakrifays So, i nɔ pɔsibul fɔ jɔj pipul dɛn bay  
wetin dɛn de du na do

\* \* \*

Pan di bɔku bɔku krawd dɛn, sɔntɛm pɔsin go de we dɔn  
rich wan say we i dɔn go bifo pan Gɔd biznɛs ɛn we ɡɛt pis  
insay in at ɛn gladi at we pas ɔ na in spirit

\* \* \*

A no fɔ tru se ɔ wetin a nid go kam to mi, ɛn na dat mek  
a nɔ de wɔri bɔt wetin go apin tumara bambay Dis nɔto fɔ  
bost ɔ fɔ mek lɛk se a de du am, bikɔs a dɔn ɛksperiɛns di  
wok ɛn di ɛfɛktiv we da blɛsin pawa de du na mi layf bɔku  
tɛm

\* \* \*

Ilɛksɛf a de flɔt na di wɔl ɔ a de drawn na di dip dip si, a  
no se a de wit Gɔd ɛn I de wit mi, ɛn natin nɔ go ambɔg mi  
Da no de dɔn gi mi wan gladi at we a nɔ go ebul fɔ tɔk bɔt ɛn  
we dip

\* \* \*

No dawt nɔ de se fɔ bay nyu tin na tin we kin mek yu  
gladi Bɔt afta sɔm tɛm, da gladi gladi de kin dɔn smɔl smɔl,  
ɛn yu kin ivin lɔs intres pan am ɔltogɛda, fɔɡɛt bɔt am ɛn  
want ɔda tin Bɔt, dɛn nɔ go fɔɡɛt di bil fɔ da tin de, mɔ if yu  
!bay am pan instɔlmɛnt

\* \* \*

Pɔsin fɔ tek kɔntrol pan in layf ɛn mek am izi as i pɔsibul  
Dɛn fɔ kip sɔm mɔni fɔ tin dɛn we i nid ɛn fɔ ɛnitin we go  
apin to am, put di mɔni we i de kip pas fɔ spɛn pan lɔjishɔn,  
ɛn ɛp ɔda pipul dɛn di bɛst we aw i ebul We yu ɛp ɔda pipul

dɛn, ɛp go kam to yu wan we ɔ ɔda we, ɛn yu nɔ go lɔs natin  
ɛn yu nɔ go gɛt natin

\* \* \*

Insay di gladi at we ɔlman gladi, O Masta, ɛn insay di  
padi biznɛs we ɔl di fetful pipul dɛn gɛt, a de fil Yu lɔv a gladi  
ɛn mi at gladi fɔ di sakrifays ɛn prɔsperiti we mi padi dɛn gɛt,  
jɔs lɛk aw a de gladi fɔ mi yon wɛlbɔdi ɛn izi As a de inspekt  
sɛns pan ɔda pipul dɛn, a de multiply di trɔs dɛm fɔ mi yon  
sɛns, ɛn insay di gladi at fɔ ɔlman, A kin fɛn mi yon

\* \* \*

Di big ɛnimi fɔ gladi at na fɔ lɛnt mɔni fɔ bay lɔjishɔn  
Pipul dɛn mistek biliv se dɛn nɔ go ebul fɔ gladi pas dɛn gɛt  
sɔntin we patikyula Bɔt ivin afta dɛn dɔn gɛt da tin de, dɛn  
nɔ go gɛt tru tru gladi at, pan ɔl di gladi at we i de briŋ fɔ  
sɔm tɛm Wetin na di pɔynt fɔ rɔnata di mirej fɔ gladi at na di  
wɔl we prɔmis fɔ brok nɔmɔ? Pipul dɛn fɔ liv simpul layf, ɛn  
dɛn nɔ nid fɔ gɛt bɔku prɔpati dɛn we nid fɔ pe atɛnshɔn to  
dɛn ɔltɛm

\* \* \*

Mi paradays de insay mi As a de ɛnjoy Gɔd in blɛsin dɛn,  
a de tɛl am tɛnki, ɛn mi insay gladi at de gro If a nɔ bin gɛt  
da satisfay we a de insay mi at, ivin di gladi at ɛn gladi at we  
de na dis wɔl de bi ɛl a dɔn kam fɔ no se if da gladi at de we  
de insay mi nɔ bin de, di lod fɔ di wok we dɛn put pan mi fɔ  
dɔn pul mi pis ɛn mek a nɔ gɛt gladi at

\* \* \*

If dɛn jɔyn di jɛntri wit sik ɛn prɔblɛm, di bad tin dɛn we  
go apin to am go bɔku Hajin ɛn wɛlbɔdi biznɛs de pan di tin  
dɛn we di Wɛst gɛt trɛnk Insekt dɛn we de ambɔg ɛn di jem  
dɛn we de kil pipul dɛn, dɛn kin kɔntrol dɛn fayn fayn wan na  
divɛlɔp kɔntri dɛn, we dɛn bɔku na ɔda kɔntri dɛn Bɔt fɔ pul  
dɛn peshɛnt dɛn ya nɔto di men tin we dɛn kin du, bikɔs ɔda  
kayn prɔblɛm dɛn de na divɛlɔp kɔntri dɛn, lɛk we i at fɔ pe  
bil ɛn di prɔblɛm dɛn we kin mek pɔsin swɛla bikɔs ɔf di

sistem den we den kin bay insay instolment—sofa we kin mek  
posin no slip fayn en we kin mek posin no get pis na in maynd

\* \* \*

Wi na important pat pan di sem konsheens we dis big  
yunivas komot

\* \* \*

Yu don eba si wan grup we get ship? If wan pan den  
jomp, di oda ship den de falamakata am witout hesitation  
Mos pipul den tan lek dat Sombodi kin kam wit wan aidia o  
introduks nyu tren, en oda pipul den go jomp pan di  
bandwagon wantem wantem en kopi am Dis paten don de fo  
jenerehon den Ol neshon get in kostom en tradishon, en wi  
no go ebul fo tok se den ol korekt o saund Bot udat no?  
Sontem som pan den kostom en tradishon den de no get wan  
minin en den no get wan minin

\* \* \*

We di trobul storm fo tinkin don stop, wi de go insay di  
kingdom fo pis en toch di divayn prezens

\* \* \*

Tink bot God, o wan fayn fayn ples we de mek pis de, o  
wan eksperiens we get gladi-at en we de mek posin gladi If yu  
de du gud tin na yu maynd, i kin mek yu get trenk en i kin  
mek yu fil fayn

\* \* \*

Wi de liv na wan wol we chaotic en trobul Yu kin tink se  
moni min gladi at, bot we yu get am, yu si se yu stil no gladi  
Yu kin get jentri en los yu welbodi (God no fo mek yu no get  
bete welbodi) O yu kin get gud welbodi en los yu moni O yu  
kin get ol tu jentri en welbodi bot yu kin sofa boku boku  
problem wit oda pipul den, ofred gudnes nomo fo mek yu mit  
wit et en veks in riton If God no de, natin no de pan dis layf  
kin rili satisfay yu

\* \* \*

Di wol kin bi ples fo mek pipul den sofa fo di wan den we  
de liv we den no no bot di divayn plan Bot we yu si di tin den

we de apin na layf as yu ticha den en lan from den di tru tin  
we dis wɔl tan en di wok we den don gi yu fɔ du na di kɔsmik  
drama, den ɛksperiens den de kin bi valyu layt den na di rod  
fɔ satisfay en gladi at we go de sote go

\* \* \*

Na de, bien di daknes we nɔ dak, di stilnes we nɔ get  
sawnd, en di natin we nɔ mek, na de di tin we de sote go de,  
we na di ɔrijin fɔ egzistens en di sɔs we ɔl di pawa en tin den  
we pɔsin kin si, we pɔsin kin si en we pɔsin nɔ kin si, de

\* \* \*

God nɔ mek dis wɔl fɔ wi jɔs fɔ it, slip, en day, bɔt fɔ mek  
wi no wetin i want en ɔndastand di rizin we mek wi de Na  
wan anful pipul den we get sɛns don ɔndastand wetin di  
kɔsmik plan min, bɔt bɔku pipul den blayn en den nɔ no bɔt  
da rizin de

\* \* \*

Mɔni nɔ bin ɛva bi mi gol na layf; mi gol na fɔ sav mi  
brɔda en sista den na mɔtalman So, God opin bɔku domɔt fɔ  
mi fɔ sɔpɔt misɛf en fulfil mi mishɔn

\* \* \*

God mek dis yunivas fɔ wok akɔdin to wan lɔ we nɔ de  
chenj en we nɔ de chenj If wi pwɛl ɛni wan pan den lɔ den ya  
we de na di wɔl, wi de pɔnish wisɛf Pɔsin we jomp from di ruf  
na wan long bildin go brok den bon So, wi nɔ go ebul fɔ  
ignore di lɔ fɔ graviti we wi nɔ sɔfa di bad tin den we go apin  
to am

\* \* \*

We wi tek dip luk pan di wɔl in sivilizayshɔn en fɛn di  
sikrit den we ayd fɔ di ol sivilizayshɔn den, wan big pikchɔ de  
kɔmɔt, wit layn den we miks togɛda, difrɛn chapta den, en  
prɛsis ditil den, en wi si se mɔtalman na pɔsin en na soshal in  
nature di sem tɛm

\* \* \*

If Gɔd bin want wi fɔ liv wi layf nɔmɔ wit tin dɛn we wi  
gɛt, wi go satisfay wit prɔpati ɛn satisfay wit di tin dɛn we de  
na di wɔl  
\* \* \*

Rays fɔ klin, pis, ɛn gladi at pas drim de flik ɛn dans  
insay wi impɔtant dip  
\* \* \*

Wit ɛni ɛkspiriɛns we de apin na di skay na wi layf di tɛm  
we wi de waka na dis wɔl, wi fɔ lan aw fɔ mek wi no mɔ ɛn  
aw fɔ ɔndastand mɔ bɔt di tin dɛn we de arawnd wi ɔ we wi  
de go tru, ɛn afta dat wi go ebul fɔ liv fayn fayn wan ɛn dil  
wit pipul ɛn layf fayn fayn wan  
\* \* \*

Bɔku pipul dɛn kin falamakata ɔda pipul dɛn Pɔsin fɔ bi  
ɔrijinal ɛn kreativ, ɛn masta ɔltin we i de du  
Insay di Is, di men tin we dɛn dɔn pe atɛnshɔn pan na fɔ  
mek pɔsin gɛt gladi at na Gɔd in yay, pan ɔl we bɔku tɛm dɛn  
nɔ de tek tɛm wit di tin dɛn we pɔsin kin gɛt na layf Insay di  
Wɛst, sɔm tin dɛn de we pɔsin kin gɛt fɔ ɛnjoy inɛf bɔt na  
smɔl tin dɛn we pɔsin kin gɛt na in maynd Wetin dɛn nid na  
fɔ balans bitwin di tu tin dɛn, bikɔs fɔ pe atɛnshɔn pan wan  
tin nɔmɔ na layf kin mek pɔsin nɔ balans ɛn i nɔ kin ebul fɔ  
dil wit wetin layf want  
\* \* \*

Di big big gladi at - afta divayn gladi at - na fɔ mek pɔsin  
gɛt pis wit in fambul dɛn we i gɛt fɔ liv wit ɛvrɪde insay di ia  
Pipul dɛn kin wɛst bɔku tɛm fɔ rɔsh ɛn du tin kwik kwik  
wan we dɛn nɔ ebul fɔ du bɔku tin Na smɔl pipul dɛn kin stɔp  
fɔ tink ɛn tray fɔ ɔndastand wetin layf gɛt fɔ gi  
\* \* \*

Wi fɔ wok fɔ bil insay bildin dɛn we gɛt sɛns na gadin  
dɛn we gɛt pis we de gro ɛn shayn wit bɔku bɔku flawa dɛn  
we gɛt wɔndaful spiritual gud kwaliti dɛn  
\* \* \*

Insay wanwɔd na bɔku tin we de mek pɔsin gɛt trɛnk ɛn i  
de mek pɔsin gɛt nyu ɛnaji

\* \* \*

We pɔsin luk layf, i kin si se sakrifays nɔ kin izi Bɔku tɛm

Layf kin tranga ɛn nɔ kin fɔgiv, ɛn wi fɔ tray tranga wan fɔ  
gɛt mɔni Tink bɔt di tray we yu nid fɔ tray fɔ sɔpɔt yu bɔdi ɛn  
kip am wɛlbɔdi ɛn nɔ gɛt sik! Ivin if yu saksɛs pan dis, dat  
saksɛs na fɔ shot tɛm Di bɔdi—mek yu liv lɔng—go go dɔn fɔ  
rɛst Nisiti de dikte fɔ fɛt bɔku bɔku fɔs dɛn, insay ɛn ɔdasay,  
fɔ gɛt di sakrifays we yu want Dɛn fɔs ya de wok tranga wan  
fɔ tif yu ɛni rili impɔtant tin we yu dɔn du

\* \* \*

Tray fɔ kɔntinyu fɔ gɛt kol at ɔnda ɔl di tin dɛn we de  
apin, ɛn mek di sid fɔ yu pis blo wit gladi at ɛn smayl fɔ  
satisfay

\* \* \*

Ivin di big big oli pipul dɛn nɔ kin gɛt kɔmplit sev pas  
dɛn sheb dɛn sakrifays—dɛn spiritual ɛksperiɛns ɛn ay no—  
wit ɔda pipul dɛn bay we dɛn de ɛp dɛn fɔ rich dɛn spiritual  
ɔndastandin Dis na di rizin we mek di wan dɛn we dɔn rich  
dɛn kayn stej dɛn de ɛn rich dɛn kayn stet dɛn de kin rili  
want fɔ gi ɔndastandin to di wan dɛn we nid am If yu want  
tru sakrifays, yu nɔ go jɔs sikyurɛt yu yon gladi at bɔt ɔda  
pipul dɛn gladi at bak

\* \* \*

Enibɔdi we gɛt sɛns kin mek mɔni Bɔt if dɛn gɛt lɔv na  
dɛn at, dɛn nɔ go ɛva yuz da mɔni de fɔ dɛnsɛf nɔmɔ; bifo  
dat, dɛn go sheb am wit ɔda pipul dɛn Mɔni na swɛ ɛn  
misfɔstans na di an fɔ di wan dɛn we de tink bɔt dɛnsɛf nɔmɔ  
ɛn di wan dɛn we misɛf, ɛn na blɛsin ɛn gift na di an fɔ di  
wan dɛn we gɛt gud at ɛn sol we gɛt fri-an

\* \* \*

Sɔmbɔdi kin disayd fɔ nɔ tɔk natin fɔ lɔng tɛm, nɔ gri fɔ  
tɔk to in famili Pan ɔl we dis pɔsin kin gɛt sɔm pis insay in at,  
di we aw i de biev kin bi se i de tink bɔt insɛf nɔmɔ ɛn i kin

ambɔg in famili in gladi at Dɛn nɔ kin tek dɛn as pɔsin we rili  
gɛt sakrifays pas di wan dɛn we dɛn lɛk dɛnsɛf bɛnifit frɔm di  
tin dɛn we dɛn dɔn du Semweso, fɔ gɛt prɔpati sakrifays nɔto  
jɔs bɔt wi rayt fɔ ɛnjoy prɔsperiti nɔmɔ; i min bak se wi gɛt fɔ  
du wit gud abit dɛn to ɔda pipul dɛn fɔ ɛp dɛn fɔ mek dɛn gɛt  
mɔni ɛn liv bɛtɛ layf

\* \* \*

A de protɛkt biɛn di wɔl dɛm fɔ mi klia kɔnshɛns a dɔn  
bɔn di dak past ɛn a jɔs bisin bɔt tide

\* \* \*

Tide a no se a na wan wit di layt fɔ di big big gud ɛn a na  
layt fɔ di wan dɛn we de tray tranga wan fɔ fɛt di wef dɛn na  
di si we gɛt sɔri-at

\* \* \*

Pipul dɛn gɛt difrɛn we fɔ si ɛn tiori bɔt sakrifays, i dipɛn  
pan wetin dɛn want fɔ du na layf I nɔ kɔmɔn fɔ yɛri sɔm pipul  
dɛn de ikwal sakrifays wit tif, dɛn de tɔk tin dɛn lɛk, "I bin bi  
saksɛsful tifman!" Dis de sho se sakrifays pan ɔl in fɔm ɛn  
difrɛn kayn tin dɛn we pɔsin kin want ɛn we pɔsin kin luk fɔ  
Bɔt, wi sakrifays nɔ fɔ ambɔg ɔda pipul dɛn

Wan ɔda tin de bak we wi kin du fɔ mek wi gɛt sakrifays:  
we wi ebul fɔ briŋ wanwɔd ɛn bɛnifit rizɔlt fɔ wisɛf, wi fɔ put  
ɔda pipul dɛn bak insay wi sakrifays ɛn sheb in frut dɛn wit  
dɛn

Saksɛs min se pɔsin in satisfay ɛn satisfay insay in  
ɛnvayrɔmɛnt Tru saksɛs na di rizɔlt fɔ akshɔn dɛn we dɛn bil  
pan prinsipul dɛn fɔ du wetin rayt, ɛn i de kɔba di gladi at ɛn  
wɛlbɔdi fɔ ɔda pipul dɛn as impɔtant pat pan pɔsin in yon  
gladi at If wi yuz dis prinsipul to wi matirial, intɛlektual,  
moral, ɛn spiritual layf, wi go gɛt wan kɔmplit ɛn  
kɔmprɛhɛnsif difinishɔn fɔ sakrifays

\* \* \*

Na ya na dis wɔl we nɔ bɔku, wi de si long, wayd, ɛn  
density, bɔt ɔda lɛvul de usay dimɛnshɔn nɔ de; ɔltin klia ɛn  
transparent—ɔltin na kɔnshɛns ɛn sɛns Di sɛns fɔ te na fɔ no,



læk di sɛns fɔ smɛl Wi filin, tink, ɛn bɔdi na stet fɔ kɔnshɛns  
jɔs læk aw wi kin si, yɛri, smɛl, test, ɛn tɔʃh na drim, so bak,  
pan da ay levul de, wi kin ɛksperiɛns ɔl dɛn sɛns ya tru klin  
kɔnshɛns  
\* \* \*

O Masta, mek wi gladi bay we wi fil se yu de nia wi, fri wi  
frɔm di shaklɔs fɔ di tin dɛn we wi want, ɛn gi wi wan insay  
gladi at we nɔ de afɛkt di tin dɛn we de apin na layf ɛn di tin  
dɛn we de apin we de chenj  
\* \* \*

We wi maynd de in tune wit di ay percepshon, spiritual  
consciousness de wek insay wi ɛn wi de experience amazing  
wondars of divain waes en lov  
\* \* \*

If wi læk Gɔd ɔltogɛda ɛn tɔn to am wit ɔl wi maynd ɛn at,  
wi go fil se wi de nia am ɛn wi go si se na in na di big ples fɔ  
sef na layf  
\* \* \*

Insay di spes we tan læk se i ɛmti, we big, wan  
kɔnekshɔn de we de na di wɔl ɛn wan layf we go de sote go  
we de mek wi jɔyn wit ɔl di tin dɛn we gɛt layf ɛn we nɔ gɛt  
layf na di yunivas—wan wef we gɛt layf we pas ɔl we de flɔ  
tru ɔl di ɛgzistens Eternity na wi tru tru os ɛn ples fɔ de sote  
go, ɛn wi ɛgzistens na wi bɔdi dɛn ya na fɔ shɔt tɛm nɔmɔ,  
læk fɔ rɛst fɔ shɔt tɛm fɔ wan karavan we de travul krɔs di  
dɛzat  
\* \* \*

We wi alaynɛd wisɛf wit di kriyaytiv fɔs dɛm fɔ di spirit,  
wi go kɔnɛkt wit di yunivasal ɛn infinite maynd we ebul fɔ  
gayd wi ɛn sɔlv wi prɔblɛm dɛm Krio pawa go flɔ to wi we nɔ  
go ambɔg frɔm di big big sɔs we wi bi, we go mek wi ebul fɔ  
gɛt kriyaytiv sakrifays pan ɛni eria we wi de du  
\* \* \*

Lɔv de gro ɛn go bifo na say we pipul dɛn kin abop pan  
dɛn, we dɛn kin gri wit dɛnsɛf, ɛn we dɛn kin rɛspɛkt dɛnsɛf

\* \* \*

Bles wi, O Masta, wit di layt fɔ klin tink ɛn gud abit, so  
dat if di daknɛs fɔ bad abit ɛn deviant tinkin kam nia wi, i go  
kɔmɔt wantɛm wantɛm ɛn ɛp wi fɔ lɛk Yu wit lɔv we so dip  
dat nɔto matirial ilyushɔn ɔ di wɔl tɛmteshɔn nɔ go ebul fɔ  
trap wi ɔ tek wi maynd ɛn at

\* \* \*

Tin dɛn we izi fɔ gɛt nɔ kin gɛt valyu Wi no dis frɔm we  
wi stɔdi bɔt big man ɛn uman dɛn layf ɛn aw dɛn bin bi big  
pipul dɛn bay we dɛn bin de divɛlɔp dɛn talɛnt, du dɛn wok,  
bil dɛn gud abit dɛn, dɛn dip stɔdi, ɛn we dɛn nɔ de tink bɔt  
dɛnsɛf nɔmɔ Di tin dɛn we dɛn bin gɛt ɛn di tin dɛn we dɛn  
bin ebul fɔ du bin big pas di tray we dɛn bin de tray

\* \* \*

Tru fridɔm de insay di fridɔm fɔ disayd fɔ du sɔntin we  
sɛns de gayd am ɛn we pɔsin ɔndastand, kɔrɛkt, ɛn we i want  
fɔ du sɔntin, sɔpɔt am

\* \* \*

We yu wek yu wil, di maynd, ɛn di sɛns we yu de tink  
bɔt, pawa dɛn we yu nɔ de si de kɔmɔt frɔm di ay kɔnshɛns—  
tru di sɛns we di sol gɛt—fɔ ɛp yu ɛn fɔ layt di rod dɛn we de  
go to saykilɔjik kɔmfɔt ɛn gladi at, wit Gɔd in ɛp

\* \* \*

Pɔsin fɔ opɪn di chanel dɛn fɔ di sol tru in yon tray Nɔbɔdi  
nɔ want fɔ pik sɔfa ɛn misɛf pas pis ɛn gladi at Ignorance na  
di rut fɔ sɔfa ɛn di tin we de ambɔg we dɛn fɔ pul ɛn pul  
Ignorance na wan bad bad gras, we gɛt dip rut, we de gro na  
di gadin fɔ mɔtalman, we de krawd di gud ɛn bɛnɪfit plant  
dɛn Ignorance must overcome with unwavering will and  
resolute determination Dɛn fɔ til di grɔn na di maynd wit  
prɛsis mental fɔs [pan di gud tin dɛm] ɛn di gud sid dɛm fɔ  
wata wit di wata fɔ fet We di impɔtant ɛn wam wam rayt dɛm  
fɔ lɔv shayn, di sid fɔ gudnɛs go gro ɛn win di parasayt gras  
ɛn gras dɛm, bikɔs daknɛs nɔ go ebul fɔ de we layt de

\* \* \*

Di gladi gladi we pɔsin kin gɛt kin dɔn ɛn nɔ de igen, bɔt  
divayn gladi at nɔ de ɛva dak Na divayn gladi at we nɔ gɛt  
ɛnd ɛn we pɔsin nɔ go ebul fɔ tɔk bɔt  
\* \* \*

Wi nɔ fɔ ɛva yuz di rɔŋ we fɔ gɛt gladi at, ɛn wi nɔ fɔ lɛf  
di pis ɛn spiritual jɛntri we wi gɛt insay wisɛf fɔ fɛn kɔmfɔt we  
na lay lay kɔmfɔt ɛn layf we de shayn we kin dangle bifo wi  
bay ɛl akshɔn ɛn bihayvya wit pwɛl pwɛl ifɛkt  
\* \* \*

Serenity na di bɛst kamera fɔ kech di divayn prezɛns Tru  
di lens fɔ klin ɛn prɛsis fɔs tranquility, di blɛsin imej go apia  
wit pafɛkt klia  
\* \* \*

Infakt, ɔl di sɛns de insay yusɛf ɛn ɔl wetin yu nid na fɔ  
no am wit ɔl yu at  
\* \* \*

Satisfay de pan fɔ impɔtant yusɛf, so dat ɔda pipul dɛn  
de luk fɔ yu pas yu fɔ luk fɔ dɛn Lɔv ɛn padi biznɛs fɔ de we  
yu nɔ de ɛksprɛkt ɔ dimand fɔ gi am bak, bikɔs ɛksprɛkt de  
bɔn vɛks ɛn bita lvin we pɔsin de tray fɔ impɔtant insɛf, pɔsin  
fɔ tinap in wan, sɛf ɛn gɛt pis insay di fɔt we in gud kwaliti  
dɛn ɛn di valyu we i gɛt fɔ insɛf  
\* \* \*

Mek wata we de fɔdɔm we gɛt gladi at ɛn we gɛt op fɔ  
kɔmɔt na mi at ɔltɛm, ɛn mek dɛn sprɛy we de mek a fil fayn,  
tɔch ɔl di wan dɛn we a de mit  
\* \* \*

Spiritual gladi-at de mek di sol gɛt di want fɔ ɛp ɔda  
pipul dɛn pan ɔltin, ɛn i de divɛlɔp di abiliti fɔ gladi fɔ di rifin  
moral gladi gladi we de mek pɔsin gɛt gladi at, so dat i de  
ridyus di inklinshɔn to kruk gladi-at  
\* \* \*

I nɔ mata aw yu wok smɔl, i stil impɔtant lɛk di big big  
wok dɛn we i de du fɔ kɔntribyut to di sakrifays fɔ di kɔsmik  
ple we sol dɛn de du na di stej na layf

\* \* \*

Yunivasal kɔnshɛns na absolyut, infinite kɔnshɛns, we de  
ridyus insɛf ɔltɛm ɛn we nɔ de dɔn insay in kriaytiv, ɛn tru yu  
i de tray fɔ sho wan spɛshal aspek fɔ insɛf

\* \* \*

If yu test di divayn lɔv ivin wan tɛm, yu nɔ go ɛva giv am  
bikɔs natin nɔ de we tan lɛk am na di wan ol yunivas

\* \* \*

Di wan dɛn we no Gɔd dɔn rich di spiritual stej dɛn we  
rili advans, so dat dɛn nɔ de satisfay wit fɔ jɔs gi spiritual  
advays to sina dɛn, bɔt dɛn kin – bay di gudnɛs ɛn ɛp we Gɔd  
de gi dɛn – chaj dɛn wit di spiritual pawa we de fri dɛn frɔm  
di bad tin dɛn we dɛn kin du we dɛn sin

\* \* \*

ɔl di gud ɛn bad akshɔn dɛn de insay di bren sɛl dɛn ɛn i  
de sho as gud ɔ wiked abit ɔ tin dɛn we pɔsin kin tink bɔt  
Pɔsin we de sɔfa wit abit dɛn we nɔ fayn bikɔs dɛn de chaj in  
bren sɛl dɛn wit di pawa we dɛn abit dɛn de gɛt kin fri insɛf  
tru di pawa we i want, we i de tink gud wan, we i de pre wit  
ɔl in at, ɛn we i de kɔntinyu fɔ afɛm am te ɔl di abit dɛn we i  
nɔ want, chenj to gud abit dɛn we i gɛt fɔ gɛt pis ɛn kwayɛt  
Dis kin apin we di layf pawa we dɛn de dayrɛkt di rayt we de  
wok fɔ chenj di abnɔmal we aw di bren sɛl dɛn de, so dat dɛn  
sɛl dɛn de go ful-ɔp wit ɔl wetin gud, gud, ɛn fayn

\* \* \*

ɔndastandin na di insay yay, di vishɔn fɔ di sol, ɛn di  
tɛliskɔp fɔ di at Na di balans bitwin di kɔmpɔzishɔn we di  
maynd gɛt ɛn di klin we di kɔnshɛns klin

\* \* \*

ɛvrɪde wi de si difrɛn tin dɛn we de apin, ɛn ɛvrɪde de  
brɪŋ nyu lɛsin fɔ lan Dɛn de op se pɔsin go lan di lɛsin bay we  
i de pe atɛnshɔn pan di men rizin we mek i de: fɔ no usay i  
kɔmɔt ɛn di fawndeshɔn fɔ in layf  
Lɛ wi wok fɔ fɔgɛt di sɔri-at we bin de trade ɛn disayd nɔ  
fɔ de tink bɔt dɛn Wit ditarminieshɔn ɛn aktif wil we nɔ de

shek, le wi ridyus wi layf, ep fo mek wi sakrifays den go bifo,  
en men insay wisef gud abit en nobul kwaliti den

God na mi trenk en a no biliv eni oda trenk  
Fet layf in fet en peshent te di end, no eva giv op No eva  
se, "A no ebul fo fen di rod, so a go stop fo tray" Aks fo gayd  
if yu don mek mistek, bot no eva stop fo tray Boku pipul den  
kin aksept fo win we den get problem den we de ambog den  
Di wan den we no ebul fo du scontin fo get padi biznes wit  
pipul den we don get sakrifays, noto pipul den we no ebul fo  
du scontin Bi disayd fo get sakrifays; mek dat bi yu filosofi na  
layf

Evride wi fo mek wi bodi strong, mek wi maynd get mo  
trenk, en no wi tru tru sef bay we wi de tink gud wan, tink  
gud wan, en wok fayn, we go mek wi get gud wok we go  
benifit wi bodi, maynd, en spirit togeda

We yu want fo mek yu get gud abit o lef bad abit, pe  
atenshon pan di bren sel den usay di we aw difren abit den  
de wok fo mek yu get gud abit, fcs sidom kwayet wan en tink  
gud wan, en luk fo divayn gayd

Fokus yu maynd pan di wilpawa senta na yu forest,  
bitwin yu aybrow, en afem di abit we yu want fo put insay yu  
bren tranga wan We yu want fo pul bad abit den, fcs yu  
atenshon bak pan di wilpawa senta en afem tranga wan se  
den de eras ol di grov den usay den abit den de don stop  
If yu de pe atenshon en yu want fo du scontin, yu kin ebul  
fo eras ivin di dip dip swelin den we de na di ol abit den we  
don stop

Riaffirm to yusef boku tem se yu get di wil pawa fo pul di  
abit den we no fayn na yu bren Di best tem fo dis affirmation  
na ali monin we yu wil pawa en fcs de na den peak Kontinyu  
fo affirm to yusef se yu fri from ol di dikte, en wan de yu go si  
—wit God in ep—dat yu don rili fri yusef from di abit we yu  
want fo brok

Enitin we yu de fred, drɛb am na yu tink ɛn lɛf am to Gɔd  
Strong yu fet pan Gɔd ɛn trɔst se i ebul fɔ ɛp yu, ɛn no se  
bɔku sɔfa kin kɔmɔt frɔm wɔri ɛn wɔri  
Wetin mek yu fɔ sɔfa naw we di tin we yu de fred nɔ  
apin yet? Bikɔs bɔrku pan wi distɔblɛshɔn kin kɔmɔt frɔm  
frayd, if wi pul frayd na wi layf wi go fil fri ɛn wɛl go bi kwik  
kwik wan

Evri nɛt, rayt bifo yu go slip, afɛm to yusɛf se Gɔd de wit  
yu, de protɛkt ɛn wach yu Imajin in layt we de protɛkt yu we  
de rawnd yu frɔm ɔlsay, ɛn yu go fil In wɔndaful protɛkshɔn  
Insay dis kɔsmik ple, mɔtalman dɛn we kɔmɔt na ɔl  
difrɛn kɔlɔ dɛn de mek di drama bɔt layf na di stej fɔ tɛm  
Wi fɔ ɔndastand di minin fɔ layf we wi nɔ fɔ pe atɛnshɔn  
tumɔs pan ɔ fɔ pe atɛnshɔn tumɔs pan wi tɛmporari wok dɛn  
Bɔku tɛm, di we aw wi ɔndastand layf kin chɛnj ɛn nɔ de du  
di rayt tin bikɔs wi de si am wit di yay we wi de tink bɔt wisɛf  
nɔmɔ ɛn we wi nɔ de si am bɛtɛ; if wi luk wit di spirit in yay,  
wi go si tin frɔm wan ɔda we

We wi opin di yay fɔ sɛns, wi de si Gɔd in layt we de  
kɔba ɔltin, ɛn insay da layt de wi de si wi spiritual nature, we  
de sho di kayn we aw di yunivasal kɔnshɛns we de ɔlsay na  
ɔl di patikyula ɛn pat dɛn na di yunivas  
Spiritual trut dɛn de rawnd wi, de nak na di domɔt dɛn  
na wi yay we dɛn lɔk, de ɛnkɔrej wi fɔ si di layt instead fɔ  
daknɛs, fɔ du tin wit sɛns pas fɔ no natin, fɔ ful wi at wit lɔv  
pas fɔ et, ɛn fɔ wok togɛda fɔ mek pis ɛn briŋ bɔku bɔku tin  
ɛn sɛf na wi wɔl We wi du dis, ignorans go dɔn, difrɛns na di  
wɔl go dɔn, wi go si wanwɔd insay difrɛn, ɛn wi go gri mɔ wit  
wetin Gɔd want

Wi rilayshɔn wit Gɔd nɔto kol ɔ lɔv, lɛk di wan we de  
bitwin pɔsin we de gi wi wok ɛn pɔsin we de wok fɔ Wi na In  
pikin dɛn, ɛn di kia we i de kia fɔ wi ɔltɛm; I de lisin to wi  
ɔltɛm Wi na impɔtant pat pan In bi, ɛn wi rilayshɔn wit am de

alayv en get layf I don gi wi boku boku lov, ondestandin, sens,  
gud wil, en spiritual trenk we no de don, bot boku pan wi don  
spend dis jentri pan natin

God want wi fo liv insay sef, pis, en fo wok togeda wit  
padi biznes, jos lek aw i fayn fo di memba den na wan famili  
we get ay pozishon en we lek densef, bot gridi en  
kolkyuleshon fo densef don gro en tek rut na pipul den sol en i  
don mek di famili no get wanwod

God want wi fo bi masta, bot wi don pik fo bi slev  
Motalman don komot fa from in os we de na evin en los di  
paradays we de insay we i de fil se i de nia God en God de  
nia wi, en i no go ebul fo get da paradays de bak if wi no tray  
fo du wi yon tray we God mek wi lek aw i tan, bot dis trut don  
komot na wi maynd

Wi don srenda to di ileshon se wi destiny na tranga en  
wi fate na annihilation, en wi fo te di vel fo ilyushon wit di  
daga fo sens fo si di brayt trut bien di vel

God don bles mi wit gladi at ol den long ia ya na mi layf

Ileksef pipul den si di smayl fo satisfay na mi fes o no si,  
divayn gladi at de wit mi oltem en no de eva lek mi Di big riva  
fo gladi at de flo oltem onda di sand den na mi konshens en i  
de bos lek blesin spring den we de wata di gadin den na mi  
layf

Di chenj den we kin apin na layf wantem wantem no kin  
ambog mi pis, en di bad bad tin we kin mek a day no go ebul  
fo pul di gladi at we a kin get na God in yay

I bin at fo mek da stet de sote go en i no go chenj, bot di  
frut den we di spirit we a de enjoy naw en sheb wit oda pipul  
den bin get, bin valyu ol di tray we a bin tray fo du am

A de tink en du tin we di divayn spirit de gayd Moni no  
eva bi mi gol na layf, bot na fo sav mi broda en sista den na  
motalman So, God don opin boku domot fo gudnes fo mi fo  
sopot misef en fulfil mi mishon En enitem we a nid ep, God de  
gi mi am wantem wantem

Di wangren tin we a want na fɔ sav una, ɛn na dat mek a  
de ya

Gɔd in pawa de wok na una layf bak Una go ɛksperiens  
dis trut fɔ unasef we una fet go strong ɛn una no se tru tru  
jɛntri nɔ de kɔmɔt frɔm di tin dɛn we una gɛt bɔt na frɔm di  
ɔlmayti

ɛvri tɛm we yu spɛn wit Gɔd go bi fɔ yu di bɛst bɛnifit, ɛn  
ɔl wetin yu du bikɔs yu lɛk am ɛn fɔ mek Gɔd gladi, dɛn go  
rayt am fɔ yu na di rɛkɔd we go de sote go  
Ritrit insay di say we yu de tink bɔt yu wan ɛn ɛnjoy di  
pis we de kɔmɔt na di watawɛl we de mek yu nɔ tɔk natin  
If wi plant gud tin, wi kin gɛt gladi-at ɛn blɛsin, ɛn if wi  
plant bad tin, wi kin gɛt difrɛn kayn ɛn difrɛn difrɛn prɔblɛm  
dɛn

ɛni gud tin we wi de du tan lɛk pikaks we wi de yuz fɔ  
dig insay di grɔn we wi de tink bɔt fɔ pul di watawɛl we de  
mek Gɔd gladi

Lan fɔ dayv insay di si we yu de luk fɔ yusɛf ɛn fɛn ɔltin,  
ilɛksɛf na tin we gɛt fɔ du wit gud buk, biliv, prɔblɛm, sɛns, ɔ  
gladi at insay yu at, ɛn no se ɔdinari [kɔntemplativ] we yu de  
fil na yu wan na di prayz fɔ tru tru gladi at  
Pan ɔl we layf tan lɛk se pɔsin nɔ go ebul fɔ no wetin go  
apin, i tan lɛk se i nɔ izi fɔ ɔndastand, i ful-ɔp wit dawt ɛn  
ɔlkayn prɔblɛm ɛn chɛnj, wi stil de ɔnda Gɔd in protɛkshɔn  
ɔltɛm Wi nɔ fɔ ɛgzajarayt tin ɔ lɔs wi kɔmpɔzishɔn we tin de  
apin, bikɔs if wi alaw panik fɔ ful wi, wi de gi pawa to bad ɛn  
dip in rut, we de gro ɛn gro fayn fayn wan na di grɔn we de  
fred ɛn wɔri

Aks yusɛf ɛvri nɛt: ɔmɔs tɛm yu dɔn spɛn wit Gɔd, ɔmɔs  
tɛm yu dɔn tink bɔt, ɔmɔs yu dɔn du, ɔmɔs yu dɔn du fɔ ɔda  
?pipul dɛn, ɛn ɔmɔs yu dɔn kɔntrol wetin yu want  
Wi nɔ fɔ tink se wi go gɛt gladi at ɛn kolat we go de sote  
go pan prɔblɛm dɛn na layf; bifo dat, wi fɔ fɛn ɛn diskɔba dɛn  
insay wisɛf Dɔn, ɛni ɛksperiens we wi go tru, wi go dil wit dɛn



di sem we aw wi de wach ɔda pɔsin in ɛkspiriɛns na fim,  
ileksef i fayn ɔ i de mek wi fil pen  
Pɔsin kin tɔn ɔl in ɛkspiriɛns to pen, misɛf prɔblɛm if i  
alaw in maynd fɔ du dat Dɛn kin ɛnjoy gud wɛlbɔdi ɛn yet  
dɛn nɔ kin gladi fɔ di valyu we i gɛt Bɔt if i sik, dɛn go dɔn  
ɔmbul dɛnsɛf ɛn gladi fɔ di blɛsin we de gi wi wɛlbɔdi Wi fɔ  
gri se Gɔd in fayv ɛn tɛl am tɛnki fɔ di blɛsin dɛn we i de gi wi  
we wi nɔ wet fɔ di bad tin dɛn we go apin to wi fɔ mek wi  
gladi ɛn gri se I gɛt gudnɛs  
Laif fɔ bi blend fɔ tink ɛn akshɔn We pɔsin lɔs in maynd  
balans, i kin bi vulnerable to di onslaught of wori, di klawd fɔ  
sɔri, ɛn di pen fɔ pen ɛn if i tray fɔ pwɛl di lɔ dɛn fɔ wɛlbɔdi,  
prɔsperiti, ɛn sɛns, i nɔ go ɛva sɔfa wit sik, po, ɛn ignorance  
Wi fɔ kip di tin dɛn we wi want fɔ du klin, di tin dɛn we wi  
want fɔ du klin, ɛn du tin di we we go mek wi gɛt kolat na wi  
maynd, ɛn nɔ alaw di tin dɛn we de apin na layf fɔ ambɔg wi  
pis ɛn pwɛl wi gladi at

Sad at ɛn brok brok tinkin kin atrak mi, ileksef dɛn de fa  
ɛkspen di bɔda dɛn fɔ yu kinɔm we de shayn we gɛt lɔv  
fɔ inklud yu famili, yu neba dɛn, yu kɔmyuniti, yu kɔntri, ɛn ɔl  
di kɔntri ɛn tin dɛn we gɛt sɛns smɔl smɔl

Wi fɔ mek wi sɛns strɔng bak ɛn nɔ gri wit di lod we  
wikɛdnɛs ɛn gud abit dɛn we wi gɛt frɔm ia ɛn jɛnɛreshɔn  
Dɛn dɔti ya fɔ bɔn insay di faya dɛn we gɛt nyu rizɔlt ɛn  
prodaktiv akshɔn Wit dis kɔnstrɔktiv we, di pɔsin we rili kɔmit  
kin rich di ɔrayzɔn fɔ fridɔm ɛn fridɔm  
Aktiv di pawa we nɔ gɛt ɛnd insay yu so dat yu go ebul  
fɔ ple yu prestij rol na di stej na layf  
As pɔsin bigin fɔ wɔship prɔpati, mɔni, nem, ɔ ɛni ɔda tin  
apat frɔm Gɔd, nɔ gladi kin bi in lɔt Di wan dɛn we de pe  
atɛnshɔn ɔl dɛn atɛnshɔn pan dɛn tin ya, na in rili de wɔship  
dɛn, ɛn dat mek dɛn nɔ de kam nia Gɔd bɔt dɛn de drɛf  
kɔmɔt nia am Bɔt di wan dɛn we de tink bɔt Gɔd, tink gud

wan bɔt am, ɛn tɔk to am na dɛn at kin kam nia Am ɛn  
ɛksperiɛns insay dɛn at gladi at we dɛn de kɔmyunion wit Am  
kwayɛt wan

Na Gɔd nɔmɔ ebul fɔ mek mɔtalman drim ɛn op fɔ gɛt  
gladi at we go de sote go So, dɛn nɔ fɔ alaw natin fɔ tek Gɔd  
in ples na di at

Oli simbul dɛn de we go ɛp di pɔsin we de luk fɔ fɔ  
mɛmba Gɔd ɛn kam nia am Bɔt if pɔsin bigin fɔ wɔship dɛn  
simbul ya, di bad tin we dɛn go du go pas di bɛnifit we dɛn  
go bɛnifit am Wɔship fɔ de to Gɔd nɔmɔ, bikɔs natin nɔ de  
we fit fɔ wɔship

Ilɛk wetin na ritual wɔship, Gɔd kin gri wit am as long as  
di pɔsin we de wɔship de du am wit spiritual awareness ɛn  
long fɔ Am Bɔt, bɔku pipul dɛn nɔ de ɔndastand di men tin  
we de fɔ wɔship, ɛn dɛn tink ɛn at kin kɔmɔt nia Gɔd to di  
rituals, so dɛn nɔ kin bɛnifit bɔku frɔm dɛn wɔship  
Tru wɔship dɛn nɔ de alaw dɛn kɔnshɛns fɔ jɔs de pan  
ɛni imej ɔ fɔm, bɔt dɛn de pe atɛnshɔn wit di dip lɔv ɛn ful  
atɛnshɔn pan di divayn spirit we de biɛn ɔl di imej ɛn fɔm dɛn  
Gɔd nɔ gɛt wan bɔt ɛn i nɔ gɛt ɛnd, ɛn no imej ɔ statu nɔ  
go ebul fɔ gɛt am

Wi kin se Gɔd de sho insɛf pan ɔlman we lɛk am wit ɔl in  
at ɛn we de gri wit am, bikɔs i de ɔlsay ɛn dat mek i de insay  
ɔlman Bɔt nɔto ɔlman gɛt di abiliti fɔ sho di divayn prezɛns Di  
san de shayn ikwal pan ɔl tu di kol ɛn dayamɔn, bɔt di  
dayamɔn de gɛt ɛn sho di san layt, we di kol nɔ ebul  
Semweso, ɔl pipul dɛn de put dɛnsɛf dɔŋ na Gɔd in layt,  
bɔt na smɔl pipul dɛn nɔmɔ ebul fɔ gɛt da layt de ɛn sho am  
na dɛn tink ɛn akshɔn Fɔ du dat, dɛn fɔ klin dɛnsɛf bay we  
dɛn de tink gud wan ɛn bay we dɛn de fala di tichin ɛn lɔ dɛn  
we Gɔd gi dɛn

We wi de kɔl Gɔd in nem, wi fɔ rili no wetin wi de tɔk If  
yu bin ebul fɔ si insay pipul dɛn maynd we dɛn de pre, yu go  
si se bɔku pan dɛn de tink bɔt ɔltin pas Gɔd, pan ɔl we dɛn

de tɔk In nem! Dis kayn prea nɔ ɡet wan bɛnɪfɪt ɛn i nɔ ɡet  
wan valyu

We wi de pre, wi fɔ tray fɔ pe atɛnʃən pan wi ɔl wi  
maynd pan Gɔd, pas fɔ jɔs rɪpɪt In blɛsɪn nem we wi de alaw  
wi maynd fɔ waka waka Wan pan mi anti dɛn bin de rid in  
prea dɛn pan prea bidz, we nɔ kin kɔmɔt na in an Bɔt i kɔnfɛs  
to mi wan de se pan ɔl we i dɔn praktis dis prea abɪt fɔ fɔti ia,  
Gɔd nɔ bin dɔn ansa in prea dɛn Nɔ wɔnda! In "preya" nɔ bin  
pas natin pas wan nervɔs abɪt

We wi de pre, wi nɔ fɔ tink bɔt natin pas Gɔd Wi fɔ tray  
fɔ bi tru tru wɔʃɪp ɛn devɔte insay wi beg Yuz prea bidz ɛn  
kɔl Gɔd in nem ɔltɛm na tin we pɔsɪn kin gri wit pafɛkt wan  
we di prɔsɪs kɔmɔt frɔm di at ɛn na sɔpɔt frɔm sɪnsi ɛn fɔs  
maynd Bɔt dis prɔsɪs kin bi ɔtɔmɛtɪk as tɛm de go  
Wi fɔ wispa Gɔd in nem na wi at, wit lɔng ɛn divayn lɔv;  
dis na tru wɔʃɪp we de tɔʃh Gɔd in at Fɔ tɔk Gɔd in nem wit  
kol at ɛn maynd we de waka waka na fɔ tɔk bad ɛn nɔ  
rɛspɛkt We pɔsɪn de pre, in at ɛn maynd fɔ ful-ɔp wit di lɔv  
we Gɔd ɡet

O Masta, Yu na di divayn Nɔt Sta we mi de waka waka  
de gayd mi na di trɔbul si we ɡet prɔblɛm ɛn trɔbul  
Fɔ praktis fɔ kɔnsɛntret di maynd tru ay yoga egzampul  
dɛn kin ɛp fɔ kam nia Gɔd, di wan we pas ɔl we de gi glori ɛn  
spɛʃhal, jɔs lɛk aw i kin ɛp fɔ tink bɔt Gɔd ɛn tɔk to am  
I impɔtant fɔ dediket wan de insay di wik fɔ spiritual ritrit  
(if i pɔsɪbul) fɔ tink bɔt Gɔd ɛn fɔ ɡet kol at, pis, ɛn insay pis  
Taym we yu spɛn dis kayn we go bi wan balm we go mek yu  
fil fayn fɔ di trɔbul ɛn wɔri we yu go ɡet insay di ɔda pat na di  
wik

Olman nid fɔ spɛn wan de ɛvri wik na say we nɔbɔdi nɔ  
de ɔ na "spiritual retreat" fɔ mɛn dɛn filin wund ɛn pen we  
dɛn de fil We da de de bi wan we ɡet pis, gladi, ɛn satisfay,  
yu go rili wet fɔ am wik afta wik  
Fɔ de yu wan na di prayz fɔ big tin Yu go sɔprayz wit di  
fayn fayn tin dɛn we yu go ɡet fɔ yu maynd, bɔdi, ɛn sol tru

dis spiritual ritrit en konekshon wit yu spirit en wit God If yu want fo get tru tru gladi at, yu fo put yusef insay di si we get divayn pis ali monin we yu wek, en bak bifo yu go slip na net Di sensman den na India advays no jos fo wan de fo mek posin no de nia oda pipul den, bot den de eksplen se i nid fo tink gud wan kwayet wan insay 4 patikyula tem den evride We di ples klin, bifo i grap en si enibodi, posin fo enjoy di kol at en fil se i get pis Na midde, posin fo mek in maynd kol bifo i it, en i fo enjoy bak fo get pis bifo i it dina Fo don, bifo i go slip na net, i fo go insay wan stet we pis de wan tem mo Di wan den we de wok tranga wan fo set mot we den de den wan en ol den 4 tem ya evride, go mos get wanwod wit God Di wan den we no ebul fo du ol den tem ya fo dediket at le di monin en ivintem awa to dis We den du dat, den layf go chenj fo bete, en den go get tru tru gladi-at; eksperiens na di best prof

If yu kontinyu fo rayt en sayn chek we yu no put moni fo koba yu bank akaun, yu moni go don Di sem tin kin apin to yu layf If yu no put pis oltem na yu layf akon, yu enaji go don, yu kwayet go don, en yu gladi at go don In shot, yu go don sofa pan imoshonal, maynd, bodi, en spiritual bankruptcy Bot dip daily meditation on God will replenish yu imoshonal akon Di posin we de luk fo am wit ol in at de tink gud wan evride, de tok to God wit ol di lov en long we de na in at, de beg am fo sho insef If yu na posin we lek God en yu want fo eksperiens in prezens, yu fo put yu maynd en bodi insay In pis, en layf go smayl pan yu, en yu afekt den go important pan boku we den

Posin we get kol at no kin mek mistek, en i kin win usay boku boku oda pipul den no kin ebul fo du am Di wan den we no de tink bot God o bisin bot am kin get pwel at en sofa Den kin veks en ton to mashin we de waka Di san we get sens en pis go komot na di skay we get kol at en i go was yu bodi wit in raytin we de men as long as yu de tray fo du spiritual en gi fos ples to God na yu at

Wan mun de shayn brayt pas ol di sta den we den joy  
Di san we tan lek smol, de pul daknes komot na wan eria we  
big pas insef boku boku tem Semweso, gud posin, jos bay we  
i de na di wol, i de mek vaybreshon den we de koba en no get  
boku pan di vaybreshon den we wiked pipul den de mek  
De fo tink gud wan fo bi de bak fo rest na yu maynd en  
bodi en fo mek yu get pis insay yu at Eni wok we de gi sens  
en pis na blesin wok da de de  
As fo on mama en papa den, di oli buk den don se yu fo  
trit den fayn: "Rena yu papa en yu mama" en "Bi gud to  
. "mama en papa

Den fo on mortalman mama en papa as posin we de  
represent God, we gi den di gift fo mek mortalman Di mama  
na di posin we de sho God in klin lov, bikos mama we lek am  
de fогiv usay nobodi no go fогiv Di papa na di posin we de  
sho God in sens en di posin we de protekt In pikin den  
Wan no fo lek in papa en mama apat from God, bot as fo  
sho in lov we de protekt en get sens Di suprem divayn spirit  
kin bi papa en mama fo ep di pikin; so, den fo on am na di  
mama en papa

Di skripcho den advays wi bak se wi no fo kil posin fo kil,  
bikos na da tem de posin kin bi posin we de kil Posin no fo tek  
oda posin in layf insay wan mont we i rili fil bad Bot if den de  
tretin di wan den we i lek, i fo fet fo protekt di wan den we  
God don trus am, bikos na oli wok fo difend in famili en in  
kontri

Fo tok bot di lo we se den no fo du mami en dadi biznes  
wit oda posin, di best tin we mek den fo du mami en dadi  
biznes wit oda posin fo bi fo bon pikin den we den mek lek  
God en fo sho di klin lov we di man en uman we mared we de  
si God de fil insay densef Di wan den we de liv na bodi nomo,  
we no get enitin fo du wit tru tru lov o di ay rizin we mek den  
mek mami en dadi biznes wit oda posin, de du mami en dadi  
biznes wit oda posin akodin to dis lo Insay dis kes, den no  
difren from animal den we satisfy den di tin den we den kin

want fɔ du fɔ du mami ɛn dadi biznɛs ɛn afta dat dɛn kin go  
bifo

God mek dis kriyaytiv drayv insay man ɛn uman fɔ bɔn  
pikin ɛn sho tru tru lɔv fɔ dɛnsɛf na mared layf, ɛn dɛn nɔ fɔ  
yuz am di rɔŋ we, bɔt i fɔ chɛnj am to oli wok ɛn no  
If yu ebul fɔ kɔntrol ɛn sheb mami ɛn dadi biznɛs pawa  
insay yu bɔdi, yu go ebul fɔ divɛlɔp big big maynd abiliti fɔ  
rayt, drɔ, ɔ fɔ sho layt talent dɛn pan bɔku bɔku ɔda we dɛn  
ɛn we yu go dɔn ebul fɔ kɔntrol ɛn chɛnj di tin dɛn we yu  
de du na God in yay, yu go gɛt bɔku pis, yu go gɛt bɔku lɔv,  
ɛn yu go gɛt mɔ gladi at pan God biznɛs  
Sent ɛn spiritual lida dɛn we dɔn chɛnj dɛn mami ɛn dadi  
biznɛs pan spiritual tin dɛn na jayant dɛn we ebul fɔ du  
wɔndaful ɛn wɔndaful tin dɛn na di wɔl ɛn insay di esoterik  
fɛn fɔ tru

So, di ay we aw dɛn de yuz di mami ɛn dadi biznɛs na fɔ  
ɛlɛvɛt in pawa, dat na fɔ chɛnj in ɛnaji to wan ay tin fɔ mek i  
go sho se i gɛt sɛns, di ay ay tin dɛn, ɛn di prinsipul dɛn we  
gɛt fɔ du wit God biznɛs Pɔsin nɔ fɔ gɛt gladi at frɔm di tin  
dɛn we i de tink bɔt mami ɛn dadi biznɛs ɔ want wetin dɛn nɔ  
fɔ du We dɛn dɔn rich dis kayn kɔntrol fɔ insɛf, i go gɛt fayn  
we fɔ si mami ɛn dadi biznɛs ɛn di ay tin we i want fɔ du  
Fɔ bi slev to mami ɛn dadi biznɛs min se yu nɔ go gɛt  
wɛlbɔdi, yu nɔ go ebul fɔ kɔntrol yusɛf, ɛn yu nɔ go gɛt pis na  
yu maynd, ɛn fɔ tɔk smɔl, yu nɔ go gɛt ɔl di tin dɛn we pɔsin  
nid fɔ gɛt gladi at

Di oli buk dɛn de ɛnkɔrej wi bak se wi nɔ fɔ tif If wan  
grup we gɛt wan tawzin pipul dɛn fɔ tif frɔm dɛnsɛf, ɛni wan  
pan dɛn go gɛt 999 ɛnimi So, pɔsin nɔ fɔ pwɛl ɔda pipul dɛn  
rayt, ɔ tek dɛn land, pis, lɔv, rɛspɛkt, ɔ ɛni wan pan dɛn  
prɔpati ɔ spiritual prɔpati dɛn If yu nɔ fil se yu want fɔ tek  
wetin nɔto yu yon, wetin yu nid ɔ want go kam to yu Tif  
originates first in the mind when a person begins to envy  
others Di sid dɛm fɔ bad bad tin dɛm fɔ kɔmɔt na di maynd  
Spiritual altruism na di we Dɔn, pɔsin go naturally attract

bɔku, ɛn blɛsin go flɔ to am frɔm sɔs dɛm we i no ɛn sɔs dɛm  
we i nɔ no Dis na infallible divine law As fɔ tɪfman ɛn pipul  
dɛm we de tink bɔt dɛnsɛf nɔmɔ, dɛn de spɛn dɛn layf fɔ  
chas afta matirial prɔpɔti, dɛn yay ɔltɛm de pan wetin ɔda  
pipul dɛn gɛt, ilɛksɛf dɛn yon kɔf ful-ɔp wit gold  
If dɛn nɔ lɛf fɔ bisin bɔt prɔpɔti, di wɔl nɔ go ebul fɔ no  
gladi at

Gladi at kin kam nɔmɔ tru spiritual kɔpɔreshɔn I kin kam  
we pɔsin fil di nid fɔ ɔda pipul dɛn lɛk se na in yon ɛn wok fɔ  
ɔda pipul dɛn as i de wok fɔ insɛf

Wan ɔda impɔtant kɔmandment na fɔ avɔyd fɔ bi lay lay  
witnɛs Fɔ du bad to pɔsin bay we i de chenj di trut na ɔda we  
fɔ pwɛl di soshal wanwɔd If pɔsin want fɔ mek dɛn trit am  
fayn, i fɔ trit ɔda pipul dɛn di we aw i fɔ trit am Di trut fɔ tɛl  
ɔltɛm, bɔt dɛn fɔ mek difrɛns bitwin fɔ tɔk di tru ɛn fɔ jɔs tɔk  
di trut Fɔ tɔk bɔt pɔsin as lɛm ɔ blaynd na tin we de mek i fil  
bad ɛn i de du bad; pɔsin fɔ de tink bɔt aw ɔda pipul dɛn de  
fil ɛn avɔyd fɔ shem dɛn Semweso, fɔ sho tru tin we go  
kɔmɔt biɛn pɔsin we nɔ gɛt gud rizin, na tin bak we nɔ rayt  
Na di ɔda say, pɔsin nɔ fɔ lay fɔ avɔyd fɔ tɔk di tru; bifo dat,  
pɔsin kin sɛt mɔt pan sɔm tin dɛn fɔ mek i nɔ shem ɔ du bad  
to ɔda pipul dɛn

Wan fɔ tek tɛm wit jɛlɔs, wan sik we de pwɛl di sol we de  
swɛt di pis na in sol Di mɔ we pɔsin want wetin na ɔda pipul  
dɛn yon, na di mɔ i nɔ gladi ɛn i de sɔfa Di pɔsin we de jɛlɔs  
de liv layf we gɛt prɔblɛm, i nɔ de ɛva no di teys fɔ kol at I  
bɛtɛ fa fawe fɔ mek dɛn rɛspɛkt dɛnsɛf, abop pan dɛnsɛf, ɛn  
fɛn tin dɛn we de insay spiritual richness

Pɔsin in rɛspɛkt ɛn in intrinsic worth big fa fawe pas  
ɛnitin we i go want ɔ we i want fɔ gɛt Gɔd de sho insɛf pan  
ɛvri mɔtalman di we we nɔ de sho pan ɛni ɔda mɔtalman Dɛn  
fɛs nɔ tan lɛk ɛni ɔda pɔsin in yon, ɛn dɛn sol nɔ tan lɛk ɛni  
ɔda pɔsin in yon, bikɔs insay dɛn de di big big trɔs pan ɔl di  
tin dɛn we Gɔd mek—ɛn da big big trɔs de na Gɔd

Wi want wi layf fɔ shayn ɛn flɔs wit gud tin dɛn, fɔ smɛl  
wit gladi-at ɛn gladi-at, ɛn fɔ liv sote go insay di memori fɔ di  
wan dɛn we gladi fɔ wi

We pɔsin gɛt di rayt fet ɛn du wetin i want, i kin gladi  
pas di wan dɛn we nɔ gɛt fet ɛn we nɔ de du dɛn wok na di  
fɛt fɔ layf

Saund fet ɛn rayt akshɔn (we dɛn sɔpɔt wit nobul  
motives ɛn gud intenshɔn) de ɔltɛm de ɛnisay we gladi at de,  
ɛn dɛn de lɔs ɛnisay we gladi at nɔ de Frɔm dis, wi kin dɔn se  
na tu impɔtant kɔndishɔn fɔ gladi, we nɔ go ebul fɔ gɛt if dɛn  
nɔ gɛt dɛn Di wan dɛn we want gladi at nid fɔ gɛt dɛn tu men  
tin ya nɔmɔ, we na in kɔna stɔn ɛn pila dɛn

Mɔtalman nɔ kin ebul fɔ kɔntrol, chenj, ɔ ires di tin dɛn  
we nɔ gɛt ɛnd na di yunivas we i want Dɛn pat dɛn ya kin  
miks wit di klos we mɔtalman layf gɛt, ɛn mɔtalman nɔ kin  
ebul fɔ wok we dɛn nɔ de nia dɛn Bɔt mɔtalman kin kɔntrol  
dɛn maynd fɔ adap to dɛn tin ya ɛn avɔyd fɔ mek dɛn nɔ du  
dɛn bad

Wi gret gret granpa dɛn bin gladi pas wi nɔto bikɔs dɛn  
bin gɛt mɔ tin dɛn ɛn ɛnjɔymɛnt we de na di wɔl pas wi naw,  
ɔ bikɔs dɛn nɔ bin de gɛt bɔku prɔblɛm dɛn na layf, bɔt bikɔs  
dɛn bin gɛt di balans we dɛn bin de tink bɔt we bin de gi dɛn  
kɔmfɔt, pis, satisfay, ɛn fɔ shɔt tɛm, dɛn bin gɛt gladi-at

Dɛn nɔ bin de dipen pan di tin dɛn we de apin na do fɔ  
mek dɛn gladi, ɛn dɛn nɔ bin de sɔfa pan di tin dɛn we de  
apin na do we go mek dɛn nɔ gɛt am Dɛn filin fɔ kɔmfɔt, pis,  
gladi, ɛn satisfay na bin natura, nɔmal, wɛlbɔdi, ɛn fɔ las Wi,  
sɛf, fɔ gɛt dɛn filin ya if wi want fɔ gɛt gladi at ɛn udat pan wi  
?nɔ gɛt

Fate na di rizɔlt fɔ wan past ɛksɛsayz fɔ fri wil ɔ fridɔm fɔ  
pik Tru wi past prɔsis fɔ fri wil, wi dɔn brinj ɛn kɔntinyu fɔ brinj



pan wisef fate en destiny Bɔt, wi nɔ de tay pan di tin dɛn we  
dɔn pas, en wi nɔ de kɔnstrakt wi sote go bikɔs ɔf di  
kɔnsikuns dɛm fɔ wi akshɔn Wi kin pul wetin wi dɔn plant en  
ires wetin wi dɔn rayt if wi so want en tray fɔ kɔrɛkt wi kɔs en  
impruv di kwaliti fɔ wi avɛst

If wi pul di sid dɛm fɔ akshɔn wit pen kɔnsɛkshɔn en  
plant insay dɛn ples sid dɛm we fit mɔ to di kayn we aw di  
sol tan, wi go mɔs ripɛnt di frut dɛm fɔ gladi frɔm dɛn gud sid  
dɛm we dɛn plant na di sol in grɔn Wi fɔ yuz fri wil naw, naw  
en nɔto tumara, if wi want fɔ gɛt mɔ gladi at ɔ fɔ mek wi nɔ  
sɔfa en pen smɔl

So, di kɔndishɔn fɔ gladi de insay mɔtalman, en ɔl wetin i  
fɔ du na fɔ dil siriks wan wit da iqwɔj de we nɔ de mek  
mistek, en di rizɔlt go bi in favɔ if i mek di bɛst asɛsment en  
dil wit am

O Masta, mek mi bi ful wit Yu vitality, mi at wit Yu  
kɔmfɔt en sɔri-at prezɛns, mi maynd wit Yu sɛns, en mi sol ful  
wit Yu divayn awareness

Insay di grɔn na una at, di sid dɛn fɔ lɔv de gro Wata dɛn  
sid dɛn de wit di wata dɛn we de mek ɔlman gɛt lɔv en sɔri-at  
we ɔlman gɛt

Di pawa we di maynd gɛt nɔ gɛt limit en akɔdin to dat, if  
yu tink dip wan bɔt ɛni tɔpik, yu go gɛt di ansa to ɛni  
kwɛstyɔn we gɛt fɔ du wit da tɔpik de

If pɔsin de gi ɔl in wok en di tin dɛn we i de du fɔ sav ɔda  
pipul dɛn en du am wit satisfay maynd, dat min se dɛn fɔ rili  
tink bɔt am en tɛl am tɛnki

Wi nɔ fɔ de wan sayd Bifo dat, wi fɔ balans wi wok en put  
wi wok en di wok dɛn we wi fɔ du fɔs, akɔdin to di impɔtant  
tin we ɛni wan pan dɛn impɔtant

Duti na da akshɔn we pɔsin de du wit gladi at en nɔto fɔ  
gɛt mɔni, en spiritual en moral duty fɔ kam fɔs na layf  
ɛvri mɔtalman gɛt pɔtnɛshɛl we dɛn nɔ tap Dɛn gɛt ɔl di  
trɛnk dɛn we dɛn nid Di maynd sɛf na pawa we pas ɔl, en i fɔ

fri from di abit en konssept den we don ol en we de stop pipul  
den

Di influens we planet en sta den get pan mortalman layf na  
di pawa den we de bitwin di planet den en mortalman bodi we  
de mek den atrak en ton den bak pan am

Di bad tin we possin kin tink bot kin mek i go na say we  
bad tin usay i kin tok bot inself akodin to wetin i want Bot,  
possin kin chenj in tink en konsheens tru di pawa we i get, en  
bikos of dat, di say we i de If possin de na say we bad fo long  
tem, da say de begin fo afekt am we i no no am As tem de go,  
i kin los in freedom fo pik wan ples we get welbodi en we get  
welbodi en i kin bi subjekt to di bad tin den we de apin to da  
bad bad tin de Bot di wan den we get strong pawa fo du  
sontin, de gri wit God

### Konsentret maynd enaji

We yu fos di san layt tru wan magnifying glas pan wan  
smol poynt, i de mek ot, en da ot de kin layt wud, klos, pepa,  
en oda tin den Semweso, we yu fos yu maynd presishon, in  
konsentret enaji kin bon di rut den fo dawt bien eni fayl en  
alaw di layt fo sens fo shayn brayt brayt wan

We di maynd de alayned wit God, di sos fo ol gudnes en  
di krijin fo ol blesin pawa, i de kam fo no di divayn prezens en  
get ol di eliment den fo sakrifays Den eliment ya get tayt padi  
biznes wit God in big big pawa, we ebul fo mek nyu chans fo  
sakrifays pan eni fild

Troubul en problem den kin apin we possin no no bot di tin  
den we i bin don du trade, we i du na wan patikyula tem en  
ples Di sofa we den de sofa naw komot from di tin den we den  
bin de tink en du we den bin de tok, we bin tek rut na di gron  
we den bin de tink, we bin de gro to plant en bia frut we de  
sho di kayn tin den we den bin de tink en du

Trɔbul ɛn trɔbul nɔ kin kam fɔ brok pɔsin ɔ paralayz  
wetin i want, bɔt na fɔ mek dɛn gladi fɔ Gɔd in big ɛn rɛspɛkt  
in lɔ dɛn, we dɛn kin yuz fɔ gɛt tru tru gladi at Gɔd nɔ kin sɛn  
dɛn tranga tranga ya bikɔs na mɔtalman mek dɛn fɔs ɔl  
wetin dɛn nid fɔ mɔtalman na fɔ wek in kɔnshɛns frɔm in slip  
we i nɔ de pe atɛnshɔn ɛn fɔ kɔmɔt na di daknɛs we i nɔ no  
natin ɛn go insay di layt fɔ no bɔt sɔntin  
Bɔku tɛm, wi sɛns dɛn kin prɔmis wi fɔ gɛt gladi at we nɔ  
de te bɔt te kin dɔn briŋ wi pen ɛn sɔfa fɔ lɔng tɛm Tru gud  
kwaliti ɛn gladi at, bɔt, i kin prɔmis smɔl, bɔt te kin gi wi klin  
ɛn gladi at we go de sote go Dis na di rizin we mek a kin tek  
gladi at we go de insay wi at as tru tru gladi at, ɛn di gladi  
gladi we go de insay wi at as sɔntin we jɔs de ɛnjoy

We yu luk di san frɔm bɔku bɔku mayl dɛn we de fa na  
di spes, da big sta de kin tan lɛk se i smɔl pas wi Wɔl fa fawe  
Bɔt di wɔl in dayamita na lɛk 7,900 mayl, we di San in  
dayamita pas di wɔl wan ɔndrɛd tɛm If yu kin put wi planet  
we na di wɔl dairekt bifo di San, i go tan lɛk smɔl dɔt we yu  
kɔmpia am to di San  
Lɛ wi se di pawaful solar fil de bɔku ɛn big te in big big  
mas swɛla di wan ol blu skay Di skay we wi de si na jɔs smɔl  
pat, fɔ tru, na smɔl smɔl smɔl pat, pan di spes we de ɔlsay na  
di yunivas we nɔ gɛt ɛnd  
Ivin if di san kɔntinyu fɔ bɔku ɛn strɛch na di spes sote  
go, i nɔ go stil ebul fɔ kɔba di say we nɔ gɛt ɛnd  
Di kosmik ilyushɔn fɔ smɔl ɛn finitude de limit ɛn mek di  
maynd nɔ ebul fɔ no da kɔsmik vastnɛs de  
?Usay dis absolyut void kɔmɔt, ɛn usay in limit dɛn de  
Di wan we nɔ de ɔnda dimɛnshɔn ɔ mɛzhɔmɛnt, we nɔ  
gɛt limit ɔ ɔrijin, na Gɔd, we de ɔlsay ɛn we de na di fa fa say  
dɛn na di spes I de insay di sta dɛn we de fa ɛn we de fa jɔs

læk aw i de insay yu en insay mi , i de no ɔl di ples we i de tek  
, ilæksɛf i smɔl ɔ big

Di past nɔ no bɔku pan mɔtalman, wit di ɛksɛpshɔn fɔ  
sɔm pipul dɛn we dɔn pik we gɛt sɛns Bɔt stil, di we aw wi nɔ  
no bɔt di tin dɛn we dɔn pas, na fɔ wi bɛnɪfɪt bak Bikɔs if wi  
bin no ɔl wetin wi dɔn du na dis layf en insay layf we wi bin  
dɔn liv bifo, wi bin fɔ dɔn ful-ɔp wit di sheer volyum we wi de  
du en wi go kɔnfyus bad bad wan Wi wil kin ivin paralayz  
bikɔs ɔf di shɔk, we go mek wi nɔ ebul fɔ kɔntɪnyu fɔ du wetin  
wi dɔn du en lef wi prey to despair Ivin insay dis layf na dis  
wɔl, fɔgɛt na blɛsin frɔm Gɔd, we de mek wi nɔ de tink en filin  
fɔ mɛmba di tin dɛn we bin dɔn apin trade, mɔ di wan dɛn we  
bita en we de mek wi fil pen Laki, di divayn spak we de insay  
wi de shayn ɔltɛm wit op en di want fɔ kɔntɪnyu di joyn we nɔ  
de stɔp na layf Wi fɔ tɛl Gɔd tɛnki fɔ dɛn tu blɛsin ya: di ebul  
fɔ fɔgɛt di tin dɛn we dɔn pas en di op fɔ tumara bambay

Wi nɔ fɔ dɔn se fate de put tin dɛn we de ambɔg di we  
aw pɔsin kin fri fɔ disayd fɔ du sɔntin Bɔt wi fɔ du ɔl wetin wi  
ebul fɔ tinap tranga wan fɔ tinap tranga wan we bɔku pipul  
dɛn kin tɔk se na tin we kin apin to pɔsin en wetin kin apin to  
wi, en yuz wi fridɔm fɔ disayd fɔ du sɔntin akɔdin to wetin wi  
biliv insay wi at, bɔt dɛn kɔnvɪkshɔn ya kɔmɔt frɔm gud fet en  
we dɛn gɛt grɔn pan Gɔd in lɔ dɛn, we pɔsin nɔ go ebul fɔ  
test tru tru gladi at

We wi begin fɔ du sɔntin, wi nɔ fɔ fred bad bad tin dɛn,  
bɔt wi fɔ gɛt op te to di bɛst we, wit rili fet se natin nɔ go  
ebul fɔ stɔp wi fɔ du wetin wi want en fɔ yuz fridɔm fɔ disayd  
fɔ du sɔntin

Boku tem, mortalman kin tan lek lif we de flot na di riva,  
en den fo pul densef komot na di korent we de mek den get  
otometik abit den we de ker den go na wata we de fodom we  
get ilyushon en pwel pwel Boku pipul den kin tan lek se den  
no bisin bot den en den kin alaw di korent fo swip den

If wi no ebul fo rich wi gol, i akseptabl fo gri se tin den  
bin de we wi mek wi yon we mek wi no ebul fo rich am Wi fo  
kontinyu fo du am en dubl di tray we wi de tray fo rich di tin  
we wi want Wi fo mek wi no bak se ilek aw di tin den we de  
ambog en chalenj den kin strong en bad bad wan, wi stil get  
di trenk fo win den lvin if wi no ebul fo du am pan ol we wi de  
tray fo du oltin, nid no de fo pwel at o fo mek wi at pwel, as  
long as wi ondestand se mortalman wil strong pas di tin we wi  
want fo du, we na wi yon mek So, wi no fo stop fo tray, ileksef  
wi no ebul fo du am, bikos domot den de we opin oltem Wi jos  
nid fo kontinyu fo tray en ripit di tray te den gi wi sakrifays  
God go gi wi ep as long as wi de ansa am en tray tranga wan  
[Di wan we de waka na di rod go rich usay i want fo go, en di  
.wan we abop pan God no go disapoynt]

We posin want scontin bad bad wan en kontinyu fo du  
scontin, da want de no de eva komot na in konshens, enisay  
we i go en enitin we i bisin bot Tru in wok we i de du oltem en  
we no de taya, da want de get boku boku ditarminieshon en  
enaji Dis insay wispa get mo pawa en i de wok pas aw den de  
beg am wit mashin, we jos de mov di lip den Dis na aw di  
wan den we lek God de du tin Den de wispa den lov fo Am we  
no de stop, den wispa den we komot na den at we no de yeri  
ol di tem we den de du tin den we den de du evride Dis wispa  
we komot na den at no de pul den maynd o no de agents den  
oda wok den we den de du As den want fo God de gro, den de

lek am mo en mo, te den de si in layt en si in layt wit di sol in  
yay Den de test gladi at we pasmak en fil pis we den no ebul  
fo tok bot

God de sen wi di lesin den we wi nid na layf so dat wi go  
benefit from den en get ondestandin en eksperiens Enibodi we  
avoyd den lesin den de, den go fos am fo lan den ileksef i tek  
long tem

Evri test na padi if wi lan from am, en na bad bad  
pawaful govment if wi spend di chans en yuz am di roj we  
wit grumbul, veks, en no de joy fayn

We wi ondestand gud gud wan en di rayt we fo tink bot  
layf, i kin fayn en no kin get problem den

. -

saykolojik kes dem

Possin no go ebul fo de sote go we den de ker am wit  
gladi at, we i de onda wata we de mek i fil bad, o we i drawn  
insay di dip dip ples den we i de bost Insay dis wol we get tu  
tin den we no gri wit densaf, di averej possin kin get tin den we  
kin go op en doj—i kin rayz pan wef den we kin mek i gladi, i  
kin sink insay di ol we no get enitin fo du wit am, en i kin tos  
rawnd bay wef den we de mek i fil bad we i de fil bad—i no  
kin izi fo get eni oda tin we kin apin to am no

Fɔ alaw tin dɛn fɔ chɛnj in tink dis we min fɔ sɔrɛnda  
wɛtin i want to wan kaprish ɛn ɔltɛm chɛnj Fate Wɛtin pɔsin  
nid fɔ liv layf we gɛt sakrifays ɛn fulfil na in maynd balans, ɛn  
dis kin jɔs apin bay we i de tink gud wan ɛn kɔntrol di we aw  
i de fil

Ivin di dip sɔri-at kin wɛl wit tɛm, so i nɔ gɛt ɛni bɛnifit fɔ  
de tink bɔt sɔri-at ɛvrɪde na wi layf Fɔ kray ɔltɛm fɔ lɛ pɔsin  
we wi lɛk lɔs nɔ de ɛp dɛn ɛn wi, ɛn i nɔ de chɛnj natin  
Semweso, fɔ kɔltiv pɔsin we nɔ impɔtant ɔ fɔ pɔnish yusɛf fɔ  
mistek ɔ fɔlt dɛn we yu dɔn du trade, na tin we nɔ izi fɔ du; i  
jɔs de mek layf nɔ fayn ɛn i de stif di mental fakulti

Wi nɔ fɔ alaw wisɛf fɔ fɔdɔm insay di pit fɔ boring rutin,  
bikɔs dat na saykilɔjik stet we de fa frɔm kɔmfyut, as i de  
ambɔg di maynd ɛn bɔn di layt abiliti dɛn na di ɔfna fɔ  
apathy

Dɛn fɔ pul di tin dɛn we nɔ ebul fɔ du na in rut, ɛn dɛn fɔ  
wok tranga wan ɛn mekɔp dɛn maynd fɔ plant di fil dɛn we  
de na layf ɛn plant dɛn wit sid dɛn we go mek dɛn ebul fɔ  
avɛst bɔku bɔku tin dɛn, wit Gɔd in ɛp  
Du sɔntin we nɔbɔdi nɔ dɔn du bifo—sɔntin we go mek di  
wɔl sɔprayz Sho se Gɔd in pawa fɔ mek tin dɛn de wok tru yu

Pipul wae gɛt kol at ɛn nobul temperament kin ɛp fɔ mek  
wi tink magnet ɛn wɛl I nɔr kin at fɔ no if pɔrsin de pul in  
intɛlektual nourishment frɔm say wae gɛt pis ɔr disruptiv  
envayrɔment Wɔri, pwɛl hat, ɛn kɔnfyushɔn ɔl kin kɔmɔt frɔm

wae i get padi biznes wit di rɔŋg kayn pipul dɛm, ilɛksɛf na  
padi ɔr fambul, we kin mek i de tink bɔt wɔri ɛn get trɔbul

s it dɛm, weɔm fɔdi de get enɛji ɛn aktiviti frɔdi b  
di ɛn maynd enɛji chaj dɛm we iziɔmagnetik it dɛm de gi di b  
It toɔnɔvɔk ɔkin izi f ɔlid ɛn likid it dɛm we nɔdaygɛst pas s ɔf  
liv enɛji

We yu kin chenj di we aw pɔsin nɔ no natin to sɛns,  
wikɛdnɛs ɛn wikɛd tin to wɛlbɔdi ɛn trɛnk, ɛn waka wit  
kɔnfidɛns ɛn maynd—ivin yu wan—tru layf in rod dɛn, ɛn get  
gladi at insay yu fɔ get kɔnshɛns we de alayv ɛn we de wach,  
ɛn fet we nɔ de shek pan Gɔd in jɔstis ɛn di win we rayt pan  
di rɔŋg ɛn trut win ilyushɔn, ɛn we yu de tray tranga wan fɔ  
elevɛt yu tinkin fɔ ay ɛn mɔ rifin lɛvɛl, ɛn get at we get lɔv ɛn  
tɛnki ɛn gud tin fɔ du to ɔda pipul dɛn, yu intelektual it go bi  
magnetik, ɛn yu go atrak yusɛf ɔl wetin fayn ɛn bɛnifit—tin  
dɛn, pipul dɛn, ɛn sikɔstɛms—we impɔtant fɔ kɔntinyu yu  
joyn fɔ go na di shores fɔ sɛf ɛn sɛf ɛn las wan, we yu tray  
tranga wan fɔ get wetin yu nid ɛn satisfay wit wetin Gɔd de  
gi, yu go jɛntri pan spirit ɛn satisfay pas di wan dɛn we di wɔl  
want ɛn we gridi fɔ di tin dɛn we de mek yu gladi fɔ shot tɛm

Sɔri-at na di brij we de kɔnɛkt ɛvri sol to ɔda sol Sɔri-at  
na di get fɔ ɛvri at

We pɔsin de luk fɔ Gɔd, we na di wangren tru padi pas ɔl  
ɔda pipul dɛn, i kin bi pɔsibul fɔ mek i get tru tru padi biznes  
na ɔl mɔtalman rilayshɔnship—famili, brɔda, mared, ɛn  
spiritual padi biznes na impɔtant tin fɔ mek mared-os, ɛn fɔ  
get tayt padi biznes wit in maynd ɛn filin, fɔ mek i fil lɛk se i  
lɛk Gɔd, ɛn tru tru lɔv fɔ bi di fɔs tin Di wan dɛn we nɔ ebul fɔ



no difrɛns bitwin tru tru lɔv ɛn di we aw pɔsin kin atrak am  
na in bɔdi dɛn kin disapɔynt bɔku tɛm

We mared de bay ay aydia ɛn rɛspɛkt fɔ dɛnsɛf, i kin bi  
wan gladi ɛn sakrifays union bitwin tu sol dɛn we lɛk dɛnsɛf  
ɛn we de wok togɛda, we kin mek dɛn kɔmpin dɛn nɔ gɛt  
bɔku prɔblɛm dɛn na dɛn layf ɛn pul di wɔri we dɛn kin wɔri  
bɔt fɔ liv wit sɔri-at ɛn ɔndastandin wit padi biznɛs

Nɔbɔdi nɔ go ebul fɔ kɔntrol mi ɔ tek mi wil pas a alaw di  
tin dɛn we ɔda pipul dɛn de tink ɛn du fɔ afɛkt mi  
If yu kɔnfyus yu tinkin to matta, yu go si ɔltin frɔm  
matirial pɔynt Bɔt wans yu rayz yu kɔnshɛns to wan stɛt fɔ  
spiritual awareness, yu go si di pervasive kɔrɛnt fɔ Gɔd in  
layt de flɔ pas ɔl matter, ɛn yu go si ɔltin frɔm spiritual  
perspektiv

Masta, a no se a gɛt chans we nɔ gɛt ɛnd fɔ fɛn ɔl mi  
abiliti ɛn diskɔba mi spiritual pɔtnɛshɛl Tide a go ful mi tinkin  
wit optimism ɛn detach misɛf frɔm ɛkspiriɛns dɛn we nɔ fayn  
A go praktis wetin go mɛn mi bɔdi, maynd, ɛn spirit insay  
wan we we balans ɛn we gɛt wanwɔd

A go riples matirial atakshɔn wit ay aspireshɔn  
ɛn a go no se di fetful spirit de wit mi ɔltɛm

Di dans fɔ layf ɛn day de ɔltɛm, bɔt a go fri misɛf sote go  
bay we a sev mi spiritual aydentiti ɛn we a de fes di big big  
briz we de mek a gɛt prɔblɛm ɛn trɔbul, a go tek bɔt insay mi  
spiritual bɔt fɔ krɔs di si we gɛt layf fɔ go na di sɛf, divayn  
sho dɛn

We a de wok en mek, a go memba se Gɔd de wok tru mi  
In na di Masta fɔ di wan ol wɔl, en a kin kɔnekt wit am tru dip  
tink bɔt Am

Mi Gɔd we a lɛk, a no se mi tinkin go bring mi ɔl tu fɔl ɔ  
sakraifays, dipen pan us aydia strong pas ɔl na mi layf En a go  
tray fɔ memba se Yu de es Yu ep an en redi di we fɔ mi  
sakraifays

We bad bad tin en bad bad tin apin to mi, a go kɔl mi  
trenk en strong mi maynd fɔ win den A go bi sinsi en ɔnes pan  
mi dil wit ɔlman, en a go spre tink bɔt lɔv en gud wish Dɔn  
Gɔd go sɔpɔt mi wit in pawa en sens

Sik den we get fɔ du wit Gɔd biznes en aw fɔ trit den  
Masta Paramhansa Yogananda

Tray fɔ imajin wan grup we get mɔtalman figa den we nɔ  
:fit en we nɔ get wanwɔd  
Wan we get smɔl ed we di sayz lɛk chikpi en big bɔdi we  
!di sayz lɛk kamɛl  
Wan ɔda wan get pawaful an we tan lɛk Samsin ɔ Ekyul  
!in an en bɔdi we tan lɛk dwɔf in bɔdi  
En di tɔd wan get di ed fɔ wan big elifant en di bɔdi fɔ  
!wan skrawn maws  
Yu nɔ tink se da tin de go mek yu sɔprayz en sɔprayz, ɔ  
yu go sɔri en rigret if yu si wan krawd pan den tin den de we  
?get wan strenj en we nɔ gri wit wetin den rayt  
Naw imajin ɔda grup fɔ pipul dem wae nɔrmal fɔm en aw  
den de luk, bɔt nɔr balans pan den maynd en den nɔr de fil  
fayn na den maynd

Jos lek aw klos kin ayd wund, sos, en oda tin den we no  
fayn na in bodi, na so bak posin we get strong bodi we get  
welbodi en fayn fayn fes we de shayn kin ayd boku sirios  
maynd sik den en di bad tin den we posin kin get we i bon  
If yu mit boku boku odinari pipul den we difren bikos den  
de luk fayn en den get gud welbodi, en if yu ebul fo go insay  
den maynd bodi wit yu spiritual vishon, di soprayz go mek yu  
soprayz, en yu go rili fil bad fo wetin yu go fen  
:Yu kin wach den maynd bodi lek dis

Di maynd de sho di ed, di sens en filin de sho di bodi, en  
di wil na di an en fut ol den tin ya no normal, sik, en no fayn  
Yu go si se som get smol ed we no de divelop sens, we  
den don rayd pan bodi we no get bete trenk en we don swel  
wit tin den we den want fo du fo densef nomo en we den want  
fo du mami en dadi biznes

Yu go si bak se som pipul den get bodi we no get filin en  
pawa, pan ol we den get an we don divelop pasmak en we de  
wok

Oda pipul den kin get big, kriyaytiv bren, bot den sori-at  
en imoshonal kapasiti kin stop en atrofi En oda kayn pipul den  
de we get normal bodi en maynd konstityushon, bot we den  
wil pawa en kontrol densef wik o paralayz  
En di list fo di tin den we den don si de go bifo en pan  
!Mek yu liv long

Den kayn boku boku saykilojik distorshon ya na di maynd  
bodi we no de divelop bete pan som aspek dem en we don  
ova divelop pan oda wan dem, rili de - pan ol we den ayd - na  
motalman Den kin mek den get saykilojik pen en mek den no  
sho den talent en abiliti lek aw den fo sho

Fo adres som saykilojik sik dem ya kin ep fo no di  
ondalayn koz dem fo ol motalman problem, so dat ol di wan  
dem we de sofa wit den go at ol no den, ivin we den no no, so  
dat den go ondastand di kayn we aw den problem den de,  
den simptom dem, en di saylens we den de go insay di sayk,

so dat den go ebul fɔ drɛb di krip we den de pwɛl pis ɛn gladi  
at

### spiritual melancholy

Dis sik de ɔlsay pan di wan den we nɔ de du tin wit sɛns  
ɛn bɔdi ɔnda di pretekst fɔ se den de dip pan spiritual tin den  
Den pipul ya we de sɔfa nɔ de pe atɛnshɔn to di men ɛn smɔl  
wok den we den de du na layf we den de mek lɛk se den de  
sav Gɔd, ɛn dis de mek den opin dɛnsɛf fɔ Setan, we kin du  
bad bad tin to den Den de sɔfa bikɔs den nɔ gɛt op ɛn den nɔ  
de gladi fɔ ɛnitin we go bɛnifit den ɔ we fayn we de arawnd  
den den Dis na sik we kin pas, ɛn ɔl di wan den we gɛt  
spiritual aspireshɔn fɔ tek tɛm wit am ɛn fri dɛnsɛf frɔm am  
bay we den de kip den trɛnk layf ɔltɛm ɛn den imyuniti strɔng  
tru gud tinkin, optimist lukin-grɔn, ɛn wɛlbɔdi, prodaktiv wok

### spiritual indigest

Dis kin apin as a rizulta fɔ di random (guzzling), dat na,  
di kwik we aw den de it bɔku bɔku rɛdi-mɛd saykotropik  
drɔgs we den rɛjista ɔnda nem den we de shayn, ɛn we den  
prɛzɛnt insay di fɔm fɔ lay lay spiritual buk ɛn lɛsin den we  
“spiritual dɔktɔ den” we gɛt ɛkspiriɛns pan di art fɔ  
charlatanry ɛn majik

Dis sik nɔ de jɔs kil di spiritual angri fɔ no di trut, bɔt i de  
pwɛl di ebul fɔ no difrɛns bitwin gud ɛn bad, bɛnifit ɛn bad  
Di wan we de it tiolojikal aydia den ɔltɛm ɛn it ɔltin we  
fɔdɔm na in an nɔ go jɔs it pasmak bɔt i go it pɔyzin aydia  
den wit di wan den we yusful, ɛn dis go mek i nɔ gɛt bɛtɛ  
sɛns ɛn dis go mek i day pan Gɔd biznɛs sloslo  
Fɔ stɔdi pasmak ɛn kɔntinyu fɔ stɔdi difrɛn spiritual ɛn  
filɔsɔfik aydia den, we yu nɔ no ɔ tray fɔ dayjɛst ɛn chɛk den  
tru pɔsin in yon ɛkspiriɛns fɔ no if den valid, kin dɔn mek  
pipul den gɛt dawt, nɔ bisin bɔt ɔda pipul den, ɛn nɔ trɔst ɔl  
di spiritual prinsipul ɛn lɔ den  
Pashɔn ɛn ɔbseshɔn

Di wan den we get dis sik de liv west layf, we no get  
minin bikos den get boku moni en tem, en bikos den no get  
rizin en no ondestand layf di rayt we

Na wetin den want de drab den pipul ya; den kin du  
enitin we kam na den maynd en mek den gladi Den kin ful-op  
den layf wit novel den we no dia, we no important, fim den we  
kin mek posin fil bad, en enjoyment we no get wan minin Den  
no kin no se den get dis denja sik te den get bad bad shock o  
den nervos brok—dat na afta den don du di damej  
kol we de na yu maynd

Dis sik get oda nem: pwel hat Posin nor kin eva no ustem  
i go atak en sofa in sik wae de mek posin fil bad, lek wae i  
nor get op, i nor kin ebul fo bia wit am, i kin wori, en i nor kin  
get peshent pas ol na dat, borku tem i kin te, en di wan dem  
wae kin get dis sik kin kam bak kwik kwik wan, ivin if den  
biliv se den don wel kwik kwik wan  
Saykolojik kataro

Dis sik kin kam bikos den de tink bot tin den we de mona  
pipul den na di wol we no de don Di wan den we de sofa kin  
no yuz di wepon we den want en dis kin mek den no du natin  
en put densesf onda di fred we den de fred oltem instead fo  
kofrent den wit maynd en pul den komot we den smol  
abnormal saykolojik atakshon

Di wan den we dis sik don sofa kin bi wan say we den de  
tray fo get gladi at Bikos den biliv se gladi at de pan fo geda  
jentry, fo get nem, o fo get welbodi o pawa, den kin sakrifays  
oltin—helth, gud nem, pis na den maynd, on, en respekt—na  
di olta we den want fo get we de bon Tu let, den kin no se na  
balans layf nomo, we de respekt di lo den fo di tin den we God  
mek en di tin den we God de tel posin fo du, en i de mek di  
wok we posin de du wit kol at, gri, i kin mek posin get tru tru  
gladi at en i kin mek posin du wetin i want fo liv fayn layf  
Di wan den we de sofa wit di sik we den kol unhealthy  
attachment disorders kin it wit tin den we den kin tink bot fo  
long tem we den no ebul fo kontrol, we kin mek den no de si

layf di we aw den de si am en we no fayn Fɔ egzampul, wan  
biznesman bin get bɔku sakrifays en gɛda bɔku bɔku mɔni,  
bɔt bifo i ebul fɔ enjɔy in jɛntri, i bin get wan nervɔs brok  
bikɔs ɔf di wɔri en fred we i bin de fred pasmak, en i day wit  
at pwɛl

ɔda pipul den biliv se ɔltin kin alaw fɔ mek den ebul fɔ  
rich di gol Bikɔs ɔf dis kɔnfyushɔn, den kin mis den tru tru  
ɔbjektiv en den no kin ebul fɔ get ivin di smɔl satisfayshɔn,  
ilɛksɛf den get den tin den we den bin dɔn rili want, bikɔs  
mɔtalman in nature big en get bɔku bɔku tin den en i nid fɔ  
get balans divɛlɔpment pan ɔl di lɛvul den

### Blaynd spiritual klin

Dis aberrant fanaticism fɔ sɔm biliv den kɔmɔt frɔm we  
den de kɔntinyu fɔ fala sɔm patikyula opinion en aydia den  
we den no aks kwɛstyɔn ɔ egzamin den, so dat de mek di  
wan den we get dis sik vɛks en et fɔ ɛni gud spiritual aidia ɔ  
opin en fri tink Dis isolation de mek pipul den tɔn agens Gɔd  
in ɔ den, we de sho pan intɛlektual efyushɔn, matirial  
wɛlbɔdi, mental en bɔdi wɛlbɔdi, en ɔv en rɛspɛkt fɔ pipul  
den we kɔmɔt na difrɛn difrɛn say den

Fɔ put prinsipul den we get fɔ du wit Gɔd biznɛs  
Bikɔs sik den we pɔsin kin get na wi bɔdi kin si, i kin mek  
wi fil pen, en i no kin mek wi gladi, i kin mek wi tray tranga  
wan fɔ tinap tranga wan, en dis kin mek wi tray fɔ win den  
tru difrɛn we den fɔ mɛn pipul den, frɔm ɛksesaiz en it fayn it  
to difrɛn mɛrɛsin en drɔgs Bɔt, pan ɔl we na di mɛn tin we kin  
mek mɔtalman fil pen en fred, den no kin avɔyd ɔ trit den wit  
inɔf urgency, en den kin alaw den fɔ pwɛl wi layf en pwɛl wi  
layf

Eduketa dɛm, fizik ɛdyukeshɔn ticha dɛm, pricha dɛm,  
rifɔma dɛm, dɔktɔ dɛm, en lijislɛta dɛm go ebul fɔ drɛb  
prɔgrɛs fɔ go bifo we den fɔs lan, stat wit dɛnsɛf, en afta dat  
den tich ɔda pipul dɛm di kɔrɛkt we fɔ kɔltiv mɔtalman

nature insay wan balans en harmoni, akodin to di lo dem fo  
layf en di prinsipul dem fo wan welbodi egzistens Dis na di tru  
tru effektiv edyukeshon en komprehensiv motalman kolcho we  
pipul den olsay na di wol nid

Di edyukeshon institiushon den tink se i no possibul fo tich  
spiritual fawndeshonal tin den na poblik skul den bikos den  
tink se konfyushon de bitwin den prinsipul den ya en difren  
rilijon tichin den Bot if den institiushon den ya bin de pe  
atenshon pan di yunivasal prinsipul den we na pis, lov, savis,  
fet, opin maynd, en aksept oda pipul den—we na spiritual  
konstant den we den don mek tranga wan—en develop  
prektikal we den fo mek den prinsipul den ya insay di fayn  
fayn tin den gron fo pikin den maynd en sol, den kin fen rizin  
en akseptabl solvishon fo dis problem we den tink se en we  
den kin imajin Na big mistek fo ignore dis kweshon jos bikos  
of di problem den we i tan lek we get fo du wit am

Boku pan di wan den we don gradyuet from koleji kin  
komot na yunivasiti wit den ed we ebi en swel bikos of wetin  
de insay buk den dat den no kin ebul fo waka na di rod den  
na layf, bikos i don lef smol fo le den no ebul fo du wetin den  
want en fo kontrol densaf bikos den no de tek tem wit den en  
den no de yuz den So, yu de si den de du tin we no de tek  
tem en we de pwel, den de rosh ed wit den ed insay di ol we  
no get wanwod we no get wanwod, we de yuz den mared we  
no ikwal, we de ronata moni, en we no ebul fo du den wok  
bikos den no lan aw fo yuz di shap naif we den get fayn fayn  
wan pan den sens we den don on pan akademik tin den As a  
rizulta, den kin kot densaf en du bad to densaf  
I sori fo no se i tan lek se boku yong pipul den kin enjoy fo  
du tin den we kin mek den get bad en pen Som kin yuz tif en  
oda bad tin den, ivin kriminal tin den, we no get enitin fo stop  
o stop Den wan den we no ebul fo mek bad tin no go olsay na  
di sosayti de enkorej som pipul den fo biev di rong we Olman  
we get konshens en tru tru fet fo bi gud egzampul to oda  
pipul den we i kam pan integriti, ones, respekt, en respekt fo

yusef Skul, koleji, yunivasiti, en soshal institiushon den no de  
gi inof sayens we fo ridyus kraym bay we den de adres di rut  
koz dem, we de mo na di maynd  
Den fo mek speshal skul den bak fo tich di art fo liv gladi  
en sakrifays, fo develop di tin den we posin ebul fo du en fo  
mek i ebul fo du mo fo insef  
Den kayn skul ya go tan lek gadin en pak usay yon pipul  
den maynd de gro en go bifo Den fo tek tem pik di ticha den  
en mek sho se den get di kopreshon we mama en papa en di  
komyuniti get Den skul ya go ep fo shep wan wan pipul den  
fayn fayn wan Den fo memba se di spiritual it we posin get  
we i begin fo it na in de sho in welbodi en ebul fo gro leta  
Wi no get wan dawt fo se di we aw den de tren posin in  
maynd en in bodi na di skul den we de naw, i go benifit, bot  
den no get eni spiritual fawndeshon If den no get gud kwaliti  
den, i no go kompliit fo gro  
Den fo tich di sayens den bot di we aw posin de gro pan  
bodi, maynd, en spiritual tin den to yon pipul den we den  
maynd stil get sori-at en we kin chenj chenj en we den no  
chenj den pawa yet pan som we den  
Afta den don tren den gud gud wan, di student den na  
den skul den de fo kontinyu fo du egzam fo tink gud wan, en  
di setifiket den we den go get go bi gud welbodi, gud nem,  
we go wok fayn, get moni en spiritual jentri, gladi at,  
sakrifays, en konfidens pan densef  
Di rizolt fo di las egzam na di end fo dis waka na dis wol  
go bi akodin to di ovala som pan di mental en spiritual  
achivement en setifiket den we den get di tem we den de du di  
sab-egzam olsay na di layf  
Di wan den we sabi du dis fayn fayn test, we pas ol, go  
get oli setifiket fo sho se den ebul fo kia fo densef en fri, klin,  
en gladi at konshens  
En blesin den we den rayt sote go na di sol in pej  
Dis prayz we no boku, no go mek mot chenj am  
En tifman den an no go rich am



Ɔ tɛm go ɛras am  
I go bi paspɔt  
Ɔ bi ɔna mɛmbaship na di Righteous Group

Usay gladi at de?

**Gɔd, insay in absolyut sɔri-at, de gi wi in gladi at  
ɛn inspekshɔn**

**Ɛn i de gi wi rial layf**

**Tru tru sɛns**

**Ɛn tru tru gladi-at**

**Tru ɔndastandin de kam tru ɔl di difrɛn difrɛn  
ɛkspiriɛns dɛn we wi gɛt na wi layf**

**Bɔt Gɔd in glori de sho ɔl na di spiritual pis we di  
sol de gɛt ɛn insay di maynd in rili tray Ɔ gri wit Am  
De, wi tinap fes to fes wit di trut Na do, ilyushɔn dɛn  
gɛt pawa pasmak, ɛn na smɔl pipul dɛn nɔmɔ kin ebul  
Ɔ rɔnawe pan di inflɛns we di tin dɛn we de na do gɛt  
Di wɔl kɔntinyu wit in kɔmplisiti dɛn we nɔ gɛt ɛnd ɛn  
bɔku bɔku prɔblɛm dɛn Gɔd in vɔys de biɛn di we aw  
layf de apia, de kɔl wi ɔltɛm ɛn tɔk to wi frɔm flawa,  
skripchɔ, wi kɔnshɛns, ɛn tru ɔl di fayn fayn tin dɛn we  
de mek layf fit Ɔ liv**

**Di mɔ we wi de pe atɛnshɔn pan tin dɛn we de na  
do, na di mɔ wi nɔ go ebul Ɔ gɛt glori we de insay wi;  
ɛn di mɔ we wi de tɔn insay, na di mɔ wi de gɛt  
prɔblɛm dɛn we de na do na di kɔnstant Ikweshɔn Bɔt  
bɔku pipul dɛn nɔ de no dis trut bikɔs ɔf di inflɛns we  
di wɔl kɔmpin, di sosayti we dɛn de liv insay, ɛn di abit  
dɛn we nɔ gɛt wɛlbɔdi Sosayti de kip pɔsin insay wata  
ɛn bisin bɔt tin dɛn we de ɔp, we de mek dɛn nɔ ebul  
Ɔ tink bɔt dip trut dɛn**

**Ivin ples dɛn we gɛt Ɔ du wit Gɔd biznɛs, sɔm  
pipul dɛn kin go we dɛn nɔ rili want Ɔ bɛnɛfit frɔm di**

**bləsin we dən de, so dən nɔ kin gət natin fɔ notis frɔm  
dən visit dən de**

**Enibɔdi we want fɔ si Gɔd go fən am ɔlsay  
Mɔtalman abit dən de pwɛl, it, ɛn it; dən de pwɛl, pwɛl,  
ɛn dɔnawe wit am Na tɛm fɔ mek mɔtalman lan aw fɔ  
gladi ɛn satisfay wit wetin i gət Wi nɔ fɔ want ɛnitin  
pas wetin de kam to wi Gɔd gət fri-an; I no wetin wi  
nid ɛn gi wi am insay di rayt tɛm Dis nɔ min se wi fɔ  
abop pan Gɔd we wi nɔ tray fɔ du ɛnitin Nɔto atɔl I min  
se wi fɔ du wi pat to di bɛst we wi ebul ɛn lɛf di ɔda  
wan to Gɔd, we nɔ go ɛva pul wi wetin wi nid ɛn we wi  
fɔ gət**

**Di bɛst we fɔ gət gladi at sote go na fɔ fil Gɔd in  
prezɛns Di tin we wi want pas ɔl na fɔ no Gɔd ɛn fɔ  
disayd fɔ de wit am Gɔd fɔ bi fɔs ɛn fɔs pan wi tink ɛn  
filin, ɛn wi fɔ tek am as di pila we strong pas ɔl ɛn we  
strong pas ɔl na wi layf**

**(So ol Gɔd in rop tranga wan, ɛn luk fɔ say fɔ rɔn  
go to am)**

**Bikɔs na in na di pila if ɔl di ɔda pila dən nɔ  
ebul yu**

**A dɔn kam fɔ no se di wangren rizin fɔ layf na fɔ  
no Gɔd Sɔm pipul dən de we nɔ go biliv se fɔ fən Gɔd  
na di men gol fɔ layf Bɔt nɔbɔdi nɔ go dinay se di rizin  
fɔ layf na fɔ fən gladi at ɛn a de se wit kɔmplit  
kɔnfidɛns ɛn shɔ se Gɔd na di ɔlmat gladi at I na  
suprɛm bləsin I na absolyut, universal lɔv In na di  
gladi gladi we go de sote go we nɔ de ɛva kɔmɔt na di  
sol fɔ di wan dən we de insay harmony with Him So  
wetin mek wi nɔ de tray fɔ gət da pafɛkt gladi at de?  
Nɔbɔdi nɔ go ebul fɔ gi wi am Wi fɔ kɔltiv ɛn mɛn am  
insay wisɛf ɔltɛm Di pawa dən we di tin dən we Gɔd  
mek de tray tranga wan fɔ gi pipul dən di wɔl gladi at,  
bɔt dən kayn gladi gladi ya we nɔ de te kin dɔn mek  
dən rigrɛt, bita, ɛn rigrɛt lvin di pɔsin we gət laki pas**

olman, we i tan lek se i get oltin, kin stil no rili gladi  
Den no go satisfy wit tin den na di wol fo long tem  
bikos den tin ya no de fo kil den tru tru tosti o satisfy  
den spiritual angri

Di tin den we posin get de gi jos lay lay pis en  
satisfay we no de te Di wan ol wol don ful-op wit  
konfyushon en chaos, en na di tin den we posin kin  
want fo du fo insef nomo en we kin mek i want fo du  
sontin we kin mek pipul den fet wo no de oda tin we de  
mek wo

Di tru hiro na di fet na layf na di wan we win insef  
en win wetin i want Moni, nem, want, en oltin we de  
agens dis prinsipul de ambog wi pis en gladi at If pipul  
den lan fo tink oltem bot di tru valyu den na layf, den  
go fen di gladi at we den de luk fo, bot den go komot  
nia wetin den want en di korent we di wol want we a  
don fen we de swip den no temteshon no go ebul fo pul  
mi pan di rod we a don pik en fala fo misef

I kin charm tawzin pipul wit di pawa we God don gi  
mi, bot da rod de go detrimental to mi Eni we, a no  
want fo charm tawzin en kapcho den maynd A jos want  
fo si sinsi disaypul den we tinap tranga wan insay God  
Di wan den we lek God go savor den aidia ya, en di  
wan den we den zil kontinyu go fil God in blesin en  
prezens tru den tichin ya

I no posibul fo mek posin ful God, bikos I de de  
oltem, i no wetin de na den maynd en wetin den want  
We den lef di wol en want fo get wanwod na den spirit,  
God go kam to den We da want de tek rut na di at we  
de luk fo am, God kam na da at de en ful-op am wit  
gudnes en blesin Di wangren tin we fit fo liv fo na fo  
gri wit God en fo get in fayv Da wanwod de fo bi  
agrimant we go de sote go en promis we no go brok  
(di wan den we de kip God in agriment en no brok  
am) .

**Olman want mɔ jɛntri pas ɔda pipul dɛn lvin we dɛn gɛt am, dɛn nɔ satisfay, dɛn de diskɔba se ɔda pɔsin jɛntri pas am Pipul dɛn de liv na wan kwagmaya we de mek dɛnsɛf sɔfa, we dɛn want fɔ gɛt mɔ pawa Wi fɔ satisfay wit wetin wi gɛt Matirial prɔpati dɛn nɔ de brij gladi at; bifo dat, bɔku tɛm dɛn kin mek pɔsin wɔri, wɔri, ɛn fred mɔ**

**Di rod fɔ go to Gɔd na di rod we simpul ɛn izi, yet na smɔl pipul dɛn nɔmɔ de waka pan am pan ɔl we bɔku rilijɔn ritual ɛn fɔmaliti dɛn de l bɛtɛ fɔ tɔn wi at to Gɔd ɛn aks am fɔ wetin bɛtɛ ɛn las fɔ wi Fɔ tru, Gɔd de wet fɔ wi bikɔs i want fɔ kip wi fa frɔm bad ɛn denja l want wi wit am na wi at ɛn maynd bikɔs di smɔl smɔl tin dɛn we de na dis wɔl nɔ go ebul fɔ satisfay mɔtalman lɔng ɔ ful di spiritual void we wi de fil dip insay Gɔd de tɔk to wi ɔltɛm, bɔt na smɔl pipul dɛn nɔmɔ de yɛri In vɔys Da kwayɛt vɔys de bɔku tɛm drawn aut bay di kray kray we de mek nɔys tink ɛn blatant want Bɔt we di tin dɛn we wi de tink dɔn stɔp ɛn di tin dɛn we wi want fɔ kol, wi de yɛri Gɔd in vɔys klia wan, pan ɔl we i nɔ de tɔk ɛn i nɔ de tɔk tru Fɔ tru, Gɔd de du ɔltin fɔ ɛp mɔtalman, i de opin domɔt dɛn ɛn layt di rod dɛn so dat wi go si usay wi fɔ step, so dat wi nɔ go stɔp ɔ slip Bɔt bɔku pipul dɛn nɔ no dis tru**

**A nɔ want pipul fɔ tink se dɛn kin gɛt no bɔt tin dɛn jɔs bay we dɛn de lisin to ɔda pipul ɔ rid buk Dɛn fɔ yuz wetin dɛn de rid ɛn yɛri Fɔ go na say dɛn we dɛn de wɔship bɛtɛ pas fɔ de na os ɛn lisin to idle chatter Bɔt ivin na ples dɛn we dɛn de wɔship, pɔsin fɔ fil Gɔd in prezɛns na dɛn at ɛn no aw fɔ ɛksperiɛns am Imotional outbursts and rational analyses cannot give us the knowledge our souls yearn to gɛt**

**We wi sɔrɛnda wisɛf to Gɔd ɛn tɛl wi gudbay to wetin wi want fɔ wisɛf, ɛn we wi shɔ se Gɔd de wit wi ɔltɛm, de liv insay wi sol ɛn inspekt wi wit gud ɛn**

**nobul tink en filin, wi go get gladi at en fridom, en wi go witness di san we de komot pan sens na di sol in crayzin**

**Imajin! Diked ia from naw, wi yon egzistens go bi drim, en ol wetin wi de du naw go bi pat pan da drim de lvin di big big pipul den na mortalman go bi jos figment den fo mortalman konsheens Bot den big big pipul den de rich den oltimat gol bikos den rich di ay ay levul en kontinyu fo liv na spirit, fulop fo no en no ol wetin de apin, bikos den get wanwod insay divayn konsheens Enibodi we tray fo gri wit den tru den tink en tichin den go mos fil den prezens, get den blesin, en no dip dip wan se den rili de insay komyunion wit den**

**Laif na big drim Yet, we yu luk yu bodi naw en si am vibrant wit layf, yu kin ful-op fo biliv di rial tin bot dis drim Yu tink se yu fo get dis o da tin de fo mek yu gladi Bot ileksef yu fulop boku tin den we yu want, yu no go get gladi at tru den Di mo we posin de get, na di mo i want Di tin den we i want, i fo filta, en layf simpul if posin want fo liv insay komfort, kol at, en satisfay insay**

**Di skripcho den se di posin we in want oltem de flo insay (to den sol) na posin we get ay insay pis Insay dis, den tan lek di si, we no de eva chenj o stop, bot i de kontinyu fo ful-op wit wata we de flo insay am we no de stop Bot di posin we de mek ol den we want na di rizova fo den pis en alaw di important wata fo lik en west no no natin bot spiritual pis en gladi at we posin kin get insay posin in at**

**Wi nid gayd from di wan den we sabi God, we get di abiliti fo tok to am en we de no se i de wit am Di profet den don aks wi fo luk fo God insay pis we de insay wi, na di say we di sol de in wan usay di fetful spirit en di best spiritual gladi at de Di ticha den we get sens na India densef de endos den aidia ya en den**

**de eksplen di impotants fɔ dip meditashɔn fɔ no di Divayn Self insay di dip tin den we de na di sol**

**ɔltin we de na wev-layk vaybreshɔn we Gɔd in maynd de dayrɛkt Dis intɛligent vaybreshɔn na di Oli Spirit, ɔ di fetful Spirit, we pɔsin kin tɔk to tru prea ɛn tink gud wan**

**Insay di stil we yu sol stil de ɛn di grov fɔ yu maynd we de fos, di lɔv afɛa wit di Absolut ɛn di Infinite nɔ gɛt ɛnd Bɔt i at fɔ fɛn Gɔd if wi de rɔnata mɔni fɔs Wi fɔ mek Gɔd bi wan impotant pat pan wi layf, ɛn afta dat wi go gɛt ɔl wetin wi nid na dis layf ɛnibɔdi we mek Gɔd bi ples we go de sote go na den at, Gɔd go gi den bɔku bɔku pat pan di blɛsin den we di wɔl ɛn ɛvin gɛt, ɛn opin bifo den big big ɔrayzɔn usay di san den we gɛt sɛns de shayn, we de shayn den rod ɛn pul di daknɛs we de rawnd den Gɔd na di pɔsin we lɛk den sote go, ɛn no gladi at nɔ de fɔ mɔtalman pas we den lɛk Gɔd lɛk aw den lɛk—at ɔl—di wan den we den lɛk pas ɔl, bikɔs if Gɔd nɔ bin de, wi nɔ bin fɔ no di men tin bɔt lɔv, ɔ test di swit we i swit**

**Wi fɔ lan fɔ yuz wi wil ɛn fos wi maynd fɔ luk fɔ Gɔd wit ɔl wi at Mɔtalman akshɔn na wetin wi want, ɛn den abit ya de kɔmpɛl wi ɔltɛm fɔ du wetin wi nɔ want fɔ du Fɔ tru, mɔtalman na in yon ɛnimi, we wi nɔ no bɔt am I nɔ no aw fɔ sidɔm stil, ɛn i nɔ de dediket tɛm to Gɔd, yet i want gladi at ɛn garanti fɔ go insay Paradays witout delay Di oli ɛkspiriɛns nɔ go ebul be attained merely by reading books, listening to sermons, or performing good deeds Wi nɔ gɛt wan dawt fɔ se den ɔl ya bɛnifit, bɔt den nɔ go du fɔ rich to Gɔd nid fɔ tek tɛm tink gud wan ɛn tink gud wan**

**Wi fɔ fɛn Gɔd in fayv fɔs Wi nɔ go ebul fɔ mek ɔlman gladi, bikɔs dat nɔ pɔsibul A de tray nɔ fɔ ɔfɛnd ɛnibɔdi a de du wetin a ebul, ɛn na dat nɔmɔ a ebul fɔ du Mi wangren aim na fɔ mek Gɔd gladi A de yuz mi**

an fɔ ɔmbul fɔ pre bifo am, mi fut fɔ luk fɔ am ɔlsay,  
en mi maynd fɔ tink bɔt am en tink bɔt In wɔndaful tin  
den Gɔd fɔ tek di fɔs ples na wi at so dat wi go  
ekspiriens am as pis, lɔv, ɔndastandin, gudnes, sɔri-at,  
en sens Dis, en nɔto ɔda tin, na wetin a kam fɔ witnes  
en tɔk to una bɔt

Apat frɔm we pɔsin de tink gud wan, pɔsin fɔ kip  
gud kɔmpin Wi nɔ fɔ de rɔnata pipul, bɔt wi fɔ de fala  
Gɔd If yu fɛn bɛnifit pan den tin ya, tek am se na  
blɛsin frɔm Gɔd, bikɔs ɔl di kredit na in yon Sheb am  
wit ɔda pipul den so dat den go fɛn insay den wetin yu  
fɛn (En as fɔ di fayv we yu Masta gɛt, tɔk bɔt am) En  
nɔ fɔgɛt fɔ ɛp pɔsin ɛvrɪde akɔdin to yu abiliti As long  
as a gɛt mɔni na mi poket, a nɔ go stɔp fɔ gi, fɔ mi sɔs  
we nɔ de dɔn en we de flɔ ɔltɛm na Gɔd

Fɔ dɔn, wi fɔ kam fɔ no Gɔd lɛk aw di big big wan  
den bin du Dis kin apin bay we wi de tink gud wan en  
tray fɔ du sɔntin fɔ wisɛf

Wan tɛm, a bin de waka na do na di ɛritaj, de tink  
bɔt mi big ticha, Sri Yuktiswar, we bin dɔn pas sɔm ia  
bifo a fil wan ɔvawɛl long fɔ am en a bin sɔri se i nɔ bin  
de wit mi fɔ ɛnjɔy di fayn fayn en di atmosfɛs na di  
ɛritaj Wantɛm wantɛm, i apia to mi frɔm di skay en se,  
"Yu tink se na yu nɔmɔ de ɛnjɔy dis fayn fayn ples? A  
de ɛnjɔy am jɔs lɛk yu!"

Di pɔsin we want fɔ gɛt wanwɔd wit Gɔd fɔ tray  
tranga wan fɔ du tin ɛvrɪde fɔ tink gud wan en fɔ lɛk  
am, en fɔ mek ɔlman gɛt da lɔv de Dis na di wangren  
we fɔ mek den nɔ gɛt cham-mɔt Fɔ wok togɛda na di  
spiritual tin den impɔtant If yu nɔ gɛt tru tru  
spirituality, no wan pɔsin ɔ ɔlsay gladi at nɔ de Oli  
wanwɔd na di wangren we fɔ sɔlv ɔl di prɔblɛm den we  
gɛt fɔ du wit bɔdi, mɔni, mared, gud abit, en spiritual  
prɔblɛm den

**Gladi at kin kɔmɔt frɔm we yu fil se yu de nia Gɔd  
Mɔtalman dɔn put insɛf na jel biɛn di bar dɛm we nɔ  
no natin, ɛn na tɛm fɔ brok fri frɔm dis prizin we de  
mek yu shem Di maynd fɔ tɔn to Gɔd ɔltɛm, ilɛk wetin  
apin, ɛn afta dat yu go gɛt big pis ɛn gladi at**

**Di wan dɛn we de rili want Gɔd ɛn gi dɛn layf to  
am, ɛnkɔrej ɛn mek dɛnsɛf gɛt layt, ɛn mɛmba Gɔd  
ɔltɛm, na di wan dɛn we gladi na dis wɔl ɛn di wan dɛn  
we win di blɛsin we go de afta Gɔd**

**Pis de fɔ una**

### **Di kɔtin go rayz ɛn klin go**

Eni wan pan wi na di pikchɔ we Gɔd mek Wi kɔmɔt frɔm

In divayn Spirit, ɛn In ɛsin de insay wi wit ɔl in klin, glori, ɛn  
gladi gladi we pas am Dis oli ɛritaj na fɔt we pɔsin nɔ go ebul

fɔ win Fɔ mek pɔsin kɔndɛm insɛf as sina, we de flɔd na di  
rod fɔ sin, na wan pan di big big sin dɛn we ɔlman gɛt Bikɔs  
we dɛn du dat, dɛn de kɔndɛm dɛnsɛf to pɔsin we nɔ ebul fɔ  
ɛp insɛf, we nɔ gɛt op, ɛn we nɔ ebul fɔ rayz ɛn go ɔp Na tru  
se pɔsin kin du tin dɛn we nɔ gri wit di lɔ dɛn we di natura ɛn

Gɔd gɛt, bɔt i fɔ chenj in kɔs wantɛm wantɛm ɛn tɔn to di  
rayt rod Insay dɛn klin we, pɔsin na oli tɛmpul, ɛn di divayn

Spirit de insay dɛn

Wi fɔ mɛmba ɔltɛm se Gɔd lɛk wi klin wan ɛn nɔ gɛt ɛni

kɔndishɔn Bɔt bikɔs I dɔn gi wi di absolyut chuk fɔ kam nia  
am ɔ tɔn wi bak pan am, I de wet fɔ mek wi sho se wi want in

lɔv bifo I kam to wi

Wan tɛm a yɛri in vɔys de wispa we i de tink gud wan:

“Yu se a nɔ de wit yu, bɔt yu nɔ luk insay A nɔ ɛva lɛf yu fɔ  
wan mɔnt Enta di tɛmpul fɔ di sol ɛn yu go si mi Bikɔs a de

”ya ɔltɛm, fɔ tek yu ɛn grit yu wit di gritin fɔ di divayn lɔv  
Dip sinsiti impɔtant na di spiritual rod Insay klin ɛn tru,

di dawn fɔ di sol de brok



Wi mortalman sɛns nɔto natin we yu kɔmpia am to Gɔd  
Di wangren we we wi go kam nia am na fɔ gi am di sem klin  
lov we I de gi wi  
ɔlman go dɔn fɛn sev, bɔt di wan dɛn we de falt along di  
rod fɔdɔm insay di abyss of apathy Indifference de mek wi nɔ  
no di impɔtant impɔtant tin fɔ fɛn Gɔd rayt naw, insay dis  
sem tɛm Wi big planet Wɔl, we de flɔt na spes, ɛn wi  
mortalman aydentiti, nɔ bin gi wi fɔ spɛn sɔm ia ya ɛn afta dat  
wi fɔ lɔs insay natin Bifo dat, wi min fɔ tink dip wan ɛn  
ɔndastand di mistɛri fɔ ɛgzistens Fɔ liv we wi nɔ ɔndastand di  
rizin fɔ layf na ful, fulish, ɛn west tɛm Di sikrit dɛn na layf de  
rawnd wi ɔlsay, ɛn Gɔd dɔn gi wi sɛns fɔ fɛn dɛn solvishɔn  
We a bin de luk fɔ lov we go de sote go, a bin kam fɔ no  
se Gɔd lɛk mi pan ɔl di we dɛn we a go imajin I lɛk mi as  
mama, papa, ɛn padi  
A bin de luk fɔ da padi we go de sote go pas ɔl mi padi  
. ,dɛn  
ɛn bɔt da big lovman we a de si naw de shayn na ɛvri  
kayn ɛn lov fes Da divayn padi nɔ ɛva disapɔynt mi, ɛn i nɔ  
ɛva mek a fil bad  
Gɔd de biɛn ɔl wetin de Wi fɔ ɔnɔ ɛn trit wi mama ɛn  
papa fayn, bɔt wi fɔ lɛk Gɔd wit ɔl wi at ɛn sol Wi fɔ no di  
impɔtant tin fɔ gɛt impɔtant kɔnekshɔn wit am, we wi nɔ fɔ  
west ɛni tɛm igen  
We wi de slip, wi nɔ no if wi go wek ɔ nɔ wek Wi de  
kɔmɔt na dis wɔl wan bay wan Bɔt dis tink nɔ fɔ mek wi wɔri  
We wi day, dɛn kɔl wi fɔ bɔn bak na di wɔl, begin nyu layf  
frɔm usay wi bin lɛf pan dis wan  
A si layf as di fɔmɛshɔn ɛn disɔlshɔn fɔ wev dɛn na di  
safa ɔf di si Mortalman wef de rayz frɔm di sɔfays ɔf di divayn  
si we dɛn bɔn am, ɛn we i day, i de rɛst na Gɔd in at A dɔn  
grap dis trut ɛn no se a nɔ de ɛva rili day, pan ɔl we di bɔdi  
dɔn day Bikɔs if a de rɛst na di si we di divayn spirit de ɔ wek

insay di bɔdi we pɔsin kin si, a na wan wit di kɔsmik bɔdi  
ocean Dat suprem gladi at nɔ go ebul fɔ fɛn na di wɔl Di sem  
tɛm, wi nɔ nid fɔ rɔnawe go na di fɔrest fɔ fɛn rizin Wi kin fɛn  
Gɔd na dis jɔŋgrɔn we de liv evride—insay di dip dip ples na  
di kev we nɔ de tɔk

Mɔtalman kin mek bɔku mistek, bɔt dɛn mold dɛn insay  
di imej fɔ di divayn spirit we Gɔd mek dis ilyushɔn wɔl we gɛt  
gladi-at na di wɔl fɔ wan rizin nɔmɔ: so dat mɔtalman go no  
se na jɔs wan kɔsmik drama, lɛf ilyushɔn, ɛn lɛk Gɔd nɔmɔ  
Dis na di trut, ɛn i nɔ kin bi ɔda we Wetin mek Gɔd mek wi fɔ  
lɛk wi famili mɛmba dɛn nɔmɔ fɔ si dɛn kɔmɔt nia wi wan bay  
wan? Dɛn tin ya kin apin fɔ mek wi no se na Gɔd rili lɛk wi,  
pas ɔl di wan dɛn we wi lɛk

Laif na siriks pikchɔ dɛn we de muv, bɔt dis trut at fɔ  
ɔndastand bikɔs i tan lɛk se tin dɛn we pɔsin kin tink bɔt rial  
ɛn tin dɛn we pɔsin kin si kin tan lɛk tin dɛn we pɔsin kin tink  
bɔt Di wɔl kin dɔn kɔmɔt na wi kɔnshɛns evri nɛt we wi de  
slip, sɔntɛm so dat wi go ɔndastand se di tin dɛn we wi de si  
nɔto rial tin

Dis lɛsin fɔ slip nɔ kam fɔ mek wi fred, bɔt fɔ mek wi  
want fɔ no bɔt Gɔd in trut Natin nɔ go satisfay di sol pas Gɔd  
ɛn in lɔv Gɔd in Spirit na di trut we nɔ gɛt wan kɔmpitishɔn  
Nɔtin nɔ de we dɛn kɔl nɔ rial, ɛn wetin rial nɔ go ebul fɔ bi  
nɔ rial Di wan dɛn we gɛt sɛns ɔndastand dis trut we de  
shayn

Bɔku ia na wi layf dɔn pas, ɛn na ia, wik, de, ɛn awa  
nɔmɔ lɛf Wetin mek wi fɔ west tɛm pan tin dɛn we nɔ go  
bɛnifit wi? Wi fɔ want fɔ kɔnɛkt wit Gɔd de ɛn nɛt, ɛn rili sinsi  
pan dis want bifo di tɛm we dɛn dɔn gi wi fɔ layf dɔn ɛn wi  
kɔmɔt na dis wɔl we wi nɔ du ɛnitin we wi fɔ notis  
Na da sem tɛm de, a si di big layt fɔ Gɔd de kɔba ɔl di tin  
dɛn we Gɔd mek Dis na big big gladi at! Dis na wɔndaful  
!layt

Mi Gɔd, a tɛl yu tɛnki ɛn butu to yu fɔ dɛn bɔku bɔku  
blɛsin ya fɔ fil yu prezɛns

Blessin pan olman di sem we, so dat wi go no se Yu na di  
olimat trut na di yunivas en Yu na wi olimat gol, we pas dat,  
no oda gol no de

Wi fo lek am en tok to am evri sekon na wi layf—we wi de  
wok en we wi de rest, we wi de mov en stil de—wit dip beg  
en bon long long Don wi go si di vel we de mek pipul den no  
biliv am de rayz en i de skata God de wit wi insay evri mont  
na wi layf Di wan den we de tink en gri wit Am de si am insay  
di fayn fayn flawa den, di nobul we di kayn sol den get, di  
fayn fayn tin den we den de fil en di fayn fayn imoshon den,  
en di fayn fayn drim den Fo don, I go komot bien di tik tik vel  
:den fo tel enibodi we de luk fo am wit ol in at se

Wi don de apat fo long taim bikos a bin want mek yu"  
giv mi yu lov wilful a kriet yu fo mai imij, and a wet te yu yuz  
."yu fridom and giv mi yu lov of yu own

Wi fo aks God fo gi wi di gift we go de sote go en we go  
de sote go we na in divayn lov Bot udat go fen dis God we lek  
am if i no tray? If yu yuz 25 pasent pan di tray, di oda wan de  
to God en yu spiritual gayd A no de aks natin fo misef, bikos  
ol di kredit na fo God, di say we ol gud en gudnes de komot  
Mek in gudnes go wit yu, In awareness de wit yu, en mek yu  
no di boku boku tin den we i de insay yu en olsay we de  
rawnd yu

God no de ansa wi wantem wantem bikos wi de shem fo  
sho aw wi want am Wi no fo fred fo go nia am, bot wi fo tek  
am se na wi yon, wi Lov, en luk fo am oltem wit wi tink,  
akshon, at, en maynd, en wi go si am di big say fo ronawe  
pan sef en pis na dis egzistens

O Masta, a de gi Yu dis bokul we get gud sol den, so dat  
den go mek di tempul we Yu de de fayn Akompan den sol ya,  
we na Yu famili en di wan den we yu lek Wi de sin Yu blessin  
nem Dispel di daknes we no no natin wit Yu oli layt Banish di  
daknes from wi maynd wit di layt we de shayn, we no get  
boda we de sho se Yu bi Wi na Yu yon, ilek wetin apin to wi,  
O Lord of Majesty and Bounty Bless each one of us Aksept di

wispa dɛm fɔ wi longing tinkin ɛn di yearning bit dɛm fɔ wi  
lɔv at To Yu wi de gi ɔl di lɔv, ɔna, ɛn lɔng, bikɔs Yu na wi Lɔv  
ɛn ɔl wetin wi gɛt na dis yunivas  
Blɛs wi wit Yu gudnɛs Brek di wɔl dɛn we wi want we de  
separet wi frɔm Yu Bi di divayn Kin we dɔn sidɔm pan ɔl wi  
aspireshɔn dɛn Mek di layt fɔ Yu glori skata ɔlsay na di big  
wɔl Blɛs wi ɔl Ful wi wit di sɛnt we de na Yu prezɛns ɛn lɛ wi  
no mɔ se Yu dɔn de wit wi ɔltɛm, Yu de wit wi naw, ɛn Yu go  
de wit wi sote go

Wi tɛl Yu tɛnki fɔ di gudnɛs ɛn lɔv we Yu dɔn gi Yu  
devoted followers we de want fɔ mek yu de nia yu ɛn we de  
wet fɔ Yu prezɛns wit ɔl wi op Wi op se di sɛklɔ fɔ Yu disaypul  
dɛn go gro so dat wi go sɛlibret Yu blɛsin prezɛns ɛn gladi fɔ  
Yu nia

Blɛs wi so dat wi go opin wi at to wisɛf ɛn klin wi  
intenshɔn, so dat wi go fit fɔ gɛt yu protɛkshɔn ɛn kia Rivɛl  
yusɛf, insay ɛn na do Yunayt wi ɔl, ɛn insay di layt fɔ da  
wanwɔd de, lɛ wi no yu spɛshal ɛgzistens  
Wit di sinsi we wi wanwɔd at ɛn di lɔng we wi sol dɛn we  
gɛt wanwɔd gɛt, wi de butu bifo Yu, de luk fɔ Yu ɛp, gayd, ɛn  
fɔ no ɔltɛm se Yu de na wi sol  
Mek di faya we de sote go fɔ lɔv bɔn brayt brayt wan na  
wi at, ɛn mek wi fil Yu nia wi naw ɛn sote go, O wi Masta, O  
!wi Lɔv

Suprim want ɛn mental kapsul

**Gret na Gɔd in glori I na di men tin fɔ tru ɛn wi kin  
fɛn am na dis layf Insay pipul dɛn at, bɔku prea ɛn beg  
de: fɔ mɔni, fɔ gɛt nem, fɔ gɛt wɛlbɔdi—prea fɔ ɔl kayn  
tin Bɔt di prea we fɔ bi fɔs ɛn fɔs na ɛvri at na fɔ di  
filin fɔ Gɔd in prezɛns As wi de waka di rod dɛn na layf  
wit kwayɛt ɛn shɔ, wi fɔ no se Gɔd na di ɔltime gol we  
go ebul fɔ satisfay wi ɛn fulɔp wetin wi want, bikɔs na  
Gɔd de di ansa to ɛnitin we wi at want**

**We yu nɔ ebɔl fɔ fulɔp sɔntin we yu want tru yu yon tray, yu de tɔn to Gɔd fɔ pre So, ɛvri beg we yu tɔk de sho wan ayd we yu want insay Bɔt we yu fɛn Gɔd, ɔl di tin dɛn we yu want kin dɔn, ɛn ɔl di tin dɛn we yu want kin apin**

**Di tin dɛn we di wɔl want kin kɔmɔt frɔm di mistek we pipul dɛn kin tink bɔt di rizin we mek wi gɛt layf Dis wɔl nɔto wi tru tru os Di skripchɔ dɛn tɛl wi se wi na Gɔd, dɛn mek wi lɛk aw i tan, ɛn wetin i want na fɔ mek wi go bak to usay wi kɔmɔt frɔm Gɔd Wetin mɔtalman nɔ ebɔl fɔ no na dat, if i nɔ go bak usay i kɔmɔt, i go fos am fɔ tray fɔ fulfil bɔku bɔku tin dɛn we i want dat! Na tru se mɔtalman nɔ go ebɔl fɔ ɛp bɔt i nɔ gɛt wetin i want, ɛn natin nɔ bad fɔ gɛt am Bɔt, bɔku pan di tin dɛn we mɔtalman kin want fɔ du kin ambɔg di we aw dɛn want fɔ go bak to Gɔd, dat kin ambɔg mɔtalman gladi at If mɔtalman nɔ want Gɔd ɛn fɛn am, i go kɔntinyu fɔ bɔn wit di we aw i want ɛnitin we i tink se go mek i gɛt gladi at Bɔt di we aw ɔl di tin dɛn we i want go apin wantɛm wantɛm kin kam ɔtomɛtik wan to di wan dɛn we de fɛn Gɔd**

**Tu kategori de fɔ di tin dɛn we wi want: di wan dɛn we de ɛp wi fɔ fɛn Gɔd, ɛn di wan dɛn we de mek wi nɔ ebɔl fɔ fɛn am Fɔ ɛgzampul, if pɔsin du yu bad, yu kin fil di want fɔ revang Bɔt, if yu win dis want bay we yu yuz di pawa we ay ɛn we pɔsin kin gri wit fɔ lɛk, yu go dɔn yuz di rial tul we go ɛp yu fɔ fɛn Gɔd ɔl di tin dɛn we yu want fɔ du, fɔ bi fulfil insay wan fayn we, bikɔs we dɛn dɔn fulfil am tru di wɔl we, yu want multiply, along with troubles and suffering If wi lan fɔ gi ɔl wetin wi want to Gɔd, I go wok fɔ fulfil wi gud tin dɛn ɛn pul di wan dɛn we de ambɔg wi ɛn we de pwɛl wi No big protɛkshɔn nɔ de pas klia kɔnshɛns, ɛn no bɛtɛ difens nɔ de agens layf in blow pas fɔ gɛt nobul ɛn sublaym tin dɛn we wi want**

We wi no se di pafekt imej fɔ Gɔd de insay wi, ɔl wetin wi want de apin Insay da oli awareness de, we pas ɔl di prɔpati ɛn jɛntri we de na di wɔl, yu nɔ go shek ivin if dɛn gi yu di wan ol wɔl Nɔbɔdi prez nɔ go mek yu prawd, ɛn i nɔ go blem yu bad, bikɔs yu go test Gɔd in gladi at insay yusɛf, ɛn dat go bi di impɔtant tin we yu fɔ tink bɔt na yu layf

Wi fɔ aks fɔ Gɔd in gayd fɔs ɛn fɔs we wi de tray fɔ du wetin wi want, ɛn dat na di bɛst we fɔ gɛt ansa to ɔl wi prea dɛn Bɔt wi fɔ pul beg pan prea Di ol we fɔ pre fɔ chenj, ɛn wi fɔ tɔn to Gɔd wit kɔmplit trɔst ɛn fet we nɔ de shek shek se I de yɛri wi ɛn i go gi wi wetin wi aks fɔ Gɔd nɔ want wi fɔ lɛf fɔ du wetin wi want—ivin we wi de pre to Am—bikɔs da wil de na di gift we valyu pas ɔl we wi dɔn gɛt frɔm In an we gɛt gudnɛs, we na oli rayt we I bin want fɔ wi frɔm di tɛm we dɛn mek wi

Natin nɔ de fɔ mek pɔsin no difrɛns bitwin prea ɛn tin dɛn we i want fɔ du we mek sɛns ɛn we nɔ mek sɛns Mɛmba se fɔ want na pawa; if yu tay pan sɔntin we yu want—ilɛksɛf na gud ɔ bad, bɛnifit ɔ bad—ɛn yu de tink bɔt am de ɛn nɛt, i go kam fɔ bi so, pɔsin fɔ tek tɛm ɛn avɔyd fɔ kip tin dɛn we i want fɔ du bad, bikɔs i go apin ɛn i go brin bɔku bad bad tin ɛn sɔfa we pɔsin nɔ go ebul fɔ jɛlɔs

As tɛm de go, yu go si se pan ɔl we yu want dɔn fulɔp, yu at de ɛmti, ɛn yu go gɛt insay ribelɔn Imajin yu dijestiv sistɛm wik, yet yu want fɔ it tin dɛn we dɛn dɔn frɛsh Fɔ tru, yu go fil pen ɛvri tɛm we yu it dɛn, pan ɔl di gladi we yu de gɛt we yu de indulj ɛn so, yu go fil lɛk se yu dɔn mek mistek Wisdom dictate using discernment to distinguish bitwin gud ɛn bad tin dɛn we dɛn want, ɛn we dɛn dɔn du dis, dɛn bad tin dɛn de nɔ fɔ apin Mɔtalman gɛt di pawa we de insay fɔ no ɛn

dɛn fɔ yuz am ɔltɛm, fɔ gayd dɛn layf akɔdin to wetin kɔnshɛns de tɛl dɛn, we na Gɔd in vɔys

Di tin dɛn we pɔsin want we nɔ de apin kin de na di at Wetin bad fɔ kip dɛn de? Na dis na di ansa:

Ɛvri tin we pɔsin want kin gɛt sɔm patikyula pawa dɛn: ilɛksɛf na gud ɔ bad, ɔ ɔl tu We pɔsin day—mek Gɔd sɔri fɔ am—dɛn pawa ya nɔ de day pan ɔl we di bɔdi dɔn rɔtin ɛn rɔtin Bifo dat, dɛn kin go wit di sol ɛnisay we i de go insay di fɔm fɔ kɔnsɛntret spiritual kapsul We di pɔsin bɔn bak insay nyu bɔdi, dɛn kapsul ɔ sayk tablet ya kin sho as bihayvya tendencies So, pɔsin we day as pɔsin we de drink te i chak kin kam wit di we aw i kin want fɔ drink rɔm we dɛn bɔn am bak, ɛn dis kin kɔntinyu fɔ de te dɛn win di want fɔ drink rɔm Dis kin apin to ɔda tin dɛn bak

Ivin di smɔl pikin dɛn kin sho di kwaliti dɛn we dɛn dɔn gɛt frɔm di layf we dɛn bin dɔn liv trade Sɔm pikin dɛn kin sɔfa wit bad bad wamat ɔda wan dɛn kin gɛt bad wamat Fɔ tru, Gɔd nɔ mek dɛn dis we Di tin dɛn we dɛn nɔ bin dɔn du we dɛn bin dɔn gɛt frɔm di layf we dɛn bin dɔn liv trade dɔn shep dɛn saykilɔjik tin ya, ɛn bikɔs ɔf dɛn, di sol kin tan lɛk se i strenj smɔl, pan ɔl we dɛn mek am lɛk Gɔd in klin imej If di imej fɔ Gɔd dɔn chɛnj insay a pɔsin na dis layf, ilɛksɛf na vɛks, fred, ɔ want fɔ du sɔntin, ɛn dɛn nɔ win dɛn kwaliti ya naw, da tɛm de dɛn go bɔn bak wit dɛn (ɔ dɛn go bɔn bak wit dɛn), de bia di lod fɔ dɛn misɛf abit dɛn ya te dɛn win dɛn insay dis ɔ fiuja inkarnɛshɔn Nɔbɔdi nɔ de fɔ rɔnawe pan dɛn te dɛn win dɛn

So, i bɛtɛ fɔ mek yu du ɔl wetin yu want naw ɔ win am

Di bɛst we fɔ pul dɛn kayn tin dɛn de we pɔsin want wans ɛn fɔ ɔltɛm na fɔ gɛt di bɛst gladi at we Gɔd gɛt If nɔto dat, dɛn tin ya we pɔsin want we dɛn dɔn

stop en di tin den we i want we no don apin go ambog  
di sol en mek i sofa

Possin fo no, tru sens en sens, se na God nomo ebul  
fo gi klin gladi at we go de sote go

Boku tem, di tin den we possin want kin de ayd na  
di possin we no no natin Yu kin tink se i don don, bot i  
no don; dis na wan pan layf in sikrit, we insaf na big  
sikrit

Bot di sikrit kin skata we wi de analayz layf en  
tink bot wetin i min If yu bin fo sidom kwayet wan fo  
shot tem evride en chak yusef, yu go si se yu get boku  
tin den we yu no want Den tin ya we yu want den tin  
ya tan lek jem den we de kil possin we possin kin ker go  
wit am enisay we i de go, insay dis layf en di naks layf

Di best we fo go bifo na fo no—thru waes chuk—di  
bad tin den we yu want na dis layf en pe atenshon pan  
yu tray fo fulop yu gud tin den we yu want If yu fil di  
want fo kil yusef o du enitin we no rayt, yu fo ban da  
enkorej de naw Konvins yusef, insay yu tink en du, se  
yu get wan spak we de mek yu bi God insay yu sol, en  
memba se den mek yu lek di pikcho we di Olmayti, en  
so yu get di pawa fo pas yu bodi en yu abit den

No lek fo get boku tin den we yu want fo du en no  
de nia di tin den we yu want, en yu go win di fet na  
layf If yu de sofa wit pen we yu no go ebul fo solv, tray  
fo lek fo no bot yu bodi Tru di sens we yu get, yu kin  
ebul fo win di sens den Waiz sens na di faya we de bon  
di bad tin den we yu want en di tin den we yu want fo  
it we de pwel yu bodi, we de mek den ton to ashis

Na komon tin fo mek pipul den kip ol, tin den we  
don pwel, en we no nid fo de na wan kona na di os, en  
fo klin en klin di os wan wan tem Semweso, na di kona  
na yu sabkoshos maynd de boku tin den we yu want  
wit layt harm, we kin mek yu get boku problem wan de  
if yu no dil wit den fayn



**Self-analysis is crucial on the spiritual path Yu kin et, vɛks, ɔ kwik fɔ vɛks If na so, dɛn kwaliti ya we yu dɔn kip na yu kɔnshɛns na rizɔlt fɔ di tin dɛn we yu dɔn du trade Fɔ klin yu maynd pan dis fɔnicha we dɔn rɔtin, we dɔn pwɛl, yu fɔ bigin wit fayn, kɔnstrɔktiv akshɔn dɛn ɛn gɛt lɔv fɔ ɔda pipul dɛn Di mɔ we yu lɛk pipul dɛn, na di mɔ dɛn go lɛk yu, ɛn yu go fil dɛn lɔv Bɔt if yu kritik dem, ivin to yusef, dem go sense dat kritik ɛn riton am to yu amplified!**

**Lɛ wi se wan ol ɛnimi dɔn day, yet yu stil kip vɛks ɛn et to am Yu go sɔfa bikɔs ɔf dis bita bita tin, ɛn di bad tin dɛn we i go du go sho na yu bɔdi ɛn maynd I bɛtɛ fɔ fɔgiv am fɔ Gɔd in sek, bikɔs we yu du dat, yu go fri yusef frɔm di bad bad tin dɛn we yu want fɔ pe bak we de pwɛl yu pis na yu maynd ɛn brok yu kolat we de Heaping et pan et, ɔ fɔ ansa ɛnimi wit et, nɔ jɔs de mek yu ɛnimi et yu mɔ ɛn mɔ bɔt i de pɔyzin yu yon bɔdi ɛn filin as a rizulyt So fɔgiv wit fayn fɔgiv**

**Wan wan tɛm, pɔsin fɔ lɛf ɔltin biɛn fɔ de in wan wit insɛf, fɔ mek i go tink bɔt di rizin fɔ layf Mɔs pipul dɛn de drɛf insay wan kɔrɛnt we gɛt tradishɔn ɛn fashɔn In rialiti, dɛn nɔ ɛva rili liv dɛn yon layf, bɔt na di layf na di wɔl Wetin dɛn dɔn ajɔst, ɛn usay dɛn dɔn dɔn?**

**So, i fayn fɔ mek pɔsin pul insɛf kɔmɔt pan di tin dɛn we i de du ɛn "duti" we i de du ɛvrɪde wan wan tɛm fɔ mek di trɔbul we de na in maynd kol ɛn tray fɔ ɔndastand di men tin we i de du ɛn disayd di gol we i want fɔ rich**

**Mɛmba se di big big tɛstimoni we yu kin gɛt na yu kɔnshɛns: di vɔys we nɔ de mistek ɛn we nɔ de mek mistek fɔ yu sol Wetin yu kɔnshɛns de tɛl yu na udat yu rili bi, we nɔ gɛt ɛmbellish ɔ disgiz**

**Tink bɔt di pawa we Jizɔs Krays gɛt we i se, "Papa, fɔgiv dɛn, bikɔs dɛn nɔ no aw fɔ du wetin dɛn nɔ no"**

En tink bɔt di big Prɔfɛt we se: "A nɔ go tɛl una wetin de mek pɔsin gɛt ay pozishɔn?" Dɛn se: "Yɛs, O Gɔd in Mɛsenja" I se: "Peshɛnt wit di wan we nɔ no bɔt yu, gi to di wan we de stɔp yu, kɔntinyu fɔ gɛt tayt padi biznɛs wit di wan we de kɔt tayt wit yu, ɛn fɔgiv di wan we du yu bad"

We yu lisin to di vɔys fɔ yu kɔnshɛns we gɛt layt go brin layt to yu rod ɛn blɛsin to yu layf We yu fil wan strong tin na yu at fɔ du wetin yu want, yuz yu sɛns ɛn aks yusɛf: "Na gud ɔ bad tin we a de tray fɔ du?"

Bɔku tin dɛn kin mek mɔtalman want fɔ du sɔntin We pɔsin si nyu mɔdel motoka, i want fɔ gɛt wan lɛk am We i si nyu stayl os, i want fɔ gɛt wan lɛk am Wan nyu fashɔn tren kin bi pɔpul, ɛn pipul dɛn kin want fɔ bay ɛn wɛr da stayl de!

Usay tin dɛn we pɔsin kin want kin kɔmɔt? I spent hours pondering this Yu kin kategoriz ɔl di tin dɛn we yu want? A bin ebul fɔ sɔt dɛn ɔl ɛn kip di gud wan dɛn nɔmɔ ɛn we a rich divayn kɔmyunion, a si se ɔl mi gud tin dɛn dɔn apin wan tɛm Tide yu de kray fɔ sɔntin, ɛn tumara yu sol de want ɔda tin Yu maynd, we kɔmɔt frɔm di Olmayti Gɔd, nɔ go ebul fɔ satisfay wit di guds na dis wɔl, ɛn i nɔ go ɛva satisfay wit di guds na dis wɔl, ɛn i nɔ go ɛva bi, bikɔs, mi padi we a lɛk, yu dɔn lɔs di wan we valyu pas ɔl ɛn valyu trɔs na yu sol, di wan we in wan gɛt di pawa fɔ satisfay yu long ɛn fulɔp yu want Dat trɔs we dɔn lɔs na Gɔd

Na tru se sɔm gud ɔ nid tin dɛn de we yu want, ɛn yu fɔ wok fɔ fulfil dɛn Bɔt pan ɔl we yu de tray fɔ fulɔp yu smɔl smɔl tin dɛn we yu want, nɔ fɔgɛt fɔ fɔs fulɔp yu big tin we yu want to Gɔd Di kɔnvikshɔn se smɔl smɔl tin dɛn we yu want ɛn du dɛn fɔ du fɔs na ilyushɔn ɛn lay lay tin we a stil mɛmba we a bigin mi spiritual joyn se a bin de prokrastinator ɛn a nɔ bin de du am meditate regularly, even though I keep telling

myself that I would make time for it Wan ol ia pas lek dis bifo a no se a no fulfil wetin a bin don promis misef A mek wan vaw to misef wantem wantem se di fcs tin we a go du na monin na fo was en afta dat a de tink bot God Daily tasks bin buku da tem de, en i no bin izi fo rɔnawe pan den, ivin fo shot tem So, a disayd fo pefom mi spiritual wok den fcs En so, a lan wan big lesin: mi duty to God de kam fcs, en na da tem de nomo a kin atend oda wok den we no important

Wetin mek God fo opin di get den we go de sote go fo mortalman if mortalman put oda wok en tin den we den fo tink bot bifo God? God don put spiritual wing den insay wi en i de op se wi fo flay op na di say den we di spirit de, Den wing ya na wi spiritual tin den we wi want, wi ay ay tin den, en wi rili want wi divayn sos

Le wi luk fo God fcs I no mek sens fo gi di wok we wi fo du na dis wol di important tin pas ol, bikos Azrael kin kol di sol enitem, don ol di wok, komitment, wori, en obligayshon den go don en don wans en fo oltem So wetin mek wi fo tayt tayt wan pan layf?

Pcsin kin tink se i de enjoy sef en kolat na in maynd, don i los pcsin we i lek wantem wantem, o i los in welbodi o in wok, en sef en kolat go west!

A bin rili lek mi mama! A bin tink se i go de wit mi oltem, bot wantem wantem a kam fo no se i don lef mi we a bin smol! Wi no fo fred day, bifo dat, wi fo redi fo day

Laif noto wetin i tan No put yu trust pan am, bikos i de chenj chenj, i de ful pcsin, en i ful-op wit disapoyntment en op we don brok Pafekt no go ebul fo fen am ya A no want fo gi yu wan pikcho we no rili bi bot layf Dis wol noto paradays Na wan divayn laboratoru usay God de test sol den fo si if den go win di bad tin den we den want wit gudnes en mek Am—

**dat na, mek Gɔd—di tin we den want pas ɔl, so dat den go go bak na in kingdom**

**Laif ful-ɔp wit ɔl kayn bad bad tin en kɔmɛdi, bad bad tin en gladi-at Na big big tɛpes we de chenj ɔltɛm, en we gɛt layf we gɛt bɔku bɔku fɔm den Nɔ tu tin den we rili fiba ɔlman in layf difrɛn ɛnibɔdi gɛt difrɛn tin den, difrɛn we aw i de tink, en difrɛn tin den we i want If wi bin de sɔfa di sem prɔblɛm ɛvrɪde, wi go taya en bost ɔltɛm Ivin Paradays, if na di sem, go lɔs in apil Wi lɛk difrɛn en difrɛn tin den Di tradishɔnal kɔnsɛpt we de naw bɔt Paradays nɔ rayt If i bin rili taya, Gɔd in oli pipul den en oli man den fɔ dɔn pre fɔ go bak na di Wɔl fɔ ɛnjoy dɛnsɛf! Paradays kin nyu ɔltɛm di we we kin mek pɔsin gladi pas ɔl, en bɔku tɛm den kin mek di wɔl nyu ɔltɛm, bɔt i kin mek i taya en i nɔ kin mek pɔsin gladi**

**Bɔt pan ɔl we layf kin taya en tranga, bɔku pipul den kin yus to am, den kin biliv se no ɔda we nɔ de fɔ liv We den nɔ ebul fɔ kɔmpia dis layf to spiritual layf, den nɔ kin no aw di pen en taya we ayd insay di fold den na dis wɔl de bɔku**

**Fɔ tru, layf nɔto rial I jɔs tan lɛk ɛnjoyment, natin nɔ de mɔ jɔs lɛk aw den kin rilis ol fim den bak tɛm en bak, na so bak di sem ol tin den we kin apin kin ripit dɛnsɛf na difrɛn we den ɛn pan ɔl we layf kɔntɪnyu fɔ de we nɔ gɛt ɛnd, den kin ple di sem tim den we den bin dɔn prɛzɛnt na fim den we dɔn pas, den kin ple bak wan afta di ɔda Fɔ tru, istri kin ripit insɛf, en pipul den na jɔs tin den we den mek na di myuziɔm den we dɔn de insay di tɛm**

**Fɔ mek layf pul in sɔprayz, aksept den wit gladi at, ɔbjɛktiv, en detachment, nɔ afɛkt di filin, lɛk se yu de wach fim Laf frɔm at na wɔndaful mɛrɛsin fɔ ɔl mɔtalman sik**

Yu fɔ aproch layf wit izi ɛn kɔmfɔt Dis na wetin a lan frɔm mi ticha We a begin fɔ tren mi spiritual trenin na in ɛmitaj, a bin de du mi wok wit wan fes we nɔ gɛt wan bɔt, a nɔ bin ɛva smayl Wan de mi ticha notis dis ɛn tɔk se, "If Gɔd gri, ɔltin fayn! Yu de na bɛrin? Yu nɔ no se fɔ fɛn Gɔd min fɔ shrouding wɔri ɛn bɛr ɔl sɔri? Nɔ tek layf so sirɔs"

I tich mi se na mɔtalman in wok fɔ es in maynd ɔp pas ɔl di tin dɛn we de ambɔg am ɛn prɔblɛm dɛn we de apin na dis wɔl so dat i go gɛt kɔmplit fridɔm pan Gɔd

Wan fɔ kip balans pan gladi ɛn sɔri, prɔfit ɛn lɔs, win ɛn fayl fɔ mek i go ebul fɔ bia wit di prɔblɛm dɛn we de mit am na layf wit maynd ɛn kɔnfidɛns pan insɛf

Fɔ kip pis insay yu at pan ɔl we ɔl di tin dɛn we de apin na di bɛst we fɔ win di tin dɛn we a want fɔ ful Dis na wetin a lan frɔm di big wan dɛn we nɔ bin afɛkt di chɛnj we di tɛm bin de chɛnj, bɔt dɛn bin kɔntinyu fɔ tinap tranga wan ɛn nɔ chɛnj te di ɛnd lvin di prɔfɛt dɛn, we dɛn bin de mek dɛn sɔfa, nɔ bin lɔs dɛn oli kɔnshɛns, ɛn dɛn nɔ bin alaw ɛnibɔdi fɔ tif Gɔd in lɔv frɔm dɛn Spiritual gladi-at insɛf na blɛsin protɛkshɔn ɛn di big big fɔt pan ɔl Midul prɔblɛm ɛn trɔbul, mɛmba di blɛsin dɛn we Gɔd dɔn gi yu Yu sol na Gɔd in oli tɛmpul Yu nɔ fɔ alaw di daknɛs we nɔ no natin fɔ dɔti da klin ples de Aw i fayn fɔ de na wan stet we yu de no bɔt spiritual tin, we yu gɛt ɔnɔ, we yu gɛt rɛspɛkt, sɛf, ɛn gɛt pis! Nɔ fred natin ɛn et ɛnibɔdi Gi yu lɔv to ɔlman Fil Gɔd in lɔv ɛn si in prɛzɛns insay ɔl pipul, ɛn mek yu strongest want bi In prɛzɛns ɔltɛm na yu at Dis na di we fɔ liv wit pis ɛn kwayɛt na dis wɔl Bɔt i at fɔ test dis sɛlf-satisfayshɔn as lɔng as di faya faya briz we de mek yu want de blo tru di oasis na di at ɛn shɛk in tik dɛn wit fɛt-fɛt

Di tin den we pɔsin want na di say we pɔsin de shep Den kin bɔn am frɔm di we aw wi de si tin en i kin stɔp am bikɔs ɔf di tin den we wi nɔ kin ebul fɔ si tin den we wi kin si am, dat kin mek wi atend wan rural fɛa kin mek pɔsin want fɔ gɛt sɔm gladi at, bɔt afta wi dɔn go na wan wɔl klas egzibishin en si ɔl di difrɛn difrɛn displei den, di smɔl fɛa kin lɔs in charm en apil So, wi fɔ fɔs ɛkspiriɛns di gladi at we wi kin gɛt we wi de kɔmyunion wit Gɔd so dat wi go kɔmpia da gladi at de to lesser earthly pleasures Dɔn, di tin den we pɔsin want go bi di kayn we we ay pas ɔl Di tin den we pɔsin want nɔ gɛt end; no sooner is one desire fulfilled than another takes its place Bɔt we yu fɛn Gɔd, ɔl yu want den kin fulfil "Luk fɔs fɔ Gɔd in kiɔndɔm en in rayt, en den go gi yu ɔl den tin ya (En wetin de wit Gɔd bɛtɛ en i go las)" So wetin mek yu nɔ go fɛn fɔs fɔ fulfil da big big want de en gɛt frɔm Gɔd in fri an di bɛst en we go de sote go?

We Gɔd ansa di pɔsin we de luk fɔ am in prea fɔ no am, ɔl di ɔda tin den we i want go apin wantɛm wantɛm en sote go

Sɔm pipul den tink se den nɔ gɛt ɛnitin we den want Fayn!

a don notis wetin kin apin plenti taim we pipul go na makit Dem kin no geht wan spesifik want fo bai, ba wan wan sohmtin kech dem yay en dem tink se, "Oh yes, a geht fo bai am!"

Ivin if den nɔ bay am wantɛm wantɛm, i kin de na den maynd de en nɛt te den dɔn du am, ivin if den fɔ lɛnt mɔni Den kin ɛnjoy am fɔ sɔm tɛm, bɔt smɔl smɔl di we aw i kin lɛk am kin dɔn en di gladi at we den kin gɛt fɔ gɛt am kin stɔp, so den kin want ɔda tin, en ɔda tin den

Sɔntɛnde wi kin mit pɔsin we se: "Ah, if nɔmɔ a bin gɛt dis kayn mɔni (ɔ spɛshal mɔdel motoka ɔ

swimin pul ɔ ɔ)" en jɔs afta da wish de dɔn, ɔda tin we pɔsin kin want fɔ du kin kam fɔ nyu tin

Di tin dɛn we mɔtalman want nɔ pafɛkt bay we dɛn bɔn am, en na dat mek dɛn nɔ ebul fɔ mek di wan dɛn we gɛt dɛn gladi at ɔl

Di wɔl go tray fɔ pul yu maynd pan fɔ mɛmba se di wangren tin we yu rili want na fɔ fɛn Gɔd Bɔt yu fɔ mɛmba yusef bɔt dis ɛvrɪde We pɔsin disayd fɔ lɛf fɔ smok, stɔp fɔ it pasmak, fɔ lɛf fɔ lay, ɔ fɔ stɔp fɔ tif, i fɔ dɔn mekɔp in maynd fɔ disayd en nɔ fɔ shek Bad ɛnvayrɔment de dreyn en wik di wil, de mek lay lay tin dɛn we i want insay pɔsin I de tek di bɛst frɔm dɛn en gi am di wɔs Di wan dɛn we liv wit tifman biliv se na di onli we fɔ liv Bɔt fɔ de wit gud pipul dɛn de dayrɛkt di maynd to tin dɛn we ay pas ɔl, so dat lay lay tin dɛn we pɔsin want nɔ go ebul fɔ tɛmpt pɔsin igen ɔltin na dis layf kin chenj en chenj chenj Bɔt fɔ sɔm tɛm we yu de tink gud wan ɔ stɔdi en tink bɔt klin spiritual tɔpik dɛn go bi sɔs fɔ inspekshɔn, kɛr di pɔsin we de luk fɔ di tin dɛn we rili want fɔ du am go krɔs di si we de mek pɔsin ful en ilyushɔn to divayn shores usay "nɔ taya nɔ go tɔch dɛn de, en dɛn nɔ go drɛb dɛn kɔmɔt de".

(Dɛn dɔn rɛdi di big big rɛst fɔ di wan dɛn we bin wok tranga wan, en di wan we nɔ bin swɛ ɛni tray fɔ fɛn di trut dɔn win am)

Tru gladi-at de pan fɔ lɔng tɛm fɔ Gɔd en tink bɔt am ɔltɛm Wit fɔ kɔntinyu fɔ bia, tɛm kin kam we da tink de kin so tinap en nɔ kin shem so dat no prɔblɛm we yu gɛt pan yu bɔdi, maynd, ɔ filin nɔ go ebul fɔ pul yu awareness frɔm Gɔd I nɔ wɔndaful fɔ liv wit di awareness of God, tink bɔt Am en fil am ɔltɛm, en fɔ de na di sanctuary of In unassailable prezɛns, usay day ɔ ɛni ɔda tin nɔ go ebul fɔ tif yu pis insay yu at? (Di wan dɛn we biliv en we dɛn at kin gɛt rɛst we dɛn

**membra God Fɔ tru, na we den memba God, at kin get rest)**

**We yu nɔ ebul fɔ du enitin we yu want, yu kin enjoy fɔ de sote go**

**Laif na strenj fɔ tru, bikɔs ɔltin kin chenj So, pɔsin nɔ fɔ anko di ship fɔ gladi at pan di shiftin sand den na dis layf Wi tɛm go pas, ɛn wetin wi de si naw go dɔn wan de Chenj na sɔntin we pɔsin kin aksept as long as yu nɔ alaw am fɔ du yu bad ɛn we i du bad to yu, di insay trɔbul we yu de ɛkspiriɛns na mɛsej to yu fɔ mek yu nɔ get di tin den we yu want We yu de sikyuɔr na di divayn spirit, yu de enjoy ɔltin we yu nɔ get enitin fɔ du wit am ɔ yu nɔ de dipen pan am So, fɔ tray fɔ no Am impɔtant pas ɔ fɔ di wan den we bisin bɔt am; if nɔto dat, layf go rili pwel pɔsin in at, ɛn i go pwel di op den bad bad wan**

**We a kam bak na India insay 1935, a bin op fɔ go na di ples den we a bin lek we a bin smɔl, bɔt we a rich de, a kam fɔ no se ɔltin dɔn chenj Den dɔn arenj di stej na layf bak difrɛn we Di big big disapɔyntment ɛn shɔk bin kam we a go na mi ol os na Aykapur, usay a bin de ple ɛn wach di bɔd den Na wan tik nɔmɔ lek pan ɔ wetin a memba Such is life! Tin den we wi sabi ɛn we wi lek de slip wan bay wan A bin rɛdi fɔ gi enitin fɔ si wi os lek aw i bin de we a bin smɔl ɛn yet, God bin gi mi wetin a bin want, bikɔs leta a si di os na vishɔn, usay wi bin de swim na di pul, ɛn afta dat a go ɔp, ledɔm na di bed, ɛn it mango, jɔs lek aw a bin dɔn du bɔku ia bifo**

**Naw, den fɔ tek tɛm luk di tin den we pɔsin want ɛn tek tɛm luk gud wan, den fɔ put am fayn fayn wan, ɛn na di gud wan den nɔmɔ den fɔ kip, ɛn ivin den gud tin den de nɔ fɔ alaw fɔ stɔp di want we impɔtant pas ɔ fɔ God**



**Dat want fɔ de alayv ɛn bɔn, ɛn nɔ fɔ alaw am fɔ dɔn ɔ day Mɔtalman de ɔnda big ilyushɔn we i de aks Gɔd fɔ du wetin i want na dis wɔl bɔt i nɔ de aks am fɔ sho insɛf to am Imajin pikin we de aks am ɔltɛm fɔ mek in mama ɛn papa gri wit wetin i aks fɔ, ɛn ɔda we nɔ de aks bɔt dɛn ɔ tink bɔt dɛn Dat na fɔ nɔ tɛl tɛnki ɛn fɔ dinay dɛn kayn we, ɛn insay dat, lɛsin de fɔ di wan dɛn we de tink gud wan**

**We dɛn yuz dis buk we de tɔk bɔt layf, na di spiritual no nɔmɔ we pɔsin gɛt we i de na dis wɔl go kam wit am So, Gɔd fɔ de ɔltɛm na in maynd, de kɔl am ɔltɛm ɛn nɔ fɔgɛt am if pɔsin rili bisin bɔt in spiritual fiuja We wi de insay kɔmyunion wit Gɔd, wi go si se ɔl wetin i want de apin insay wan we we nɔ izi fɔ ɔndastand Bɔt wi fɔ luk fɔ Gɔd fɔs I gɛt fri-an ɛn i dɔn gi wi ɔltin, bɔt wi go jɔs fɛn Am we wi nɔ satisfay wit In gift dɛn bɔt wi tɔn to di pɔsin we gi wi insɛf Wi go kam fɔ no am as long as wi rili want fɔ du wetin wi want, wit ɔl wi at fɔ want fɔ kam nia am ɛn ɛksperiens in blɛsin prezɛns**

**Di big tin we de ambɔg pɔsin na in yon sɛf We i de tray fɔ sidɔm kwayɛt wan ɛn tink bɔt tin dɛn we gɛt fɔ du wit Gɔd biznɛs, tin dɛn we de apin na di wɔl kin kam wantɛm wantɛm, we kin ambɔg dɛn ɛn mek dɛn nɔ ebul fɔ du wetin dɛn want Dɛn fɔ tren dɛnsɛf fɔ kontrol dɛn tink ɛn bɔdi, ɛn we dɛn de du dat, dɛn go kɛr wan pɔtabl paradays insay dɛn sol Insay layf ɔ day, na ɛvin ɔ ɛl, da supɛm gladi-at go go wit dɛn**

**Wi fɔ pre to Gɔd dip wan, tɔn wi big big tin we wi want, aks am insay di langwej we di at de tɔk, di we aw di sol want, ɛn di we aw wi kɔnshɛns de wispa, so dat I go yɛri wi ɛn ansa wi Bɔt if pɔsin pre wit af at ɛn di sem tɛm i tink bɔt ɔda tin—na sɔntin we Gɔd no se nɔto di men tin we da pɔsin de bisin bɔt—I nɔ go ansa**

**Wi fɔ ɡet Ɠɔd fɔs Di tɛm na naw Wi nɔ fɔ wet,  
bikɔs ilyushɔn tu pawaful Layf de pas kwik, ɛn i shem  
fɔ lɛf dis wɔl we wi nɔ no di rizin fɔ layf Wi fɔ tink bɔt  
ɛnitɛm we wi ɡet fri tɛm Ivin if yu prea nɔ ansa fɔs, nɔ  
ɡet op fɔ Ɠɔd in sɔri-at, bɔt kɔntinyu fɔ beg Pre wit ɔl  
yu at ɛn trɔst se yu prea go ansa**

**A dɔn witnes na mi layf di big pruf fɔ se Ɠɔd de  
ansa prea Bɔt dis kayn ansa nid fɔ tray, bikɔs natin we  
impɔtant nɔ de kam if yu nɔ tray fɔ tink gud wan  
impɔtant fɔ mek yu no di sikrit dɛn na layf ɛn go insay  
Ɠɔd in kiɔdɔm**

**Bad abit ɛn ɔda tin dɛn we go ambɔɡ yu go tray fɔ  
ambɔɡ yu tray ɛn wikɛd yu maynd Bɔt if yu want fɔ  
gladi, kip yu tinkin tɔn to Ɠɔd, ɛn yu go si am nia yu**

**Di want fɔ ɡet gladi at na di wɔl de mek wan  
magnetik pul we de drɔ pɔsin to dis wɔl, layf afta layf  
Fɔ go bak to di bɔdi kin bi tin we nɔ nid fɔ di wan dɛn  
we dɔn fɛn wetin dɛn want pan Ɠɔd ɛnitɛm we dɛn  
want fɔ fulɔp ɛnitin we dɛn want, dɛn kin tink bɔt am,  
ɛn i kin sho bifo dɛn Mi mama apia to mi afta i day, ɛn  
a bin kɔrej we a si am ɛn tɛl Ɠɔd tɛnki fɔ in gudnes Fɔ  
tru, na in na di Mɔs I ɡet fri-an ɛn di wan we ɡet sɔri-at  
pas ɔlman, i de du wetin wi want fɔ sho se i lɛk wi ɛn  
tɛl wi tɛnki we wi gi am di fɔs ples na wi at**

**We pɔsin rich to Ɠɔd, i kin bi di masta fɔ layf ɛn  
destiny Wi nɔ fɔ rɛst te di divayn prezɛns dɔn strong  
na wi layf I go gi wi ɔl wetin wi want ɛn i go tɛst wi**

**Di prɔblɛm dɛn ɛn tin dɛn we de ambɔɡ wi na di  
spiritual rod bɔku ɛn big, bɔt as wi de pas na dɛn  
prɔblɛm dɛn de ɛn win dɛn tin dɛn de we de ambɔɡ wi,  
wi fɔ se: “O Masta, Yu dɔn ansa mi prea ɛn du wetin a  
want pas ɔl, so mi at dɔn jɛntri wit Yu prezɛns ɛn mi  
sol de shayn wit Yu layt” . Pis de fɔ una**

## **Altruism de mek pipul den no mɔ bɔt ɔda pipul den**

We yu sɛn gud tin to ɔda pipul den, yu ɔndastandin de  
bɔku We yu tink bɔt yu neba, wan pat pan yu bi de kɔmɔt wit  
da tink de Bɔt fɔ tink nɔmɔ nɔ go du; wi fɔ rɛdi fɔ put di we  
aw wi de tink

Mared na lɛsin fɔ altruism Tu pipul den kin tray fɔ sheb  
layf wit dɛnsɛf Dɔn pikin den kin kam, ɛn di mama ɛn papa  
kin sheb wetin den gɛt wit den Bɔt fɔ tink bɔt di famili we de  
nia den nɔmɔ ɛn nɔto ɔda pɔsin (dat na, mi ɛn yu ɔ jɔs wi) na  
we fɔ tink bɔt yusɛf nɔmɔ

Di tɛm go kam we di wan den we wi lɛk go lɛf wi; dat na  
di we aw wi de liv Dis de mɛmba wi se di men gol fɔ

motalman na fo mek di bɔda den we wi de ɔndastand mo bay  
we wi de wok fo ɔda pipul den en sheb di blesin den we wi get  
na layf wit den

Altruism de bring in possessor bɔku blesin en big gladi,  
bikɔs tru altruism wan de kip den yon gladi at Mi gol na fo  
mek ɔda pipul den gladi, bikɔs mi gladi at kɔmɔt frɔm den  
gladi at

Wi no go rili savor di teist fo akɔmplishin pas wi sheb wi  
gladi at wit ɔda pipul den A no jɔs de tɔk bɔt famili memba  
den, bɔt to ɔl pipul den

Wi fo tink bɔt ɔda pipul den en ep den di bɛst we aw wi  
ebul Dis no min fo po wisɛf, bɔt wi fo sho se wi rili bisin bɔt  
ɔda pipul den wit padi biznɛs en wi rɛdi fo sheb

Wi fo yuz di prinsipul den fo tru to wisɛf fɔs Wi no go ebul  
fo tich ɔda pipul den fo bisin bɔt ɔda pipul den if wi no de tink  
bɔt ɔda pipul den If wi bigin wit wisɛf, wi go bi gud egzampul  
fo ɔda pipul den

A dɔn gi mi layf fo sav en bɛnifit ɔda pipul den A dɔn  
travul bɔku bɔku wan en gi lɛkshɔn to bɔku pipul den Bɔt a  
no se a de sav ɔda pipul den di bɛst we tru mi raytin en tichin  
den

Kraud kin kam fo lisin to lɛkchɔ, nɔto fo tru tru lɔv Pipul  
den kin kam fo inspekshɔn en spiritual kɔmfɔt Bɔt a want sol  
den we de luk fo di trut, we lɛk Gɔd Na dat mek a dɔn pe  
atɛnshɔn, en kɔntinyu fo pe atɛnshɔn, pan di nid fo tink bɔt  
Gɔd

ɔl di wan den we siribɔs en we de kɔntinyu fo luk fo den  
spiritual tin den go get krawn wit sakrifays if den kɔntinyu fo  
go bifo wit di tin den we den want en di wok we den de du  
Wi fo lɛk Gɔd wit ɔl wi at, maynd, sol, en trɛnk, en lɛk wi  
neba lɛk wisɛf

?Wetin i min fo lɛk Gɔd wit ɔl in at, maynd, sol, en trɛnk

Di at min fo fil, di maynd min fo kɔnsɛntret, di sol min  
dip spiritual harmoni we wi de tink gud wan, en trɛnk min fo  
dayrɛkt ɔl wi ɛnaji to Gɔd

Dis min se yu fɔ lɛk Gɔd wit ɔl wetin yu de fil, wit ɔl  
wetin yu de pe atɛnshɔn pan we yu de tink gud wan, bay we  
yu de ridayrɛkt di ɛnaji ɔ pawa we layf gɛt frɔm tin to spirit,  
ɛn bay we yu de chɛnj atɛnshɔn frɔm di bɔdi to Gɔd  
I nɔ pɔsibul fɔ lɛk Gɔd if wi nɔ tink gud wan, bikɔs na tru  
tinkin nɔmɔ wi go ebul fɔ no wi spiritual nature as sol we gɛt  
fɔ du wit Gɔd we mek am lɛk aw i tan sote go ɛn sote go  
Wi fɔ bil insay wisɛf wan tron fɔ di sublaym lɔv we Gɔd  
gɛt Natin nɔ de we impɔtant pas am na layf No ay ambishɔn  
nɔ de pas fɔ lɛk am, fɔ tɔk bɔt am, ɛn fɔ mek ɔda pipul dɛn  
layt fɔ kam fɔ no am A nɔ want ɛni ɔda tin frɔm pipul dɛn  
I kin fayn fɔ sheb mi spiritual ɛksperiens wit di wan dɛn  
we rili want am Natin nɔ de mek a gladi pas fɔ tɔk to dɛn bɔt  
Gɔd ɛn ɛp dɛn fɔ ɛksperiens in prezɛns  
I fayn fɔ lɛk Gɔd ɛn fɔ lɛk in savant dɛn We wi fɛn am, wi  
de fil in lɔv insay ɔlman No pawa nɔ de we pas di pawa we  
lɔv gɛt na di wan ol wɔl  
A si di Masta we pas ɔlman sidɔm na di ɛvin ɛn di si ɛn  
pan di tron we mi kɔnshɛns de si am a de si am de insay mi  
ɛn insay ɔlman in sol ɛn a de embras Am insay ɔl In fɔm ɛn  
manifestɔshɔn dɛn we nɔ gɛt ɛnd insay di krieshɔn  
If nɔto fɔ selfishness, di wɔl fɔ dɔn bi paradays  
If di wɔl bin lɛf fɔ tink bɔt dɛnsɛf nɔmɔ, wi go si paradays  
na dis wɔl  
Di sid dɛm fɔ wɔ de na di at fɔ di bad we aw pipul dɛn de  
tink bɔt dɛnsɛf nɔmɔ Fɔs fɔstɛm mɔtalman dɛn bin de yuz  
ston klɔb, we leta tɔn to bɔw ɛn aro, fɔ protɛkt dɛnsɛf fɔ bisin  
bɔt dɛnsɛf nɔmɔ frɔm di we aw ɔda pipul dɛn de tink bɔt  
dɛnsɛf nɔmɔ Leta, dɛn mek rayf ɛn pistɔl, dɔn dɛn mek  
mashin gɔn, ɛn afta dat dɛn mek bɔm ɛn pɔyzin gas—ɔl dis  
na fɔ protɛkt di we aw wan grup de tink bɔt dɛnsɛf nɔmɔ  
frɔm ɔda pipul dɛn we de tink bɔt dɛnsɛf nɔmɔ  
Di tin dɛn we mɔtalman ebul fɔ pwɛl dɔn gro ɛn divɛlɔp  
pas di tin dɛn we i ebul fɔ du Dis bad bad bɔyl—di bɔyl we  
pɔsin de tink bɔt insɛf nɔmɔ—go dɔn bɔs Bɔt i sɔri fɔ no se

bɔku pipul dɛn layf go pwɛl bifo mɔtalman wek ɛn no se fɔ  
tink bɔt in yon kɔntri nɔ de du bad tin pas fɔ tink bɔt insɛf  
nɔmɔ Wan neshɔn na smɔl grup dɛn we de na di men tin, ɛn  
dɛn grup dɛn de na wan wan pipul dɛn; wan fɔ bigin wit insɛf  
Bikɔs ɔf dis bad bad we aw pipul dɛn kin tink bɔt dɛnsɛf  
nɔmɔ, wɔ kin bigin, di ikɔmik balans kin ambɔg, ɛn di mɔni  
we dɛn kin gɛt kin go dɔŋ ɛn afta dat di pwɛl at kin kam  
Dɛn nɔ kin put bɔda bitwin kɔntri dɛn, ɛn di gɔvnmɛnt dɛn  
na di wɔl kin chenj ɔltɛm  
Fɔ bisin bɔt insɛf nɔmɔ we de luk fɔ gladi at we nɔ de  
tink bɔt di rayt ɛn gladi at we ɔda pipul dɛn gɛt, ɔ we de  
tramp di rayt ɛn intɛres fɔ ɔda pipul dɛn fɔ in yon rizin, de  
mek pɔsin po, nɔ gɛt gladi at, ɛn sɔfa  
Fɔ ɛnrich yusɛf pan di spɛns fɔ ɔda pipul dɛn na big  
mistek Kɔmyunizim, we na do de prɔmis di masɛj bɔku tin ɛn  
prɔsperiti, nɔ go ebul ɛn wan de i go fɔdɔm bikɔs i bi bay we  
dɛn de fos am ɛn we dɛn de stɔp pɔsin in fridɔm (Notis: Na  
Masta Paramhansa bin gi dis lekchɔ insay 1937, ɛn dis  
kɔnklushɔn dɔn rili kam bi!)

Gret pipul dɛn kin advatayz fɔ bisin bɔt ɔda pipul dɛn  
bikɔs dɛn rili want fɔ gi sɔntin na Gɔd in yay  
If pɔsin de pe atɛnshɔn pan in an ɛn fut nɔmɔ ɛn nɔ pe  
atɛnshɔn to in ed, di bren nɔ go wok fɔ gayd di motoka skil  
dɛm Ol di wok we di bɔdi de du fɔ kɔdinɛt Semweso, di  
maynd (di wan dɛn we de disayd) na di neshɔn ɛn sosayti fɔ  
wok togɛda wit di an ɛn fut (di wokman dɛm), bikɔs if intɛres  
go krash, ɔda go brok, chaos go de, ɛn sɔfa go kɔmɔt  
Tu ticha de na di wɔl Di wan we tek Gɔd as in gayd ɛn  
mentɔ nɔ gɛt natin fɔ fred Di wan we tek Setan as in lida ɛn  
gayd go sɔfa bad bad wan

Di ki wɔd fɔ bɔku pipul dɛn na dis layf na "mi" Di wan  
dɛn we gɛt spiritual dispɔzishɔn ɛn inklinshɔn de tink bɔt ɔda  
pipul dɛn lɛk aw dɛn de tink bɔt dɛnsɛf Di wan dɛn we de tink  
bɔt dɛnsɛf nɔmɔ de briŋ pan dɛnsɛf di ɛnimi ɛn vɛks we di  
wan dɛn we de arawnd dɛn gɛt Bɔt di wan dɛn we de tink bɔt

aw cɔda pipul dɛn de fil ɛn intres de si se cɔda pipul dɛn de tink  
bɔt dɛn ɛn tink bɔt aw dɛn de fil  
If wan ɔndrɛd pipul dɛn de na wan tɔŋ, ɛn ɛni wan tray fɔ  
tek frɔm di cɔda wan dɛn, dat min se ɛni wan go gɛt nayntin  
nayn ɛnimi Bɔt if ɛni wan tray fɔ ɛp di cɔda wan dɛn, dat min  
se ɛni wan go gɛt nayntin nayn padi dɛn  
A bin liv da we de ɛn a nɔ bin lɔs natin bay we a de gi  
cɔda pipul dɛn Infakt, ɔl wetin a bin gi bin kam bak to mi bɔku  
bɔku wan bay Gɔd in gudnɛs Naw a de wet fɔ natin bikɔs  
wetin a gɛt dip insay mi, big ɛn valyu pas ɛnitin we di wɔl go  
ebul fɔ gi Wetin pɔsin rili de luk fɔ na gladi at, ɛn wans i dɔn  
gɛt gladi at, di nid fɔ di tin dɛn we de mek i gɛt am nɔ de  
igen  
a noh geht bank akaunt bikɔhs mi onli garanti na dis wol  
na di gud filin we pipul geht to mi a no biliv pan ɛni oda  
earthly guarantee Tru jɛntri de na fɔ liv na pɔsin in brɔda ɛn  
padi dɛn at  
We wi de tink bɔt cɔda pipul dɛn, wi kin gladi ɛn if wi tek  
dis we fɔ du tin, cɔda pipul dɛn we de arawnd wi go afɛkt wi  
bihayvya ɛn tray fɔ falamakata wi Wi fɔ pul di we aw wi de  
tink bɔt wisɛf nɔmɔ, we na di rut fɔ ɔl di bad tin dɛn we wi kin  
du fɔ wisɛf ɛn na di kɔntri

**Di sent rayz na di ays**  
**Frɔm di buk "Di Filɔsofi fɔ India insay di Layf fɔ**  
**wan Yogi".**

**"Last nait a si Yogia de hang sohm fit na di faya".**  
**Wit da intrestin frayz de, mi padi Upendra Mohan**  
**Chaudhry begin in tok**

**I smayl wit zil ɛn se, "Sɔntɛm yu dɔn gɛs in nem:**  
**yu nɔ min Bhaduri Mahasaya we de na di ɔpa**  
**rawndbɔt rod?"**

**Upendra nɔd fɔ gri, pan ɔl we i bin disapɔynt smɔl**  
**se di nyus nɔ kam to mi tru am Mi padi dɛn bin no aw**  
**a want fɔ no bɔt oli pipul dɛn, ɛn dɛn bin gladi ɔltɛm fɔ**  
**introduks mi to nyu wan**

**A kontinyu, se, "Di yogi in os de rili nia wi os, en a kin go fən am ɔltəm".**

**Di wɔd dən we a bin tɔk bin mek pipul dən rili want fɔ no mɔ bɔt Upendra, bikɔs di intres bin de na in fes, en a bin tɔk bak se:**

**"A si am de du mirekul I bin masta di et we fɔ blo<sup>(1)</sup> fɔ di ol yoga as di sɛj Patanjali bin rayt am<sup>(2)</sup> Wan de, Bhaduri Mahasaya bin du Bhastrika Pranayama bifo mi wit so wɔndaful pawa we a fil lɛk se wan pawaful big big briz dɔn rili swip tru di rum! Afta dat, i mek dis briz we gɛt big big briz kol en remain motionless in a state of sublime awareness<sup>(3)</sup> Di atmospɛs fɔ pis we bin fala dis storm bin so klia en nɔ fɔgɛt".**

**Upendra in vɔys bin tinj wit nɔ biliv as i se, "A dɔn yɛri se di sent nɔ de ɛva kɔmɔt na in os, na tru?"**

**A ansa se: "Yɛs, na di trut! I dɔn kontinyu fɔ de na in os fɔ di pas twenti ia Bɔt, i de rilaks di tin dən we dis strikt lɔ we i bin put pan insɛf insay wi oli ɔlide dən, en waka go na di sayd rod usay di beg pipul dən kin gɛda, bikɔs pipul dən sabi Sɛnt Bahaduri fɔ in fayn at".**

**I se: "Bɔt aw di sent de kontinyu fɔ suspend na di ays, we de agens di lɔ we de mek graviti?"**

**A ansa se: "Di yogi in bɔdi de lɔs density bay we i de praktis sɔm pranayama brith ɛksesaiz, en afta dat i kin flay ɔ jomp lɛk frog lvin sent dən we nɔ de praktis tradishɔnal yoga kin flot na di ays as dən de go insay sublaym stet dən we de mek dən want Gɔd mɔ en mɔ".**

**Di want fɔ no mɔ bin flash na Upendra in yay, en i se, "A go lɛk fɔ no mɔ bɔt dis sɛnsman Yu kin atɛnd in ivintəm mitin dən?"**

**A se, "Yɛs, a kin go fən am bɔku tɛm, en a kin rili kɔle in kwik wit en wɔndaful sɛns Sɔntɛnde mi laf kin**



**pwel di solemnity fɔ di gɛda Pan ɔl we di sent nɔ de mɔna dis, in disaypul dɛn kin luk mi wit wamat!"**

**We a de go bak na os frɔm skul da aftanun de, a stɔp nia Bhaduri Mahasaya in os ɛn disayd fɔ go fɛn am Di yogi bin de liv na say we nɔbɔdi nɔ de, wan disaypul bin de gayd am na di grɔn Dis disaypul bin rili patikyula bɔt visitɔ dɛn ɛn aks mi if a gɛt apɔntinment wit in ticha Bɔt di ticha apia wantɛm wantɛm, in yay dɛn de shayn, so dat i mek a nɔ trowe mi na di ples I se to di disaypul: .**

**"Lɛ Mukanda kam ɛnitɛm we i want Di rul fɔ seklobz nɔto fɔ mi kɔmfɔt bɔt na fɔ ɔda pipul dɛn kɔmfɔt Pipul dɛn na di wɔl nɔ kɔmfyut wit wi ɔnɛs, we de brok dɛn prayz Sent dɛn nɔto jɔs rare bɔt dɛn de kɔnfyus bak lvin insay di Oli Skripchɔ, wi kin si dɛn sɔm tɛm dɛn de mek ɔda pipul dɛn shem".**

**I fala Bhaduri Mahasaya to in simpul ɔpa-flɔ dwelling, we i nɔ kin lɛf Masta dɛn tipikul fɔ ignore di wɔl in glitz ɛn glamour bay we dɛn de pul dɛnsɛf kɔmɔt na pɔblik di wɔl nɔ kin pe dɛn ɛni atɛnshɔn te dɛn dɔn tayt wan insay di anals of time, bikɔs di sage in kɔntɛmpɔri dɛn nɔ limited to di wan dɛn we de liv na di narrow confines of di present**

**A se, "Great sage, yu na di fes yogi we a don sabi we de insaid in os ol di taim".**

**I ansa se, "Sɔntɛnde Gɔd kin plant in oli wan dɛn na grɔn we wi nɔ bin de ɛkspekt so dat wi nɔ go tink se wi go put dɛn ɔnda wan patikyula lɔ".**

**Di sent bin sidɔm krɔs-leg fɔ tink bɔt, in bɔdi we gɛt layf bin de rɛst na di lotus pozishɔn Pan ɔl we i bin dɔn pas sɛvinti, in bɔdi nɔ bin sho ɛni sayn fɔ ol ɔ sag bikɔs i bin sidɔm fɔ lɔng tɛm Strɔng ɛn lɔng, i bin pafɛkt pan ɔltin In fes bin gɛt di tin dɛn we di sɛj we dɛn tɔk bɔt na di skripchɔ dɛn se i gɛt nobul ed, wit ful**

**biad, i bin de sidom stret ɔltəm, in sef yay dən bin de  
fiks pan di Divayn Prezens**

**A sidom wit di oli wan de tink gud wan, ɛn afta  
wan awa in saful vɔys wek mi.**

**"Bɔku tɛm yu kin go insay wan stet we yu de stil,  
bɔt yu dɔn rich wan stet we yu rili no bɔt Gɔd?"**

**Di sent min fɔ mɛmba mi fɔ lɛk Gɔd pas fɔ tink gud  
wan, ɛn i ad se: "Nɔ kɔnfyus di tin dən wit di ɛnd, ɛn  
nɔ mek di tin dən bi yu gol".**

**I bin gi mi sɔm mango, ɛn wit in kwik wit, we a bin  
si se i de mek a laf pan ɔl we i sirɪɔs, i se:**

**"Di we aw pipul dən want fɔ gɛt wanwɔd wit it, pas  
di we aw pipul dən want fɔ gɛt wanwɔd wit Gɔd".**

**Dis pun bin mek a laf lawd wan, ɛn in yay bin sof  
wit lɔv as i de se, "Wetin na laf!" In fes bin sirɪɔs yet i  
bin gɛt wan gladi-at smayl In big, lotus-layk yay dən  
bin ayd wan oli, insay smayl**

**Di sent point to wan nomba of tik envelope dem  
pan wan tebul, se: "Dis leta dem kom to mi from fawe  
Amerika A de korrespond wit wan nomba of sosayti  
dem we dia memba dem sho se dem intres fo yoga  
Dem de ridiskova India wit beta andastandin pas  
Columbus! A gladi fo helep dem, bikos di no of yoga  
na fri, laik di lait of di san, to ol di wan dem we de luk  
fo am".**

**"Wetin di waes dən dɔn si se nid de fɔ sev  
mɔtalman nɔ fɔ lus fɔ di sake of di Wɛst Di Is ɛn di  
Wɛst na di sem pan spirit pan ɔl we dən gɛt difrɛn  
ɛkspiriɛns dən we de na do, ɛn dən nɔ gɛt ɛni op fɔ go  
bifo ɛn gɛt prɔsperiti if dən nɔ praktis wan pan di  
spiritual rod dən fɔ yoga".**

**Di sent bin ol mi insay in serene gaze, ɛn a nɔ bin  
no da tɛm de se in wɔd dən na veiled prɔfɛsi lvin naw,  
as a de rayt dən wɔd ya, a nɔ ɔndastand di ful minin fɔ**

**in hint dən we tan lək se i nɔ ɡet wan bad tin se a go  
wan de briŋ di tichin dən na India to di Wɛst**

**A se, "O big sage, i go fayn if yu rayt buk bɔt yoga  
fɔ di bɛnifit fɔ mɔtalman!"**

**I ansa se, "A de tren student dən we, wit dən  
student dən, go bi buk we ɡet layf we go ebul fɔ bia  
wit di rɔtin, di natura chenj dɛm we tɛm de chenj, ɛn  
di nɔmal intapriteshɔn dɛm we kritik dɛm de ɡi".**

**Wi bin de wi wan wit di yogi te in disaypul dən  
kam na ivintɛm, we i ɡi wan pan in lekchɔ dən we nɔ  
ɡet wan kɔmpitishɔn Lək saful saful wata, i swip di  
saykolojik wreckage ɛn debris fɔ in lisin dən ɛn lid dən  
to ɡɔd In wɔndaful parebul dən bin de tɔk insay  
Bɛngali we nɔ ɡet wan fɔlt**

**Da ivintɛm de, Bhaduri bin fɛn difrɛn filɔsofik tin  
dɛn bɔt di layf we wan Rajput prinses we bin de insay  
di midul ivul we nem Mirabai bin liv, we bin lɛf di fayn  
fayn layf we i bin de liv na di pales fɔ tray fɔ bi oli  
pɔsin Fɔs, wan bigman we bin de du askɛtik, we nem  
Sanatna Goswami, nɔ bin ɡri fɔ tek am as disaypul  
bikɔs na uman, bɔt di we aw i bin ansa bin mek i nil  
dɔŋ we i se:**

**"Tɛl di ticha se a nɔ no ɛni man na di yunivas pas  
ɡɔd Wi ɔl nɔto uman bifo Am?"**

**(Wan oli aidia de se na ɡɔd na di wangren pɔsitiv  
ɛn kriet prinsipul na di yunivas, ɛn di tin dən we i mek  
nɔto natin pas wan bad ilyushɔn)**

**Mirabai na bin pɔyt, ɛn i bin mek bɔku poem dən  
we ful-ɔp wit spiritual gladi at we dən stil de tek as  
wan pan di India in litrɛri trɔs dən a de translet wan  
pan dən ya insay Inglish (na Mahmoud Abbas Masoud  
translet am to Arabik vas):**

**If dən de was di bɔdi ɔltɛm, dən go no am**

**A bin fɔ dɔn bi layɔn na midul di si**

**If i it di plant, i go mɔs no**

**A go proud fɔ tek di shep we got gɛt  
If dɛn kɔnt di nɔmba fɔ di rosɛri dɛn, i go  
apia**

**A bin de prez Gɔd wit big big bidz  
If na di aydɔl dɛn nɔmɔ bin fɔ butu  
A bin fɔ dɔn butu bifo di mawnten dɛn ɛn  
di rɔk dɛn**

**If na milk nɔmɔ dɛn bin ebul fɔ drink  
Fɔ mek di kaw pikin ɛn di yɔŋ wan dɛn  
test**

**If fɔ lɛf pɔsin in wɛf de brɪŋ kam  
Tawzin pipul dɛn go kɔt kɔt wantɛm  
wantɛm bay we dɛn pik**

**ɔl dis nɔ go du fɔ mek pipul dɛn no bɔt am  
Nɔ, ɛn i nɔ go ɛva ebul fɔ es di kɔtin ɔp  
Gɔd go apia pan wan kɔndishɔn:  
Wan at in lɔv ɛn lɔng lɛk faya**

**Sɔm student dɛn bin put rup na Bhaduri in sus, we  
bin de nia am as i sidɔm na yoga pozishɔn Dis kɔstɔm  
ɔfrin na India na fɔ sho rɛspɛkt ɛn tɛnki, we de sho se  
di student de put in matirial prɔpati dɛn na in ticha in  
fut Padi dɛn we gɛt sɔri-at na fɔ sho se Gɔd de kia ɛn  
protɛkt di wan dɛn we l lɛk**

**Wan pan di disaypul dɛn bin de luk di masta we  
dɛn kin rɛspɛkt wit ɔl in at as i de tek in lɛf, ɛn i se,  
"Fɔ tru, yu wɔndaful, Masta! Yu dɔn lɛf jɛntri ɛn pɔsin  
in yon kɔmfɔt fɔ mek yu go fɛn Gɔd ɛn gi wi sɛns"  
(Bikɔs dɛn bin no gud gud wan se Bhaduri Mahasya  
bin dɔn giv ɔp bɔku bɔku famili prɔpati we i bin yɔŋ we  
i disayd fɔ du di rod fɔ yoga)**

**Di sent ansa se, "Bɔt yu de du di kɔmɔn tin!" Di  
ticha in fes bin sho se dɛn de kɔs mi saful saful, ɛn i  
kɔntinyu fɔ tɔk se, "A dɔn lɛf sɔm rup ɛn gladi at we nɔ  
de te, we nɔ impɔtant fɔ di lɔv we wan yunivasal  
kingdɔm gɛt we in gladi at nɔ gɛt limit ɛn we nɔ gɛt ɛnd**

**So aw yu go se a dɔn pul ɛnitin pan misɛf? Na di pipul dɛn we nɔ de si tin na dis wɔl we rili de lɛf fɔ du am! Dɛn lɛf wan oli kɪndɔm we nɔ gɛt ɛni." ikwal, we de want smɔl smɔl ɛnjɔymɛnt dɛn na dis wɔl we nɔ de gi tin fɔ it ɔ satisfay angri!"**

**A bin laf dis difrɛn we aw pipul dɛn de si asceticism ɛn ascetic: pan ɔl we wan de mek di po sent jɛntri ɛn distinkt pas Krosɔs, di ɔda wan de tɔn di big big milyɔn pipul dɛn na di wɔl to po pipul dɛn we nɔ gɛt natin ɛn we nɔ no wetin dɛn de sɔfa bikɔs dɛn de shem fɔ po**

**Di ticha dɔn in tɔk bay we i ɛnkɔrej wi fet we nɔ de shek, ɛn i se: "Di divayn sistɛm de manej wi biznɛs ɛn ɔganayz wi tumara bambay wit sɛns we pas wetin inshɔrans kɔmni dɛn de gi Di wɔl ful-ɔp wit pipul dɛn we de wɔri we de put dɛn trɔst pan ɔda tin dɛn we de na do fɔ protɛkt dɛn Dɛn pen we dɛn de tink bɔt tan lɛk skata na dɛn fɔrɛst Di Wan ɛn Onli, we gi wi briz ɛn milk frɔm di tɛm we dɛn bɔn wi, . sabi aw fɔ gi di wan dɛn we de wɔship am ɛvrɪde ɔl wetin dɛn nid na dɛn layf"**

**A kɔntinyu fɔ go fɛn di sent afta di stɔdi seshɔn dɛn dɔn, ɛn wit wan kwayɛt zil we ɛp mi fɔ no di divayn prezɛns Wan de di sent muf go na Ram Mohan Roy Road, we de fa frɔm wi os na Gurbar Road, as in pipul dɛn we lɛk am de bil wan nyu ɛmitaj we dɛn kɔl Tajendramath <sup>(4)</sup> .**

**Pan ɔl we wetin a de kam fɔ tɔk bak na bifo tɛm insay dis mɛmua, a go tɔk bɔt ya di wɔd dɛn we a dɔn tɔk we Bhaduri Mahasya tɔk to mi jɔs bifo a go na di West, a bin go fɔ tɛl am fayvɛl ɛn butu wit ɔmbul bifo am, fɔ aks fɔ in blɛsin fɔ pat pan am I se:**

**"Mi pikin, go bifo wit Gɔd in blɛsin, ɛn tek di glori fɔ ol India as yu shild fɔ protɛkt Viktri, dɛn rayt na yu**

**fɔrest, ɛn di bigman dɛn we de fa go wɛlkɔm yu fayn fayn wan".**

**Sos: Yogi in ɔtobayografi (Indian Filɔsofi insay di Layf fɔ wan Yogi)**

**na di .**

**Futnot dɛn**

**(1) dɛn kɔl dis tɛknik fɔ brith pranayama, we na di kɔntrol fɔ di layf fɔs ɔ aktiviti (prana) bay we i de rɛgɛl di brith prɔsɛs Pranayama bhastrika ("bɛl":) de wok fɔ kɔl di maynd**

**(2) Patanjali na di bigman pan di pipul dɛn we bin de tɔk bɔt yoga trade trade**

**(3) In a lecture in 1928, Professor Jules Bois of the Sorbonne stated that French scientists had conducted experiments on higher consciousness and acknowledged its existence He described it as "the counterpart to the unconscious mind in Freud's concept This higher consciousness encompasses the talents and qualities that make a person truly human, not merely an evolved animal" Di Frɛnch masta sabi bukman bin klarify se di wek we di ay kɔnshɛns wek "must distinguished from suggestion or hypnosis Di egzistens fɔ di ay kɔnshɛns na tin we dɛn no bɔt filɔsofik, ɛn na in na di ay sɛf we Emerson dɔn diskrayb, we sayɛns dɔn jɔs gri" Emerson bin tɔk insay in ɛsay (Di Higher Soul): "Man is the face of wan tɛmpul usay ɔl sɛns ɛn gudnɛs de insay, ɛn bɔku tɛm wetin wi kɔl mɔtalman: di man we de it, drink, plant ɛn kɔlkyul de gi lay lay imej fɔ in impɔtant rialiti Bɔt di sol we in na di inschrumɛnt ɛn ɛksprɛshɔn if dɛn alaw am fɔ apia tru in tink ɛn akshɔn, wi go fos fɔ butu bikɔs da tɛm de wi go tinap bifo di spiritual nature, ɛn bifo ɔl di divayn atribyt dɛn"**

**(4) His full name was Tajnaramath Bhaduri, and "math" in Hindi means place of worship, often referring to a hermitage or monastery Among the saints who "floated in space" was Saint Joseph of Cupertino, a 17th-century saint whose extraordinary experiences were documented by witnesses Saint Joseph displayed a state of awe and wonder at the world, which was in reality wan mɛmba fɔ Gɔd ɛn wan dip kɔnekshɔn wit Am In brɔda dɛn na di monasti nɔ go alaw am fɔ sav na di kɔmyuniti tebul so dat i nɔ flay go wit di china**

**Fɔ tru, di sent nɔ bin ebul fɔ du di wok dɛn na di wɔl bikɔs i nɔ bin ebul fɔ de na grɔn fɔ lɔng tɛm! Sɔntɛnde, fɔ jɔs si wan blɛsin aydɔl kin du fɔ mek i flay vertikal, ɛn afta dat i go si di tu oli pipul dɛn—di man ɛn di ston—de flay ɔp na di ɛvin**

**Sent Tɛriza we kɔmɔt na Ávila, we na wan sent we gɛt pawa na spirit, bin si bak se di bɔdi nɔ bin de mek i fil fayn, bikɔs i bin gɛt bɔku bɔku administretiv wok dɛn, i bin tray fɔ stɔp di tɛst dɛn we dɛn bin de du fɔ flay, bɔt i nɔ bin ebul fɔ du am, ɛn i bin rayt bɔt dis se: "Measures are useless if God wills otherwise" Sent Tɛriza in bɔdi, we dɛn bɛr na wan chɔch na Alba, Spain, bin kɔntinyu fɔ bi inkɔrapt fɔ 4 sɛntiwɔd, in sɛnt lɛk dat na ros, ɛn dɛn bin se na bɔku bɔku mirekul dɛn de**

**(These miracles also remind us of what is mentioned in the Holy Qur'an and the noble Prophetic traditions, such as the story of the People of the Cave and the request to Mary, peace be upon her, to shake the dry trunk of the palm tree so that ripe dates would fall from it out of season, and also how God provided for Mary, according to what is mentioned in Surat Al Imran (Every tɛm Zɛkaraya go insay am na di oli ples, i fɛn wit in tin fɔ it I se, "O Meri, usay dis kɔmɔt fɔ yu?"**

### **Wilpawa ɛn di inflɛns we di envayrɔmɛnt gɛt**

Trɔbul ɛn prɔblɛm dɛn kin apin we pɔsin nɔ no bɔt di tin dɛn we i dɔn du trade, we i dɔn du na wan patikyula tɛm ɛn ples Di sɔfa we dɛn de sɔfa naw kɔmɔt frɔm di tin dɛn we dɛn de tink ɛn du we dɛn dɔn tɔk, we dɔn tek rut na di grɔn we i de tink, we de gro ɛn bia frut we gɛt di sem kayn tin dɛn we dɛn de tink ɛn du

Fɔ Gɔd nɔmɔ a de liv ɛn wok No tɛmteshɔn ɔ ilyushɔn nɔ

de na di wɔl fɔ mek a ɛnta mi A dɔn luk wit di yay we gɛt sɛns ɛn sɛns ɛn chuk di vel dɛn we de ful ɛn ilɛshɔn Yusɛf fɔ no se yu visit to dis land na fɔ shɔt tɛm Yu de ya fɔ wan rizin: fɔ lan di lɛsin dɛn we yu nid ɛn fɔ ɛp ɔl di wan dɛn we de krɔs yu rod na layf

Evri monin a kin aks God fo tel mi wetin i want mek a du,  
don a kin si am de wok tru mi an en mi maynd en oltin de go  
akodin to wetin i want

Trɔbul en trɔbul nɔ kin kam fo brok pɔsin ɔ paralayz  
wetin i want, bot na fo mek den gladi fo God in big en respekt  
in lo den, we den kin yuz fo get tru tru gladi at God nɔ kin sen  
den tranga tranga ya bikɔs na motalman mek den fɔs ɔl  
wetin den nid fo motalman na fo wek in konsheɳs from in slip  
we i nɔ de pe atenshon en fo komot na di daknes we i nɔ no  
natin en go insay di layt fo no bot sɔntin

Trenin yusef fo fil pis, bikɔs di mo yu de du dat, na di mo  
yu go fil da pawa de na yu layf

Wan pawa de we ay pas dat we go layt yu rod en gi yu  
welbɔdi, gladi at, pis, en sakrifays if yu tɔn to da divayn layt  
de

Bɔku tem, wi sens den kin promis wi fo get gladi at we nɔ  
de te bot te kin don briɳ wi pen en sofa fo long tem Tru gud  
kwality en gladi at, bot, i kin promis smol, bot te kin gi wi klin  
en gladi at we go de sote go Dis na di rizin we mek a kin tek  
gladi at we go de insay wi at as tru tru gladi at, en di gladi  
gladi we go de insay wi at as sɔntin we jɔs de enjɔy

If pɔsin get bad abit we de mona am en mek i nɔ slip na  
net, i kin pul am bay we i de avɔyd enitin we go mek i fil ɔ we  
go mek i want fo du am, we i nɔ de pe atenshon pan am fo  
tray fo stop am Dis na indaykt we fo fet am Bot wan dairekt,  
fayn we de bak: bay we i de dayrekt in tinkin to gud abit en  
wok fo mek i bi pat pan in layf we i go ebul fo abop pan en  
dipen pan am pan

Pipul den we get gud abit kin gladi pas olman Den nɔ de  
blem enibɔdi fo di trɔbul en problem den we den kin get; bifo  
dat, den kin se na densef get den en tek densef as pɔsin we  
get fo ansa fo densef Den no gud gud wan se nobɔdi nɔ get di  
pawa fo mek den gladi ɔ mek den veks pas den alaw di tin  
den we ɔda pipul den de du, wod, en tink fo afekt den, ileksef  
na fayn ɔ bad tin



Pipul den we rigid no gladi Den no get filin atol, jos lek  
ston Pasin fo liv wit ol in tinkin, filin, en sens, en de wach en  
pe atenshon to oltin we de apin rawnd am, jos lek pasin we  
sabi fo tek pikcho we de wet fo di best chans fo tek di fayn  
fayn pikcho den we de sho di fayn fayn tin den we i de si  
Tru tru mortalman gladi at de pan pasin we redi oltem fo  
lan en fo du tin di rayt we en fo respekt am Di mo we pasin de  
mek inself betε, na di mo i de ep fo mek di wan den we de  
arawnd am go bifo en get gladi at  
Na smol pipul den nomo de we de stodi wetin de apin to  
den en disayd if den de go bifo o go bak As mortalman we get  
sens, sens, en ondestandin, wi big wok na fo yuz wi sens en  
sens korekt wan so dat wi go no if wi de go bifo o bak En if  
falt atak wi boku boku tem, wi no fo pwel at o los op  
If wi no ebul fo du natin, i fo bi sontin we de mek wi no  
go ebul fo gro na wi bodi en na God in yay  
Fo fel na di best en fayn sizin fo plant di sid den fo  
sakrifays

Wan no fo de tink bot wetin i los en we i no ebul fo du  
sontin, bot i fo tray bak en bak, ileksef di tray we den bin don  
tray fo du trade bin boku en bita Evri nyu tray afta i no ebul  
fo du sontin, i fo plan gud gud wan en i fo mek i get sens pan  
ol dat, den fo balans bitwin di tin den we i want fo get en di  
tin den we i want fo du wit God biznes, en i no fo alaw wan fo  
ovashado di oda wan

No tru tru spiritual pasin no go ebul fo du witout matiral  
sakrifays En nobodi in matiral konsyans no so boku dat i de  
mek i no ebul fo tink bot God en dediket di tem we den nid fo  
tink gud wan, fo sav, en fo du di wok den we i de du na God  
in yay

Di chronic failure no don lan layf lesin yet en di selfish  
spiritualist de ponish inself bay we i los mental balance bikos i  
no de tek di matiral layf

If pɔsin de gi ɔl in wok ɛn di tin dɛn we i de du fɔ sav ɔda  
pipul dɛn ɛn du am wit satisfay maynd, dat min se dɛn fɔ rili  
tink bɔt am ɛn tɛl am tɛnki  
Wi nɔ fɔ de na wan say; bifo dat, wi fɔ balans wi aktiviti  
dɛn ɛn put wi wok ɛn duty dɛn fɔs akɔdin to dɛn impɔtant  
Duti na wetin pɔsin de du wit gladi at, nɔto fɔ gɛt mɔni  
Spiritual ɛn moral duty fɔ kam fɔs na layf  
Evri mɔtalman gɛt pɔtnɛshɛl we dɛn nɔ tap Dɛn gɛt ɔl di  
trɛnk dɛn we dɛn nid Di maynd sɛf na pawa we pas ɔl, ɛn i fɔ  
fri frɔm di abit ɛn kɔnsɛpt dɛn we dɔn ol ɛn we de stɔp pipul  
dɛn

Bad tink kin mek pɔsin go na say we bad tin usay i kin  
tɔk wetin i want Bɔt, pɔsin kin chenj in tink ɛn kɔnshɛns tru di  
pawa we i want, ɛn bikɔs ɔf dat, di say we i de If pɔsin de na  
say we de ambɔg am fɔ lɔng tɛm, da say de bigin fɔ afɛkt am  
we i nɔ no am As tɛm de go, i kin dɔn lɔs in fridɔm fɔ pik wan  
ples we gɛt wɛlbɔdi ɛn we gɛt wɛlbɔdi ɛn i kin bi sɔbjɛkt to di  
bad tin dɛn we kin apin to da bad bad tin de ples  
Di inflɛns we planɛt ɛn sta dɛn gɛt pan mɔtalman layf  
kɔmɔt frɔm di intaplay we atrakshɔn ɛn ripulshɔn de du  
bitwin di planɛt ɛn mɔtalman bɔdi Di wan dɛn we gɛt strɔng  
wil de alaynɛd wit Gɔd ɛn nɔ de wet fɔ di planɛt ɛn sta dɛn fɔ  
gi dɛn dɛn fayv Bifo dat, dɛn de kɔntinyu fɔ waka lɛk mitiɔ  
we de pier, we nɔ afɛkt pas di sta we de gayd am, we na di  
San fɔ di San ɛn di Masta fɔ di Lɔ ɛn fɔ sol dɛn

**Lɛta dɛn to di ticha Paramahensa frɔm in disaypul**  
**dɛn**

Insay Volyum XIV na di magazin we dɛn kɔl Inner  
Culture

Lɛta dɛn we di wan dɛn we rayt dɛn frɔm difrɛn kɔntri  
:dɛn sɛn, ɛn wi pul dɛn tin ya frɔm

A wan tɛl una dat tru di ridin we a tink gud wan bɔt di tin  
dɛn we una de tich

A bin gɛt sɛns pan Gɔd biznɛs

Di wan we a bin de luk fɔ ɔltɛm

Yu tichin dɛn dɔn opin di domɔt dɛn fɔ mek a gɛt gladi-at

\* \* \*

A de praktis yu spiritual affirmations evride

A kin si se di bad tin dɛn we a kin tink bɔt kin stɔp smɔl  
smɔl

Di fred we dɛn bin de fred dɔn dɔn

A kin ɛnjoy ɛvri mɔnt na mi layf

Wi tɛl una tɛnki fɔ we una ɛp wi

\* \* \*

A kin gɛt bɔku blɛsin dɛn

Fɾɔm di tin dɛn we yu de tich bɔt Gɔd

A de wet wit ɔl mi at fɔ rid wetin yu de tink

A kin du mi bɛst fɔ yuz am na mi layf

Di tin dɛn we yu de tich fayn ɛn i de bɛnifit wi

\* \* \*

A de fain insay yu wɔndaful filɔsofi

Wetin de inspekt admireshɔn ɛn inspekshɔn

Mi dip tɛnki fɔ ɔl wetin yu dɔn gi mi

Fɾɔm ɛp ɛn saykilɔjik kɔmfɔt

\* \* \*

A gɛt wan ɔvawɛl filin fɔ gɛt am ɛvri wik  
Na wan nyu lɛsin frɔm di tin dɛn we yu de tich  
A kin ɛnjoy ɛn gɛt sɛns pan ɛvri lɛsin

\* \* \*

Tank yu frɔm di bottom of mi at  
Fɔ ɛp mi fɔ ɔndastand mi insay  
ɛn fɔ mek a no di layt pawa dɛn we de insay mi  
ɛn fɔ sho Gɔd in layt to mi sɛns  
Na tru di tichin dɛn we a bin gɛt frɔm una

\* \* \*

A stil mɛmba mi visit to yu  
I dɔn de liv insay mi maynd fɔ 4 ia  
A stil mɛmba yu kɔmplit fet pan Gɔd  
ɛn di lɔv we yu gɛt fɔ mɔtalman  
I bin ɛp mi fɔ no misɛf  
We a bin tink se na mi wangren de  
A nɔ gɛt padi dɛn ɛn a nɔ gɛt ɛnibɔdi we de sɔri fɔ mi  
I bin mek a gɛt kɔnfidɛns pan misɛf ɛn i bin mek a gɛt  
mɔ maynd  
I bin mek a gɛt maynd fɔ bia wit di tin dɛn we de apin na  
layf

\* \* \*

Fɔ fɔti ia

A bin stɔdi difrɛn branch dɛn pan sayɛns ɛn no

Bɔt a nɔ bin gɛt natin frɔm ɔl da stɔdi de

Pan sɔntin we kɔmpia to wetin a dɔn lan frɔm yu tichin

dɛn

\* \* \*

A kin bɛnifit bad bad wan we a de rid di tin dɛn we yu de

tich

If wan big nɔmba fɔ pipul dɛn

Dɛn kin stɔdi ɛn impruv yu aydia dɛn

Di wɔl we wi de liv insay go bi

I bɛtɛ pas aw i bi

\* \* \*

A wan tɛl una tɛnki frɔm mi at

Fɔ di blɛsin dɛn we dɔn kam na mi layf

Frɔm we a begin fɔ rid yu tichin dɛn wit fɔs ɛn atɛnshɔn

Tɛnki, ɛn mek Gɔd blɛs yu fayn fayn tray

ɛn yu wok we yu de du fɔ sav mɔtalman

\* \* \*

Sins a aks yu fo pre fo mi saksɛs

Di tin we de apin to mi dɔn rili bɛtɛ

Mi dip tɛnki ɛn mi op se una go kɔntinyu fɔ pre

\* \* \*

We a bin get yu las mesej

A bin stil de waka waka na di dak forest usay a bin de  
dawt

En i no bin ebul fo si di rod fo komot na da forest de

Bot tenki to God, en yu speshal prea den

Di rod bin klia en mi fet pan God bin strong

Mi sityueshon bin bete pan oltin

En duya una memba mi oltem insay una prea den we  
una de ansa

\* \* \*

Di tin den we yu de tich don ep mi bad bad wan

En a bin get boku benefit from am

En den bin pruv am to mi wit pruf we rili klia

Di effektiv we yu spiritual affirmations en gud tinkin

A kin rili gladi fo tel tenki

Na bikos a get welbodi, gladi at, en pis we a de fil

A kin fil se a de go bifo evride we a de tink gud wan

\* \* \*

If noto fo yu wonderful tichin den we de mek yu get  
maynd

Mi layf na dis wol levul fo don rili smol

A wan tel una tenki fo di speshal atenshon we una gi mi

We i don gi mi fo di las tri ia

\* \* \*

Wi tɛl una tɛnki fɔ di magazin we dɛn kɔl Spiritual  
Culture

Insay we a kin fɛn blɛsin ɛn it fɔ di sol ɛvrɪde  
A tɛl Gɔd tɛnki we introduks mi to yu ɛn yu tichin dɛn

\* \* \*

A wan tɛl una tɛnki fɔ di lɛta dɛn we una kin rayt ɛvri  
mɔnt

A bin fɛn di las mɛsej fɔ ful-ɔp wit inspekshɔn  
So dat a go rid am to mi student dɛn na buk klas  
Dɛn bin ansa fayn to wetin de insay  
Na bin gladi gladi tɛm fɔ wi ɔl  
Di aidia dɛn we yu put insay di lɛta bin rili tɔch mi at  
Sote a bin want fɔ sheb am wit mi student dɛn  
Dis mɛsej bin mek pipul dɛn tink dip wan  
ɛn introspekshɔn insay di sikrit dɛn fɔ di sol  
A fil se i go ɛp mi fɔ solv prɔblɛm dɛn  
ɛn fɔ dil wit sɛns ɛn fayn wit di tin dɛn we kin apin na  
layf

\* \* \*

Di tin dɛn we yu de tich rili valyu  
A nɔ want fɔ mis wan pan yu lɛsin dɛn